

# WELCOME

# Week 2024

**THURSDAY, AUGUST 22**

**Welcome Week Kick-Off Meeting (All First-Year Residential Students)**

2:30-3:30p; Various Residence Halls

IT'S GO TIME! Your Orientation Leaders will review the entire Welcome Week schedule and answer any questions you have before the fun begins!

**Navigating Nutrition On Campus**

3:45-4:30p; Library Auditorium (Lower Level)

Our on-campus dietitian will share resources and give tips on how to eat nutritiously at college. Students will go to dinner in Eickhoff Hall immediately following.

**Dinner (Residential Students)**

4:00-7:00p; Atrium at Eickhoff Hall

Check with your Community Advisor (CA) for timing!

**Dinner (All Commuter Students: First-Year & Transfer)**

6:30-7:00p; Trenton Hall Lawn

Join fellow commuter students for a pizza picnic! You'll also be given your Welcome Week t-shirt and other essentials. Rain Location: Brower Student Center.

**Welcome Week Kick-Off Meeting (All Transfer Students and All First-Year Commuter Students)**

7:00-8:00p; Trenton Hall Lawn

IT'S GO TIME! Your Transition Leaders will review the entire Welcome Week schedule and answer any questions you have before the fun begins!

**Community Floor Meetings for First-Year Residential Students (Mandatory)**

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

**First Night on the Lake**

8:00-10:00p; ABE Lawn

A TCNJ tradition! Unwind after a busy first day with new friends, music, and s'mores by the fire.

**Open Rec**

8:00-10:30p; Student Recreation Center

Pick-up basketball, volleyball, and soccer games!

**Game Night (Hosted by Enigma)**

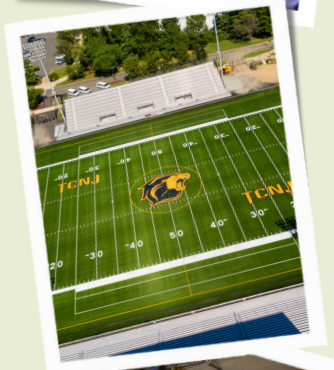
8:00-11:00p; Brower Student Center 225

Drop in and show off your skills playing some of the classics including Cards Against Humanity, Apples to Apples, and more!

**TRON XL Inflatable Laser Tag**

8:00p-12:00a; Brower Student Center 100

TRON XL is a 3,500 square foot inflatable arena featuring color changing vests, shoulder speakers, heart pumping music, special effects lighting, and more. Experience our high-tech technology, navigate obstacles, and bring your team to victory!



# WELCOME

# Week 2024

## FRIDAY, AUGUST 23

### Breakfast

7:00-10:00a; Atrium at Eickhoff Hall

Bring your TCNJ ID Card for admittance, and please allow for extra time due to high volume.

### Fitness Center Open Hours

7:00-10:00a; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

### A Better High with Dr. Matt Bellace (Mandatory)

Various Times; Kendall Hall Main Stage

Alcohol and Other Drug Support Services (ADOSS) is thrilled to welcome back nationally renowned speaker and comedian, Matt Bellace, PhD. Matt's program is a mix of stand up comedy, interactive demonstrations, and inspirational stories to support students in making health choices. Welcome Week kickoff remarks by Dr. Sean Stallings, Vice President for Student Affairs.

### Spin with Mikaela

10:00-11:00a; Student Recreation Center, Studio C/D

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Limited bikes available; create an account and sign-up in advance on the Athleto app:

<https://studentlife.tcnj.edu/about/recreation-and-wellness/group-fitness>

### Pet a Pup!

11:00a-1:30p; Brower Student Center 100 West

Having a little "ruff" time transitioning to TCNJ? Stop by and visit with our four legged friends from Attitudes in Reverse, a local non profit focused on mental health education and awareness. We're "Paw"-sitive you'll love it!

### Lunch

11:00a-3:00p; Atrium at Eickhoff Hall

Bring your TCNJ ID Card for admittance, and please allow for extra time due to high volume.

### Table: Ask a TCNJ Librarian (or just say Hi!)

11:30a-1:30p; Alumni Grove

Gitenstein Library has what you need to succeed. Meet some of your librarians and get fun library swag. Learn about our Ask a Librarian research help service ([library.tcnj.edu/ask](http://library.tcnj.edu/ask)).

### Table: TCNJ Votes!

11:30a-1:30p; Alumni Grove

Drop by to learn more about the process to vote and check your registration status! This is a non-partisan event designed to promote voter registration and engagement.

### Table: Mayo Business Plan Competition

11:30a-1:30p; Alumni Grove

Stop by the School of Business table and learn more about our annual Mayo Business Plan Competition!

### Commuter 411: How to Make TCNJ Your Home Away From Home

11:45a-12:45p; Brower Student Center 225

Don't try parking in the Education Building lot after 9:00a! The best place to study (or sleep) on campus is the fourth floor of the Library! Learn more tips and campus resources to help you make TCNJ your home away from home.

Co-hosted with the Office of Student Involvement.

### Fraternity and Sorority Life at TCNJ

12:30-1:30p; Music Building- Mayo Concert Hall

Interested in joining a sorority or fraternity? This session will cover the basics and introduce you to our groups and councils on campus.

### Can I Kiss You? (Mandatory)

Various Times; Kendall Hall Main Stage

The Office of Anti-Violence Initiatives (AVI) is excited to welcome back national speaker Mike Domitrz! "Can I Kiss You?" provides specific how-to skills for teaching consent, respect in relationships, bystander intervention, and addressing sexual assault.

### Dining 101: Eating Made Easy

2:00-2:30p; Library Auditorium (Lower Level)

Learn the ins and outs of dining at TCNJ, from our locations to meal plans! The Dining team will walk you through programs, tools, and answer questions you have.

### Spin with Gabi

2:00-3:00p; Student Recreation Center, Studio C/D

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free! Limited bikes available; create an account and sign-up in advance on the Athleto app:

<https://studentlife.tcnj.edu/about/recreation-and-wellness/group-fitness>

### Train Like a Soldier Workout Challenge

3:00-4:30p; Quimby's Prairie

Students can participate in a competition against each other and ROTC cadets in a series of physical tests. The event will include T-pushups, a sprint-drag-carry relay event utilizing a weight sled and kettlebells, planks, and a power throw using a 10lb medicine ball. Students should wear athletic clothing and bring a water bottle to this event.

# WELCOME

# Week 2024

## FRIDAY, AUGUST 23 (CONTINUED)

### Friday Night Shabbat

5:00-6:30p; Spiritual Center

Students are invited to attend services and a free Shabbat dinner. Sponsored by Chabad.

### Dinner

4:00-7:00p; Atrium at Eickhoff Hall

Bring your TCNJ ID Card for admittance, and please allow for extra time due to high volume.

### Community Floor Meetings for First-Year Residential Students (Mandatory)

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

### First-Year Commuter Student Meeting

7:00-8:00p; Brower Student Center 225

Don't miss this important pre Play Fair meeting!

### All Transfer Student Meeting (Residential Students and Commuters)

7:00-8:00p; Brower Student Center 100 East

Don't miss this important pre Play Fair meeting!

### Play Fair!

8:00-10:00p; Lions Stadium

The #1 rated program of Welcome Week for over ten years! "Hey, somebody give me a standing ovation!" Wear comfortable clothing and shoes to participate in this interactive, community-building activity.

### coffeehouse. (Co-Sponsored with Sigma Alpha Iota)

10:00p-12:00a; Brower Student Center- Traditions Restaurant

Have an instrument and some talent you want to share? Come over to the coffeehouse!. You'll have five minutes to share what you've got. Light refreshments will be available.

### B-I-N-G-O!

10:00p-12:00a; Brower Student Center 225

Show off those BINGO skills for a chance to win TCNJ swag, gift cards to local eateries, and more!

### Late Night at the Game Room

10:00p-12:00a; Brower Student Center- Game Room

Craving a late-night snack and want to play some games?

Come check out the Brower Student Center Game Room!

Offering an array of different gaming opportunities like pool, ping pong, foosball, and even the opportunity to play video games on our PS4s and Xbox Ones. Make sure to bring your TCNJ ID to rent our gaming equipment at our information desk.

### Mixed Signals Improv Comedy Late Night Extravaganza

10:30-11:30p; Music Building- Mayo Concert Hall

What better way to wind down from a crazy day than with a good laugh? Grab some friends and join TCNJ's Mixed Signals for an interactive improvisational comedy hour that will have you belly laughing the rest of Welcome Week!

## SATURDAY, AUGUST 24

### Fitness Center Open Hours

6:30-10:00a; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

### Breakfast

7:00-10:00a; Atrium at Eickhoff Hall

Bring your TCNJ ID Card for admittance, and please allow for extra time due to high volume.

### Building a More Inclusive TCNJ with Rev. Dr. Jamie Washington (Mandatory)

Various Times; Kendall Hall Main Stage

We are excited that you are here. We know this has been a year of many twists and turns. As you start your journey here at TCNJ, we want to do our best to set the foundations for a welcoming and inclusive college experience. You will have the opportunity to engage what it means to be a welcoming and inclusive campus community.

### Goats & Floats

10:00a-1:00p; Green Hall Lawn

It's exactly what the title implies! Grab a root beer or orange crush float (while supplies last) and hang out with some adorable goats and alpacas.

### Spin with Mikaela

10:00-11:00a; Student Recreation Center, Studio C/D

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Limited bikes available; create an account and sign-up in advance on the Athleto app:

<https://studentlife.tcnj.edu/about/recreation-and-wellness/group-fitness>

### Rope Bridge Event (Hosted by ROTC)

11:00a-12:30p; Quimby's Prairie

This event will begin with a brief demonstration of how to set up a one-rope bridge, commonly used for crossing rivers, and how to create a make-shift harness (Swiss Seat) utilizing a piece of rope. This event is safe and very popular at our host program's (Princeton University) Welcome Week! Students should wear athletic clothing and bring a water bottle to this event.

# WELCOME

# Week 2024

## SATURDAY, AUGUST 24 (CONTINUED)

### Lunch

11:00a-3:00p; Atrium at Eickhoff Hall

Bring your TCNJ ID Card for admittance, and please allow for extra time due to high volume.

### Spin with Gabi

1:00-2:00p; Student Recreation Center, Studio C/D

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Limited bikes available; create an account and sign-up in advance on the Athleto app:

<https://studentlife.tcnj.edu/about/recreation-and-wellness/group-fitness>

### TCNJ Bonner Build-a-Kit (Community Service)

1:00-3:00p; Brower Student Center 225

The TCNJ Bonner Institute, alongside our Bonner Community Scholars, welcomes you to our Build-a-Kit event, where we will be engaging in community service creating hygiene, cutlery, and school supplies kits. These kits will be benefiting the Trenton Area Soup Kitchen and Arm in Arm, two Trenton based organizations addressing homelessness and food insecurity, as well as Mercer Street Friends, which works with three schools in the Trenton Public School District (Rivera Elementary, Gregory Elementary and MLK Middle School) to address additional barriers faced by students. Come join us for an afternoon making a difference to the community around us and learning more about the Bonner Community Scholars Program!

### The Heart of a Lion with TCNJ Student Affairs (Mandatory)

Various Times; Kendall Hall Main Stage

As a new TCNJ Lion you have many resources at your fingertips to ensure a smooth college transition. During this presentation we will highlight some of the critical health and wellness resources on-campus and provide information for your overall success - academically and personally.

### New Student Picnic

4:00-7:00p; Trenton Hall Lawn

Activities will include: DIY Tote Bags (Hosted by TCNJ's Residence Hall Association); Lawn Games (Hosted by Black Student Union); and Inflatables (Hosted by your Orientation Leaders & Griffins)! Picnic rain location: dinner in the Atrium at Eickhoff Hall; activities in Brower Student Center 100.

### Commuter Kahoot (First-Year and Transfer Students)

7:00-7:45p; Brower Student Center

Test your knowledge of TCNJ, life as a commuter, and fun facts with several chances to win items that are essential for your trips to and from campus!

### Community Floor Meetings for First-Year Residential Students (Mandatory)

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

### RECreate Your Night!

8:00-10:30p; Student Recreation Center

Activities will include King of The Hill: Lawn Game Edition (teams of two people will compete in games like corn hole, tabletop skeeball, ladder golf, and more. Can you get to the top?) and Color Me Crazy (get creative with table-length coloring pages, paint with water books, art canvas decorating, & more!)

### Silent Disco

8:00p-12:00a; Green Hall Lawn

Put on a wireless set of headphones, pick between three channels of music and join the party! No bags or backpacks allowed. Sponsored by the College Union Board (CUB).

Rain location: Student Rec Center.

### TCNJ Musical Theatre Karaoke Night

9:00p-12:00a; Brower Student Center 225

One Direction? Taylor Swift? Dare I say... Backstreet Boys? You bring the vocals, we'll bring the tunes at TCNJ Musical Theatre's Karaoke night!

## SUNDAY, AUGUST 25

### Fitness Center Open Hours

7:00-10:30a; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

### Formation Fun Run (Hosted by ROTC)

8:00-8:30a; Outdoor Track (near Parking Lot 7/Garage)

Students can join ROTC cadets to conduct a short run around the TCNJ Loop. The run will start and end at the track entrance. A warmup will be conducted before the run and a cooldown will occur afterwards to prevent injury. Students should wear athletic clothing and bring a water bottle to this event.

### Launch: A Worship Service for New TCNJ Students (NJCF)

9:15-10:30a; Spiritual Center

Looking for community and explore faith? Come join New Jersey Christian Fellowship for a contemporary Sunday worship experience. We'll be spending time in musical worship, hearing from a student speaker. We'll also be having a student panel to help you navigate faith and the college experience. We can't wait to see you there!

# WELCOME

# Week 2024

## SUNDAY, AUGUST 25 (CONTINUED)

### Brunch

10:00a-12:00p; Atrium at Eickhoff Hall

Meal plans are now in effect! Commuter students can continue to swipe into the dining hall for meals through lunch on Monday.

### Pet a Pup!

11:00a-1:30p; Brower Student Center 100 West

Having a little "ruff" time transitioning to TCNJ? Stop by and visit with our four legged friends from Attitudes in Reverse, a local non profit focused on mental health education and awareness. We're "Paw"-sitive you'll love it!

### Friendship Speed Dating

12:00-2:00p; Brower Student Center 100 East

Haven't found anyone you've connected with yet? Looking to make a few new friends outside of your floor/group? This event is for you! Drop-in and rotate around different tables and topics to meet some new folks and expand your TCNJ network.

### Club & Intramural Sports Fair

1:00-3:00p; Education Building 212

Learn how to get involved and join one of TCNJ's 20+ club teams and/or our intramural sports program!

### Blindfolded Dodgeball Tournament with LDP

1:30-3:00p; Green Hall Lawn

Join the Leadership Development Program (LDP) in a blindfolded dodgeball tournament. One of the signature events of the organization, blindfolded dodgeball is a fun and hands-on activity that members look forward to every semester.

### KOHESION K-POP Dance Workshop

2:00-3:00p; Brower Student Center 100 West

KOHESION Dance Company is a K-POP dance cover group made of students at TCNJ that celebrates unity in diversity through the members' shared appreciation for Korean pop. Join us in this dance workshop where we will be breaking down the moves of 'ABCD' by Nayeon! Whether you're a seasoned dancer or just looking to try something new, this workshop is about having fun with K-POP. Come by and join us for a great time!

### Fitness Center Open Hours

3:00-7:00p; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

### TCNJ Votes! Registration Drop-In Event

3:45-4:45p; Education Building 115

Drop by to learn more about the process to vote and check your registration status! This is a non-partisan event designed to promote voter registration and engagement.

### Dinner

4:00-9:00p; Atrium at Eickhoff Hall

Meal plans are now in effect! Commuter students can continue to swipe into the dining hall for meals through lunch on Monday.

### Student Government Information Session

5:00-6:00p; Education Building 115

Come learn about what student government at TCNJ is all about! There will be a focus on the upcoming fall elections: information will cover open positions, roles and responsibilities, and the schedule of deadlines.

### Community Floor Meetings for First-Year Residential Students (Mandatory)

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

### ThinkFast

8:30-9:45p; Brower Student Center 225

The ultimate trivia experience! This experiential game show involves the entire audience as you compete for BIG prizes!

### Cinema Under the Stars: Legally Blonde (Co-Hosted by CUB: the College Union Board)

8:30-10:30; Travers / Wolfe Lawn

Rain Location: Brower Student Center 100

### Mentalist Mark Toland

8:30-9:30p; Kendall Hall Main Stage

Mark Toland is an internationally award-winning mind reader and two-time TEDx Speaker. His mind blowing skills have been featured on NBC, ABC, FOX, CBS, NPR, Sirius XM, and more!

### ThinkFast

10:15-11:30p; Brower Student Center 225

The ultimate trivia experience! This experiential game show involves the entire audience as you compete for BIG prizes!

### Cinema Under the Stars: Hunger Games: The Ballad of Songbirds and Snakes (Co-Hosted by CUB: the College Union Board)

10:30p-12:30a; Travers / Wolfe Lawn

Rain Location: Brower Student Center 100

# WELCOME

# Week 2024

**MONDAY, AUGUST 26**

## **Academic Welcome Day (Mandatory)**

Various Locations

The dress code for Academic Welcome Day is SPIRIT BLUE & GOLD! Plan for your fit to include your favorite TCNJ swag or blue and gold gear.

Don't have any? No worries! All new students receive a TCNJ Athletics "Welcome to the Lions Den" shirt at the start of Welcome Week that will be a perfect choice.

### **9:00a-1:00p (ALL New Students)**

Convocation; Academic Dean Welcomes; Academic Department Welcomes

### **1:00-4:30p (First-Year Students ONLY)**

Keynote Speaker; Summer Reading Program Discussions

Final schedule coming soon!

## **Final Welcome Week Events**

### **Manhunt**

8:00-10:30p; Brower Student Center Atrium- Info Desk  
Still have tons of energy? Not sure what to do with it? Meet up with TCNJ Manhunt and play the ultimate game of hide-and-seek!

### **Fellas, Bellas and Acapella**

8:30-11:00p; Music Building- Mayo Concert Hall  
Back by popular demand! Check out some of TCNJ's most talented singers and enjoy a fun night of singing along to some of your favorites!

### **Cookies and Canvas (Hosted by the Healing Arts Club)**

8:30-11:00p; Brower Student Center 225  
Paint your stress away and express yourself through art! Music, drinks, and cookies will be provided. Supplies limited and on a first come, first served basis.



**Tuesday, August 27**

First day of classes!

### **Save The Date!**

Student Involvement Fair  
Featuring over 200 Recognized  
Clubs & Organizations!

Thursday, August 29

8:30-10:30p

Lions Stadium

