

# WELCOME

# Week 2025



Event may have a large crowd (350+) and/or include a high volume of group social engagement.



Event may be physical in nature and potentially involve jumping, dancing, or other movement.



Event may include flashing lights and/or loud sounds and music.

## THURSDAY, AUGUST 21

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

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

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

### Dinner 101: Eating Made Easy

3:15 pm - 4:00 pm; Library Auditorium

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.

### Dinner (Residential Students)

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

Check with your Community Advisor (CA) for timing!

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

4:00 pm - 8:00 pm; Various Residence Halls

Check with your Community Advisor (CA) for location.

### Commuter Picnic

6:00 pm - 8:00 pm; 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.

### Transfer Together New Student Mingle

6:30 pm - 8:00 pm; Brower Student Center 225

Join fellow transfer students and your Transition Leads in the Brower Student Center for an hour of mingling and socializing

### TRON XL Inflatable Laser Tag

7:00 pm - 11:00 pm; 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!

### First Night on the Lake

8:00 pm - 10:00 pm; ABE Lawn

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

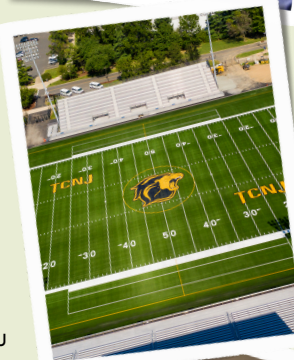
### Open Rec

8:00 pm - 11:00 pm; Student Recreation Center  
Pick-up basketball, volleyball, and soccer games!

### Game Night (Hosted by Enigma)

8:00 pm - 11:00 pm; 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!



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**FRIDAY, AUGUST 22**

## **Breakfast**

7:00 am – 9:00 am; 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 am – 10:00 am; 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!

## **Wellness on Wheels**

9:00 am – 1:00 pm; Student Recreation Center  
Health & Wellness Fair / Roller Skate Party

### **\*Bring Your Own Socks\***

Students are invited to enjoy a high-energy roller skating party while exploring campus wellness resources. Whether you're skating or just hanging out, come make new friends, de-stress, and learn how to thrive this year—mind, body, and soul! Skates provided, good vibes guaranteed.

## **Brave Enough to Belong: Conversations that Create Community (Session 1)**

9:30 am – 10:45 am; Brower Student Center 100

In a world that often feels divided, how do we create a community where everyone feels seen, heard, and valued? This interactive session invites you to explore the power of identity, storytelling, and brave conversation as foundations for building an inclusive campus community. Inspired by Tell Me Who You Are, TCNJ's 2029 summer reading, we'll reflect on our own lived experiences, listen deeply to others, and learn how to navigate differences with empathy and respect. You'll leave this session feeling more connected to your peers and empowered to help shape a campus culture rooted in belonging, curiosity, and care.

## **Lunch**

10:00 am – 1:00 pm; Atrium at Eickhoff Hall

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

## **Navigating Nutrition On Campus**

10:00 am – 11:00 am; Library-Auditorium

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.

## **Pet a Pup!**

11:00 am – 1:30 pm; Brower Student Center 101

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!

## **Brave Enough to Belong: Conversations that Create Community (Session 2)**

11:00 am – 12:15 pm; Brower Student Center 100

In a world that often feels divided, how do we create a community where everyone feels seen, heard, and valued? This interactive session invites you to explore the power of identity, storytelling, and brave conversation as foundations for building an inclusive campus community. Inspired by Tell Me Who You Are, TCNJ's 2029 summer reading, we'll reflect on our own lived experiences, listen deeply to others, and learn how to navigate differences with empathy and respect. You'll leave this session feeling more connected to your peers and empowered to help shape a campus culture rooted in belonging, curiosity, and care.

## **Spin with Ava**

11:00 am – 12:00 pm; 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 Atleto app:

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

## **Brave Enough to Belong: Conversations that Create Community (Session 3)**

12:30 pm – 1:45 pm; Brower Student Center 100

In a world that often feels divided, how do we create a community where everyone feels seen, heard, and valued? This interactive session invites you to explore the power of identity, storytelling, and brave conversation as foundations for building an inclusive campus community. Inspired by Tell Me Who You Are, TCNJ's 2029 summer reading, we'll reflect on our own lived experiences, listen deeply to others, and learn how to navigate differences with empathy and respect. You'll leave this session feeling more connected to your peers and empowered to help shape a campus culture rooted in belonging, curiosity, and care.

## **Brave Enough to Belong: Conversations that Create Community (Session 4)**

2:00 pm – 3:15 pm; Brower Student Center 100

In a world that often feels divided, how do we create a community where everyone feels seen, heard, and valued? This interactive session invites you to explore the power of identity, storytelling, and brave conversation as foundations for building an inclusive campus community. Inspired by Tell Me Who You Are, TCNJ's 2029 summer reading, we'll reflect on our own lived experiences, listen deeply to others, and learn how to navigate differences with empathy and respect. You'll leave this session feeling more connected to your peers and empowered to help shape a campus culture rooted in belonging, curiosity, and care.

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## FRIDAY, AUGUST 22

### Spin with Gabi



2:30 pm-3:30 pm; Recreation Center

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 Atleto app:

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

### Wellness Quest with CAPS

2:30 pm - 4:00 pm; Brower Student Center 224

Join Counseling and Prevention Services (CAPS) for a fun and interactive scavenger hunt designed to boost your mental wellness, build connections, and explore campus resources! As you complete each challenge, you will uncover tools for stress relief, self-care tips, and ways to support your emotional health—plus, you might just win some awesome prizes along the way. Whether you're in it for the fun, the learning, or the free stuff, this quest is your path to feeling more connected and cared for on campus.

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

3:00 pm - 4:00 pm; Brower Student Center 225

The TCNJ Bonner Institute and Bonner Community Scholars invite you to our Build-a-Kit event! We'll create hygiene, cutlery, and school supply kits for Trenton Area Soup Kitchen, Arm in Arm, and Mercer Street Friends—organizations supporting those facing homelessness, food insecurity, and barriers in local schools.

### Dinner

4:00:00 pm - 7:00:00 pm; Atrium at Eickhoff Hall Bring your TCNJ ID Card for admittance, and please allow for extra time due to high volume.

### Friday Night Shabbat

5:00 pm - 6:30 pm; Spiritual Center

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

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

4:30 pm - 7:00 pm; Various Residence Halls

Check with your Community Advisor (CA) for location.

### Pre PlayFair Game Plan

7:00 pm - 7:30 pm; Various Residence Halls

Meet your Transition Leaders to get ready for Playfair!

Transfers and Commuter will be in BSC 100E.

### PlayFair



8:00 pm - 10:00 pm; Lions Stadium

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

### Late Night at the Game Room

10:00 pm-12:00 am; Brower Student Center-Game Room

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

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

10:00 pm-12:00 am; Brower Student Center 225

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

### Comedy Show

10:00 pm-11:00 pm; 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!

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

9:30 pm-11:30pm; Brower Student Center- Traditions Restaurant

Have an instrument and some talent you want to share? Come over to the coffeehouse sponsored by Sigma Alpha Iota Women's Music Fraternity. You'll have five minutes to share what you've got with your newfound friends!

## SATURDAY, AUGUST 23

### Fitness Center Open Hours



6:30 am-10:00 am; 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 am-9:00 am; Atrium at Eickhoff Hall

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

### Iced Coffee and Iced Tea Bar

9:30 am-11:30 am; Brower Student Center

Need a little pick-me-up? Swing by for a cool and customizable caffeine break!

### Can I Kiss You? (Session 1)



10:00 am-11:00 am; Kendall Hall Main Stage

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

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**SATURDAY, AUGUST 23**

## Friendship Speed Dating

10:00 am-12:00 pm; Brower Student Center 225 East

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.

## Strength & Toning Class

10:30 am-11:30 am; Recreation Center

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

## Scavenger Hunt

10:30 am-1:30 pm; Brower Student Center 225 W

Get ready to explore TCNJ like never before! Join fellow students for a fun-filled scavenger hunt across campus—discover outdoor fitness courts, hidden gems, and key student spots. It's the perfect way to connect, get moving, and start your TCNJ journey with some adventure and laughs! Start or end with a fun craft project. Teams encouraged, all supplies provided.

## Lunch

11:00 am-1:00 pm; Atrium at Eickhoff Hall

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

## Can I Kiss You? (Session 2)

11:30 am-12:30 pm; Kendall Hall Main Stage

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

## Train Like a Soldier

12:00 pm-2:00 pm; 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. The goal of the event is to expose prospective ROTC participants to some components of the Army Combat Fitness Test (the physical standard for the entire U.S. Army) and to the benefits that physical training with ROTC can have. Students will sign the Student Life physical waiver before participating. The participants will receive some ROTC merchandise for receiving a certain score. Students should wear athletic clothing and bring a water bottle to this event.

## Can I Kiss You? (Session 3)

1:00 pm-2:00 pm; Kendall Hall Main Stage

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

## Total Body Circuit Class

2:00 pm-3:00 pm; Recreation Center

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

## Banachek: Magician & Mentalist

3:30 pm-4:30 pm; Kendall Hall Main Stage

Described as the "Cream of the Crop" when it comes to entertainers, Banachek is the world's leading Mentalist. His talents are so incredible that he is the only mentalist ever to fool scientists into believing he possessed 'Psychic powers' but to later reveal he was fooling them.

## New Student Picnic

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

Activities will include: DJing & Music (Hosted by WTSR); Lawn Games (Hosted by Black Student Union); and Inflatables (Hosted by your Transition Leaders)! Picnic rain location: activities in Brower Student Center 100.

## Floor Meetings

4:00 pm-7:30 pm; Various Resident Halls

Check with your Community Advisor (CA) for location.

## RECreate Your Night!

7:30 pm-10:30 pm; Student Recreation Center

Decorate your Dorm with RYN Dorm Decor Craft Activities (Wall Letters, Positivity Mirrors, Friendship Bracelets, and Suncatchers)! Also come to the courts for some fun with Lawn Games (Corn Hole, Shuffleboards, Can Jam, and Foosball) and basketball!

## Silent Disco (Co-Hosted with CUB: the College Union Board)

7:30 pm-11:30 pm; 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

8:30 pm-11:30 pm; 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!

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**SUNDAY, AUGUST 24**

## **Fitness Center Open Hours**



7:00 am-10:30 am; 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!

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

9:15 am-10:30 am; 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!

## **Brunch**

10:00 am-12:00 pm; Eickhoff Atrium

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!**

11:00 am-1:30 pm; 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!

## **Mindful Stretch Class**



11:30 am-12:30 pm; Recreation Center

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>

## **A Better High (Session 1)**



12:00 pm-1:00 pm; 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.

## **Sports Club & Intramural Fair**

1:00 pm-3:00 pm; Education 212

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

## **Roots & Wings (Transfer Students Only)**

1:00 pm-2:30 pm; Brower Student Center 100E

Come mingle with your fellow transfer students to establish some roots at TCNJ while eating some wings (vegetarian options will also be available). Transfer students only.

## **Student Government Information Session**



1:00 pm-2:00 pm; Education 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.

## **A Better High (Session 2)**



1:30 pm-2:30 pm; 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.

## **FSL Info Session**

2:00 pm-3:00 pm; Education 115

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

## **Dunk Your TL**

2:00 pm-5:00 pm; Sundial Lawn

Here's your chance to turn the tables—grab a ball, take your best shot, and send your Transition Leader into the tank with a satisfying splash on Sundial Lawn in front of the BSC

## **TCNJ Votes Info Session**

3:00 pm-4:00 pm; Education 115

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

## **A Better High (Session 3)**

3:00 pm-4:00 pm; 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.

## **Strength and Tone Class**



3:00p-4:00p; Recreation Center

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>

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## SUNDAY, AUGUST 24

### Dinner

4:00 pm-9:00 pm; 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.

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

4:00 pm-7:00p; Various Residence Halls  
Check with your Community Advisor (CA) for location.

### Catholic Mass

7:00 pm-8:00 pm; Spiritual Center  
Join Catholic Campus Ministry for Catholic Mass

### ThinkFast

7:30 pm-8:45 pm; Brower Student 225  
The ultimate trivia experience! This experiential game show involves the entire audience as you compete for BIG prizes!

### Harry Potter Escape Room

8:00 pm-10:30 pm; Brower Student Center 221&223  
Test your wizard skills, solve magical puzzles, and escape Hogwarts in a Harry Potter themed escape room.

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

8:30 pm-10:30 pm; Travers / Wolfe Lawn  
Movie: Pitch Perfect.

Rain Location: Brower Student Center 100



### ThinkFast

9:15 pm-10:30 pm; Brower Student 225  
The ultimate trivia experience! This experiential game show involves the entire audience as you compete for BIG prizes!

## MONDAY, AUGUST 25

### Academic Welcome Day (Mandatory)

10:00 am-4:00 pm; Various Locations  
Join us as we officially welcome you to the academic side of life at TCNJ! You'll meet faculty, explore your academic school, and start building connections that will shape your college experience.

### Trentones, Treblemakers, I-Tunes: Fellas, Bellas, and Acapella

8:30 pm-11:00 pm; 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!

### Healing Arts Club: Cookies & Canvas

8:30 pm-11:00 pm; Brower Student Center 225 East  
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.

### Manhunt: Manhunt Game

8:00 pm-10:30 pm; 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!

## POST WELCOME WEEK

### Tuesday, August 26

First day of classes!

### Save The Date!

Student Involvement Fair  
Featuring over 200 Recognized  
Clubs & Organizations!

Thursday, August 28

8:00-10:00p  
Lions Stadium



**THE COLLEGE OF NEW JERSEY**  
OFFICE OF CO-CURRICULAR  
AND LEADERSHIP DEVELOPMENT

