



NSOP 2020

NEW STUDENT ORIENTATION PROGRAM | SCHEDULE BOOK



COLUMBIA COLLEGE
COLUMBIA UNIVERSITY IN THE CITY OF NEW YORK



COLUMBIA ENGINEERING
The Fu Foundation School of Engineering and Applied Science

A Message from the New Student Orientation Program (NSOP) Committee Student Chairs

Hello! Welcome to Columbia!

As the Columbia College and Columbia Engineering NSOP Committee, we are honored and excited to welcome you into our community.

As a committee, we represent various backgrounds, interests and experiences that are as diverse as yours. We have come together to carefully craft an orientation program that will introduce you to your college experience! Now, it's your turn to bring your unique perspectives to our university. We cannot wait to see the ways in which you discover, embody, and shape the already existing communities here into something that is distinctly your own.

This year's theme is "Explore New Horizons." We, the committee, have chosen this theme to empower you, our incoming students, to take advantage of the diverse opportunities at Columbia, which are as numerous as the stars. College is a time for you to experiment and engage in new experiences, uncovering what you are truly passionate about. NSOP will serve as your launching pad into this journey, providing you with a taste of everything our university has to offer. We hope these memories will lay the foundation for the rest of your time at Columbia. Whether you are taking part in class discussion or jumping into a Zoom call with newfound friends, every step you take is an opportunity to try new things and engage with this great community.

We hope that you are just as excited as we are to have you join our community, try new things and challenge yourself. To learn, grow and collaborate. Here, you can explore who you are in and out of the classroom, with resources that will drive you toward your dreams. This is your university now. These are the people with whom you will share laughs, create memories, and accomplish goals; expanding one another's perspectives in the process. Each year, new students inherently redefine what it means to be a member of the Columbia community — so now it is time for you to explore new horizons!

Sincerely,

Wesley Schmidt CC'22, Columbia College and Columbia Engineering Student Leader Coordinator

Fidel Martinez CC'23, Columbia College and Columbia Engineering Community Events Coordinator

Jerry Zheng CC'22, Columbia College and Columbia Engineering Social Media and Marketing Coordinator

Contact Information

NSOP Office Hours and Contact Information

Have questions about orientation? Need answers now?
Send us an email!

Contact Information and Location

Undergraduate Student Life
510 Lerner Hall
212-854-1836
orientation@columbia.edu

How to Navigate Orientation

To navigate CC and SEAS NSOP this year, all students should familiarize themselves with the NSOP website, hosted on the Countdown to Columbia page.

<https://www.cc-seas.columbia.edu/countdown/nsop>

On the website, you will notice events have been separated into four different categories, all of which add an essential element to your experience. Most events require registration. Please register for events on the Countdown to Columbia website by Thursday, August 27, 2020.

For students who are unable to join certain sessions due to time zone and travel conflicts, required academic programming and some social events will be made available via recording on the Countdown to Columbia website after the event.

Academics

Convocation, the ceremony that commences your Columbia experience, is required for all new students and will take place virtually on Sunday, August 30 at 6:30 p.m. EDT.

All students are required to attend their school and population specific assembly. Academic assemblies and the First Literature Humanities class take place on Monday, August 30 and Tuesday, September 1. Please view your Academics page and reference the schedules below to learn about what programs are required for you.

All new students are highly encouraged to attend the Academic Resources Fair, and are welcome to attend the Math and Sciences @ CU if this is an interest area to you. All students should check with their CSA adviser if they need to take a Placement Exam.

Assignments

All incoming first-year students are required to register and attend four live on Zoom programs, and complete two online video modules and surveys. Due to each students' varying situations and time zones, there are several sessions offered for each program at various times. To register for the sessions that work best with your schedule, go to Countdown to Columbia. Please review the Required NSOP Programming: Assignments section that immediately follows this to see the details of these requirements.

Resources and Information Sessions

These optional events during NSOP provide important information and connection within the Columbia community. We invite you to participate in any of the sessions that are appropriate for your Columbia experience, or spark an interest!

Social Engagement

Each day, there are multiple opportunities to get to know your classmates across Columbia College and Columbia Engineering, as well as your new classmates in the School of General Studies and Barnard College. Please join for as many events as peak your interest- NSOP is the time to get to know your new classmates!

Required NSOP Programming: Assignments

All incoming first-year students are required to register and attend the following programs.* Due to each students' varying situations and time zones, there are several sessions offered for each program at various times. To register for the sessions that work best with your schedule, go to Countdown to Columbia.. Below, there is a description of each Assignment followed by a visual schedule for all offered sections of live programs.

**Transfer, Visiting, and Combined Plan students are exempt from completing Under1Roof.*

Register for programs here: <https://www.cc-seas.columbia.edu/countdown/nsop/assignments>

R.O.A.R. @ Columbia: Responsible. Optimal. Authentic. Resilient.

5 sessions offered

Live on Zoom

Required for all first-year, transfer, visiting, and combined plan students

During this program, staff from Alice! Health Promotion discuss key skills and knowledge to help students flourish and thrive through their transition to the Columbia community. From decisions around how to manage stress and operationalize well-being to the role substances may play in their life, we will discuss how to navigate these decisions in ways that are smart, safe, responsible, and that align with personal goals and values. **This session is required for all first-year, transfer, visiting, and combined plan students.**

StepUp! For Thriving Relationships

5 sessions offered

Live on Zoom

Required for all first-year, transfer, visiting, and combined plan students

Power-based violence encompasses a broad spectrum of behaviors that can have a negative impact on an individual and the Columbia University community. This includes sexual violence, intimate partner violence, stalking, and harassment. We can all play a part in developing and maintaining a thriving, safe community by looking out for one another. During this interactive program facilitated by Sexual Violence Response (SVR) staff, you will learn about the foundation of a thriving relationship, consent, and how to be a “pro-social bystander.” You will also learn about resources and services available for someone who is affected by violence. **All first-year, transfer, visiting, and combined plan students are required to attend one session of this program.**

Under1Roof

5 sessions offered

Live on Zoom

Required for all first-year students

Under1Roof sparks dialogue that will continue throughout your Columbia education and beyond. In an interactive session led by student and staff facilitators, you’ll explore the social identities we all bring to campus and work to foster inclusive and accountable communities. **All first-year students are required to attend one session of this program.**

Introduction to Title IX

2 sessions offered

Live on Zoom

Required for all first-year, transfer, visiting, and combined plan students

Marjory D. Fisher, Associate Vice President & Title IX Coordinator will lead this session on the policies and reporting regarding Title IX at Columbia. The presentation will be followed by a question and answer portion. **All first-year, transfer, visiting, and combined plan students are required to attend one session of this program.**

All first-year, transfer, visiting and combined plan students are required to view the following two videos and complete their respective surveys with confirmation. These Assignments can be completed at any time by Friday, September 7, 2020.

Public and Fire Safety

Online Video and Survey

Required for all first-year, transfer, visiting, and combined plan students

Though you may not be on campus this fall, it is important to view the safety precautions from both Fire Safety and Public Safety so that you are aware of these resources when we are able to maintain an on-campus presence. In the first video, Public Safety will give you an overview of the security, personal safety, proactive crime prevention programs and services they offer. In the second, Columbia University Fire Safety will discuss general fire safety in all residential and academic buildings. Information will be shared about fire drills, fire alarms, proper evacuation procedures and items that are prohibited in residence halls. **This Assignment is required for all first-year, transfer, visiting, and combined plan students.**

Columbia Health

Online Video and Survey

Required for all first-year, transfer, visiting, and combined plan students

Get to know Columbia Health! This video features Associate Vice President and Medical Director Dr. Melanie Bernitz giving an overview of available Columbia Health services, how care through Columbia Health works with health insurance, incoming student health requirements, and important reminders about staying healthy during the COVID-19 pandemic. **This Assignment is required for all first-year, transfer, visiting, and combined plan students.**

Schedule of Offered Assignment Sessions

	Tuesday, Sept. 1	Wednesday, Sept. 2	Thursday, Sept. 3	Friday, Sept. 4
9:00 AM			Introduction to Title IX (9:00-9:45)	
10:00 AM	ROAR @ Columbia (10:00-11:30)	ROAR @ Columbia (10:00-11:30)	ROAR @ Columbia (10:00-11:30)	UnderlRoof (10:00-11:30)
11:00 AM	StepUp! for Thriving Relationships (10:00-11:30)	StepUp! for Thriving Relationships (10:00-11:30)	UnderlRoof (10:00-11:30)	UnderlRoof (10:00-11:30)
12:00 PM				
1:00 PM				
2:00 PM	UnderlRoof (1:00-2:30)	UnderlRoof (1:00-2:30)		Introduction to Title IX (2:00-2:45)
3:00 PM	StepUp! for Thriving Relationships (3:00-4:30)	Academic Resources Fair (3:00-5:00)	ROAR @ Columbia (3:00-4:30)	StepUp! for Thriving Relationships (3:00-4:30)
4:00 PM				
5:00 PM				
6:00 PM	ROAR @ Columbia (6:00-7:30)	StepUp! for Thriving Relationships (6:00-7:30)		
7:00 PM				
8:00 PM			UnderlRoof (8:00-9:30)	
9:00 PM				

Orientation Schedule

All times are given in Eastern Daylight Time (UTC -4)

Sunday, August 30

Convocation

6:30–8:00 p.m.

Live on Countdown to Columbia

Required for all new students

Join Columbia University President Lee C. Bollinger, Columbia College Dean James J. Valentini, Columbia Engineering Dean Mary C. Boyce, administrators and student leaders to virtually mark the beginning of your undergraduate experience. You'll be welcomed by current staff, faculty, alumni, and students of Columbia College and Columbia Engineering in a series of welcome videos and will have the opportunity to be featured in our incoming student photo display. You don't want to miss this unique and important milestone of your Columbia journey!

Monday, August 31

Columbia College Academic Assembly

3:00–4:00 p.m.

Live on Zoom

Required for all first-year Columbia College students

Columbia College Dean James J. Valentini will address the Class of 2024 on your first day of your College journey. Dean Valentini will introduce you to your life at Columbia and in the College, highlighting both the opportunities and the responsibilities ahead of you. In addition, as members of the Columbia College Class of 2024, you will affirm your commitment to the academic integrity of your studies by reciting the Honor Code and Pledge. This assembly will be held via Zoom and the link to access and participate will be shared with all students in the days leading up to the program. **This event is required for all first-year Columbia College students.**

Columbia Engineering First-Year Academic Assembly

3:00–4:00 p.m.

Live on Zoom

Required for all first-year Columbia Engineering students

Engineering for Humanity: Mary C. Boyce, Dean of Columbia Engineering at The Fu Foundation School of Engineering and Applied Science, faculty and a fellow student will discuss the opportunities and challenges that you, as members of the Columbia Engineering Class of 2024, will have to make your own mark at Columbia and beyond. **This event is required for all first-year Columbia Engineering students.**

Columbia College: First Literature Humanities Class

4:30–6:00 p.m.

Live on Zoom

Required for all first-year Columbia College students

Joanna Stalnaker, Paul Brooke Program Chair for Literature Humanities and Professor of French, joins Tyrone Palmer, post-doctoral fellow at the Society of Fellows and Lecturer in the African American and African Diaspora Studies Department at Columbia, and Anthony Reed, Associate Professor of English at Vanderbilt University, for a discussion of Claudia Rankine’s *Citizen: An American Lyric*. This discussion marks the first Literature Humanities “class” for the fall 2020 semester and is **required for all first-year Columbia College students**. All other students enrolled in Literature Humanities for the fall 2020 semester are also warmly encouraged to attend.

Late Night Activities: Through the Gates

7:00–8:00 p.m.

Live on YouTube

Start your journey through the metaphorical gates of Columbia! Featuring the NSOP Committee and a performance by The Varsity Show, we encourage you to laugh and enjoy this fun "welcome to Columbia" tradition.

Late Night Activities: Virtual Amazing Race

10:30 p.m.–12:00 a.m.

Live on Zoom

Kick off the week with an interactive, virtual Amazing Race! Team up with other first-years to solve riddles about our very own campus. These clues will test your knowledge on everything Columbia related, from well-known buildings to statues you’ll see throughout your next four years! *Hosted by the Residence Hall Leadership Organization (RHLO)* Visit us at columbiarhlo.com

Tuesday, Sept. 1

Morning Exercise: Yoga

8:00-8:45 a.m.

Live on Zoom

Breathe, stretch and strengthen with vinyasa flow yoga poses and focus. Open to Barnard, CC/SEAS, and GS students!

Global Ambassadors Program Information Session

9:00- 10:00 a.m.

Live on Zoom

Interested in intercultural exchange? Want to meet students from all over the US and the world? Ready to learn about new cultures and have your beliefs challenged? Then join the Global Ambassador Program (GAP)! GAP is a year-long international dialogue program that breaks down intercultural barriers and fosters friendship between domestic and international students. The program matches students of different races, nationalities, sexual orientations, and class years, and provides a safe(r) space for discussing topics such as culture shock, identity, and family traditions, among others. During this session we'll explain what we do in GAP, how to apply, and you'll get a chance to participate in an example activity!

Columbia Engineering: Transfer, Visiting, Combined Plan Academic Assembly

12:00–1:00 p.m.

Live on Zoom

Required for all Columbia Engineering Transfer, Visiting, and Combined Plan students

Dean Mary Boyce will welcome all new students to Columbia Engineering, sharing the school's vision, Engineering for Humanity, and the exciting research being conducted by the faculty. You will also hear from a member of faculty and fellow students who will share their experiences as new students to Columbia Engineering.

Late Night Activities: Open Mic Night w/ RHLO

8:00–10:00 p.m.

Live on Zoom

Show off your skills with live performances in a casual, relaxed setting with fellow new students! Whether it's singing, slam poetry, playing an instrument, or magic tricks, all talents are welcome! *Hosted by the Residence Hall Leadership Organization (RHLO)*

Visit us at columbiarhlo.com

OL Roundtable: Virtual Learning 101

9:30–10:30 p.m.

Live on Zoom

Remote learning is new and can be challenging. With the switch to virtual classes, many have had to adapt to learn in new ways. Come speak with our OLs who can offer insight into how to virtually succeed at Columbia.

OL Roundtable: Life as a Transfer Student

9:30–10:30 p.m.

Live on Zoom

Transfer students! You've done this before. We know you already got a few things down pat, but if you have any lingering thoughts, former transfer students are here to answer your questions.

OL Roundtable: Life as an International Student

9:30–10:30 p.m.

Live on Zoom

As an international student, you're balancing multiple transitions at once: the transition to college and the transition to the U.S.A. Sometimes information can slip through the cracks. If you have any questions that went unanswered throughout the week, current international students are here to answer your questions.

Late Night Activities: Trivia

10:00–11:30 p.m.

Live on Zoom

Team up with friends to learn the mysteries of Columbia and its history with trivia! Superior knowledge and strategy will earn exciting prizes!

Hosted by the Residence Hall Leadership Organization (RHLO) Visit us at columbiarhlo.com

Wednesday, Sept. 2

Morning Exercise: Bodyweight Training

8:00-8:45 a.m.

Live on Zoom

Start the day with strength training that relies solely on one's own body weight. Open to Barnard, CC/SEAS, and GS students!

On the Meeting of Cultures

9:00- 10:00 a.m.

Live on Zoom

Welcome to Columbia! Students arriving from around the globe have so many new and exciting experiences ahead of them. This session will focus on the importance of maintaining your emotional well-being as you transition to this new environment and to the Columbia community. We know that this academic year will bring additional challenges with the mix of in-person and remote learning. We will discuss these challenges and other important topics that will help you adapt to a new cultural environment while also maintaining relationships back home.

Academic Resources Fair

3:00–5:00 p.m.

Live on Zoom

Highly Recommended for First-Year, Transfer, Visiting, and Combined Plan Students

This is your opportunity to begin navigating the vast academic resources available to you as a Columbia student. At this virtual fair, you will have the opportunity to zoom with faculty representatives from academic departments and programs across the divisions. You are encouraged to chat with faculty from fields with which you are already familiar, but also take the opportunity to zoom in and learn something about a field that is completely new to you. What you learn may surprise you! Ask questions, get program information, explore opportunities to learn, to continue your studies, to conduct research and more. **This event is highly recommended.**

Transfer Specific: Social

5:00–6:00 p.m.

Live on Zoom

Meet some of your fellow transfer students in this afternoon social!

OL Roundtable: Finding Community with the 4-Schools

8:30–9:30 p.m.

Live on Zoom

There are four schools in the Columbia University system, but Barnard has their own campus? CC and SEAS live together on Columbia’s campus but have different requirements? And many GS students do not live on campus at all? Join us if you are still a little confused about the four-school relationship and are interested in learning more about ways to build community between students within the university’s four schools.

OL Roundtable: Managing a Budget

8:30–9:30 p.m.

Live on Zoom

Moving away from home can be hard. The “broke college student” is as much a cliché as it is reality, and the best way to learn how to navigate NYC is through experience. Drop in and hear from experienced, practical and thrifty OLs on how to spend your dollars wisely, budgeting, or on-campus jobs.

Late Night Activities: Escape the Zoom w/ RHLO

10:00–11:30 p.m.

Live on Zoom

Instead of escaping from your room, try your hand at escaping the Zoom! Team up to navigate your way through a virtual escape room that challenges you and tests the limits of your out-of-the-box thinking. Registration closes on Tuesday, September 1 at 5PM! *Hosted by the Residence Hall Leadership Organization (RHLO)* Visit us at columbiarhlo.com

Community Unscripted: Music (Non-Performative)

10:00–11:00 p.m.

Live on Zoom

Can you spend hours on end discussing your favorite artists? Do you pass time curating perfect playlists based on various subjects and moods? Are you the designated DJ within your group of friends? If you are any of these things and want to learn about how you can get involved in the music scene on campus, come to this Community Unscripted.

Community Unscripted: Academic Competitions

10:00–11:00 p.m.

Live on Zoom

Are you known as the debater in your friend group, able to win any argument? Do you want to try your hand at mock government and draft your own policies to improve the world? Do you love shows like Jeopardy, and want to try it out for yourself? This community unscripted is for you! Come chat with OLs who are involved in academic competitions on campus and learn how you can get involved.

Community Unscripted: Creative Writing/Publications

11:00 p.m.–12:00 a.m.

Live on Zoom

Enjoy a nice night discussing your poetry, the newest plot twist you were considering, an investigation you're pursuing, or even just your daily journal entry. This Community Unscripted was made to help you find a community to nurture your creative juices. Here you will listen to others' stories and learn how to share your own in the Barnumbia (Barnard + Columbia) Community.

Community Unscripted: Research

11:00 p.m.–12:00 a.m.

Live on Zoom

Where do you find yourself most at home? In a lab, microscope and slide in hand? Or maybe in a medical center, synthesizing bacterial samples from patients? It might even be analyzing the economic situations of political constituents. If your jam is to be at the forefront of discovery, come talk to our OLs involved in research and ask about how to get involved.

Thursday, Sept. 3

Morning Exercise: Yoga Core

8:00-8:45 a.m.

Live on Zoom

Breathe, stretch and strengthen with vinyasa flow yoga poses and focus. Open to Barnard, CC/SEAS, and GS students!

Transfer Specific: Social

12:00–1:00 p.m.

Live on Zoom

Meet some of your fellow transfer students in this afternoon social!

Ask Columbia Health Anything: Q&A on Your Health and Well-Being at Columbia

1:00-1:45 p.m.

Live on Zoom

You may have a lot of questions about accessing healthcare, what to do with insurance, and the availability of Columbia Health's programs services for you, whether you are spending Fall semester on campus or elsewhere. Not to worry, Dr. Michael McNeil, Chief of Administration at Columbia Health will be on hand to answer all of these and more in this online Q&A session.

Late Night Activities: Yoga

8:30–10:00 p.m.

Live on Zoom

Bring the studio to your room and wind down your day with a relaxing yoga session led by a professional instructor! *Hosted by the Residence Hall Leadership Organization (RHLO)* Visit us at columbiarhlo.com

Late Night Activities: Dance Workshop

10:00–11:30 p.m.

Live on Zoom

Come get active and learn an easy-to-follow choreographed routine from Camilla Cox, a rising junior who has been active in student theatre at Columbia! Camilla has performed with groups like CMTS and XMAS!, and is helping to develop a new group called the Columbia Theatre Workshop. The Dance Workshop will include a warm up and cool down, and is suitable for all experience/skill levels! *Hosted by the Residence Hall Leadership Organization (RHLO)* Visit us at columbiarhlo.com

Community Unscripted: Musical Performance

10:00–11:00 p.m.

Live on Zoom

Bob Marley himself said, “One good thing about music, when it hits you feel no pain.” If you are a singer, composer, instrumentalist you know what the feeling of being ‘hit’ by music is too well. At Barnumbia (Barnard + Columbia) there are many spaces and ensembles for performers to develop their skills and thrive in. If you are a musician of any sort, or someone interested in developing your musicianship, this Community Unscripted is the space for you!

Community Unscripted: Theatre

10:00–11:00 p.m.

Live on Zoom

Do you love a good play or musical? Are you the Leonardo Da Vinci of Set Design, or the Stanley McCandless of Lighting Design? Have you never done Theatre before, and just want advice on how to get involved in college? The process of breaking into theatre on the Barnard and Columbia campus is certainly unique. Come to this Community Unscripted to meet other students involved in theatre and learn about various classes, productions, and spots available this upcoming semester!

Community Unscripted: Visual Arts

11:00 p.m.–12:00 a.m.

Live on Zoom

If you're a filmmaker, a photographer, a painting enthusiast, an adept chalk drawer, or really anything else under the sun, you'll find a space for you at this Community Unscripted! Share your latest work with others or discuss the best spots to capture the beauty of the city or ask questions on how to get actors and models involved in your projects at Barnumbia (Barnard + Columbia).

Community Unscripted: Volunteering

11:00 p.m.–12:00 a.m.

Live on Zoom

Some people find their jam by serving others, both inside of the Columbia community and out. There are a number of ways to get involved in community service in New York City, so drop in and learn about how you can give back. You might even find some friends to embark on your volunteering journey with you.

Friday, Sept. 4

Morning Exercise: Kickboxing

8:00-8:45 a.m.

Live on Zoom

Start your day with this fun workout class that will allow you to get your cardio in! Open to Barnard, CC/SEAS, and GS students!

ISSO Information Session: F-1 and J-1 Responsibilities

9:00–10:00 a.m.

Live on Zoom

A staff member from the International Students and Scholars Office (ISSO) will conduct an information session on “Immigration Essentials.” Topics to be covered include maintaining legal F-1 or J-1 student status, an overview of eligibility for employment on and off campus, and travel documentation needed to return to the United States after a trip abroad during your academic program.

The Sciences & Math @ CU

12:00–1:00 p.m.

Live on Zoom

Curious about the differences between biology, environmental biology, and environmental science? Want to hear more about the programs in physics, chemistry and astronomy? Wondering about the spheres of the many science and math departments at Columbia, including opportunities for research and information on possible careers? The Sciences & Math @ CU is an opportunity for those considering these programs to learn more about them. The first part of this event will include a panel presentation, where faculty members will discuss the focus, offerings and resources of their departments. Following the panel discussion, students will be invited to join the presenters in breakout rooms, where they can ask questions and hear questions that others may have. In order to attend this event, you must pre-register and indicate your field of interest.

Service Learning Across CU: COVID-19 Student Service Corps

4:00- 5:00 p.m.

Live on Zoom

The COVID-19 Student Service Corps (CSSC) is currently recruiting volunteers to help local communities affected by COVID-19! CSSC was founded at Columbia University Irving Medical Center in order to support health systems facing the COVID-19 pandemic and their patients, workforce, and communities through interprofessional student service-learning projects. We have shifted to serve the changing needs of our community and hospital system and are continuing to begin new projects to achieve these goals with hundreds of volunteers across 12 different schools at Columbia University.

Transfer Specific: Escape the Zoom

6:00–7:00 p.m.

Live on Zoom

Join your fellow transfer students in a game of Escape the Room! Using your different skills, you and your peers can follow the clues and escape! Registration closes on Thursday, September 3 at 5PM!

Joint Social: Movie Night

8:00-10:00 p.m.

Live online

There's nothing quite like watching a good movie with friends on a warm summer night. Join your new Barnard and Columbia community for what's sure to be a great way to unwind and bond after a long and exciting week! The movie will be shown on Friday, September 4 and Saturday, September 5! Please select only one movie time. Login will be provided upon registration.

Late Night Activities: Codenames

10:00 p.m.–12:00 a.m.

Live on Zoom

Team up with fellow students for virtual game night and take on the Spymasters in a round of Codenames! Think you can crack the code?

Hosted by the Residence Hall Leadership Organization (RHLO) Visit us at columbiarhlo.com

Community Unscripted: Athletics

10:00–11:00 p.m.

Live on Zoom

Our undergraduate community is home to over 40 sports & club organizations. Whether you're an experienced pro, a rookie, or are just trying to experiment, come learn about our teams and balancing the life of a student athlete!

Community Unscripted: Dance

10:00–11:00 p.m.

Live on Zoom

Whether you're more pirouettes or popping and locking, a salsero or a bollywood connoisseur, there are numerous dance groups and classes on campus where you can express yourself through movement. Come to this Community Unscripted to meet other students involved in dance and get involved in the community!

OL Roundtable: Finding Work

10:00–11:00 p.m.

Live on Zoom

Coming to college can be stressful, both academically and financially. One way students ease the latter burden is by finding work, both on campus and off. Whether you have a work study or are seeking casual employment, our OLs have been in your position. Come in and hear their tips for finding a job and balancing the work-life relationship once you have one.

OL Roundtable: Practicing Wellness

11:00 p.m.–12:00 a.m.

Live on Zoom

Coming to academically rigorous institutions like Barnard and Columbia can be incredibly stress inducing transition for some. If you'd like to learn about the ways we can practice wellness throughout the year and combat the stress culture often felt on campus, come and chat with our OLs.

Community Unscripted: Student Government

11:00 p.m.–12:00 a.m.

Live on Zoom

Were you the senior class president at your High School? Are you interested in bureaucracy? Do you just want to have the power to make tangible change in your school or class community? Come and chat with OLs who are involved in Student Government Organizations at Barnard and Columbia.

Saturday, Sept. 5

LGBTQ+ 101 Workshop

12:30–1:30 p.m.

Live on Zoom

LGBTQ+ 101 is a one-hour introductory session that provides foundational knowledge and language needed to support and act in solidarity with LGBTQ+ communities at Columbia University.

Community Unscripted: Green Welcome from EcoReps

1:30–2:30 p.m.

Live on Zoom

Wondering how Columbia’s community is responding to the climate and environmental crisis and how you can contribute? Interested in tips on how to live more sustainably or save on money and resources? Want to talk about your own experience with sustainability, environmental justice and inclusion, greenwashing, etc.? Join students from Columbia EcoReps and the Barnard SGA Sustainability Committee to learn more about how to lead an environmentally-friendly life and resources available to you as a Columbia or Barnard student.

Being LGBTQ+ at Columbia: Student Panel

2:00–3:00 p.m.

Live on Zoom

Join current LGBTQ+ students and student leaders to learn more about campus life, tips on navigating campus, resources, and ways to get involved.

Being FLI at Columbia: Student Panel

3:30–4:30 p.m.

Live on Zoom

Connect with other first-generation and/or low-income (FLI) students in the Class of 2024 and hear more about life on campus, tips, and opportunities from current FLI student leaders.

Being BIPOC at Columbia: Student Panel

5:00–6:00 p.m.

Live on Zoom

What is campus life like as Black, Indigenous, people of color, Latinx, Asian, Arab and Middle Eastern, and mixed heritage students at Columbia? Learn more about campus life, insight on navigating campus, and opportunities from student leaders as you connect with other new students.

Community Unscripted: Engineering Student Council

6:00–7:00 p.m.

Live on Zoom

Interested in working on policy issues or planning events for the entire student body? Come out to learn more from student council members about running for Engineering Student Council (ESC)!

Community Unscripted: Fraternity and Sorority Life

6:30–7:30 p.m.

Live on Zoom

What do Toni Morrison, Neil Armstrong, Michael Jordan, and Ruth Bader Ginsberg have in common? They all joined a fraternity or sorority in college! Please join Fraternity and Sorority Life for an info session about the fraternity and sorority community at Columbia and how to become involved. There are over 20 chapters on campus, including historically Black, historically Latinx, Asian-American interest, and multicultural fraternities and sororities. Meet with current members and learn more about the benefits of joining a fraternity or sorority. We hope to see you there!

Joint Social: Open Mic Night

8:00–10:00 p.m.

Live on Zoom

Calling all performers! Press play and tune in to some of your peers and see the variety of talent within the Barnard and Columbia community!

The link for Open Mic Night will go live 30 minutes prior to the start of the event.

Transfer Specific: Game Night

10:00–11:00 p.m.

Live on Zoom

Join in with your fellow transfer students to play a wide variety of games and enjoy the laughs that come along with it.

Sunday, Sept. 6

Transfer Specific: Game Day

1:30–2:30 p.m.

Live on Zoom

Join in with your fellow transfer students to play a wide variety of games and enjoy the laughs that come along with it.

Community Unscripted: Columbia College Student Council

5:00–6:00 p.m.

Live on Zoom

Interested in working on policy issues or planning events for the entire student body? Come out to learn more from student council members about running for Columbia College Student Council (CCSC)!

Late Night Activities: Build Your Own Virtual Vision Board

6:00–7:00 p.m.

Live on Zoom

Inspired by your NSOP experience so far? Take some time out of your day to sit back, relax, and build your own virtual vision board and set the scene for your upcoming semester! *Hosted by the Residence Hall Leadership Organization (RHLO)* Visit us at columbiarhlo.com

Joint Social: Performance Showcase

7:00–9:00 p.m.

Live on Zoom

Enjoy Barnard and Columbia’s finest performance groups as they put on a spectacular show to exhibit our talented community! The link for Performance Showcase will go live 30 minutes prior to the start of the event.

Late Night Activities: Bar None Trivia

9:30-11:00 p.m.

Live on Zoom

NSOP 2020 will be hosting a Bar None Trivia event on Sunday, September 6 and Monday, September 7! This will be a great opportunity to meet your peers over a 90-minute interactive and collaborative game of team trivia. Hop onto Zoom, break into smaller groups, and over four rounds of varied, topical trivia (including creative categories, picture rounds, and music rounds), we'll crown a Columbia Class of 2024 trivia champion. The game will open 10 minutes before the start time; the first 300 students who join each game will be eligible to play. **Please only join one event (either Sunday or Monday) so we can maximize the number of students who can play.** Looking forward to seeing many of you there!

Monday, Sept. 7

Late Night Activities: Coffee and Crayons

11:30 a.m.–1:00 p.m.

Tired of looking at the bare walls in your room? Pull out a notebook and pencil, or brushes and paint, and channel your inner Bob Ross at this brunch sketching and painting event! Grab a cup of coffee and try your hand at a freestyle design or make some happy trees! (Bob Ross not included.)

Late Night Activities: Afternoon Movie

1:30-3:30 p.m.

Live online

There's nothing quite like watching a good movie on a warm summer night. Join your new Columbia community for what's sure to be a great way to unwind and bond after a long and exciting week! Login will be provided upon registration.

Joint Social: Online Game Showdown

4:00-5:00 p.m.

Live on Zoom

Take time to step back and relax with fellow students from all four schools and enjoy some online games. Get to know each other through friendly game competition.

Late Night Activities: Bar None Trivia

6:00-7:30 p.m.

Live on Zoom

NSOP 2020 will be hosting a Bar None Trivia event on Sunday, September 6 and Monday, September 7! This will be a great opportunity to meet your peers over a 90-minute interactive and collaborative game of team trivia. Hop onto Zoom, break into smaller groups, and over four rounds of varied, topical trivia (including creative categories, picture rounds, and music rounds), we'll crown a Columbia Class of 2024 trivia champion. The game will open 10 minutes before the start time; the first 300 students who join each game will be eligible to play. **Please only join one event (either Sunday or Monday) so we can maximize the number of students who can play.** Looking forward to seeing many of you there!

Disability and Accessibility Information

Disability Services (DS) facilitates equal access for students with disabilities by coordinating reasonable accommodations and support services. Reasonable accommodations are adjustments to policy, practice and programs that provide equal access for students with disabilities. Examples include the administration of exams; services such as note taking, sign language interpreters and assistive technology; and coordination of accessible housing needs. Accommodation plans and services are custom designed to match the disability-related needs of each student and are determined according to documented needs and the student's program requirements. Registration includes submission of both the Application for Accommodations and Services and disability documentation. The application and disability documentation guidelines are available online (health.columbia.edu/content/disability-registration-form) and at the DS office. Students are encouraged to register within the first two weeks of the semester to ensure that reasonable accommodations can be made for that term. Please note that students are not eligible to receive reasonable accommodations until the registration process is complete.

Contact Information and Location

Wien Hall, Main Floor — Suite 108A

disability@columbia.edu

health.columbia.edu/content/disability-services

Safety and Health Information

In light of the COVID-19 pandemic, the safety and health are foremost concerns of our nation today and on campus. If you are living on campus, there are many resources on campus to help you stay safe and to assist you in emergency situations.

For information regarding Columbia Health, please visit the following website: health.columbia.edu

For information regarding safety and security at Columbia, please visit the following website:

publicsafety.columbia.edu

Important Phone Numbers

Columbia University Public Safety:

- Emergencies (including medical): 212-854-5555
- Non-Emergencies: 212-854-2797

Walking Escort Services: 212-854-SAFE (7233)

Nightline (Peer Counseling and Referrals, 10:00 p.m.–3:00 a.m.):
212-854-7777

Sexual Violence Response (SVR): 212-854-HELP (4357)

Columbia Health: 212-854-2284

Medical Services: 212-854-7426

Alice! Health Promotion: 212-854-5453

Disability Services: 212-854-2388

Gay Health Advocacy Project (GHAP): 212-854-6655

Counseling and Psychological Services: 212-854-2878

Emergency Call Boxes

Columbia University has more than 20 emergency two-way call boxes installed on and around campus for emergency communication with Public Safety. These wireless boxes are brightly colored in red, yellow and blue. In an emergency, you can push the red button to activate an alarm that connects you to Public Safety.