REACHING NEW HEIGHTS TOGETHER

NEW STUDENT ORIENTATION PROGRAM

2015 SCHEDULE BOOK

NSOP2015
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>2</td>
</tr>
<tr>
<td>Important Information</td>
<td>3</td>
</tr>
<tr>
<td>Essential Numbers</td>
<td>7</td>
</tr>
<tr>
<td><strong>Wednesday</strong>, January 14</td>
<td>8</td>
</tr>
<tr>
<td><strong>Thursday</strong>, January 15</td>
<td>9</td>
</tr>
<tr>
<td><strong>Friday</strong>, January 16</td>
<td>11</td>
</tr>
<tr>
<td><strong>Saturday</strong>, January 17</td>
<td>13</td>
</tr>
<tr>
<td><strong>Sunday</strong>, January 18</td>
<td>14</td>
</tr>
<tr>
<td>Important Dates</td>
<td>16</td>
</tr>
</tbody>
</table>
WELCOME TO COLUMBIA UNIVERSITY!

Welcome to Columbia College (CC) and the Fu Foundation School of Engineering and Applied Science (SEAS)!

The new adventure has just begun—Columbia University (CU) and New York City await! The New Student Orientation Program (NSOP) welcomes you as the newest members of the CU community. By choosing to attend CU, you have made the commitment to challenge yourself both academically and socially.

Throughout the next several days, we hope to provoke thought, expand your mind, and introduce you to new worlds. We hope that you will embrace all the opportunities available to you and use each new experience as a learning tool as you develop a new sense of your college, your community, and your place in the city.

By the end of NSOP, we hope that you will feel comfortable in your new environment. The most important thing to remember is that you must attend the required events. Trust us on this one—the program is designed to provide you with information that is vital to your success at Columbia!

Administrators, faculty, staff, and Orientation Leaders (OLs) are here to answer all of your questions. Feel free to talk to us about anything and everything! A vital part of NSOP is making new connections, so get to know us, your classmates, your school, and your city.

Once again, welcome to our community!

The NSOP 2015 Team
IMPORTANT INFORMATION

CUID CARDS
Please carry your Columbia University ID (CUID) at all times. Without your ID, you will not be able to go into residence halls or university buildings. If you do lose your CUID, go to the ID Center, located on Columbia's campus in 204 Kent Hall, from 9:00 a.m. to 5:00 p.m. (x4-7225). Replacement cards are $20.

GUIDEBOOK APP FOR SMARTPHONES
Not a fan of carrying around a schedule book? Do you have a smartphone or tablet? Then you should download NSOP’s FREE App on Guidebook! Just visit the App Store on your phone and search for Guidebook. Once you have downloaded the App, you’ll search for Columbia University to find the NSOP App. We highly recommend familiarizing yourself with all of the useful features!

PUBLIC TRANSPORTATION
One of the best parts of living in New York City is the ability to explore everything the city has to offer by having a MetroCard and understanding how the Metropolitan Transit Authority (MTA) works. Your OLs can teach you how to use a MetroCard machine to purchase your MetroCard. They can also help you understand how the buses and subway operate in terms of lines and directions by looking at a map. We have plenty of programs during NSOP happening throughout the city, which will help you practice getting around.
COLUMBIA DINING INFORMATION
Columbia Dining is committed to providing our community with one simple thing: great food. With three “all you care to eat” dining halls and nine retail locations on campus, we offer a wide variety of options that allow you to dine according to your lifestyle and schedule. Our daily menus feature local and sustainable ingredients across a variety of cuisines, prepared by our professionally trained culinary team. Meal plans can be used at John Jay Dining Hall, Ferris Booth Commons, or JJ’s Place, while Dining Dollars and Flex can be used at all on-campus Dining locations. No matter what you choose, you will always enjoy fresh, healthy, and delicious food served up by our team of food-loving experts.

NUTRITION, FOOD ALLERGIES, SPECIAL DIETS
Columbia Dining helps the community make healthy choices by providing nutrition resources and programs throughout the dining halls. The team is committed to ensuring students with varied needs have a safe and enjoyable dining experience in campus locations. They work to accommodate as many special diets as possible, including a large population of vegetarian and vegan diners. Explore all that they have to offer at dining.columbia.edu including daily menus, nutrition information, special diet and food allergy resources, and sustainability efforts. Remember to like them on Facebook, and follow them on Instagram and YouTube for the latest Dining news and updates. Enjoy your meal! For more information, email Columbia Dining at dining-nutrition@columbia.edu.

RELIGIOUS SERVICES AND INFORMATION
You can find information about religious services on the University Chaplain website, ouc.columbia.edu.
THE ROLM PHONE SYSTEM
The Columbia and Barnard campus telephone system is known as the ROLM Phone System. In many campus publications, you'll see telephone numbers listed as ROLM extensions, in the format x#-#####. If you're using a ROLM phone, simply dial #-#####. If you are dialing from your cell phone or a telephone outside the ROLM system, you'll need to dial 212-85#-####.

DISABILITY AND ACCESSIBILITY INFORMATION
Disability Services 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, 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 and at the Disability Services 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 for Disability Services
Wien Hall, Main Floor – Suite 108A
411 W. 116th Street, Mail Code 3711
New York, New York 10027
212-854-2388 (voice and TTY)
212-854-3448 (fax)
disability@columbia.edu
http://www.health.columbia.edu/disability-services

TRANSPORTATION AND ACCESS
Although the MTA is gradually adding elevators in various subway stations, the subways are generally not wheelchair accessible. If you are unable to navigate stairs, the best option is surface transit, as all New York buses are lift equipped. Another option, though more expensive, is a taxi or car service. The MTA has an excellent website, with complete info regarding accessibility, at web.mta.info/accessibility/.

SAFETY AND HEALTH INFORMATION
Safety and security are foremost concerns on college campuses and in New York City. There are many resources on campus to help you stay safe and to assist you in emergency situations. More contact information can be found at www.columbia.edu/cu/publicsafety/.
ESSENTIAL NUMBERS

Columbia University Public Safety:
- Emergencies (including medical): 212-854-5555
- Non-emergencies: 212-854-2797
- Columbia 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)
Health Services: 212-854-2284
Medical Services: 212-854-7426
Alice! Health Promotion Program: 212-854-5453
Disability Services: 212-854-2388
Gay Health Advocacy Project (GHAP): 212-854-6655
Counseling and Psychological Services: 212-854-2878
Center for Student Advising: 212-854-6378
Student Engagement (NSOP): 212-854-3611

EMERGENCY CALL BOXES
Columbia University has 20 emergency call boxes installed on and around campus for emergency communication with Public Safety. In an emergency, you can push a red button to activate an alarm that connects you to Public Safety. You can view the location of these boxes from the Public Safety website:
www.columbia.edu/cu/publicsafety/maps.html
ORIENTATION SCHEDULE

WEDNESDAY, JANUARY 14

Check-in/Move-in
10:00 a.m. - 12:00 p.m. │ Hartley Hall, Hartley Lounge
Welcome to your new home! Pick up your keys and your NSOP materials and bring your belongings to your residence hall room.

Welcome to Columbia University
12:00 - 12:30 p.m. │ Lerner Hall, Satow Room
Welcome to Columbia University!

Orientation Leader Meet and Greet
12:30 - 12:45 p.m. │ Lerner Hall, Satow Room
Meet your Orientation Leader (OL) and fellow group members to get acquainted with each other and hear about your OL's Columbia experience! Our OLs are committed, knowledgeable students who can answer your questions about the University and New York City.

Lunch
1:00 - 2:15 p.m. │ Bernheim & Schwartz, 2911 Broadway
Get to know other new students and staff over lunch.

Campus Tour with OLs
2:15 - 3:00 p.m. │ Depart from lunch

Library Orientation Session
3:00 - 4:00 p.m. │ Butler Library, Room 203
Learn about Butler Library, the largest of Columbia's 21 libraries and centers. Discover our vast collections of books and online resources and learn how to navigate our online site. Find out where to study, where to get help with your research and how to connect with us.
International Students & Scholars Office Workshop
4:00 - 5:00 p.m. | Lerner Hall, Satow Room
You will learn all about visas, the ISSO, and other resources available to international students. **This session is mandatory for all visiting international students.**

**Dinner**
5:00 - 6:00 p.m. | Lerner Hall, 505
Come grab some NYC style pizza and hang out with new friends!

**Bed Bath & Beyond Shopping Trip**
6:00 - 8:00 p.m. | 116th and Amsterdam
Need bedding? Or items for your room? Take the FREE shuttle buses and receive an in-store discount!

**THURSDAY, JANUARY 15**

**Continental Breakfast**
8:00 - 9:00 a.m. | Lerner Hall, Satow Room
Join your fellow new students and OLs for a continental breakfast to start the day.

**A Global Perspective on Diversity**
9:00 - 10:30 a.m. | Lerner Hall, Satow Room
Members of the Office of Multicultural Affairs (OMA) facilitate a session to explore the concepts of racial, ethnic, gender and more identities. As a group, we will also explore myths and realities of intercultural communication. Students in this interactive session will have an opportunity to reflect, dialogue, and participate in various activities.
Relationships, Dates & Hookups: What’s Healthy, What’s Not?
11:00 a.m. – 12:30 p.m. | Your OL will tell you the location.
Relationships, dates and hookups aren’t always easy, and everyone needs to be prepared with the knowledge and skills to have healthy interactions with others. This interactive and informative session will cover components of healthy relationships, sexual consent, and effective communication, as well as provide definitions of sexual violence and gender-based violence. In addition, SVR will describe the resources available to survivors and co-survivors.

Lunch
12:30 - 1:30 p.m. | Lerner Hall, Satow Room

Step UP! An Introduction
1:30 - 2:30 p.m. | Lerner Hall, Satow Room
Learn about pro-social bystander intervention and understand safe, effective ways to intervene in situations of sexual violence.

Visiting and Exchange Student Group Advising
2:30 - 4:30 p.m. | Lerner Hall, Satow Room
Led by Advising Deans from the Center for Student Advising (CSA), this mandatory group advising session will review important university academic policies and procedures, advising resources, and opportunities available through the CSA Visiting and Exchange Student Program.

Community Mix and Mingle with Barnard College and the School of General Studies
6:00 - 8:00 p.m. | Diana Center, Event Oval
Meet up with other new students and the orientation staff for an evening of great food (reception-style) and great conversation! This is a joint event for Barnard College, Columbia College, Fu Foundation School of Engineering and Applied Science, and The School of General Studies new students.
FRIDAY, JANUARY 16

Continental Breakfast
8:30 -9:30 a.m. | Lerner Hall, 2nd Floor Main Lounge

Columbia Psychological Services
9:30 -10:15 a.m. | Lerner Hall, Broadway Room
It is important to maintain your physical and emotional well-being, especially when transitioning to a new environment and lifestyle. Meet staff from Counseling and Psychological Services to discuss adaptation to a new cultural environment while maintaining relationships back home. Get helpful hints on how to integrate yourself into the different cultural aspects of college life while attending to academic pressures and demands.

Electronic Resources and Safer Computing
10:15 -10:45 a.m. | Lerner Hall, Broadway Room
This session is a brief overview of campus electronic resources and responsible network use. Plus, some tips for keeping your hardware and your identity safe!

Columbia Health
11:00 -11:30 a.m. | Lerner Hall, Broadway Room
This required session will provide an overview of Columbia Health’s resources, services, and new student requirements. Please join us to learn how we support the health and well-being of students and the university community.

Gender-Based Misconduct, Discrimination and Harassment Policy for Students
11:30 a.m. - 12:30 p.m. | Lerner Hall, Broadway Room
This mandatory session will introduce you to the University’s policies and procedures regarding gender-based misconduct, discrimination, and harassment. You will learn about your rights, protections, and responsibilities under our policies as well as important campus resources to address
these issues. Let’s work together to end all forms of gender-based misconduct, discrimination and harassment on Columbia’s campus.

**Lunch**
12:30 -1:30 p.m.  |  Lerner Hall, 2nd Floor Main Lounge

**Public Safety**
1:30 -2:00 p.m.  |  Lerner Hall, Broadway Room
Join Columbia University Public Safety for a presentation on security awareness and personal safety. The session will review safety on and off campus and effective crime prevention programs.

**Fire Safety**
2:00 -2:30 p.m.  |  Lerner Hall, Broadway Room
Do you know what to do in a fire? Do you know where your exits are? Do you know how to use a fire extinguisher? Do you know what fire protection you have in your building? Get the answer to these questions and more at our fire safety session.

**Dinner with OL Group**
5:30 -7:00 p.m.  |  Find out the location from your OL.
Get to know your OL and OL group better while enjoying dinner at a local restaurant!

**Movie Night at Loews Theatre**
7:00 p.m. - 12:00 a.m.  |  Meet in the Lobby of Barnard Hall
Come join some of your new friends and see the latest Hollywood hit. Complimentary movie tickets will be provided by Student Engagement. To participate in this event meet us in the lobby of Barnard Hall. This is a joint event for Barnard College, Columbia College, Fu Foundation School of Engineering and Applied Science, and The School of General Studies new students.
SATURDAY, JANUARY 17

Continental Breakfast
10:00 a.m. - 12:00 p.m. | Diana Center, Event Oval
Get out of bed and grab a quick bite to eat before your adventure in the city begins! We’ll have a continental breakfast waiting for you. This is a joint meal for Barnard College, Columbia College, Fu Foundation School of Engineering and Applied Science, and The School of General Studies new students.

Metropolitan Museum of Art Tour
12:00 - 4:00 p.m. | Barnard Hall, Lobby
Explore the masterpieces of the Metropolitan Museum of Art (the Met) with your fellow new students. This highly acclaimed museum has an array of sculptures, paintings, and other art forms from artists around the world. Entrance to the Metropolitan Museum of Art is free with your CUID! Remember to bring money for a MetroCard and food.

Museum of Modern Art
12:00 - 4:00 p.m. | Lewisohn Hall, Lobby
Picasso. Van Gogh. Warhol. Pollock. See the works of these revolutionary artists and many others at the Museum of Modern Art (MoMA). Admission to the museum is free with your CUID. Remember to bring money for a MetroCard and food.

American Museum of Natural History
12:00 - 4:00 p.m. | Lerner Hall, East Ramp Lounge
Whatever your interests, from dinosaurs to outer space, a trip to the American Museum of Natural History will expand your knowledge. The current president of the museum is Ellen V. Futter, former president of Barnard College. The suggested donation to the museum is $17 with your CUID. Remember to bring money for a MetroCard and food.
Attend a Broadway Show!
This is your opportunity to see your first of many NYC shows! Tickets are available for three different shows: Mamma Mia, Avenue Q, and Chicago. Tickets can be purchased during breakfast and lunch on Thursday and Friday for $30.00. Please bring exact cash only! Tickets are available on a first-come, first-serve basis. As a reminder, all three shows will be running simultaneously and these tickets are exclusively for new students! One ticket per student.

- **Chicago**: Lobby of Barnard Hall at 1:00 p.m.
- **Avenue Q** (Off-Broadway): Lobby of Lewisohn Hall at 1:00 p.m.
- **Mamma Mia**: East Ramp Lounge in Lerner Hall at 12:30 p.m.

**OL Night Out**
8:00 - 11:00 p.m. | Various Locations
Explore the neighborhood or another area of the city while beginning to forge friendships and lasting memories. Check with your OL for a list of activities.

**SUNDAY, JANUARY 18**

**Continental Breakfast**
10:00 a.m. - 12:00 p.m. | Diana Center, Event Oval
This is a joint meal for Barnard College, Columbia College, Fu Foundation School of Engineering and Applied Science, and The School of General Studies new students.

**Rockefeller Center**
12:00 - 4:00 p.m. | Barnard Hall, Lobby
New York City is a beautiful winter wonderland this time of year, so get in the winter spirit and head downtown for ice skating at one of New York’s most famous landmarks! Tickets are $27. Also don’t forget your MetroCard!
Chelsea Market
12:00 - 4:00 p.m. | Diana Center, Lobby
Get a taste of New York City at Chelsea Market, where you'll find food vendors and restaurants that are sure to satisfy your appetite!

Winter Flea & Holiday Market
12:00 - 4:00 p.m. | Lerner Hall, East Ramp Lounge
This indoor market, located in Brooklyn, features hundreds of top vendors of vintage clothing, collectibles, jewelry, art, and crafts by local artisans and designers. The Brooklyn Flea is also the winter home of the foodie paradise, Smorgasburg.

Museum of the City of New York
12:00 - 4:00 p.m. | Lerner Hall, 2nd Floor Main Lounge
New York City is your new home, so come learn about what makes this one of the greatest cities in the world! Admission to the museum is free with your CUID. Remember to bring money for a MetroCard and food.
IMPORTANT DATES: SPRING 2015

Monday, January 19
Martin Luther King Jr. Birthday Observed - University Holiday

Tuesday, January 20
First Day of Classes

Friday, January 30
End of Change of Program Period, Last Day to Add Class, Last Day to Receive Tuition Refund

Tuesday, February 24
Last Day to Drop Class for Columbia College

Monday, March 9
Midterm Date

Monday, March 16 - Friday, March 20
Spring Recess

Thursday, March 26
Last Day to Pass/Fail for Columbia College
Last Day to Drop Class for SEAS

Monday, May 4
Last Day of Classes

Tuesday, May 5 - Thursday, May 7
Study Days

Friday, May 8 - Friday, May 15
Final Examinations