New Student Orientation Program

Spring 2020 Schedule Book
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Welcome to Columbia University!

The new adventure has just begun — Columbia University and New York City await! The New Student Orientation Program (NSOP) welcomes you as the newest members of the Columbia community. By choosing to attend Columbia, 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 2020 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, 9:00 a.m.–5:00 p.m. (x4-7225). Replacement cards are $20.

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. To get service status about the trains and buses, or figure out how to get around, visit the MTA website at new.mta.info.

ACCESSIBILITY
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.
COLUMBIA DINING INFORMATION
Columbia Dining is committed to providing our community of students with one simple thing: Great food. With three “all you care to eat” dining halls and seven 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, healthful and delicious food served up by our team of food-loving experts.

NUTRITION, FOOD ALLERGIES AND SPECIAL DIETS
Columbia Dining helps the community make healthy choices by providing nutritional resources and programs throughout the Dining halls. The team is committed to ensuring students with varied nutrition and/or dietary needs can have a safe and enjoyable dining experience in our campus locations. Registered dietitian Bianca Tamburello is available on campus as well as online to address any questions and concerns regarding your nutrition and diet. Bianca consults individually with students on special nutrition, allergy-related, or dietary needs. She works with our culinary staff to accommodate as many special diets as possible, including a large population of vegetarian and vegan diners. Bianca is a free resource to all meal plan holders and can be reached at bt2482@columbia.edu or 212-854-3353. Explore all that we have to offer on our mobile-friendly website, dining.columbia.edu, which includes daily menus, nutritional information, special diet and food allergy resources and sustainability efforts. And remember to like us on Facebook for the latest Dining news and updates. Enjoy your meal!
HEALTH & WELLNESS @ COLUMBIA: DISABILITY SERVICES

Disability Services (DS) supports students with various types of disabilities including but not limited to physical, hearing, visual, learning, psychological and chronic medical conditions. DS helps to coordinate accommodations and support services, thereby cultivating a campus culture that is sensitive and responsive to the needs of students with disabilities.

Reasonable accommodations are adjustments to policies, practices and programs that facilitate access to Columbia’s academic programs, campus resources and activities. Examples include exam accommodations, note taking, sign language interpreters, assistive technology and accessible housing coordination. Accommodations are determined on a case-by-case basis and students seeking them are required to register with the office at health.columbia.edu/getting-care/register-disability-services. Accommodations and services do not begin automatically upon enrollment at Columbia nor do the accommodations and services received in high school or at other universities automatically transfer to Columbia.

CONTACT INFORMATION AND LOCATION FOR DISABILITY SERVICES

Wien Hall, Main Floor – Suite 108A
411 West 116th Street, Mail Code 3711
New York, New York 10027
212-854-2388 (voice and TTY)
212-854-3448 (fax)
disability@columbia.edu
health.columbia.edu/disability-services
RELIGIOUS SERVICES AND INFORMATION
You can find information about religious services on the University Chaplain website: ouc.columbia.edu.

SAFETY AND HEALTH INFORMATION
Safety and health 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.

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

For information regarding safety and security at Columbia, please visit the following website: columbia.edu/cu/publicsafety

EMERGENCY CALL BOXES
Columbia University has more than 20 emergency two-way call boxes (Blue Light Phones) 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.
ESSENTIAL NUMBERS

- Berrick Center for Student Advising: 212-854-6378
- Columbia University Public Safety:
  - Emergencies (including medical): 212-854-5555
  - Non-emergencies: 212-854-2797
  - Safety Escort Services: 212-854-SAFE (7233)
- Columbia Housing (Available 24/7): 212-854-2779
- Health Services: 212-854-2284
  - Alice! Health Promotion Program
  - Counseling and Psychological Services (CPS)
  - Disability Services
  - Gay Health Advocacy Project (GHAP)
  - Medical Services
  - Sexual Violence Response (SVR)
- Nightline (Peer Counseling and Referrals, 10:00 p.m.–3:00 a.m.): 212-854-7777
- Undergraduate Student Life (NSOP): 212-854-1836
ORIENTATION SCHEDULE

WEDNESDAY, JANUARY 15

Check-in/Move-in
9:00 a.m.–2:00 p.m. │ Hartley Hall, Lounge
Welcome to your new home! Pick up your keys and your NSOP materials and bring your belongings to your residence hall room. Students who are not living on campus should also check-in at this time to receive their Columbia ID Card.

Orientation Leader Meet and Greet
4:00–5:00 p.m. │ 555 Lerner Hall
Meet your orientation leader (OL) and fellow group members to become 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.

Welcome Dinner
5:00–7:00 p.m. │ 555 Lerner Hall
Staff members will welcome you to the Columbia community during dinner. You will have the opportunity to meet other new students as well.

THURSDAY, JANUARY 16

Breakfast
8:00–9:00 a.m. │ 555 Lerner Hall
Join your fellow new students and orientation leaders for a continental breakfast to start the day.
Welcome to Columbia: Visiting and Exchange Student Group Advising
9:00–11:00 a.m. │ 555 Lerner Hall
Let us officially welcome you to the Columbia Community! Led by Advising Deans from the Berrick 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.

Columbia Health
11:00 a.m.–12:00 p.m. │ 555 Lerner Hall
This required session will provide an overview of Columbia Health’s resources including Medical Services, Counseling and Psychological Services (CPS), Disability Services, Insurance and Immunization and Alice! Health Promotion Requirements for new students will be reviewed and a Q&A session will follow. Please join us to learn how we support the health and well-being of students and the University community.

Orientation Group Lunch
12:00–1:30 p.m. │ Lerner Hall, Broadway Room
Meet with your orientation leader (OL) to learn about things to do on campus and throughout New York City! This is a great opportunity to ask your OL about getting involved on campus, fun events and things to do in the city and where all the best spots for good food are! If you arrive late, this is also a great way to connect with your OL and group.

Step Up! and get SAVI: Preventing Sexual Assault/Violence through Bystander Intervention
1:30–3:30 p.m. │ 555 Lerner Hall
*The next session will take place immediately following this presentation. Please remain in the room during the transition.
Sexual violence encompasses a broad spectrum of behaviors that can have a negative impact on an individual and the Columbia University community. We all can play a part in developing and maintaining a healthy, safe community by looking out for one another. During this interactive session facilitated by Sexual Violence Response staff and volunteers, you will learn about the dynamics and realities of sexual assault, what it means to be a prosocial bystander, effective strategies for bystander intervention and resources and services available for someone who is affected by violence.

**Title IX**
3:30–4:00 p.m. | 555 Lerner Hall
The Law, Columbia's Gender-Based Misconduct Policy and How to make a report (or not): Title IX's response to Sexual Assault and Dating Violence on Campus.

**Community Mix and Mingle with Barnard College and the School of General Studies**
5:00–6:30 p.m. | Diana Center, Event Oval: Barnard College 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, Columbia Engineering and the School of General Studies new students.

**FRIDAY, JANUARY 17**

**Breakfast**
8:00–9:00 a.m. | 555 Lerner Hall

**International Students and Scholars Information Session**
9:00–10:00 a.m. | 555 Lerner Hall
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 student status, eligibility for on-campus employment and travel documentation needed to return to the United States after a trip abroad during the semester. Please bring your immigration documents with you — passport and I-20 (for students in F-1 status) to better follow the presentation.

This session is required for all visiting international students only.

A Global Perspective on Diversity
10:00–11:30 a.m. │ 555 Lerner Hall
Members of Multicultural Affairs will facilitate a session to explore intercultural experiences in the context of the Columbia community. Students in this interactive session will have an opportunity to reflect, dialogue and participate in activities.

Academic Integrity
11:30 a.m.–12:00 p.m. │ 555 Lerner Hall
Academic Integrity is the cornerstone of your work in our intellectual community at Columbia. This session is a follow up to the Academic Integrity module on Courseworks you completed. During this interactive session, you will recite and sign the honor code and pledge and have the opportunity to ask questions about the academic integrity policy in order to best understand the academic expectations at Columbia. This event is part of Live Well | Learn Well which promotes strategies for individual well-being and healthy undergraduate community.

Orientation Group Lunch and Campus Tour
12:00–1:30 p.m. │ Lerner Hall, Broadway Room
Enjoy lunch with your orientation leader (OL) and group to ask any questions about life at Columbia, life in New York City and any of the information covered so far during orientation. Campus tour will immediately follow lunch.
Security and Fire Safety
1:30–2:30 p.m. | 555 Lerner Hall
Join us for a presentation on security awareness, personal safety and fire safety. We'll review safety on and off campus, effective crime prevention and information about fire protection and safety during this program.

Live Well, Learn Well
2:45–3:45 p.m. | 555 Lerner Hall
Columbia University is not just where you take classes; it's a community where you can thrive. But juggling course schedules, studying, learning the subway system, making friends and finding time to do laundry can add up. The good news is that it's possible to find a balance and you don't have to do it alone — there are resources here that can help! Meet up with CU Well Peer Leaders to have a conversation about transitioning to life on campus, navigating challenges and developing strategies for success at Columbia.

Dinner with Orientation Group
5:00–7:00 p.m. | Find out the location from your OL
Join your OL and group for a 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. A limited number of complimentary movie tickets will be provided by NSOP, and you can get your ticket from a staff member during the week. To participate in this event meet us in the lobby of Barnard Hall. This is a joint event for Barnard College, Columbia College, Columbia Engineering and the School of General Studies new students.
SATURDAY, JANUARY 18

Breakfast
10:00 a.m.–12:00 p.m.  |  510 Lerner Hall
Get out of bed and grab a quick bite to eat before your adventure in the city begins!

American Museum of Natural History
1:00–4:00 p.m.  |  510 Lerner Hall
This is one of the most enjoyable museums to visit. If you’re interested in environmental and earth science, biodiversity, astronomy, animals, human origin, cultural history, it has almost anything you can imagine. Admission is pay-what-you-wish. Remember to bring money for a MetroCard.

Metropolitan Museum of Art Tour
1:00–4:00 p.m.  |  Lewisohn 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.

Attend a Broadway Show!
This is your opportunity to see your first of many NYC shows! Tickets are available for three different shows: Phantom of the Opera, Chicago and Mean Girls. Tickets can be purchased during breakfast and lunch on Thursday and Friday for $20.00. Please bring exact cash only! Tickets are available on a first-come, first-served basis. As a reminder, the shows will be running simultaneously, and these tickets are exclusively for new students! One ticket per student.

- **Phantom of the Opera**: Diana Hall Lobby at 1:00 p.m.
- **Chicago**: 505 Lerner Hall at 1:00 p.m.
- **Mean Girls**: 515 Lerner Hall at 1:00 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 19

Breakfast
10:00 a.m.–12:00 p.m.  |  510 Lerner Hall
Get out of bed and grab a quick bite to eat before your adventure in the city begins!

Rockefeller Center
1:00–4:00 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 $37. Also, don’t forget your MetroCard!

Chelsea Market
1:00–4:00 p.m.  |  505 Lerner Hall
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!

Museum of the City of New York
1:00–4:00 p.m.  |  515 Lerner Hall
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 2020

Monday, January 20
Martin Luther King Jr. Birthday Observed — University Holiday

Tuesday, January 21
First Day of Classes

Friday, January 31
End of Change of Program Period, Last Day to Add Class, Last Day to Receive Tuition Refund for Class Dropped

Thursday, February 20
Glass House Rocks in Lerner Hall: Stop by to learn more about student organizations and performance groups on campus!

Tuesday, February 25
Last Day to Drop Class for Columbia College

Monday, March 16–Friday, March 20
Spring Recess — No Classes

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

Saturday, April 4
Spring Concert: Keep an eye out for ticket information!

Monday, May 4
Last Day of Classes

Tuesday, May 5–Thursday, May 7
Study Days

Friday, May 8–Friday, May 15
Final Examinations