



GRENFELL CAMPUS ORIENTATION 2020



Tuesday Sept. 1, 2 p.m. **VIRTUAL BINGO**

Play bingo online with fellow students and win great prizes. To pre-register please email nlbaker@grenfell.mun.ca.



Wednesday Sept. 2, 2 p.m. **VIRTUAL RESOURCE FAIR**

For campus resources - see what Grenfell has to offer to help you be a successful student.



Thursday Sept. 3, 7 p.m. **FAMILY ORIENTATION LAST MINUTE CHECK -IN**

Identify tasks that can be done before classes start to make the transition to university easier and less stressful.



Tuesday Sept. 8, 1 p.m. **WELCOME TO GRENFELL CAMPUS!**

Join us for a virtual welcome to Grenfell Campus and kickoff to Fall Orientation 2020!



Tuesday Sept 8, 2 p.m. **ACADEMIC ADVISING**

The annual group advising session for new students will provide information and contacts that new students will require for their first year of studies at Grenfell Campus. The virtual advising session will identify your academic advisor and outline you and your advisor's responsibilities; decode University terms such as degree, major, minor, GPA, and academic warning; highlight relevant university regulations and list important dates in the fall semester. The session will provide a list of other services offered at Grenfell and will give you the opportunity to ask questions.



Wednesday Sept. 9, 2 p.m. **BEGINNER YOGA AND MEDITATION**

45 minute session. Join Nancy from Namaste Studios to reduce stress and calm your mind to get ready for the start of the semester. To register, please email studentservices@grenfell.mun.ca.



Thursday Sept. 10, 9:30 pm **VIRTUAL NL TRIVIA**

Want to learn more about Newfoundland and Labrador? Come join us via Zoom for virtual NL trivia!



Saturday, Sept. 12, 9:30 pm **VIRTUAL CONCERT**

Celebrate your first week of classes with a virtual music event hosted by the GCSU! DJ Tom Fleming, Red Bull 3Style artist, will be performing LIVE via Twitch @djtomfleming



Between Tuesday, Sept. 8- Saturday, Sept. 12 (you pick the time and day) **VIRTUAL GRENFELL FUN RUN**

A 4km non-timed walk, run or crawl to get your body moving. You choose where to run/walk/crawl. Your neighbourhood, treadmill or favourite running route – as long as you complete the race in a safe manner and practice social distancing (10 meters apart while running). Registration? It's FREE! grenfellfunrun.eventbrite.ca Registration will open in mid-August. We also have lots of prizes to give away that we'll mail out or deliver in the local Corner Brook area. Your registration will enter you in the prize draws. GET SOCIAL: when you walk/run/crawl, take a pic, share it on social media and tag us @grenfellcampus.



Thursday, Sept. 17, 10 a.m. **GET INVOLVED GRENFELL**

Students will be introduced to volunteer and student employment opportunities on and off campus. There will be live presentations about why getting involved is important and how to maximize your university experience.



Sunday, Sept. 20 **2020 TERRY FOX RUN ONE DAY. YOUR WAY.**

The Terry Fox Foundation is excited to announce that Canadians will continue to support cancer research through Virtual Runs from coast to coast to coast this September. Terry once said, "Anything is possible if you try." Today, 40 years later, we will have to be innovative as well – we can't think of anything that Terry would appreciate more. Help us celebrate the 40th anniversary of Terry's Marathon of Hope by joining us today. We will unite in spirit, not in person! Wherever you are – around your neighbourhood, backyard, down the street or around the block. Walk, Ride, Run! Register as an individual, family or a virtual team – start your fundraising effort today: www.terryfox.ca/terryfoxrun/cornerbrook.



Wednesday, Sept. 23, 3:30 p.m. **SIGN UP FOR YOUR SOCIAL INSURANCE NUMBER**

A Service Canada representative will be joining us virtually to talk about the job bank, resume building, and how to get a Social Insurance Number (SIN) Please register at international@grenfell.mun.ca.