EVENTS October 3 - 16
Division of Student Affairs

THE STUDENT CENTER BREAKERS GAME ROOM
Two tournaments took place this session:
• On October 1 (3PM-5PM) virtual FIFA tournament for XBOX players
• On October 3 (2PM-4PM), pool tournament

Prizes were awarded to the winners!

Check out Facebook and Instagram for future tournaments!

ORIENTATION LEADER RECRUITMENT

Orientation programs are aimed at supporting the transition of new students to college, and creating a welcome campus atmosphere for the new members of our Blue Devil Family. Every Fall semester, we begin a recruitment period for students to become part of the Orientation Leader family. Students attend information sessions throughout the month of October, and can apply for the OL role, for the following year. Fall Orientation takes place during the summer months, while Spring Orientation takes place in January. OLs may assist with both Fall and Spring Orientation sessions. Students are encouraged to apply to be an OL, from all disciplines, class status, majors; the more diverse our OL experiences are, the better they can support our new students. A positive attitude, and strong work ethic are key components of what makes a great OL!

Virtual Information Sessions will take place throughout the month of October on Microsoft Teams! The first few Information Sessions will take place on the dates listed below.
• October 6 @ 3 PM
• October 7 @ 1 PM
• October 8 @ 2 PM

Important Dates:
• First round of interviews: November 5th - December 9th
• Second round of interviews: Week of December 14th or January 25th
• Week of February 1st: Applicants will know their status
ORIENTATION LEADER

INFO SESSIONS

Want to learn more about becoming an Orientation Leader?
Visit our website (ccsu.edu/orientation) for the link to our virtual info sessions!

DATES

- Tuesday, October 6th
- Wednesday, October 7th
- Thursday, October 8th
- Monday, October 14th
- Wednesday, October 15th
- Friday, October 16th
- Tuesday, October 20th
- Thursday, October 22nd
- Friday, October 23rd
- Monday, October 26th
- Wednesday, October 28th
- Thursday, October 29th

- 3pm
- 1pm
- 2pm
- 3pm
- 10am
- 11am
- 12:15pm
- 1pm
- 4pm
- 3:30pm
- 11:30am
- 4pm

CENTRAL
NEW STUDENT PROGRAMS
**Wellness Education "Seconds" Program**

October 7, through Teams
Objective: Focusing on providing students with quick information about staying well.

**Anything But COVID – ABC’s of managing misery**

1. Paradigm Shift – changing the way we think while living through it  
   a. New to everyone  
   b. Too much stress, or overwhelmed and too little stress which causes us to be unmotivated  
      i. COVID brought different stressors  
   c. 80% of normal output during pandemic
2. COVID Quiz:  
   a. According to the CCSU Dashboard, about how many people on campus have been infected? Best way to prevent the spread?  
   b. What keeps you motivated?  
   c. Are online classes easier or harder for you, and why?  
   d. What does it mean to quarantine?  
   e. What comfort food helps you get through the tough times?
3. Has anything positive come from the changes to our lives during this pandemic?  
   a. Relationships  
   b. Self awareness  
   c. Saving money on gas  
   d. Refocus on life goals

Wellness Team will be providing students who pre-register, with items such as a stress ball for the first session.

**Alcohol Awareness Fair**

On October 8, we will be having our Alcohol Awareness Fair – Eight groups of faculty, staff and students will use the Teams platform to provide interactive experiences that highlight information on alcohol, such as the following: Fake ID is a felony; four signs of alcohol poisoning; avoiding alcohol at a party; understanding the green zone (.05-.07); Blood Alcohol Concentration and the Standard drink; Alcohol and the inverse relationship with GPA; Underage drinking ticket/social hosting; and impact on the brain. Students who complete six of eight tasks will be given a choice of a mini Bluetooth speaker or fanny pack.
EXTENDED HOURS IN THE STUDENT CENTER

The Student Center has extended Thursday building hours to 11:00 PM in support of the Devils’ Den 10PM program. This initiative will be in place until November 19th.

On October 8, the Student Center Breakers Game will host a Digital Devils Den in Semesters and the Breakers Game room: **Jackbox Game Night!**

We will livestream Jackbox on the Discord server simultaneously so people can play from home.

Breakers will be open until 11 PM so folks can stay in the room and play games during the Devil’s Den event. The department of Student Activities/Leadership Development will be giving away free shirts at the event.

October 12th to October 16th **Wellness Education Word Search** through Instagram with a choice of prize for being one of the first 15 students to complete and submit their search.

Available October 13th **“People need to wear masks”** video from Wellness Education. With the help of local animals, we show how to wear the mask.

October 14 from 7:30-8:00pm **Break In The Study Habit**
1. Movement in any form is better than no movement at all
   a. Many forms of movement
2. All time favorite study snacks
3. Studying with friends via facetime

Choices classes for the Fall will begin – alcohol education for students who may be struggling to look at the consequences of their actions when using alcohol on and around campus.

We continue to use Instagram and Twitter to send out Wellness Information, allowing students an opportunity to make better choices and be more informed.