

STUDENT SCHEDULE

FRIDAY, AUGUST 25

Workshop Rotation 1 - 2:00pm–2:40pm

Technology @ NU – HSC 104 (Required Session at any rotation)

A quick run-through of the technology you'll use on a daily basis – both on campus and online – while at Northwest. Our IT Office will cover your ID Key Card, Microsoft 365 resources, printing, and more; and a current student will guide you through using Discovery, the online component to Kirkland Campus classes.

Dean's List or Probation List? – HSC 102

This practical workshop will present five clear academic skills/ practices that will set you on the path to the dean's list and graduation or at the very least, a smooth journey free of academic trauma or tragedy. They're not complicated or sexy but neglecting them could set you on the path to the probation list.

What to Expect in my first Semester – Millard 100

Come learn about trends and common experiences in the first semester of college. We'll highlight the typical rhythms of academic life and social life over the next few months and discuss how you can best meet the moment--all to be successful and better prepared!

Was Transfer Student Workshop – Fee 7

Our Transfer Student Workshop will be a time for transfer students to learn tips and tricks for making the transition from other institutions to Northwest. We want to help prepare you to make the most out of your time at NU as a transfer student.

Workshop Rotation 2 - 2:45pm–3:25pm

Technology @ NU – HSC 104 (Required Session at any rotation)

A quick run-through of the technology you'll use on a daily basis – both on campus and online – while at Northwest. Our IT Office will cover your ID Key Card, Microsoft 365 resources, printing, and more; and a current student will guide you through using Discovery, the online component to Kirkland Campus classes.

Creating Friendships – Fee 7

Welcome to this new adventure and new home - our hope as faculty is that NU becomes a place where you truly feel that you belong! This session will focus on how you can create true belonging through the knowledge of components of belongingness and specific behaviors that create relationship.

Will I Always Feel This Way: Riding the Roller Coaster of Transitioning to College – HSC 102

Whether this is your first major move/ change in life, or you've lived in 10 houses in 6 cities, your parents have divorced, this isn't your first college, or you've experienced a world-wide pandemic – you've experienced transition – BUT, have you developed the ability to manage it well as it comes? Come to this session for some practical tools to help you manage the roller coaster that is coming to college.

Workshop Rotation 3 - 3:30pm–4:10pm

Technology @ NU – HSC 104 (Required Session at any rotation)

A quick run-through of the technology you'll use on a daily basis – both on campus and online – while at Northwest. Our IT Office will cover your ID Key Card, Microsoft 365 resources, printing, and more; and a current student will guide you through using Discovery, the online component to Kirkland Campus classes.

Avoiding FOMO: Managing Time and Life in College – Millard 100

If you often suffer from FOMO (fear of missing out), you might find the transition to college a bit daunting. Are you worried about keeping track of assignments, work hours, and social events? This workshop will provide practical skills on

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how to balance your time in college between academics, self-care, and social life. You can really have it all, but it takes practice! So come find out how to have the best of both worlds!

Maximizing Now to Prepare for Later: Career Services, College Employment, and your Future – HSC 102

This session is all about taking your next steps and using where you are to prepare you for where you're going. In our time together, we'll talk about how to make the most out of your time at Northwest from a few perspectives: finding work during college, using your work experience to prepare for your future, and being ready to launch when your time here is complete!

SATURDAY, AUGUST 26

Workshop Rotation 1 - 1:30pm–2:10pm

How to be a Healthy Roommate – HSC 104

Living with someone new can be fun, weird, difficult and incredible. Come hear from three of our RAs on how to be a healthy roommate by communicating well, discussing expectations and learning how to navigate when things get a little wonky. This session will be interactive, reflective and provide you with tools to be successful as a roommate pair!

Tips for being Homesick & Moving Out for the First Time – Fee 7

Whether you live 3 hours from campus, or a 6-hour plane flight away, anyone can get a little homesick sometimes and that's okay. It can feel lonely at times, but I want students to know that they are not alone in experiencing this and they don't have to go through it alone. Being in what feels like a new world or a completely different culture can be daunting, but it can also be the best experience of your life. In this breakout session, I will go over some practical tips for students who might be nervous about being away from home for the first time. The hope is to encourage students to not give up on finding a community here, and to call NU their (second) home.

Thriving as a Commuter Student – HSC 102

While commuter students have a unique experience during their time at NU, commuter life can be amazing in so many ways! It just takes some effort, commitment, and knowing what resources there are to help you learn to thrive in your life as a commuter!

Workshop Rotation 2 - 2:15pm–2:55pm

How to be a Healthy Roommate – HSC 104

Living with someone new can be fun, weird, difficult and incredible. Come hear from three of our RAs on how to be a healthy roommate by communicating well, discussing expectations and learning how to navigate when things get a little wonky. This session will be interactive, reflective and provide you with tools to be successful as a roommate pair!

Student Athlete Orientation – HSC 102

New student athletes-- welcome to campus! Come here from several of our coaches and returning athletes on an engaging panel about what it is like to balance student life and athletics.

Getting Involved at NU! – Millard 100

Come hear from some of our student leaders about ways you can get involved on campus! SAB hosts a variety of events for students, and has volunteer opportunities open to people of all different interests. ASNU is looking for senators to advocate for students and amplify voices, and provides a chance for students to make a difference on campus. MOSAIC cultivates spaces for students to encounter the diversity of God's kingdom, and provides opportunities for students to share their own experiences and culture.

Workshop Rotation 3 - 3:00pm–3:40pm

How to be a Healthy Roommate – HSC 104

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Living with someone new can be fun, weird, difficult and incredible. Come hear from three of our RAs on how to be a healthy roommate by communicating well, discussing expectations and learning how to navigate when things get a little wonky. This session will be interactive, reflective and provide you with tools to be successful as a roommate pair!

Culture Shock – HSC 229

Entering your college experience can be overwhelming for many reasons, but especially if you're coming from diverse, cultural, or ethnic backgrounds. Connect with current students that have walked in your shoes and discover support as you begin your NU journey!

SUNDAY, AUGUST 27

Workshop Rotation - 1:30pm–2:10pm

Following Jesus in College: Spiritual Disciplines and You? – Millard 100

Going to college represents a big life change for someone, yet it also introduces a new and busy lifestyle full of courses, friends, and quite possibly other kinds of work. Facing what's ahead, this workshop provides tips and tools for implementing some key practices in your spiritual life that can help you to remain focused on God and ready to hear from Him. Following Jesus is a journey, and this workshop will provide a helpful companion on the way.

I'm New Here: Introducing the Assemblies of God – HSC 102

One of the best aspects of Northwest University is the diversity of faith backgrounds our students hold. However, some new students find chapel or Monday night Pursuit meetings confusing or odd. Why do people lift their hands when they sing? Why do some people speak up when the campus pastor is preaching? What's the deal with people gathering around someone to pray—with everyone talking at once? In this workshop, Dr. Clint Bryan, one of our English professors and a former minister with over 30 years of experience, will outline some basic beliefs and practices of the Assemblies of God, the parent fellowship of Northwest University. It isn't our intent to persuade anyone to leave their denomination while in college; instead, Dr. Bryan will simply answer questions that arise and celebrate the various expressions of the Body of Christ on our campus.

Young People in the Local Church – Fee 7

The value of the local church has been deeply challenged over recent years, especially by younger generations. What is the value of the local church today and how has it changed? Is the local church something we still need to be a part of and if so, why? What are my options if I want to join a local congregation around the Kirkland area? Come join us in this conversation as you consider what your church experience will look like at NU.

Missions and Outreach – HSC 229

Going over the details and vision that our team has for both local and global outreach this year. This will include the theological call to outreach, as well as the practical steps NU students can take to follow that call, including upcoming dates for additional information.