# STUDENT SCHEDULE



# **FRIDAY, AUGUST 22**

## Settling in at NU Workshops - 2:00-2:40pm

#### What to Expect in my first Semester - HSC 104

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!

#### 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

#### Creating Friendships - Fee 7

College is filled with new people and new friendships! Learn how to steward your friendships well in this workshop that explores how empathy, careful attention, and intentional listening can contribute to truly knowing and understanding others.

# **SATURDAY, AUGUST 23**

### Workshop Rotation 1 - 2:45-3:25pm

#### 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!

#### Life Skills for Living on Your Own-Fee 7

Ready to live on your own but not sure what to expect? In this student-led panel, experienced college students will share real-life tips and answer your questions about essential life skills, such as budgeting, time management, laundry and self-care. Whether you're living off campus or just want to feel more confident handling life's everyday challenges, come get practical advice and honest insight from peers who've been there.

#### 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!

#### Following Jesus in College: Spiritual Disciplines and You? - Millard Theater

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.

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### Workshop Rotation 2 - 3:30-4:10pm

#### 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!

#### **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.

#### Avoiding FOMO: Managing Time and Life in College - HSC 102

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 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!

#### **Culture Shock - Millard Theater**

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!