



ITUP

**THE JOURNEY
BEGINS NOW**

Welcome to IUP!

We are glad that you are joining us for Welcome Week. This guide provides you with an overview of all of the sessions that you will select from to participate in over the next few days. Some events, like *Your Journey Begins Now*, have been preregistered for you. In this session you will be given the opportunity to select three workshop sessions from those listed below. You will be provided directions on how to use the MyIUP platform to schedule during this session.

Take a moment to read the course descriptions and the sessions offered under each course title. Perhaps you'd like to learn more about student employment on campus – ***Hire a Hawk*** is the workshop for you. Or maybe you are looking to develop your leadership skills – ***Becoming a Leader*** has several relevant topics to consider.

College Connections on Thursday offers you the opportunity to meet with faculty from your department and college, you have been pre-registered for the session based on your major.

Monday evening all student will be required to participate in the ***6 O'clock Series*** presentation titled, *Can they really say that? Free speech, hate speech, and the obligations of Public Universities*. There are a variety of instructors to choose from, each will present the same topic with a bit of their own twist.

Once you have your schedule selected it will be reviewed by the Orientation Student Success Leaders. If you have any questions the Student Success Leaders are here to assist.

Enjoy Welcome Week, Your Journey Begins Now with these first steps!

COURSE SELECTION LIST

HAWK 102 Crimson Coffee Hour

These quick sessions will provide you with a chance to learn more about opportunities available to enhance your student experience while at IUP. Learn about doing research with a faculty member, find a spiritual connection to one of the many resources on and off campus, or hear about the IUP Traditions that you will want to be sure to take advantage of while at IUP.

Undergraduate Student Research

Start a project. Get creative. Work with a mentor. Build that real-life experience. Learning isn't always by the book. Your college experience is full of great classes but applying what you're learning is just as important to your future. That's where research, scholarly and creative activities come in. Last year, more than 200 undergraduates across campus participated in research projects.

HAWKS 101 – What Do I Really Need to Know??

Learn more about the Hawks 101 courses and how they will help you be successful at IUP. Topics include academic success, student life, student policies, technology, and diversity on-campus.

Spiritual Engagement and Religious Resources

This workshop will introduce students to the religious and spiritual resources and opportunities both on campus and in the Indiana community. We will explain how those resources can be accessed and how they have played an integral role in student success here at IUP .

What Can an IUP Alumni do for you?

Did you know that IUP has a network of over 150,000 alumni? Our alumni are ready and willing to welcome YOU to the IUP family. Alumni love IUP and are a valuable resource for you. Learn about some of IUP's tried and true traditions and how to tap into IUP's network of alumni mentors. We will review the Tradition Keepers program offered by the IUP Ambassadors and the Office of Alumni and Friends. The second half of the session will dive into The Crimson Network and how this powerful virtual networking tool can help take your IUP experience to the next level.

Creating an Anti-Racist Campus

Interested in creating an anti-racist campus? Work with others to learn what that means and the first steps in changing the culture. Join the discussion to make a difference.

HAWK 103 Becoming a Leader!

Teamwork and leadership are vital. Ask employers—many reported they value these and other interpersonal skills equal to, or more than, technical skills. Real-world projects require different disciplines to communicate shared ideas, but that's just the beginning. There are many factors that lead to success. In these sessions you will have a chance to explore how working with others can impact your growth as a leader.

Assertive Communication

In this interactive presentation, Dr. Erick Lauber, a long-time leadership teacher and consultant, will walk participants through the most important elements of effective communication.

Fear and Empathy: Forging Human Connections through Knowledge

Empathy is the ability to identify and understand other people's emotions and it is a central part of being human. When we experience fear, the physiological response to the unknown, we become incapable of practicing empathy. This workshop, with medical anthropologist Dr. Abigail Adams, explores the ways in which knowledge bridges the gap between fear to empathy and can move us toward a more just and connected world.

Navigating Conflict to Build a Team

This presentation is designed to provide students with tools to manage conflict in their organizations as well as their personal circles. Using appropriate conflict strategies, students at all levels can build teams and develop lifelong relationships.

Respecting & Learning Other Cultures: What is interpersonal communication and why is it important?

In this workshop, you will learn about interpersonal communication. When we leave the comfort of our home and our town we find ourselves not only in a new place but in a new culture. Let's talk about what interpersonal communication is and why it's important.

Leadership & Practices

There is a lot of talk about leadership, but what is it really. This session help you move past the talk and help you start walking like a leader.

HAWK 104 Crimson Common Hours

These sessions focus on a variety of topics to help students make the most of their college experience. The University College staff, and LEAD Peer Mentors are prepared to help you explore your options!

Hire A Hawk

Do you have an interest in working on campus this year? This session will teach you how to navigate the online hiring system, check to see if you have Federal Work Study, and provide a few tips for the interviewing process.

So Now You're an Adult!

This session will help promote financial literacy, provide ways to balance your academic and personal lives, as well as ways to form healthy habits as you transition to college.

Nuts & Bolts of Technology

Learn more about MyIUP, D2L, Zoom and other forms of technology you might see used in your classes this fall. If you have questions about technology, this is the session for you!

Finding Your Success

Using the Six Dimensions of Wellness, learn about ways to be successful throughout your academic career.

Writing Your Way to College

High school English teachers often warn college freshmen about the challenges of writing in college. In this interactive workshop with the Jones White Writing Center, we offer you tips, tricks and strategies for you to succeed in college writing and share some of what to expect in your first year. We'll also talk about the support you can have as a writer, including tutoring and workshops at the Jones White Writing Center.

HAWK 106 Career Game Plan

The Career Game Plan series is your opportunity to establish your plan for a fantastic tomorrow – including your IUP experience as well as your career path. This course includes four sessions that cover things like: a checklist of activities for your time at IUP, professional networking (which also helps your social life in general), a list of skills you need to develop to be career-ready, and valuable learning related to communication and most specifically, body language.

Mapping Your IUP Career Game Plan

Thinking about your career goals sooner rather than later helps you to find success in college and ensures that once you graduate, you know what happens next. The IUP CPDC has developed a Career Game Plan, which is a checklist of activities to complete from the start of your freshman year to when join the ranks of IUP alumni. Attendees in this session will learn what tasks/services/events are recommended each year while at IUP and they will also learn about the services/programs available to them to help make the transition from college to the professional world of work as seamless as possible.

Career Competencies: You Have ‘em or You Lose Great Opportunities

There are 8-10 skill sets every employer is seeking in their new hires and employees. This program will allow you to learn what they are as well as how to acquire them while at IUP and thereafter!

Networking Like a Boss!

Networking is a powerful relationship building and job searching tool; if, however, you don't know how to network, it can be confusing and even intimidating. In this session, attendees will learn what networking is, why they should be doing it (yes, even while you're a student at IUP!), and tangible tips on how to do it effectively.

Body Language: Powerful Stuff in Life (& Work)

Body language is a powerful tool; thus, knowledge regarding body language provides insight into your daily interactions with others. Whether you're trying to effectively participate in class discussion or dealing with a challenging roommate/friend in difficult circumstances, understanding body language will allow you to operate with ease and effectiveness.

HAWK 112 Six O'clock Series*

Monday, 6:00 – 7:00 PM

Can they really say that? Free speech, hate speech, and the obligations of Public Universities

The presenters in this session will discuss what the First Amendment's protection of speech means at a public university. What does the First Amendment say about the freedom of speech, and what does that mean? Who or what is the First Amendment aimed at? – i.e., the 1st Amendment limits the power of government entities only. Are you aware that IUP is a government entity? Hate speech is protected by the 1st Amendment. The government/IUP can't discipline someone because they've said something offensive. But not all speech is protected. Nor can you say whatever you want at anytime, anywhere. Government/IUP can regulate certain aspects of speech so that it can fulfill its core mission. Furthermore, speech that amounts to harassment or represents a true threat is not protected. Although we have a legal right to express offensive ideas, that doesn't mean it's always a good idea. Speech has consequences. We have an obligation to be thoughtful in our speech and sometimes censor ourselves.

****Attendance is required – must select a section***

HAWK 200 College Connections*

Thursday 9:00 – 12:00 OR 1:00 – 4:00

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|---|-------------|
| Kopchick College of Natural Sciences and Mathematics | Section 001 |
| College of Health and Human Services | Section 002 |
| College of Fine Arts | Section 003 |
| College of Humanities and Social Sciences | Section 004 |
| University College | Section 005 |
| Eberly College of Business and Informational Technology | Section 006 |
| College of Education and Communication | Section 007 |
| Teacher Education Meeting | Section 008 |

****session will already appear on your schedule based on your academic major/college***

A Difficult Dialogues Workshop

Sponsored in partnership with the Social Equity and Title IX Office, The Elephant in the Room, the Free Speech Project, SPATE (Simulation Performance and Applied Theatre Ensemble)-Department of Theatre, Dance, and Performance, Center for Multicultural Student Leadership and Engagement, and Women's & Gender Studies

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STOPPING the MOMENT: HOW TO RESPOND TO UPSETTING REMARKS

Virtual workshops:

Mon., Aug. 24: 3 pm
Tues., Aug. 25: 10 am or 12pm
Wed., Aug. 26: 8:30 am or 1 pm or 5 pm

In person:

Tues., Aug. 25: 7:30 pm (location TBD)

Register using this link by Aug. 21 <https://tinyurl.com/y47lpab2>

When someone says something upsetting, it's hard to know what to do. Using the tools of *Difficult Dialogues*, this workshop will prepare you to engage in the conversation instead of running from it.

This workshop is open to all in the IUP community—students, staff, and faculty—regardless of your experience.

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