

Orientation Week Detailed Schedule

This schedule breakdown gives you all the details to every single event taking place during Orientation Week. **You can click on the date below to jump to that day in the schedule.** Print this off or save it on your mobile so you can access it at all times!

PLEASE NOTE: ALL TIMES ARE EASTERN STANDARD TIME

[Monday August 31st](#)

[Tuesday September 1st](#)

[Wednesday September 2nd](#)

[Thursday September 3rd](#)

[Friday September 4th](#)

[Tuesday September 8th](#)

[Wednesday September 9th](#)

[Thursday September 10th](#)

[Friday September 11th](#)

MONDAY, AUGUST 31

9am-10:30am – INTERNATIONAL ORIENTATION: President’s Welcome for Incoming Students

Location: <https://wilfrid-laurier.zoom.us/j/91054628474>

Welcome to Laurier! Join us for the official kick off to International Orientation. The Presidents at the university will welcome you to your new home and you will get the chance to enjoy some of Laurier’s student talent.

11am-12pm - OPENING CEREMONIES

Location: <https://ceon.ca/booth/1598554833314x119513122838937600>

IT’S GREAT TO BE A LAURIER GOLDEN HAWK! Get excited for the kick-off to Orientation Week and your official welcome to Laurier.

1pm-2pm - THE LAURIER WAY - Day 1 (Brought to you by WLU’s Game Design and Development Program)

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

“The Laurier Way” is a 5 day interactive series of online games that have been designed specifically for Orientation Week, 2020 at Wilfrid Laurier University. This game will assist you to familiarize yourself with the services Laurier has to offer and how to become more comfortable within an online academic environment. The game facilitates forming shared social experiences to allow bonding between new and existing students in the same way that an in-person O-week experience does.

Day one consists of a facilitated interactive branching narrative game built in Twine hosted on Zoom where students must make collaborative choices to accomplish their objective led by the icebreaker. Players find themselves lost in a forest en route to a reported sighting of the evil wizard, encountering a small ghost wizard named Splat in the forest. After meeting Splat, players must explore a new town that is rumoured to possess new information to track down this evil wizard. Students will gather “items” to be utilized among various obstacles on their path towards The Inn that reportedly has a lead on the portals. Day one concludes with inspection of a wanted poster that resembles Splat. The game is designed to establish a low pressure setting for students to be collaborative after opening ceremonies, creating parallels between the locations in town and what they offer with actual campus services within the university and how students can access them.

3pm-4:30pm - LOCUS COMMUNITY MEETING #1 (OFF CAMPUS STUDENTS)

Location: <https://yourstudentsunion.ca/locus-community-meetings/>

This is your first opportunity to meet your LOCUS Don and the rest of your off-campus community. During this meeting you'll participate in icebreaking activities, learn a little more about what the LOCUS program is, how to get involved, and talk about the weeks ahead. It will be fun, interactive and a great opportunity to meet other Golden Hawks

Please check your @mylaurier email for your community assignment. If you have not yet received an email, please connect with locus@wlu.ca and include your student number

7pm-8pm - COLOUR TEAM TIME

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

Say hello to your new upper year mentors! Each Residence & LOCUS community is matched with volunteers called Icebreakers who will help guide you through O-Week.

8pm-10pm - OPEN MIC

Location: <https://www.instagram.com/yourstudentsunion/>

Our Wilf's Open Mic Night host Jack will be taking over the Students' Union Instagram page by going LIVE from 8pm-10pm. If you want to join him in showcasing your talent feel free to sign up here:

https://docs.google.com/spreadsheets/d/14HFvx_8iZLXOUI7gKBTILtRMot92-fVHL3fZuW-Hn2A/edit#gid=0 Tune in and request to go live with Jack in order to perform...it's as simple as that! The fun doesn't stop after O-Week. Join Jack every Monday night at 8pm @yourstudentsunion and give him a follow @wilfsopenmic

8pm-9pm - DISTANT DECEPTIONS MENTALIST SHOW WITH WAYNE HOFFMAN

Location: <https://wilfrid-laurier.zoom.us/j/95552530083>

"Distant Deceptions" is an interactive virtual mind-reading & illusion show that will have your jaw dropped. Prepare to have your mind read, future predicted, and witness magical moments on your screen and through social media.

Multi-award winning performer Wayne Hoffman is recognized as one of the top mentalists in the world. He currently tours the world with his stage show *Mind Candy* and his motivational speech, *The Power and Potential of The Human Mind*. He is also the author of the best-selling book, *Mind Candy*. He was featured on America's Got Talent, The TODAY show, Animal Planet on The Discovery Network, The Ellen Degeneres Show, "The Numbers Game" on National Geographic, The Marilyn Denis Show in Canada...just to name a few.

Check Wayne out for yourself to find out exactly what's in store:
<https://youtu.be/Xz8nz9jNKcc> @waynehoffman

TUESDAY, SEPTEMBER 1

10am-11am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **10am-10:30am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**

Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.

- **10:35am-11am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**

High intensity interval training designed to get your heart pumping and sweat pouring!

12pm-12:30pm - COLOUR TEAM SOCIAL LUNCH

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

No one likes to eat alone! Eat with your Icebreakers and fellow first year students online. Share stories, laugh, and eat with some familiar faces.

1pm-2pm - THE LAURIER WAY - Day 2 (Brought to you by WLU's Game Design and Development Program)

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

"The Laurier Way" is a 5 day interactive series of online games that have been designed specifically for Orientation Week, 2020 at Wilfrid Laurier University.

Day two picks up with players having found Splat again to inquire of his involvement, but seems harmless enough, so the players let Splat guide them to an unknown area... Then, players must overcome narrative obstacles as a group by justifying physical objects in their space for their team to use. This game involves improv and identification of using your surrounding space as a resource to be innovative correlated to students' involvement in volunteering roles and being a leader on campus.

1pm-3pm - LOCUS GAMES AFTERNOON

Location: <http://yourstudentsunion.ca/app/uploads/2020/08/LOCUS-GAMES-AFTERNOON.pdf>

Grab your favourite snack and join LOCUS in our games afternoon. We'll be playing Jackbox, UNO, Euchre, Codenames, and Pictionary!

2:30pm - SU HOW TO: Caffeinated Creations

Location: <https://www.instagram.com/yourstudentsunion/>

4pm-5pm - International Orientation: Community Building with International Student Leaders

"The meeting link will be sent to you directly via your mylaurier email"

6pm-7pm

LOCUS INFORMATION SESSION

Location: <https://wilfrid->

[laurier.zoom.us/j/95884275753?pwd=cmxrK3RSYVJmM1lmN1hGbHhFRlBadz09](https://wilfrid-laurier.zoom.us/j/95884275753?pwd=cmxrK3RSYVJmM1lmN1hGbHhFRlBadz09)

Passcode: 894060

7pm-9pm - CHOOSE YOUR OWN PATH "TECH EDITION"

1) CHOOSE YOUR OWN PATH "TECH EDITION" - Start Your Own Podcast

Location: <https://wilfrid-laurier.zoom.us/j/97426646418>

The "Lads in Lawnchairs" podcast was established in 2018 as a way for high school friends to keep in touch as they went off to University. Co-hosts Zack Phillips and Laurier's own Ryan Magee have since gone on to accumulate over 14,500 downloads, generated sponsorship and have featured notable guests such as Paul Bissonnette, TSN's James Duthie, Cabbie Richards, Canadian country musician Tim Hicks and more. In this session, The Lads will give you the ins and outs of starting your very own podcast from beginning to end including what equipment you will need, social media marketing strategies, obtaining and interviewing guests, production, and publishing...They have got you covered!

Find them on socials:

IG: @ladsinlawnchairs

Twitter: @ladsnlawnchairs

YouTube/Spotify/iTunes: Lads in Lawnchairs

2) CHOOSE YOUR OWN PATH "TECH EDITION" - Create Your Own Beats

Location: <https://www.twitch.tv/vekkedscratches>

This workshop is about learning to make music from scratch using nothing but your laptop. Learn from the best as 7 time World Champion, DJ Vekked walks you through the fundamentals of composing beats in different genres of hip-hop and EDM so you can get started writing your own songs.

There are a few things you will need in order to take part in this workshop:

- Required Software
 - Serato Studio: <https://serato.com/studio>
- Recommended Equipment
 - Laptop
 - Headphones or speakers

Check out Vekked for yourself in this amazing DJ battle:
<https://www.youtube.com/watch?v=ssM6YWYHqgM&app=desktop>

3) CHOOSE YOUR OWN PATH "TECH EDITION" - Learn to Video Edit

Location: <https://wilfrid-laurier.zoom.us/webinar/95915648064>

Have you ever been curious about the process that goes into making video content? Justin has the answers! Join him to learn about the introduction fundamentals to video editing and content creation with Adobe Premiere Pro. Justin has over five years of experience in creating content for both broadcast, and online use. After transitioning from an in-house digital and online media manager for the North Bay Battalion OHL club and broadcast specialist for the Georgian College Grizzlies, Justin is now working in the online content-creation space, generating 2M+ views a month and over 400,000 watched hours on YouTube creating highlight content for Twitch streamers.

There are a few things you will need in order to take part in this workshop:

- Required Software
 - Adobe Premiere Pro (offers a free 7-day trial for the purpose of this workshop)
- Recommended Equipment
 - Laptop
 - Headphones or speakers

8pm-10pm - TIK TOK MUSIC BINGO!

Location: <https://www.twitch.tv/bingowithtwan>

Have you spent your whole quarantine on TikTok?! (same). Well come join us for TikTok Music BINGO! It's like regular BINGO but instead of playing with numbers, we'll be jamming out to our favourite songs made popular on TikTok! A link will be posted to claim your card and then you'll tune into our TWITCH hosted by Wilf's very own BINGO with Twan! There are tons of prizes to win! So what are you waiting for, why don't you Say BINGO?!?! (get it!?!?! like "Say So"?). We promise you'll fall in love with Twan's amazing energy and infectious sense of humour. Lucky for you, you can join Twan every Tuesday night at 8pm. Follow him @bingowithtwan to stay connected and your weekly chance at winning free stuff!

IG @bingowithtwan

WEDNESDAY, SEPTEMBER 2

9am-10am - MATURE & TRANSFER STUDENT ORIENTATION: WAKE UP & WELCOME TO LAURIER

Location: [https://wilfrid-](https://wilfrid-laurier.zoom.us/j/92284530510?pwd=dVZvZ2VmYkxWVWNCL2FicW9aRTVJUT09)

[laurier.zoom.us/j/92284530510?pwd=dVZvZ2VmYkxWVWNCL2FicW9aRTVJUT09](https://wilfrid-laurier.zoom.us/j/92284530510?pwd=dVZvZ2VmYkxWVWNCL2FicW9aRTVJUT09)

Meet your student coordinators and join your peers to talk about your excitement, nerves, goals and hopefully find a friendly face to create a study group with. Passcode: 153434

We've planned a special welcome for our mature and transfer students! Meet your student coordinators and join your peers to talk about your excitement, nerves, goals and hopefully find a friendly face to create a study group with. The student coordinators will be talking about their plans for the year, and are so excited to meet you! **Meeting ID: 922 8453 0510, Passcode: 153434**

10am-11am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **10am-10:30am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**

Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.

- **10:35am-11am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**

High intensity interval training designed to get your heart pumping and sweat pouring!

11am-12pm - DO YOU WANT TO MAKE A DIFFERENCE IN THE WORLD?

Location: <https://wilfrid-laurier.zoom.us/j/92374052847>

Laurier is proud to be an AshokaU Changemaker Campus. While we received this official designation in 2016, Laurier has always been about 'inspiring lives of leadership and purpose.' See what it means to be a Golden Hawk, meet and hear the stories of some of our student and alumni changemakers, and find out how you can start on your journey to be a changemaker. Get ready to be inspired!

Following the main session there will be breakout sessions where you can learn more about the different opportunities available. Descriptions and links to join the breakout sessions can be found here:

<https://yourstudentsunion.ca/orientation-week-ashoka-laurier-changemaker/>

11am - 12:30pm - International Orientation: Health, Safety and Immigration Regulations

Location: <https://wilfrid-laurier.zoom.us/j/93836363895>

Learn about your health coverage, services you have access to, how you keep safe based on Canada's laws, protect yourselves from being victims of fraud and your immigration rights and responsibilities.

1pm-2pm - THE LAURIER WAY - Day 3 (Brought to you by WLU's Game Design and Development Program)

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

"The Laurier Way" is a 5 day interactive series of online games that have been designed specifically for Orientation Week, 2020 at Wilfrid Laurier University.

Day three is effectively a puzzle hunt that requires students to explore commonly referred Laurier resources such as the academic calendar which outlines important deadlines for students interested in dropping or adding courses, for example. The narrative involves finding objects in an alternate world the players find themselves in at the beginning of the day as a result of being shoved into a portal at the end of day two. Players must find the objects and ingredients, learning how to conjure a portal in order to return back to their own world. Players will access important academic resources available online to generate codes to solve puzzles in the game world.

2:30pm-3pm - SU HOW TO: TIE DYE

Location: <https://www.instagram.com/yourstudentsunion/>

The Savvy Society presents Tie Dye 101. Tie dye is back in a big way! Join Hayley from The Savvy Society to learn all the tips and tricks you need to perfect your tie dye technique. From our swirl method to our scrunch method, we've got you covered. We'll take you through the prep, tie, dye, and washing steps to get your tie dye looking fresh. Can't wait to see you all there! PS we are offering you 10% off for orders under \$100 (WLU10) and 15% off orders \$100+ (WLU15) @thesavvysociety

3pm-4:30pm - MATURE & TRANSFER STUDENT ORIENTATION: ACADEMIC ADVISING & TRANSFER STUDENT CREDIT COORDINATOR DROP IN (BRANTFORD)

Registration Link: <https://locus.appointlet.com/b/transfer-advising>

If you're a transfer student on the Brantford campus, you're invited to meet with both an Academic Advisor and the Transfer Pathways coordinator to talk about your transfer credits, and to make sure you're on track to meet your academic goals.

Note: Waterloo students are welcome to join this drop-in session, but will not be receiving Academic Advising support

To sign up for a session time, please visit this [website](#). After registering, you will receive a confirmation email containing information about joining the meeting.

3:30pm-4:30pm - CONQUERING ADVERSITY (with Kaleb Dahlgren of the Humboldt Broncos)

Location: <https://wilfrid-laurier.zoom.us/j/98633144136>

Kaleb Dahlgren beats the odds. Diagnosed with Type 1 Diabetes at the age of four, Kaleb was told by coaches and scouts that he would never succeed in hockey. Instead of defeat, Kaleb used the negativity as motivation, working relentlessly to eventually end up being drafted to the Humboldt Broncos. Unfortunately, a horrific crash on April 6th, 2018, resulted in many critical injuries for Kaleb. Now recovered from these, Kaleb is a key part of the York University Lions' community, and also teaches other university students about how, in the face of adversity, one can either back down or stand up and fight.

Warning: This presentation may contain content and imagery that viewers might find upsetting. A private Zoom room for support will be offered throughout the presentation and 30 minutes following:

<https://wilfrid-laurier.zoom.us/j/97348643890>

4:40pm-5:30pm - International Orientation: Faculty Lecture with Bina Mehta

Location: <https://wilfrid-laurier.zoom.us/j/97602984186>

Bina Mehta, Global Studies Instructor at Laurier Waterloo campus, will share some advice to international students starting their studies in Canada and at Laurier, including her own immigrant story.

7pm-7:30pm - COLOUR TEAM TIME

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

This is where all the ice breakers and first years on your designated color team meet up! Expect to get to know ice breakers and first years outside of your smaller group, play games, and who knows, maybe you'll also help devise a plan to win all of O-Week!

7pm-9pm - MATURE & TRANSFER STUDENT ORIENTATION: STEP PROGRAM

Registration Link: <https://wilfrid-laurier.zoom.us/meeting/register/tJUtc-ispjkiE9yMKjzG80ZrwmrJ1sUiCsXI>

Based on research into the factors that influence mature students' success in postsecondary education, this workshop is designed to help mature students prepare for success in undergraduate studies. Take this unique opportunity to meet with other mature students, learn from everyone's experience, and feel more confident and prepared to succeed in your studies. Developed and delivered by Learning Skills and Development.

Students are asked to register in advance:

<https://wilfrid-laurier.zoom.us/meeting/register/tJUtc-ispjkiE9yMKjzG80ZrwmrJ1sUiCsXI>

After registering, you will receive a confirmation email containing information about joining the meeting.

8pm-10pm - TRIVIA: Laurier Themed

Do YOU think you know all there is about Laurier? Is Midas your best pal? Do you sleep, eat, and breathe purple and gold? Grab your phone or laptop, and join us at 8pm tonight to test your knowledge! Ready, set, Golden Hawks!

- **WATERLOO CAMPUS**

How do you play? It's simple! Just navigate to:

<https://www.crowd.live/GOLDENHAWK> in your favourite browser and enter in the game code: GOLDENHAWK. There are 2 rounds of 20 questions with a 5 minute intermission in between each round.

- **BRANTFORD CAMPUS**

Grab your laptop, pen & paper and get ready to be quizzed

Location: <https://wilfrid-laurier.zoom.us/j/98242587607>

Step 1. Click the link above to enter into the zoom call with our Trivia Host Mitch!

Step 2. Navigate to: <https://myquiz.org/> in your favourite browser and enter in the game code

- Round 1 Game Code: 529754
- Round 2 Game Code: 529766

There are 2 rounds of 20 questions with a brief minute intermission in between each round.

THURSDAY, SEPTEMBER 3

9am-10am - International Orientation: Faculty Lecture with Dr. Kevin Spooner

Location: <https://wilfrid-laurier.zoom.us/j/94908498897>

Dr. Kevin Spooner, North American Studies professor at Laurier Waterloo campus, will help you to understand Canada's history, customs and pop culture.

10am-11am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **10am-10:30am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**

Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.

- **10:35am-11am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**

High intensity interval training designed to get your heart pumping and sweat pouring!

11am-12pm - ANTI-RACISM & ANTI-OPPRESSION: TOWARDS A PRACTISE OF SOCIAL JUSTICE

Location: <https://wilfrid-laurier.zoom.us/j/97080174274>

This foundational conversation introduces participants to the power dynamics of racial and colonial oppression situated within a Canadian and global context. Learners of all walks discover the language of social justice and explore models to create more equitable communities and to examine decolonizing, intersectionality, positionality, privilege and oppression in Canadian cultural, political and historical contexts. The session will also provide context and examples of racism and anti-racist interventions within our communities and institutions. Institutional and social dynamics are explored as learners navigate opportunities for intervening in interpersonal harm and institutional oppression.

Warning: This presentation may contain content and imagery that viewers might find upsetting. A private Zoom room for support will be offered throughout the presentation and 30 minutes following:

THE FOLLOWING LINK IS FOR THE SUPPORT ROOM ONLY. TO CONNECT TO THE EVENT, PLEASE CLICK THE LINK UNDER THE TITLE FOR THIS SESSION.

<https://wilfrid-laurier.zoom.us/j/97348643890>

11am-12:30pm - MATURE & TRANSFER STUDENT ORIENTATION: TRANSFER STUDENT CREDIT COORDINATOR DROP IN SESSION (WATERLOO)

Registration Link: <https://locus.appointlet.com/b/transfer-advising>

If you're a transfer student on the Waterloo campus, you're invited to meet with the Transfer Pathways coordinator to talk about your transfer credits. You'll also be provided with important information about how to connect with your academic advisor.

Note: Brantford students are welcome to join this drop-in session, but will not be receiving Academic Advising support. To sign up for a session time, please visit this [website](#). After registering, you will receive a confirmation email containing information about joining the meeting.

12pm-12:30pm - COLOUR TEAM TIME

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

Meet up again with your Ice breaker and fellow first years! Play games and ask questions you have to Ice Breakers, they may even give you the scoop on earning points to help your team win O-Week!

1pm-2pm - THE LAURIER WAY - Day 4 (Brought to you by WLU's Game Design and Development Program)

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

"The Laurier Way" is a 5 day interactive series of online games that have been designed specifically for Orientation Week, 2020 at Wilfrid Laurier University.

Day four is a whodunit. A classic mystery solving task, players split up and search for clues, gathering evidence to prove crimes of the game's villain. Taking place in a wizard tower, players will explore various "rooms" by engaging with services like the Laurier library, as well as different elements of MyLearningSpace to get them familiar a week ahead of time with the methods they will be using it for during classes.

1pm-3pm - MATURE & TRANSFER STUDENT ORIENTATION: STEP PROGRAM

Registration Link: <https://wilfrid-laurier.zoom.us/meeting/register/tJAldu-sqjMqGtQZsLNmc5coyDTQR-Spqjnu>

Based on research into the factors that influence mature students' success in postsecondary education, this workshop is designed to help mature students prepare for success in undergraduate studies. Take this unique opportunity to meet with other mature students, learn from everyone's experience, and feel more confident and prepared to succeed in your studies. Developed and delivered by Learning Skills and Development.

Students are asked to register in advance:

<https://wilfrid-laurier.zoom.us/meeting/register/tJAldu-sqjMqGtQZsLNmc5coyDTQR-Spqjnu>

After registering, you will receive a confirmation email containing information about joining the meeting.

2:30-3pm - SU HOW TO: DRAG MAKEUP

Location: <https://www.instagram.com/yourstudentsunion/>

Join Tik Tok Sensation and Star of Canada's Drag Race, Kyne for a half hour workshop on all things make-up, wigs, and more. Known for her infamous youtube tutorials, viral Tik Tok videos, and more, Drag 101 will inspire, educate, and teach you how to paint for the gods! @onlinekyne

3:30pm-4:30 - SHINE TIME with Jeremie Saunders

Location: <https://wilfrid-laurier.zoom.us/j/94946736972>

Cultivating success through vulnerability, the power of laughter, and finding opportunity from discomfort are just some of the topics our celebrity speaker, Jeremie Saunders, who currently lives with cystic fibrosis, will share in this once-in-a-lifetime event.

Jeremie Saunders is an award winning actor, producer and host of popular original Canadian media, including film, television and podcasts (Sick Boy Podcast). Jeremie is currently based out of Halifax Nova Scotia where he lives with his wife Bryde and their oversized muffin of a dog, Bigby. Learn more about Cystic Fibrosis, Shinerama, and what we're really fundraising for all week and on Saturday. For more info about Jeremie Saunders:

<http://www.jeremiesaunders.com/> @jeremiesaunders

Warning: This presentation may contain content and imagery that viewers might find upsetting. A private Zoom room for support will be offered throughout the presentation and 30 minutes following:

THE FOLLOWING LINK IS FOR THE SUPPORT ROOM ONLY. TO CONNECT TO THE EVENT, PLEASE CLICK THE LINK UNDER THE TITLE FOR THIS SESSION.

<https://wilfrid-laurier.zoom.us/j/97348643890>

7pm-8pm - MATURE & TRANSFER STUDENT ORIENTATION: WELCOME TO LAURIER

Location: <https://wilfrid-laurier.zoom.us/j/97554279281?pwd=OXdRT1duanZqTkxaRGQwMmFsa1VSUT09>
Passcode: 147153

We've planned a special welcome for our mature and transfer students! Meet your student coordinators and join your peers to talk about your excitement, nerves, goals and hopefully find a friendly face to create a study group with. The

student coordinators will be talking about their plans for the year, and are so excited to meet you! **Meeting ID: 975 5427 9281, Passcode: 147153**

8pm-10pm - CHOOSE YOUR OWN PATH - MACRAMÉ

LOCATION: <https://wilfrid-laurier.zoom.us/j/98720209371>

Will you learn to express yourself and see the happy mistakes with the Bob Ross Paint Night or learn to navigate and escape tough situations with the Escape Room? Maybe you'll learn to weave your own path with our How to Macramé session or how to beat the competition in We Got Game? We can't tell you, all we can say is you must choose your own path, no one knows it better than you!

8pm-10pm - CHOOSE YOUR OWN PATH -Bob Ross Paint Night

<https://us02web.zoom.us/j/86990930953?pwd=T2lIdXRySmtheWYwK1VQcFRzWW4xQT09>

Passcode: 731971

In this session Dr. Justine Shuey will guide us through the step-by-step painting of an abstract rainbow tree. This is a very flexible painting design in which you can use a variety of colors and techniques to create a unique masterpiece. We'll start with our background, filling it with the rainbow colors of your choice, then paint the tree trunk with highlights and special touches and finally add in all of our swirls of colorful leaves to finish this up. Dr. Justine uses acrylic paints and canvas for this painting. Brown, black, white, and the rainbow colors of your choice are recommended for this painting. You can find supplies at any art supply store, Walmart, target, or even the local dollar store. **Passcode: 731971** @paintingwithjustine

8pm-10pm - CHOOSE YOUR OWN PATH - Escape Room

RSVP CLOSED - EVENT IS FULL

If you RSVP'd before we met capacity, you will receive an email on Wednesday September 2nd with all the info you need to join this Awesome Event!

Follow Me" is a brain boggling and mind-blowing adventure where an escape room meets true detective. You'll live chat with your follow group, scour our virtual world, and examine the internet for clues while racing against the clock. This is a high-stakes, all or nothing maximum speed adventure to save your partner and make the bad guys pay. Can you put the clues of this escape room together and finish before the time runs out? Buckle up, it's going to be a fast ride! Limited Capacity available

8pm-10pm - CHOOSE YOUR OWN PATH - Macramé

Location: <https://yourstudentsunion.ca/orientation-week-macrame/>

Learn how to make a Macrame Plant hanger from start to finish. Megan will explain, step by step, how to make a Macrame Plant Hanger using the Square

knot & Gathering Knot. Each knot will be introduced and explained as they are needed within the pattern. This session is great for any level of experience, including beginner as each step will be shown in detail. Order your kit here: https://www.etsy.com/ca/listing/797490555/diy-mini-macrame-plant-hanger-kit-pre?ref=shop_home_active_2&cr=1 and use LAURIER5 to receive \$5 off your purchase. If you are looking to purchase your own materials you need at least 40 feet of cotton rope (3 strand cotton rope is preferred but any cotton rope will work (single strand, braided, etc.) It just needs to be about 5mm in thickness. They will also need a hoop of some sort, a gold hoop or wood hoop.
@meganannemacrame

8pm-10pm - CHOOSE YOUR OWN PATH - We Got Game

Instructions to join: <https://mailchi.mp/4ebd5d941d72/prxsufe0x1>

We have teamed up with We Got Game! Esports company and will be playing "Fortnite Creative Zone Wars" mode where we can host players in one game competing against each other on various consoles. Register on the link above and join this FREE event. Note: Ensure to join the discord group provided in the link as well. Several How-to-Tutorials are also available to participants who require assistance. Looking forward to seeing you there! @wegotgame_corp

FRIDAY, SEPTEMBER 4

9am-10am - International Orientation: Academic Transition and Student Support

Location: <https://wilfrid-laurier.zoom.us/j/93809975342>

Transitioning to studies in Canada is an exciting time and we want to ensure you're prepared. Join Laurier International as we provide tips on making your academic transition smooth as possible. We will also include the numerous services that are available to support various aspects of your wellness.

10am-11am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **10am-10:30am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**

Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.

- **10:35am-11am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**

High intensity interval training designed to get your heart pumping and sweat pouring!

1pm-2pm - THE LAURIER WAY - Day 5 (Brought to you by WLU's Game Design and Development Program)

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

"The Laurier Way" is a 5 day interactive series of online games that have been designed specifically for Orientation Week, 2020 at Wilfrid Laurier University.

Day five is about conflict resolution through collaboration, resulting in a creative artifact shared on a wider scale in the domains of wellness for participants of O-Week. Instead of focusing on punitive measures for the villain, players will work to confront the villain with proper measures to set them on the right path towards becoming a better contributing member in this fantasy world, thus preparing players for university encounters.

2:30pm-3:30pm - SU HOW TO: BUDGET

Location: <https://www.instagram.com/yourstudentsunion/>

RBC OnCampus is here in partnership with Laurier Students' Union so you can explore How To: BUDGET! We will touch on a few important elements like:

- What a budget is and determining “needs” versus “wants”
- What money is and where it comes from
- What money can be used for
- How to create your own budget
- How you can actually save money while in school

As always, the RBC OnCampus team is here to support you with whatever is top of mind when it comes to your finances and beyond. Let's chat!

Jared Estrada, Branch Manager

P: 226-898-1703

E: jared.estrada@rbc.com

Kevin Jang, Banking Advisor

P: 226-898-4856

E: kevin.jang@rbc.com

Cristina Popescu, Banking Advisor

P: 226-808-8044

E: cristina.popescu@rbc.com

4pm-5pm - SURVIVING UNI IN 2020: A COLLABORATIVE TIME CAPSULE (Brought to you by LSPIRG)

<https://us02web.zoom.us/j/84561144487>

What a time to be alive. Come hear about LSPIRG's collaborative project documenting these wild times. Over the next several weeks, participate in the creation of a WLU time capsule! Maybe that's by sharing how the pandemic is impacting you via art or maybe by sending us a ridiculous mask selfie.

9pm-10pm - International Orientation: Community Building with International Student Leaders

Get ready to meet your International Student Mentor and new international student friends. Lots of interactive activities in store! ***“The meeting link will be sent to you directly via your mylaurier email”***

TUESDAY, SEPTEMBER 8

Sept 8 – Sept 12:

Battle of the Colour Teams: MasterChef Competition

Calling all Masterchefs and aspiring Gordon Ramseys! LOCUS and the Orientation Team wants to see you get creative with your food and elevate classic staples and really enjoy cooking.

We will announce a "secret ingredient" that will be a staple food that you should have in your house. Then it's up to you, your roommates and/or your family to make that ingredient shine as either an appetizer, main or dessert - your choice!

Submit a photo of your dish, as well as the recipe, and we'll post them on our LOCUS social media accounts and ask our followers to vote on two categories: Aesthetic (how it looks) and creativity to determine an overall winner.

The top 3 chef's will receive a \$20 gift card to Amazon and points towards their colour team winning Orientation week.
Follow @locusbrantford or @locuswaterloo on Instagram for more information about the competition, to submit your dish and to vote!

9:30am-10:30am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **9:30am-10:00am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**
Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.
- **10:05am-10:30am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**
High intensity interval training designed to get your heart pumping and sweat pouring!

11am-12pm – WALI SHAH – Rhythm & Poetry

Location: <https://wilfrid-laurier.zoom.us/j/92633527431>

In this keynote, Wali Shah uses his gift of spoken word poetry and storytelling to have dialogue pertaining to contemporary social issues. Wali writes on, and speaks to issues including: diversity and inclusion, leadership, toxic masculinity, and mental health.

Warning: This presentation may contain content and imagery that viewers might find upsetting. A private Zoom room for support will be offered throughout the presentation and 30 minutes following:

THE FOLLOWING LINK IS FOR THE SUPPORT ROOM ONLY. TO CONNECT TO THE EVENT, PLEASE CLICK THE LINK UNDER THE TITLE FOR THIS SESSION.

<https://wilfrid-laurier.zoom.us/j/97348643890>

1pm-1:45pm - (WATERLOO ONLY) - STUDENT(ING) 101: HOW TO SUCCEED IN UNIVERSITY (GREEN & GOLD TEAMS)

Location: <https://wilfrid-laurier.zoom.us/j/96790697135>

Join our Student Success team to find out how to make the most of your first year at Laurier. This session will cover common mistakes made by first year students, lessons from senior students, connecting with academic resources, and tips for thriving in your online classes.

1:00pm - 1:50pm (BRANTFORD STUDENTS ONLY) - HOW TO SUCCEED IN UNIVERSITY: NEW WAYS TO THINK ABOUT LEARNING (LAST NAME A-H)

Location: <https://wilfrid-laurier.zoom.us/j/92302740905> Join this session to get some new insight into what it takes to be a successful student. Unpack some myths about learning and discuss some strategies to set you up for success.

2:00pm - 2:50pm (BRANTFORD STUDENTS ONLY) - HOW TO SUCCEED IN UNIVERSITY: NEW WAYS TO THINK ABOUT LEARNING (LAST NAME I-Q)

Location: <https://wilfrid-laurier.zoom.us/j/99546440866>

Join this session to get some new insight into what it takes to be a successful student. Unpack some myths about learning and discuss some strategies to set you up for success.

2:30pm-3:15pm - (WATERLOO ONLY) - STUDENT(ING) 101: HOW TO SUCCEED IN UNIVERSITY (RED & BLUE TEAMS)

Location: <https://wilfrid-laurier.zoom.us/j/97690129387>

Join our Student Success team to find out how to make the most of your first year at Laurier. This session will cover common mistakes made by first year students, lessons from senior students, connecting with academic resources, and tips for thriving in your online classes

3:00pm - 3:50pm (BRANTFORD STUDENTS ONLY) - HOW TO SUCCEED IN UNIVERSITY: NEW WAYS TO THINK ABOUT LEARNING (LAST NAME R-Z)

Location: <https://wilfrid-laurier.zoom.us/j/97088234228>

Join this session to get some new insight into what it takes to be a successful student. Unpack some myths about learning and discuss some strategies to set you up for success.

4pm-4:30pm - SU HOW TO: SIGN LANGUAGE

Location: <https://www.instagram.com/yourstudentsunion/>

Canadian Hearing Services is excited to be working with Wilfrid Laurier University to provide virtual American Sign Language (ASL) tutorials during our Virtual Orientation Week celebration. Watch ASL instructor, Anselmo DeSousa, and learn “how-to” sign some of our favourite team phrases such as; Blue Mystics, Golden Hawks, Gold Novas, Green Gambits and Red Ridgebacks.

5:30pm-6:30pm - LOCUS COMMUNITY MEETING #2

Location: <https://yourstudentsunion.ca/locus-community-meetings/>

Meet up with your LOCUS Don and community once more and learn about the LOCUS House Council's leadership opportunities, what your don has planned after orientation week, and to get any last minute questions answered before you attend your first lecture.

7pm-9pm - SEXY SEXUAL HEALTH TRIVIA WITH SAMANTHA BITTY (Brought to you by The Office of Dispute Resolution and Support)

Location: <https://us02web.zoom.us/j/85459410789>

SEXY SEXUAL HEALTH TRIVIA - your fav, one of a kind, award nominated, interactive trivia game is now VIRTUAL! Join sexual health and consent educator Samantha Bitty in her virtual boudoir, for an evening of gameshow style trivia, sexy jokes, and Q&A! Learn about sex, dating, consent and relationships for prizes!! @samantha_bitty

8pm-10pm – ALL REQUEST MUSIC BINGO

Location: <https://www.twitch.tv/bingowithtwan>

Do you have a chaotic music playlist? I'm talking about jumping from Top 40, to country, to 2000s HipHop, to Broadway all in one car ride! Then you're gonna love All Request Music BINGO! It's like regular BINGO but instead of playing with numbers, we'll be jamming out to our favourites songs from every decade, every artist and every genre! A link will be posted to claim your card and then you'll tune into our Twitch Live Stream hosted by Wilf's very own BINGO with Twan! There are tons of prizes to win! So what are you waiting for?!?!?. We promise you'll fall in love with Twan's amazing energy and infectious sense of humour. Lucky for you, you can join Twan every Tuesday night at 8pm. Follow him @bingowithtwan to stay connected and your weekly chance at winning free stuff!

To claim your card, go to the following Link and select the Bingo game being played. Enter your @mylaureir email address and a Bingo card will be sent to you automatically: linktr.ee/bingowithtwan

All Request Music BINGO: <https://mfbc.us/v/cbccbc707bd5542e8304b71ed465>

WEDNESDAY, SEPTEMBER 9

9:30am-10:30am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **9:30am-10:00am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**

Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.

- **10:05am-10:30am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**

High intensity interval training designed to get your heart pumping and sweat pouring!

11:30am-12:30pm - CAN I KISS YOU?

<https://wilfrid-laurier.zoom.us/j/93124517925>

Have FUN in this thought-provoking, jam-packed session on sexual intimacy with author Mike Domitrz. You may have seen him on NBC's "My Kid Would Never Do That" - now you get to learn from him AND ask questions. Mike is one of the most popular speakers every year here at Wilfrid Laurier. You don't want to miss out.

Warning: This presentation may contain content and imagery that viewers might find upsetting. A private Zoom room for support will be offered throughout the presentation and 30 minutes following:

THE FOLLOWING LINK IS FOR THE SUPPORT ROOM ONLY. TO CONNECT TO THE EVENT, PLEASE CLICK THE LINK UNDER THE TITLE FOR THIS SESSION.

<https://wilfrid-laurier.zoom.us/j/97348643890>

1:00pm-5:30pm - ACADEMIC FACULTY/PROGRAM SESSIONS

Location: <https://yourstudentsunion.ca/orientation-week-academic-sessions/>

Learn all you need to know about your faculty and program. Chat about what to expect with your program, how to be successful and the resources that are available to support you. **CLICK TO CHECK YOUR FACULTY SPECIFIC SCHEDULE TO KNOW YOUR SESSION TIMES!**

4pm-4:30 - SU HOW TO: Cook (with Master Chef runner up, Andy Hay)

Location: <https://www.instagram.com/yourstudentsunion/>

Chef Andy Hay of Andy's East Coast Kitchen walks you through a healthy, simple, affordable meal that you can make in minutes in your kitchen. Simple ingredients, amazing flavour and packed with nutrients, this is a versatile meal that can be eaten right out of the pan, on a plate, in a wrap or over rice. You name it. This recipe will be a new Golden Hawks favourite in no time.

@andyseastcoastkitchen_

7pm-7:30pm - COLOUR TEAM TIME

Location: <http://yourstudentsunion.ca/o-week-colour-team-links/>

Meet up once again with your Ice breaker and fellow first year students! Play games and ask any burning questions you have to your Ice Breakers (they may even give you the scoop on how to earn points to help your team win O-Week)!

8pm-10pm - TRIVIA: So You Think You're a Binge Watcher? WATERLOO CAMPUS

Location: <https://www.crowd.live/BINGETV>

So, You Think You Are a Binge Watcher? You have spent many hours on the couch and in your bed, marathoning shows on Netflix, Prime, Crave & Disney+. Lets see if all that time wasted, was really for the best. Get ready for trivia questions about some of your favourite shows you have binged watched during Quarantine.

Grab your phone or laptop and join us for some Trivia Fun. It all kicks off at 8pm tonight! Do you consider yourself a binge watcher? Tonight we'll put your knowledge to the test to see if you really live up to that title.

How do you play? It's simple! Just navigate to:

<https://www.crowd.live/BINGETV> in your favourite browser and enter in the game code: BINGETV. There are 2 rounds of 20 questions with a 5 minute intermission in between each round.

8pm-10pm - TRIVIA: So You Think You're a Binge Watcher? BRANTFORD CAMPUS

Location: <https://wilfrid-laurier.zoom.us/j/98242587607>

So, You Think You Are a Binge Watcher? You have spent many hours on the couch and in your bed, marathoning shows on Netflix, Prime, Crave & Disney+. Lets see if all that time wasted, was really for the best. Get ready for trivia

questions about some of your favourite shows you have binged watched during Quarantine.

So, How Do I Play? – SIMPLE!

Step 1. Click the link above to enter into the zoom call with our Trivia Host Mitch!

Step 2. Navigate to: <https://myquiz.org/> in your favourite browser and enter in the game code

There are 2 rounds of 20 questions with a brief minute intermission in between each round.

THURSDAY, SEPTEMBER 10

9:30am-10:30am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **9:30am-10:00am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**

Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.

- **10:05am-10:30am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**

High intensity interval training designed to get your heart pumping and sweat pouring!

10am-3pm - CAMPUS FEST

Be sure to check out Campus Fest! Connect with students and learn how to get involved with Students' Union committees, University departments and Clubs & Associations at Laurier.

- Waterloo Campus
 - <https://ceon.ca/event/laurierorientation/ceon.ca/event/CampusFestWaterloo>
- Brantford Campus
 - <https://ceon.ca/event/laurierorientation/ceon.ca/event/CampusFestBrantford>

4pm-4:30pm SU HOW TO: with Dad, How Do I?

Location: <https://www.instagram.com/yourstudentsunion/>

YouTube star "Dad, How Do I?" will teach you how to unclog your bathroom drain! Rob is a father of 2 who creates virtual videos that provide useful and

practical content to execute basic tasks that everyone should know how to do. Check out his YouTube channel here:
<https://www.youtube.com/channel/UCNepEAWZH0TBu7dkxIbluDw>
@dadhowdoi

8pm-10pm- Campus Kick-off Concert

Location: <http://bit.ly/CampusKickOffLaurier>

Did you miss out on all the summer festivals? Have no fear The Students' Union, in collaboration with the Canadian Organization of Campus Activities (COCA), has got you covered with an amazing line-up for the Campus Kick-Off Concert. This virtual concert is sure to have you feeling like you are sitting in the front row! Join us to catch these amazing artists:

- THE REKLAW\$
- TYSON RITTER OF THE ALL AMERICAN REJECTS
- A TRIBE CALLED RED
- ROY WOODS
- PINK SWEAT\$
- LENNON STELLA

FRIDAY, SEPTEMBER 11

9:30am-10:30am - MORNING WAKE UP (Brought to you by Laurier Athletics & Recreation)

Location: <https://wilfrid-laurier.zoom.us/j/91713016624>

- **9:30am-10:00am - YOGA with Instructor: Bre Russell (Brought to you by Laurier Athletics & Recreation)**
Yoga focusing on relaxation, gentle stretches and meditation as well as strengthening postural and stability muscles. This yoga class will help participants to de-stress and unwind.
- **10:05am-10:30am - HIIT with Instructor: Abbey Broad (Brought to you by Laurier Athletics & Recreation)**
High intensity interval training designed to get your heart pumping and sweat pouring!