



CHRISTOPHER NEWPORT
UNIVERSITY

ORIENTATION GUIDEBOOK





CHRISTOPHER NEWPORT UNIVERSITY
ORIENTATION & STUDENT INVOLVEMENT



#CNU27



WELCOME
NEW CAPTAINS

STUDENT SCHEDULE

SETTING SAIL

DAY ONE

8 a.m.
Check-in
York River Hall

9 a.m.
Welcome
Diamonstein Concert Hall
Your official welcome to the university outlining what is to come.

9:55 a.m.
Captain 101
Gaines Theatre
Review what you can expect from your Setting Sail experience as well as what we expect from you in order to get the most out of your time at Orientation.

10:10 a.m.
Taking the Helm
Gaines Theatre
This session will discuss the transition from high school to college, covering topics such as decision making, advocating for yourself, and health and wellness, while also touching on resources available to you as a student.

10:45 a.m.
Crew Time - Getting to Know You
Crew Time Room
Spend time with your Crew Leader and fellow crew members getting to know one another.

11:45 a.m.
Lunch
Commons

1:15 p.m.
Living the (Res)Life
Gaines Theatre
The Office of Residence Life will share tips about living in the residence halls, and provide information to prepare you for sharing a space with your new roommate.

1:15 p.m.
Commuter Connections
Freeman 101
Learn about resources available to you if you will be commuting to campus.

2 p.m.
Crew Time - Campus Life
Crew Time Room
Dive into the opportunities available to get involved outside of the classroom through student organizations, service, on-campus employment, internships, research and study abroad opportunities.

3 p.m.
Crew Time - Leadership Challenge
Crew Time Room
Join in a "Crew vs. Crew" challenge event that will encourage leadership and team development with your fellow Captains.

4:20 p.m.
Breakout Session #1
Various Locations
Multicultural Student Panel
Jefferson, David Student Union
LGBTQ+ Panel
Madison, David Student Union
Conversation on Mental Wellness
Crow's Nest, David Student Union
The 411 on the 757
Center for Community Engagement
True Colors-Leadership
Exploration Activity
Ballroom, David Student Union
Honors Program
Washington, David Student Union
Involvement on Campus
Harrison, David Student Union
Launch Meeting
Torggler 102, Torggler
Fine Arts Center
This meeting will be for all students participating in the Launch Program.

5 p.m.
Dinner
Commons

6:20 p.m.
Breakout Session #2
Various Locations
Multicultural Student Panel
Jefferson, David Student Union
LGBTQ+ Panel
Madison, David Student Union
Conversation on Mental Wellness
Crow's Nest, David Student Union
The 411 on the 757
Center for Community Engagement
True Colors-Leadership
Exploration Activity
Ballroom, David Student Union
Involvement on Campus
Harrison, David Student Union

7:15 p.m.
Crew Show
Diamonstein Concert Hall
Sit back and relax as the Crew Leaders share some tips about college and what it means to be a Captain.

8:15 p.m.
Evening Activities
Various Locations
Canvas Painting, Auxiliary Gym
Lawn Games, Great Lawn
Fireside Lounge, Tribble Library entrance
Karaoke, Ballroom,
David Student Union
Trivia, Freeman 201

STUDENT SCHEDULE

SETTING SAIL

DAY TWO

8 a.m.

Officially a Captain

[Diamonstein Concert Hall](#)

Hear from the Office of the Registrar and Center for Career Planning about your course schedule and academic plan.

8:35 a.m.

Captains as Wayfinders

[Diamonstein Concert Hall](#)

Learn about navigating the collegiate academic environment, new expectations, and what resources are available to help you succeed in the classroom.

9:30 a.m.

Brunch

[Regattas](#)

10:40 a.m.

Crew Time - Academic Focus

[Crew Time Room/Computer Lab](#)

Follow up with your Crew Leader about academic life and the various technological platforms used at CNU.

Noon

Community of Honor

[Diamonstein Concert Hall](#)

Christopher Newport's honor code is key to campus life. Learn about our community of honor and our expectations to live an honorable life.

Following the Closing

12:30 p.m.

Marching Captains Interest Meeting

[Diamonstein Concert Hall](#)

If you are interested in participating in the Marching Captains, stay after closing for a brief conversation to receive information and answer questions about our marching band experience.

12:45 p.m.

Calculus Readiness Assessment

[Various Luter Classrooms](#)

*Select students required to take this assessment will be notified prior to Setting Sail.

For students not taking the Calculus Readiness Assessment:

Students will check out of their residence hall and turn in their key and name badge at the front desk of that hall.

For students who are taking the Calculus Readiness Assessment:

Students will be completing their exams between 1:15-2 p.m. Following their completion, students will check out of their residence hall.

Residence Hall Show Rooms:

There will be a showroom available in each of the three first-year residence halls (York River, Potomac River and Santoro Hall) for you to see during your time on campus. These rooms will be available from 12:30-3 p.m. on day two.

President's Leadership Program Students

PLP students staying for Leadership Adventure will need to eat lunch before check-in. Lunch is provided for PLP students in Regattas. Guests are able to join their student for lunch in Regattas but will need to pay for lunch separately. Check-in for Leadership Adventure will begin at 2 p.m. on the first floor of the David Student Union.

**Please note that there are no sessions for parents during Leadership Adventure.*

Student pickup at the conclusion of Leadership Adventure will be at the Gaines Theatre in the Freeman Center from 11:30 a.m.-Noon. Parking will be available in the visitor lot-B.

FAMILY & GUEST SCHEDULE

SETTING SAIL

DAY ONE

8 a.m.

Check-in

Jane Susan and Joe Frank Atrium,
Ferguson Center for the Arts

9 a.m.

**Campus Welcome and
Conversation About College**

Diamonstein Concert Hall

Your official welcome to our community, information on what is to come, and a session on how you can support your student's transition to college.

10:50 a.m.

Academic Journey

Diamonstein Concert Hall

Our academic leadership will discuss expectations and resources available to help students succeed in the classroom and how these differ from the high school experience.

11:40 a.m.

From the Classroom to a Career

Diamonstein Concert Hall

Hear from the Office of the Registrar and the Center for Career Planning on the value of a liberal arts education, the CNU academic curriculum and how your student can take what they are learning from the classroom to their career.

12:40 p.m.

Lunch

Regattas, David Student Union

1:45 p.m.

Optional Sessions

Various Locations, David
Student Union

Disability Support Services

Ballroom, David Student Union

Learn about the process for requesting accommodations, as well as resources for students with disabilities.

Student Panel

Washington, David Student Union

Hear from a panel of current and past students on what life is like as a CNU student.

2:45 p.m.

Living the (Res)Life

Ballroom, David Student Union

The Office of Residence Life will share tips about living in residence halls and information to prepare your student for sharing a space with their new roommate.

2:45 p.m.

Commuter Connections

Washington, David Student Union

Learn about resources for our commuter population and ways for them to engage in campus life.

3:40 p.m.

Health and Safety

Diamonstein Concert Hall

This question-and-answer session will address safety and health services on campus.

4:15 p.m.

Family Reception

Jane Susan and Joe Frank Atrium,
Ferguson Center for the Arts

Join us for a family social hour to meet President's Parent Council members, faculty and staff.

5 p.m.

**President's Leadership
Program Meeting**

Diamonstein Concert Hall

Please attend this session to meet the staff and learn more about PLP.

**Note this session will only occur during Session I (June 19) and Session III (June 26) for families of students in PLP.*

5 p.m.

Launch Meeting

Torggler 102, Torggler Fine
Arts Center

Guests of students who are in the Captains Launch Program should attend.

5:15 p.m.

Dinner

Regattas, David Student Union

Optional Sessions

6:20 p.m.

Student Panel

Peebles Theatre, Ferguson Center
for the Arts

Hear from a panel of current and past students on what life is like as a CNU student.

7:15 p.m.

Crew Show

Diamonstein Concert Hall

Sit back and relax as the crew leaders share some tips about college.

FAMILY & GUEST SCHEDULE

SETTING SAIL

DAY TWO

7:30 a.m.

Breakfast

Regattas, David Student Union

8 a.m.

Athletics

Ballroom, David Student Union

Families of students playing an NCAA sport or varsity sport (sailing, cheer, dance) should attend this session to learn about expectations and resources for our student-athletes.

8:45 a.m.

Money Matters

Ballroom, David Student Union

The Offices of Student Accounts and Financial Aid will share important information regarding aid, billing, refunds and payment options.

9:15 a.m.

Campus Services Panel

Ballroom, David Student Union

Learn about dining services, parking on campus, purchasing textbooks, IT Services, and other important services that will be helpful for students.

10:25 a.m.

Pillars to Success

Ballroom, David Student Union

Learn more about the "Four Pillars to Success" for your student's time at Christopher Newport. Hear from Study Abroad, the Office of Research and Creative Activity, and the Centers for Community Engagement and Career Planning about a number of co-curricular opportunities to enhance your student's educational experience.

11:10 a.m.

Keys to Academic Success

Ballroom, David Student Union

Staff from the Center for Student Success will be presenting on the academic supports and opportunities that are available for your student and tips for a smart start to their semester.

11:40 a.m.

Next Steps

Ballroom, David Student Union

Wrap up Setting Sail with parting words and friendly reminders.

Noon

Community of Honor

Diamonstein Concert Hall

The honor code is key to campus life. Learn about our community of honor and our expectations to live an honorable life.

Following the Closing

12:30 p.m.

Marching Captains

Interest Meeting

Diamonstein Concert Hall

If your student is interested in participating in the Marching Captains, stay after closing for a brief conversation to receive information and answer questions about our marching band experience.

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Program Students

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Student pickup at the conclusion of Leadership Adventure will be at the Gaines Theatre in the Freeman Center from 11:30 a.m.-Noon. Parking will be available in the visitor lot.

**Please note that there are no sessions for families during Leadership Adventure.*



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WELCOME CAPTAINS

We are so excited and proud to welcome you to Christopher Newport University! We understand how much thought goes into choosing a college and we are thankful that you have chosen to join our community. As an integral part of the orientation process, Setting Sail aims to provide an opportunity for you to learn all the important information to help you prepare to arrive for move-in come August. Our orientation team is eager to answer all of your questions and support you as you begin this new adventure!

Families, we acknowledge the crucial role you play in your student's life as you support them from afar. Throughout Setting Sail, we hope to provide you with resources and tools to assist your student during their time at Christopher Newport. We encourage you to ask questions, take notes, and use this guidebook as a reference as you connect with other Captain families. In addition to these resources, we encourage you to stay up to date with "The Great Lawn" parent and family newsletter, visit your student and attend our Family Weekend celebrations. "The Great Lawn" comes out every four to five months, and subscription is automatic if you submitted parent information during the application process. If you would like to receive these updates and are not yet enrolled, please email register@cnu.edu and include your student's name and request a subscription.

Students, take advantage of everything you hear during the next day and a half! We know it is a lot of information and can perhaps feel overwhelming. Take notes to look back on as you prepare for move-in in August, talk with your fellow Captains and think about how you will get involved and find your place at Christopher Newport. Don't worry, your Crew Leaders are always a resource for you throughout the summer and are more than happy to help you if you need a refresher. For now, we encourage you to step outside your comfort zone, take ownership of your experience, meet some new people and get excited for everything that is to come.

Orientation does not end after Setting Sail, as Welcome Week in August still awaits! Throughout the summer, in between these two programs, reach out to your Crew Leader and lean on them for support. Get to know them and their Christopher Newport experiences, and ask them any questions you may have - they were in your shoes not too long ago. Today marks the beginning of your time at CNU and we cannot wait to see all the amazing things you will accomplish. Now, prepare to set sail and begin your new and exciting journey. We wish you all the luck in the world!

Go Captains!

Student Directors of Orientation

**ANNIE GRIFFIN**

Major: History

Minors: Middle East North and Africa Studies
and Museum Studies

Welcome to your newest adventure! The next few years are going to be filled with transformative moments, and endless opportunities to truly get to know yourself. Although things might seem overwhelming at times, I encourage you to lean into the discomfort and look for the lessons. Explore your passions, the things you love, and the things you might not love as much, remembering to give yourself grace through it all. I am so excited to see everything you all accomplish and know, without a doubt, that you will thrive.

**AALIYAH SMITH**

Major: Communication Studies

Minor: Digital Humanities

Welcome home, Captains! As you are going through your journey, take in every moment! There can be moments where you begin to feel accustomed to campus, but don't forget to stop and take moments to be present with your surroundings. Be open to trying new things and stepping out of your comfort zone while also respecting your boundaries. You will learn so much about yourself throughout the next four years. Listen to your heart, body, and soul at all times. Also, don't be afraid to ask for help along the way and call your families every once and awhile. Lead a life of significance and stay golden.

CREW LEADERS



Crew leaders serve as the initial guides on campus at Setting Sail and Welcome Week, and are available as a resource throughout freshman year.



During Welcome Week, crew leaders will build a sense of community on campus for the first-year students and ensure they are confident in the event schedule.



Through large and small group facilitations, as well as sessions to learn about resources on campus, crew leaders provide a direction for the incoming students as they begin to chart their own course.





MOVE IN
AUGUST 11-13

WELCOME WEEK
AUGUST 13-20

FAMILY WEEKEND
**SEPTEMBER 29-
OCTOBER 1**

FALL BREAK
OCTOBER 7-10

HOMECOMING
OCTOBER 20-22

**SAVE
THE
DATES**

PRESIDENT'S PARENT COUNCIL

Welcome! We are excited your family has joined the Christopher Newport University community, and we hope you will consider becoming a member of the President's Parent Council.

The President's Parent Council is the leadership giving society for families. Our parents direct their support to the programs, teams and departments they care about most, to scholarships, or make unrestricted gifts, which are used for the areas of greatest need. President's Parent Council members are engaged families who have a special passion for this wonderful place and want to share and support their Captain's journey. As a member of the President's Parent Council, you receive benefits throughout the year for your support of CNU. We hope you will join our President's Parent Council and look forward to meeting you.

Sincerely,

Mary-Margaret Wells
Direct of Parent Giving and Athletic Giving

Jillian Knight
Annual Giving Associate



CARL AND NICKI JONES

"Being members of the President's Parent Council has been a wonderful experience and fun way for us to continue to be involved with our children's school experiences by contributing directly to the departments that interest them the most. We have enjoyed benefitting multiple university programs, getting to know the CNU leadership team, and connecting with other parents who are on the same journey to becoming 'Captain Parents for Life.'"

Springfield, VA
Parents of Colin '22 and Audra '26





A large, multi-story brick building with a central portico supported by white columns, set against a blue sky with scattered white clouds. The building is surrounded by a green lawn.

WHO WE ARE

Christopher Newport University is maintained and governed by the following five values:

- 1. We will always put students first**
- 2. We will always offer outstanding teaching**
- 3. We will remain committed to liberal learning**
- 4. We will provide access and opportunity**
- 5. We will be actively engaged in shaping the economic, civic and cultural life of this community**

We hold the ideal of honor as an important element of the Christopher Newport University experience. Accordingly, the university has implemented policies that reinforce these values and ideals. As an educational institution, the university is concerned with the formal, in-class education of its students as well as their growth into mature men and women who conduct themselves as responsible, honorable citizens.

 [christophernewportuniversity](#)  [ChristopherNewportU](#)  [CNUCaptains](#)  [ChristopherNewportU](#)



HONOR CODE

“On my honor, I will maintain the highest standards of honesty, integrity and personal responsibility. This means I will not lie, cheat or steal, and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”

Every incoming student will be asked to recite and formally sign the Honor Code at the Community of Scholars Convocation in front of faculty, alumni and others. This tradition formally welcomes new students, underscores the seriousness of our shared academic purpose and emphasizes the importance we place on living in a community of honor. Students receive a penny for luck and also as a symbol of their continual commitment to a life of honor. Then, during their commencement experience, graduates toss their pennies into the Saunders Fountain.

DIVERSITY, EQUITY AND INCLUSION

The Christopher Newport University community engages and respects different viewpoints, understands the cultural and structural context in which those viewpoints emerge, and questions the development of our own perspectives and values, as these are among the fundamental tenets of a liberal arts education. Accordingly, we affirm our commitment to a campus culture that embraces the full spectrum of human attributes, perspectives and disciplines, and offers every member of the university the opportunity to become their best self.

Understanding and respecting differences can best develop in a community where members learn, live, work and serve among individuals with diverse worldviews, identities and values. We are dedicated to upholding the dignity and worth of all members of this academic community such that all may engage effectively and compassionately in a pluralistic society.

Vidal Dickerson is chief diversity, equity and inclusion officer. He, in collaboration with students, faculty, staff, alumni and the broader community, works to activate the university's diversity, equity and inclusion's strategic plan and stay committed to cultivating a respectful and engaging learning and working environment for the campus community.



For more information, email diversity.inclusion@cnu.edu or visit cnu.edu/diversity.



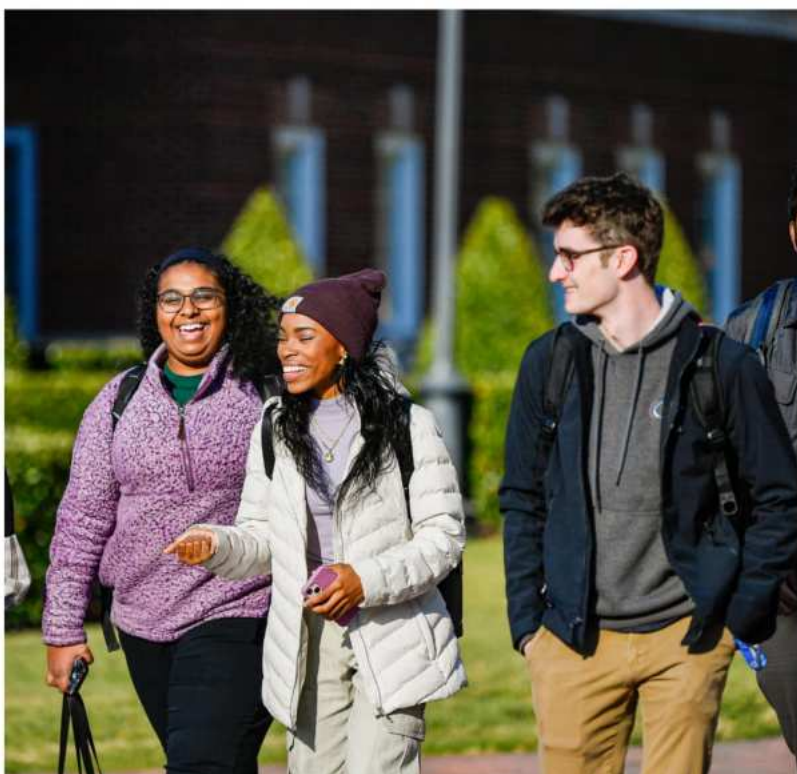
Christopher Newport University educates students to be responsible citizens living lives of significance. An essential element of this education is the development of independent judgment. The acquisition of independent judgment requires that students be both required and encouraged to inquire deeply into old and new ideas alike. Students must learn how to subject ideas to the crucible of rigorous discussion and debate, and have their own ideas confronted with the same rigorous examination.

FREEDOM OF SPEECH AND EXPRESSION



Free inquiry is at the core of liberal learning. It can only flourish where the freedom of expression is not only respected, but valued. As has been observed by others, “without a vibrant commitment to free and open inquiry, a university ceases to be a university.”

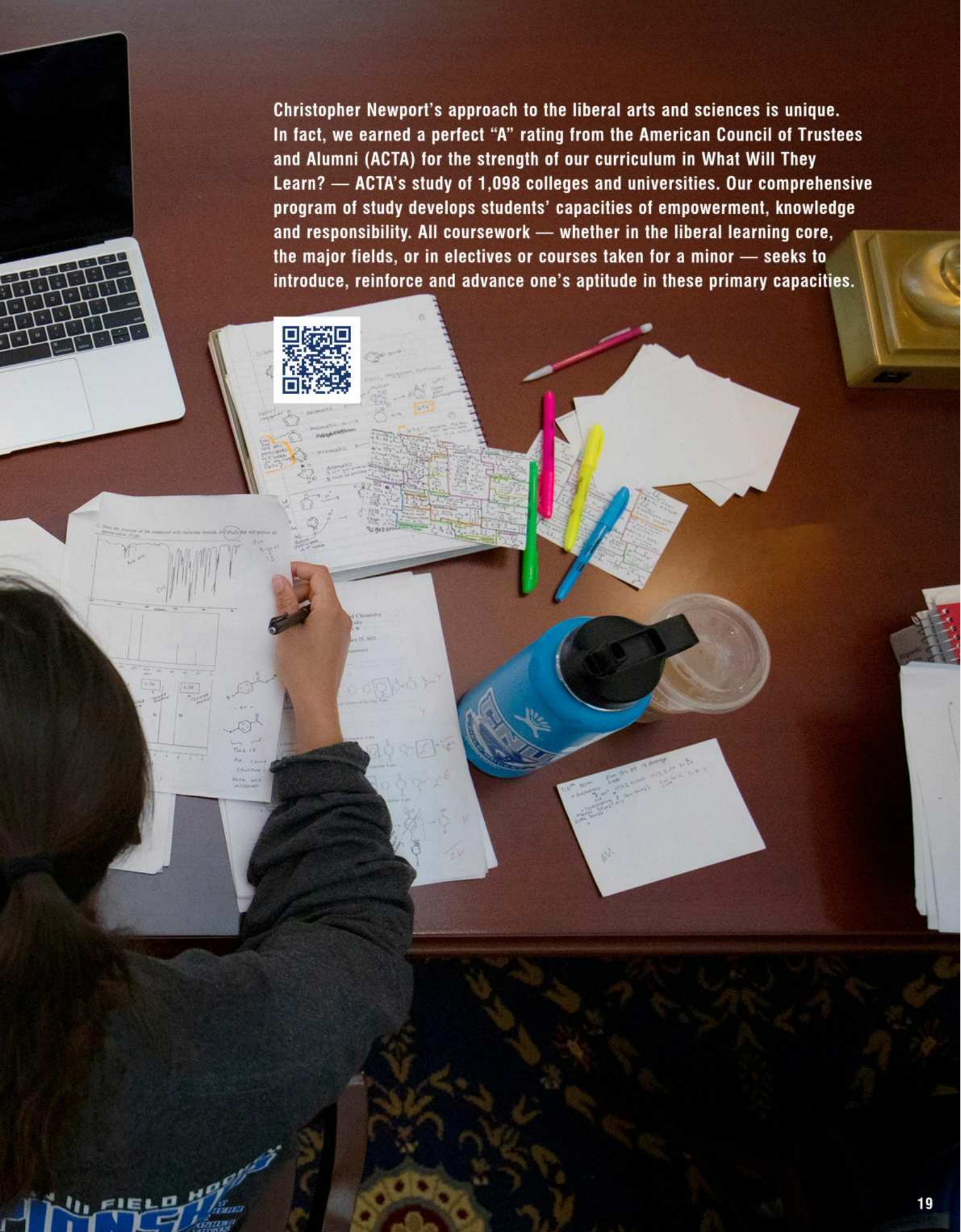
Please scan the QR code for the full university statement on free speech and expression.



A top-down view of a student's desk. A large brass desk lamp with a black shade is on the left. A laptop is on the right. In the center, there are several papers, including one with chemical structures and another with text. A tablet and a smartphone are also on the desk. A student with long dark hair is sitting at the desk, wearing a grey hoodie. The desk is dark wood, and the floor has a blue and gold patterned rug.

ACADEMIC ESSENTIALS

Christopher Newport's approach to the liberal arts and sciences is unique. In fact, we earned a perfect "A" rating from the American Council of Trustees and Alumni (ACTA) for the strength of our curriculum in What Will They Learn? — ACTA's study of 1,098 colleges and universities. Our comprehensive program of study develops students' capacities of empowerment, knowledge and responsibility. All coursework — whether in the liberal learning core, the major fields, or in electives or courses taken for a minor — seeks to introduce, reinforce and advance one's aptitude in these primary capacities.



ACADEMIC SCHOOLS AND COLLEGES

COLLEGE OF ARTS AND HUMANITIES

 cnu.edu/cah

COLLEGE OF NATURAL AND BEHAVIORAL SCIENCES

 cnu.edu/cnbs

LUTER SCHOOL OF BUSINESS

 cnu.edu/business

COLLEGE OF SOCIAL SCIENCES

 cnu.edu/css

GRADUATE STUDIES

 cnu.edu/graduate

 cnu.edu/academics

AREAS OF STUDY

- Accounting
- African American Studies
- American Studies
 - Constitutional Studies
 - Humanities
 - Social Science
- Anthropology
- Applied Physics
- Art History
- Biochemistry
- Biology
 - Biology – Cellular, Molecular and Physiological
 - Biology – Integrative
 - Biology – Kinesiology
 - Biology – Organismal and Environmental
- Business Administration
- Chemistry
 - Childhood Studies
 - Child Life
 - Chinese Studies
 - Civic Engagement and Social Justice
- Classical Studies
- Communication
 - Computer Engineering
- Computer Science
- Criminology
- Cybersecurity
 - Dance
 - Data Science
 - Digital Humanities
 - Discrete Mathematics
- Economics
 - Mathematical Economics
- Electrical Engineering
- English
 - Literature
 - Writing
- Environmental Studies
 - Film Studies
- Finance
- French
 - Global Commerce and Culture

- German
- Geography
- Greek Studies
- Health, Medical and Wellness Studies
- History
 - Human Rights and Conflict Resolution
 - Information Science
 - International Affairs
 - International Culture and Business
 - Journalism
 - Judeo-Christian Studies
 - Latin
 - Latin American Studies
- Leadership Studies*
- Linguistics
- Literature
- Management
- Marketing
- Mathematics
 - Mathematics – Computational and Applied
 - Biology and Life Sciences
 - Economics
 - Electrical Engineering
 - Physics and Engineering
- Medieval and Renaissance Studies
- Middle East and North Africa Studies
- Military Science (ROTC)
- Museum Studies
- Music
 - Performance
 - Composition
 - Music Studies
 - Creative Studies
 - Pre-Certification: Choral
 - Pre-Certification: Instrumental
- Neuroscience
- Philosophy
 - Pre-Seminary Studies
 - Studies in Religion

- Philosophy and Religion
- Philosophy of Law
- Political Science
- Psychology
- Social Work
- Sociology
- Spanish
- Studio Art
 - 2D and 3D Media
 - Graphic Design
 - Photography and Video Art
- Theater
 - Acting
 - Arts Administration
 - Design/Technical Theater
 - Directing/Dramatic Literature
 - Musical Theater
 - Theater Studies
- U.S. National Security Studies
- Women, Gender and Sexuality Studies
- Writing

ADVISING TRACKS

Biotechnology and Management

Pre-Law

Pre-Med and Pre-Health

BACHELOR'S TO FIVE-YEAR MASTER'S PROGRAMS

Applied Physics and Computer Science

Environmental Science

Teaching

GRADUATE STUDY

Financial Analysis

CERTIFICATE PROGRAM

Data Analytics for the Social Sciences

● Major ● Minor ● Concentration

*Approved as a second major only

CNU.EDU/ACADEMICS

TIPS FROM THE PROVOST

Dear students,

I've been on a college campus for 36 years, 27 of them as a professor at Christopher Newport, and during that time, I've advised hundreds and hundreds of students. I've always characterized one's undergraduate years as a journey down a road. When one starts the journey, the end goal is not always in sight, but as the first year becomes the second and then the third, the end goal begins to appear. As you begin, here are some tips that will make the journey more successful and more meaningful.

Academically

- Go to class - A huge chunk of what a professor wants you to learn is discussed in class. This is where readings are often discussed and explained, and lab assignments or creative activities are conducted.
- Find your place in the library - This is the nerve center of the university. It is where much of the knowledge that you will need to access is housed, and it's a great place to study.
- Get to know your professors - Always introduce yourself to your professors. Visit their office hours, or, at a minimum, introduce yourself at the end of a class. Not only are your professors teaching you, but they are always a valuable resource for ideas, recommendation letters, and research opportunities.
- Ask questions - If you are regularly attending class, it is very likely that you will have questions, and you should never leave a class with a question unanswered. It is amazing the doors (to knowledge and opportunities) that asking a question can open.
- Don't take the easy road - You are in college to learn, so learn! Don't take the easy class just because you can. You grow as a person as you learn to navigate challenges.
- Don't study at the last minute - There is overwhelming evidence that studying at the last minute does not work over the long term. You may do well enough on any given exam, but you will not do so consistently, and you will not retain as much.

Socially

- Make friends - This is a time of transition for you. You have the opportunity to make friends who could very well be in your life for the rest of your life.
- Embrace the diversity around you - You are likely to experience new and different things, be they people, activities, customs, issues, or environments. This is a good thing! The world is full of differences, and you will need to be able to navigate them as an adult.
- Enjoy yourself - You are about to start the college experience. Have fun! The time you spend at Christopher Newport will be some of the most rewarding and impactful years of your life. Make the most of them!

Personally

- Use your time as an undergraduate student harvesting and investing in activities. A harvesting activity is one where you pursue something you already know you love and/or in which you excel. An investing activity is one where you try something completely new, and in doing so, you take a risk. You may discover a new talent, passion or hobby, or you may discover a dead end. Either way, you grow as a person.

**Sincerely,
Quentin Kidd**

THE CORE CURRICULUM

All students must earn 120 credit hours and a minimum of a 2.0 overall and major GPA to graduate.

Within the 120 credit hours, students will:

- *Earn a minimum of 40 credits by completing Liberal Learning Foundations and Areas of Inquiry courses*
- *Earn an average of 36 credits by completing a major*
- *Earn approximately 44 credits by completing a minor (or minors), a second major, and/or electives*

The Liberal Learning Core Curriculum consists of Liberal Learning Foundations courses and Liberal Learning Areas of Inquiry courses.

LIBERAL LEARNING FOUNDATIONS:

Introduces students to the expectations and habits of mind that are hallmarks of university life, and provides the fundamental tools necessary for advanced engagement in ideas.

- **Economic modeling and analysis**
- **Logical reasoning**
- **Mathematical literacy**
- **Second language literacy**
- **Written communication literacy**

LIBERAL LEARNING AREAS OF INQUIRY:

Allows students to explore and experience the breadth of liberal learning in the following areas:

- **Creative expressions**
- **Civic and democratic engagement**
- **Global and multicultural perspectives**
- **Investigating the natural world**
- **Western traditions**

UNDERSTANDING YOUR FIRST SEMESTER SCHEDULE: How and Why Do We Calibrate Student Schedules?

Each student's class schedule is carefully crafted based on their area of academic interest, Living and Learning Community preferences, and Liberal Learning Foundation and Area of Inquiry preferences while considering the student's:

- Application for admission
- Dual-enrollment transcript
- Self-reported Advanced Placement, International Baccalaureate or Cambridge credit scores and/or anticipated credit
- Interest in Christopher Newport's five-year bachelor's to master's programs, pre-law, pre-health, ROTC and/or marching band
- Membership in the President's Leadership Program, Honors or Pre-Med Scholars Programs
- Participation in fall NCAA sports

An extensive quality assurance process helps guarantee students start on an academic path to graduation in four years. We also strive to ensure students have an evenly spaced-out schedule so there is time for meals, studying, sleeping and participation in co-curricular activities. In addition, we realize students may change their minds about an area of academic interest before classes begin and may need to change their schedules. Therefore, we work closely with them to ensure the schedule changes are smooth and the students remain on a path to graduate in four years.

OFFICE OF THE REGISTRAR

The Office of the Registrar is responsible for the following:


- Maintenance and protection of student educational records
- Interpretation and implementation of academic policies and federal and state regulations
- Production of academic transcripts, grade reports, enrollment verification and certification
- Analysis of student degree progress
- Certification of degree requirements for degree conferral
- Facilitation of course registration to include the development and maintenance of the schedule of classes
- Interpretation and implementation of policies and procedures to facilitate compliance with the Family Education Rights and Privacy Act (FERPA)
- Verification of students' Certificates of Immunization
- Evaluation and awarding of credit for the following:
 - Advanced Placement
 - International Baccalaureate
 - Cambridge examinations
 - College-Level Examinations Program
 - High school dual-enrollment coursework
- Facilitation of academic accommodations for students with academic accommodations
- Certification of students for educational benefits under the U.S. Department of Veterans Affairs

What is FERPA and how does it affect me?

FERPA is the Family Education Rights and Privacy Act of 1975 and provides rights and protections to students who are officially enrolled at an institution of higher education. For more information about FERPA and how it protects you, please review the dedicated pages in the Undergraduate Catalog online at cnu.edu/undergradcatalog.



Christopher Newport Hall, First Floor

 **(757) 594-7155**

 **cnu.edu/registrar**

FACULTY CORE ADVISING

All first-year students are assigned a Faculty Core Adviser for the first two years to help facilitate the transition to university life. Advisers help students become integrated into the university community by encouraging the exploration of academic and co-curricular activities as well as campus resources. Students are expected to take personal responsibility for their own academic exploration and planning through active engagement in the advising process.

When do students meet with their Faculty Core Adviser?

Students can expect to receive communication from their faculty core adviser over the summer. During Welcome Week, they'll interact with their core adviser, both individually and in a group setting. In weeks five and eight, students will meet with their core adviser to discuss grades and the college transition, and then during week 10, students will meet with their adviser to discuss class registration for the following semester. During the spring of their sophomore year, once students have declared a major, they will be assigned a new adviser within their major field of study.

How to Support your Student through the Advising Process


Encourage them to be proactive in familiarizing themselves with the undergraduate catalog, meeting with their core adviser and being responsive to their email, as that is how most advisers will communicate with them to set up meetings. Your student's information is protected by FERPA, so you should not be in contact with your student's core adviser. Instead, encourage them to reach out to their adviser and be on the lookout for communication from them!

LIVING AND LEARNING COMMUNITIES

In the fall semester, every first-year student will be enrolled in a Living and Learning Community (LLC) of approximately 12-16 students. These students will live in close proximity in the residence halls and share similar academic courses that are part of the liberal learning curriculum.

For more information on learning communities, contact Lori Throupe, Faculty Director of Academic Success, at lori.throupe@cnu.edu or (757) 594-8919.

Contact Professor Lori Throupe

 (757) 594-8919

 lori.throupe@cnu.edu

CENTER FOR STUDENT SUCCESS

The transition to college academics can be a challenging adjustment. Using a holistic approach that fosters independent learning, we help students identify obstacles or challenges to academic success, develop strategies to overcome them, and provide support systems and resources.

The Center for Student Success helps students through one-on-one success coaching, subject area peer tutoring, group test reviews and study skills programming. In addition to these resources, we also offer programs for specific groups of students, including: Captains Launch transition program for incoming students, student-athlete academic success programming, and first-generation college student initiatives. Each of these programs helps to ensure students are supported and ultimately develop strategies for continued success in college.

For more information on resources and programs offered by the Center for Student Success, reach out to studentsuccess@cnu.edu or (757) 594-7684.



Alice F. Randall Writing Center

Housed within the Center for Student Success, the Alice F. Randall Writing Center offers a number of services, including helping to brainstorm ideas, organizing rough drafts, developing thesis statements and revising a final draft. After training for a semester in a writing-intensive class, our consultants can help students with any writing from across the disciplines and at any point in the writing process. We offer three different ways to get writing assistance:

- In-person tutoring in Christopher Newport Hall 124
- Online synchronous tutoring using Google Meet
- Asynchronous tutoring, where a writing consultant will provide written feedback within 24 hours of receiving it

For more information, contact wcenter@cnu.edu.



HONORS PROGRAM

The Honors Program is designed to help enhance students' education and help them get the most out of college. Being in the Honors Program removes a large portion of the Liberal Learning Curriculum courses, so students should avoid unintentionally enrolling in courses they don't need. In addition to the special coursework and freedom to customize their curriculum, students are eligible for scholarships, special research and study abroad opportunities, funding for conference travel, priority housing and registration, and much more. During their first year, students in the Honors Program are housed in learning communities according to their Honors seminar.

If students are not accepted into the Honors Program before the start of their freshman year, they are able to apply again once their first semester is completed. Students can easily complete both the Honors Program and the Leadership Minor and graduate in four years or less. For any questions regarding the Honors Program, contact Dr. Jay Paul at jpaul@cnu.edu.

PRESIDENT'S LEADERSHIP PROGRAM

The President's Leadership Program (PLP) is a four-year leadership education experience that empowers students to recognize their leadership potential and develop personal and social responsibility for the betterment of self and society. While selection for PLP takes place during the admission process, the majority of events hosted by the program are open to all students.

Students in the program are eligible to receive a minimum \$500 residential scholarship should they maintain good standing within the program. Additionally, they have the opportunity to apply for additional scholarship money to study abroad. For more information on the President's Leadership Program, contact preslead@cnu.edu or (757) 594-7207.

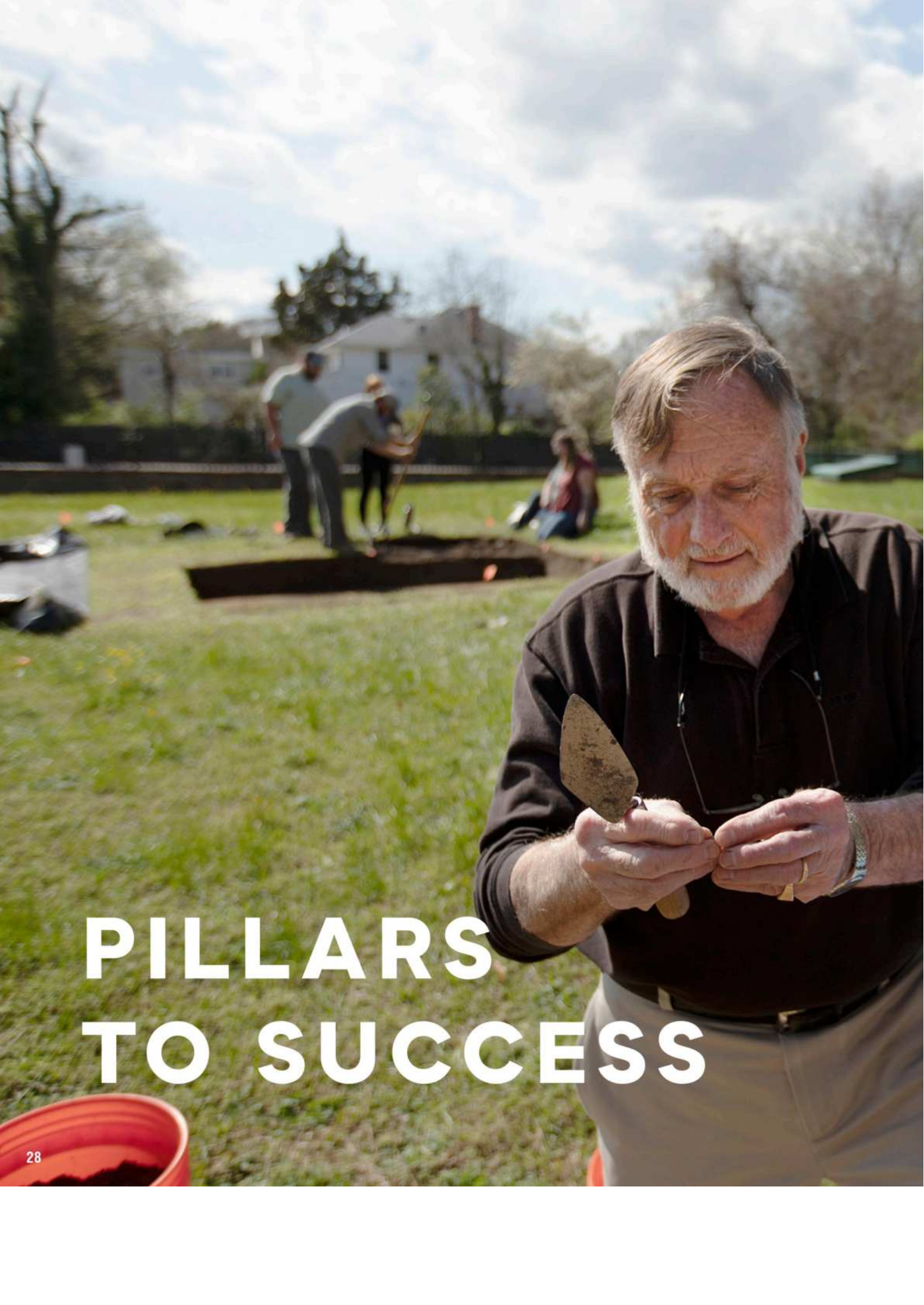
David Student Union 3127



(757) 594-7207



preslead@cnu.edu



PILLARS TO SUCCESS



At Christopher Newport we encourage students to explore meaningful co-curricular involvement that will amplify their academic accomplishments. Our Four Pillars — undergraduate research, internships, study abroad and service — are solid supports that will help students gain vital real-world experience along the way to becoming an engaged citizen and leader.

CENTER FOR CAREER PLANNING

The Center for Career Planning (CCP) is excited to help our newest group of students make a plan for success both during their time at Christopher Newport and after graduation.

How does the Center for Career Planning support students?

Our office provides lifelong career exploration and preparation services. We support students in deciding on a major, learning about occupations, finding on-campus jobs, and writing resumes, all in an effort to help them land the perfect internship, career or graduate school acceptance. We provide information, advice and resources through individual appointments, workshops and panels while also hosting job and internship fairs, employer/graduate school information and recruiting sessions and campus interviews.

How do students apply for on-campus jobs?

All students have access to our Handshake at CNU platform, where they can connect with employers, find internship and job opportunities, explore career preparation resources and events, and schedule appointments with the Center for Career Planning. Students can access their accounts on **cnu.joinhandshake.com**, where they click on the CNU Connect button to log in.

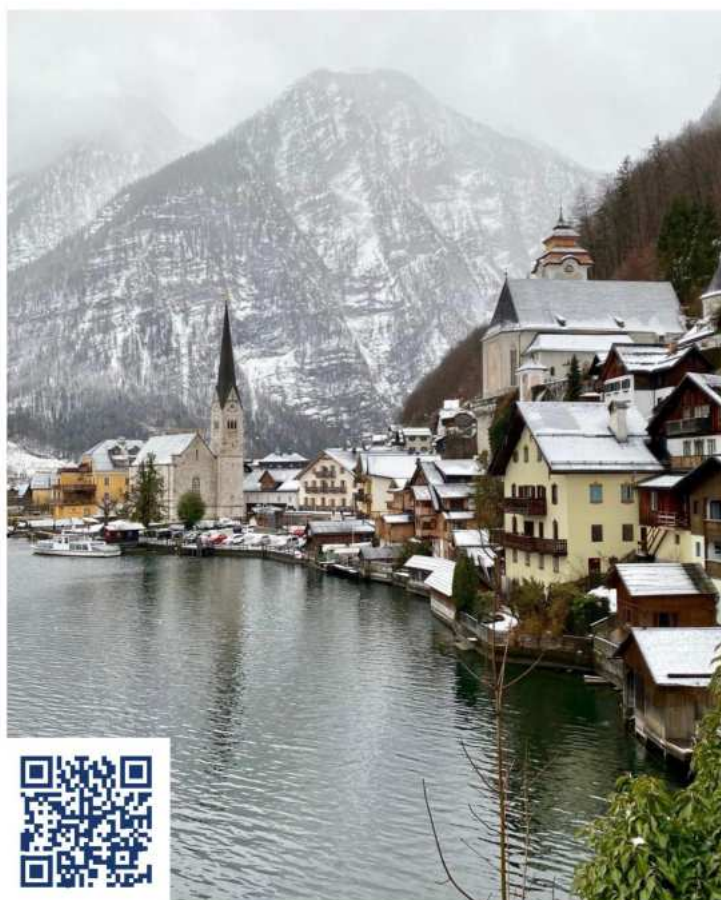


STUDY ABROAD

Studying abroad can be a life-changing experience. Every student can find an opportunity that fits their goals; someone from every major has studied abroad. Students can travel in groups with faculty leaders, attend a university overseas or study alongside other U.S. students in a foreign country. Students can take courses for their majors, minors, core and Areas of Inquiry or elective credits. For specific locations, students may need to consider some courses outside of their major; however, by remaining open to completing non-major requirements, students can gain flexibility for when, where and how long they stay.

When can students study abroad and how much does it cost?

Students can study abroad in the summer or during the fall or spring semester. Often, the cost of study abroad can be a concern for students and families. We offer study abroad scholarships to degree-seeking undergraduate students, and many academic departments also have funding opportunities for majors and/or minors. Additionally, there are scholarship benefits for students in the President's Leadership and Honors programs, which allow them to apply for funding for study abroad trips.



CENTER FOR COMMUNITY ENGAGEMENT

Christopher Newport's Center for Community Engagement (CCE) is dedicated to inspiring, equipping and mobilizing students to engage in and positively transform our communities in healthy and impactful ways. We do this by establishing long-term relationships among students, faculty and community partners focused on positive social, economic and civic change. We encourage all students to "Know, Love and Serve" their new community. This means helping them get to know Newport News, enjoy all their new home has to offer and care for the local community and their new "neighbors" for the next four years.

How do students get connected to a service site?

We offer multiple service tracks so students have the ability to commit to service opportunities in an area of interest and we have student staff ready to help their peers find the right volunteer site! Come graduation, students can graduate with Service Distinction or Service Distinction Leader honors, which means they've completed a set number of hours prior to their graduation.

For more information, contact at cnuengage@cnu.edu or (757) 594-7233



OFFICE OF RESEARCH AND CREATIVE ACTIVITY

The Office of Research and Creative Activity (ORCA) facilitates research and creative opportunities that put classroom coursework and academic theory into practice. We provide multiple programs for students to apply their education first hand, such as our Research Apprentice Program and Summer Scholars. ORCA programs pay students while doing research. We can also help students build their research skills into a portfolio, making them more attractive candidates for research and creative positions, through our Passport to Research Program. In addition to the programs we offer, students are able to apply for independent research grants to support their projects or travel funding to present or conduct research and creative activity off campus.

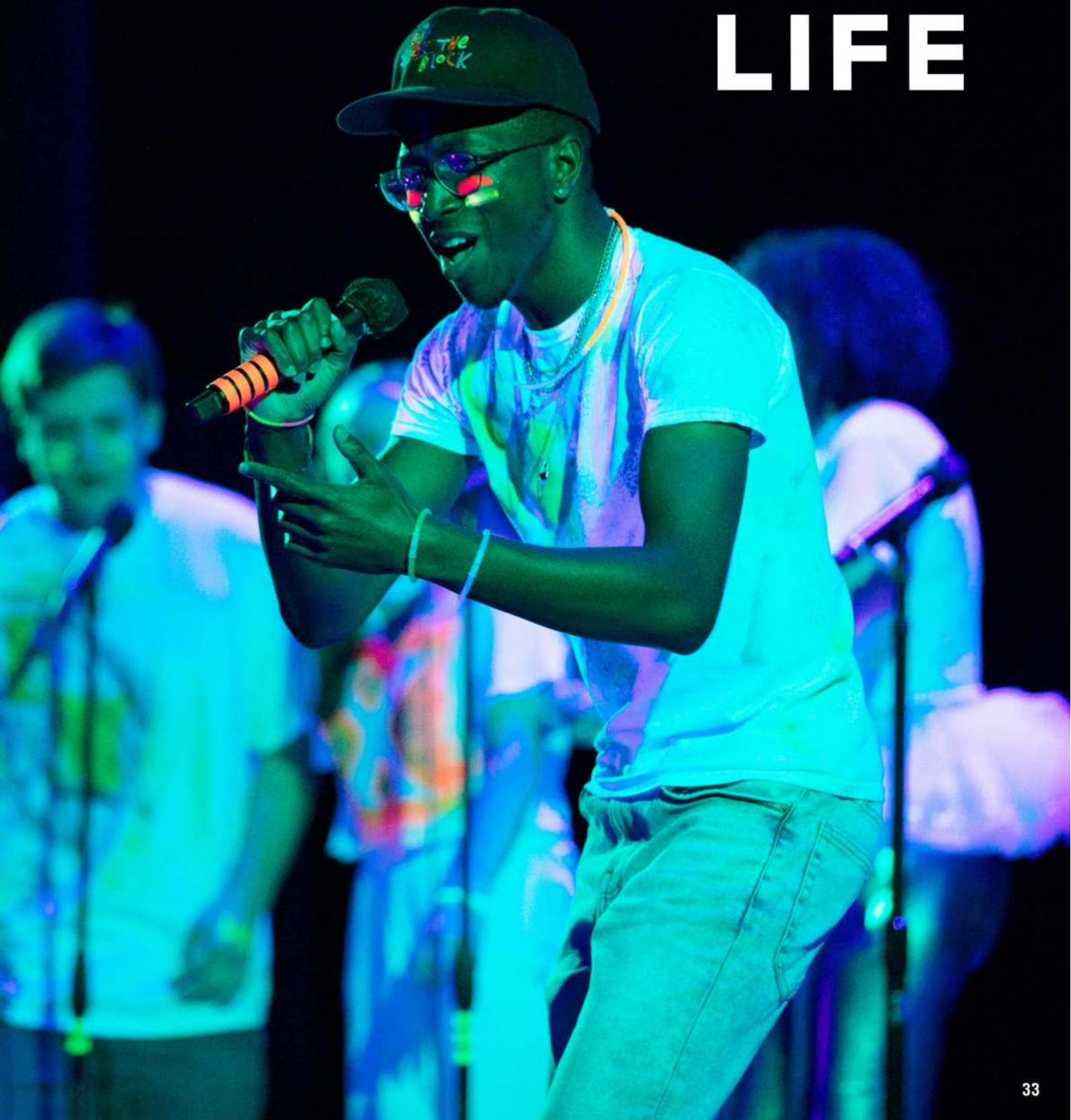
Are there opportunities for students to present their research?

In addition to helping students pursue research and creative activities, we also offer opportunities for students to share their findings. Each April, we host an annual on-campus conference, Paideia, to highlight student research across the liberal arts and sciences. We also have an undergraduate peer-reviewed research journal, The Cupola, that honors and promotes outstanding student research papers. The opportunities to get involved in research and creative activity are abundant!

For more information, visit our website or contact us at (757) 594-8586.



STUDENT LIFE



STUDENT AFFAIRS

The Division of Student Affairs is staffed by professionals working in the areas of Orientation and Student Involvement; the President's Leadership Program; the Office of Residence Life; the James C. Windsor Center for Health and Counseling Services; the Center for Honor Enrichment and Community Standards (CHECS); and the University Police. Student Affairs also serves as a starting point for students with qualified disabilities.

These departments work collaboratively to support the academic mission of the university, facilitate student success and engagement, provide enrichment, and foster the opportunity to interact socially in several hundred activities offered annually. These co-curricular opportunities connect classroom learning to out-of-classroom experiences, promote growth and development, and facilitate greater involvement with the community at large.

ACCESSIBILITY AND ACCOMODATIONS

There are core elements to the liberal arts and sciences experience essential to a Christopher Newport University education. To graduate from Christopher Newport, all students must demonstrate proficiency in logical reasoning through abstract thinking, written communication literacy, second language literacy, mathematical literacy and economic modeling and analysis. While these requirements cannot be waived, students who have disabilities that may present challenges in these areas will be reasonably supported in meeting these requirements.

What should students with disabilities do to receive accommodations?

Students with disabilities may consult with Student Affairs before or during their active enrollment at Christopher Newport. New students, especially freshmen, will want to contact the office well before beginning their first semester if accommodations are required. Students who request accommodations by the university must formally declare their disability by completing a form obtained from Student Affairs. A follow-up meeting with the Student Disability Support Specialist is also recommended.



HEALTH AND WELLNESS SERVICES

University Health and Wellness Services (UHWS) is the on-campus health clinic, where staff can assist with sick care and wellness needs. The office is open when classes are in session during the fall and spring semesters. Connected to the Riverside Health System, UHWS provides access to registered nurses, nurse practitioners and physicians who provide care and educational programs to students. There is a \$20 fee for appointments with the nurse practitioners and the family practice resident.

Where do students submit their immunization documentation?

The Code of Virginia (section 23-7.5) requires students to provide documentation of required immunizations signed or stamped by a licensed health professional or facility. All first-time, full-time undergraduate and graduate students attending Christopher Newport must complete the Certificate of Immunization. Failure to do so will result in inability to register and attend the next semester. Immunization records should be sent to the Office of the Registrar.



THE OFFICE OF COUNSELING SERVICES

The Office of Counseling Services provides a range of free services to address the mental health needs of the student body and university community. Specifically, we offer the following:

- Individual and group counseling for students
- Consultation with students, faculty and staff, and parents
- Outreach programming
- Crisis response

We are committed to maintaining a safe and comfortable place for students to talk about their concerns — a place where they can not only be understood and respected, but also encouraged and challenged. Our staff of dedicated mental health professionals is devoted to providing the highest quality of counseling services to the campus community.

OFFICE OF ORIENTATION AND STUDENT INVOLVEMENT

The Office of Orientation and Student Involvement seeks to create a foundation of success for all students as they transition to and through Christopher Newport University. In addition to the planning and implementation of our formal orientation programs, we are here to support students as they find community on campus through involvement opportunities.



David Student Union 330



(757) 594-7260



osi@cnu.edu

FINDING YOUR COMMUNITY

How do students get involved on campus?

We encourage students to get involved during their time at Christopher Newport. Whether through participation in one of our 200+ student organizations, an on-campus job, attendance at events, research with faculty or internship or volunteer opportunities in the community, there are many ways for students to become involved. We can help students connect with people and opportunities that will help them engage in a meaningful and fun way.

What types of student organizations are offered at Christopher Newport?

Students and families can check out The Compass, our database of organizations and campus events, for more information about different types of clubs on campus. From fraternities and sororities to cultural and identity-based organizations to music and performance, we offer a wide variety. Additionally, we encourage students to follow us on social media to learn about all the things they need to know based on their class year. Your class account will follow you from orientation through commencement with information pertaining to where you are in your college experience.

FRATERNITY & SORORITY LIFE

The fraternity and sorority community comprises approximately 20% of the student body. Three different councils represent all of our fraternities and sororities. The councils exist to promote the need of, advocate for and govern the groups under them. The Interfraternity Council comprises fraternities, the Panhellenic Council comprises only National Panhellenic Conference member sororities, and the National Pan-Hellenic Council (NPHC) is a collaborative organization of historically African American fraternities and sororities. All of our Greek chapters participate in service and philanthropic endeavors as well as social events and provide leadership development to members of the organizations. A list of active chapters is available at cnu.edu/life/greek/chapters.

When can students join a fraternity or sorority?

Students must complete at least 12 college credit hours, be enrolled fulltime and meet a minimum GPA requirement before being eligible for membership. Christopher Newport has a deferred recruitment model, therefore first-year students may not affiliate until at least their second semester at CNU. Transfer students may be eligible to join sooner. Additionally, NPHC organizations typically do not allow first-year students to affiliate due to national standards. These organizations host information sessions that are open to any interested student at which they review their requirements. Though first-year students cannot join in at least their first semester, we still recommend they get to know our fraternity and sorority community prior to affiliation, as joining one of these organizations constitutes a lifetime commitment.



The Compass



Hazing

Christopher Newport University maintain and make available reports of actual findings of violations of the institutions hazing policy and federal and state laws pertaining to hazing, to the extent the violations were reported to campus authorities. Scan the QR code for the report and further information.

Social Media

 [instagram.com/cnu.osi](https://www.instagram.com/cnu.osi)

 [instagram.com/cnu.2027](https://www.instagram.com/cnu.2027)

 [instagram.com/cnugreeklife](https://www.instagram.com/cnugreeklife)

RESIDENCE LIFE

Living on campus is an important component of the Christopher Newport experience. We place great value in providing a residential living and learning environment that supports students' academic journey in the liberal arts and sciences. Our three-year residency requirement is supported by housing options that provide a balance of support while encouraging independence. As freshmen, students are assigned a room in Potomac River North, Santoro Hall or York River Hall. These freshman residence halls feature suite-style units, set up primarily as double-occupancy rooms where two rooms share a bathroom, with a nine-month lease from August through April.

ROOMMATE ASSIGNMENTS

Room and roommate assignments will be published in early August. Students will be notified via email with instructions from our university housing office. While the thought of living with friends from high school may be comforting, we encourage students to be open to new experiences. Roommates are strongly encouraged to contact one another before arriving on campus to make introductions and coordinate shared living arrangements. Remember, learning communities take precedence when making room assignments.



(757) 594-7756



housingadmin@cnu.edu



HOW ARE FIRST-YEAR RESIDENCE HALL ROOMS FURNISHED?

Each student room will be fully furnished and comes with great amenities:

- Extra-long (80-inch) twin-width beds
- Desks and chairs (one per resident)
- Dressers (about three drawers per resident)
- Closet space or wardrobes
- Microfridge (microwave/refrigerator combo) shared among all residents in unit
- Wi-Fi available in the building



cnu.edu/residencehalls

WHAT DOES SUPPORT LOOK LIKE IN THE RESIDENCE HALLS?

In the residence halls, we have Resident Assistants (RAs) who are community builders that help students with the transition to living on campus. RAs are students who are trained to help with most situations that may arise for residents, but we also encourage students to talk with their families about how they might handle an emergency should one arise. Our residents are also supported by Residential Fellows, who are full-time professional staff who live and work in the residence halls.

It is always helpful to be prepared for emergencies. Discuss your plans in case of an emergency. Check with your insurance company to determine if your personal belongings are covered. If not, renter's insurance is highly recommended.

Plan for breaks - residence halls are closed during Thanksgiving, winter and spring breaks, and all main campus residents must leave. Three common topics that come up for first-year students:

- Request a maintenance repair: Students can submit a work order online at help.cnu.edu or notify the on-call staff in the event of an emergency repair need.
- Roommate conflict: Students should work with their RA or Residential Fellow for support navigating roommate conflicts.
- Meal plan changes: Students can change their meal plans until 5 p.m. on Friday during the first week of classes each semester.

WHEN DO FIRST-YEAR STUDENTS MOVE IN?

First-year residence hall move-in will take place August 11-13, 2023. Move-in dates and times will be established mid-summer and information will be shared at cnu.edu/life/housing/movein.

For more information about University housing, contact housingadmin@cnu.edu or (757) 594-7756. For more information about Residence Life, visit our website cnu.edu/reslife or contact us at reslife@cnu.edu or (757) 594-7527.

For additional resources, check out our website: my.cnu.edu/housing/resources



Scan the QR code to access the university packing list



THE MARCHING CAPTAINS

The Marching Captains are a talented, vibrant and enthusiastic group. As the most visible music ensemble on campus, they perform at all home football games, events throughout Virginia and more. Members of the Marching Captains represent every major on campus, with the majority being non-music majors, and membership is open to all students. All Marching Captains receive college credit for their participation. For more information, visit cnu.edu/marchingcaptains



Conductor Mark Johnson

 mark.johnsona@cnu.edu

 (757) 594-8791

RECREATIONAL SERVICES

Recreational Services offers several opportunities to stay physically active and engage socially with peers, including intramural sports, sport clubs and outdoor adventure programs. Intramurals are played on campus between students and they are typically offered in the evenings on a weekly basis. Intramural sports are also a great opportunity for on campus employment, as all of our officials used for intramurals are students and we provide training for them.

Sport clubs are student organizations that share a common interest in a particular sport and they typically practice and compete against other universities. Each club is student run, providing multiple leadership opportunities for students. Outdoor Adventure and Recreation (OAR) promotes interest and awareness of the outdoors by providing trips for students roughly twice each semester around Virginia and the Tidewater area.



CAPTAINS ATHLETICS

MEN'S SPORTS

Baseball
Basketball
Cross country
Football
Golf
Indoor track & field
Lacrosse
Outdoor track & field
Soccer
Tennis

WOMEN'S SPORTS

Basketball
Cross country
Field hockey
Golf
Indoor track & field
Lacrosse
Outdoor track & field
Soccer
Softball
Tennis
Volleyball

COED SPORTS

Cheerleading
Sailing
Storm dance team

ONE OF THE NATION'S MOST SUCCESSFUL

NCAA DIVISION III PROGRAMS

24 VARSITY
TEAMS

80 INDIVIDUAL & TEAM
CHAMPIONSHIPS

725+ ALL-AMERICANS

TOP WINNING PERCENTAGE
NEARLY EVERY YEAR
AMONG ALL VIRGINIA SCHOOLS

THREE NATIONAL CHAMPIONSHIPS

2021-2023

For schedules and the most up-to-date information go to: cnusports.com

TICKET INFORMATION

WHAT IS THE COST TO ATTEND ATHLETIC EVENTS?

Students get into any regular season home game for free with their student ID. This allows them access to general admission seats and designated student sections. Guests can purchase football and basketball tickets through our ticket office located in the Freeman Center and online at CNUsports.com/tickets. All other sports are free admission for regular season home games. Any conference or NCAA tournament will have different rules and policies.

FAMILY WEEKEND AND HOMECOMING


Seats and tailgating spots will sell out for these events. We encourage purchasing in advance for these games. There is a limited inventory, especially for certain sections, and the only way to ensure tickets or spots is to purchase a season package.

TAILGATING

At all home football games, certain parking lots are designated tailgate lots. Students with a student ID may purchase a tailgating pass in person through the Freeman Center ticket office the week of the game. Guests may purchase tailgating passes by calling the ticket office at **(757) 594-7880**.

OTHER SPORTS

For more information about tickets and tailgating, contact the athletic ticket office at **(757) 594-7880** or sportix@cnu.edu. For schedules and most up-to-date information, go to CNUsports.com.

 **(757) 594-7880**

 sportix@cnu.edu

STUDENT SERVICES



DINING SERVICES

We have two main dining halls on campus: Regattas and The Commons, and both are buffet style. First-year students select either a 14- or unlimited meal plan through the Admitted Student System. As part of the meal plan, students also receive Dining Dollars, which can be used like a debit card for food purchases at on-campus eateries and a number of participating off-campus locations. Meal plan changes can be made through the Office of Housing Administration through 5 p.m. on Friday, August 25.

How does Christopher Newport University support students with food allergies/accommodations?

We identify the eight major food allergens at the point of service in both dining halls, as well as offer numerous gluten-free options. Students with food allergies or specific dietary needs are encouraged to contact the Director of Dining Services to discuss options. More information on meal plan prices, dining hall hours and eating establishments can be found at cnu.edu/life/dining/mealplans (757) 594-8854

Where can students eat on campus besides the dining halls?

We have a number of on-campus eateries where students can use their Dining Dollars or Captains Cash. We encourage families and guests to take advantage of these options when visiting your student as well! More information on meal plan prices, dining hall hours and eating establishments can be found at cnu.edu/dining.

DAVID STUDENT UNION

Chick-fil-A
Discovery Bistro - paninis, sushi
Discovery Grille - burgers, subs, sandwiches
Discovery Pizza

TORGGLER CENTER

Palette Café - coffee, brunch, lunch
Dining Dollars cannot be used at the Palette Café

TRIBLE LIBRARY

Einstein's Cafe - coffee, tea, baked goods



CAPTAINS LOCKER

We are the official bookstore and spirit shop at Christopher Newport! Within the Captains Locker, you can find school supplies and Christopher Newport University clothing and gifts. All textbooks can be purchased through our virtual bookstore, which can be accessed through CNU Live. Though students are not required to purchase textbooks and materials from the Captains Locker, we strongly encourage it to ensure students receive the correct course materials. For more information on the types of books and online-only items, please visit www.captainslocker.com. We encourage students to send their books to their home address or student mailbox.

For more information, contact Sharolyn Meyers at 1245mgr@follet.com.

STUDENT MAILROOM

Located in the David Student Union, the student mailroom is dedicated to helping students living on campus send or receive mail and packages. We are open Monday-Friday from 8 a.m.-5 p.m. Please be sure to plan for perishable items to arrive during business hours. Students will need to pick up their mailbox key soon after moving in.



CAPTAINS CARD

The Captains Card is a student's ID card, which allows students access to their residence hall, room, meal plan, library resources and different funds, such as Dining Dollars, print funds and Captains Cash.

As part of the enrollment process, incoming students will upload their pictures online in July. Doing this will allow us to print their Captains Card in advance so they can receive it on move-in day. Students who do not submit their photos in the system will be required to go to the DSU Welcome Desk prior to moving in to have their Captains Card printed.

DINING DOLLARS

Dining Dollars come with your meal plan each semester and are placed onto your Captains Card, which can be used for food purchases at dining halls and on-campus eateries. They may also be used for food and beverage purchases at a number of participating off-campus locations. These funds are limited to use during the semester in which they are distributed.

PRINT FUNDS

Print funds are provided to all enrolled students and are placed on their Captains Cards. These funds can be used to access university-owned printers/copiers in designated areas across campus.

CAPTAINS CASH

Students, as well as family and friends, can deposit Captains Cash onto their Captains Card starting August 7. Captains Cash can be used to pay for a variety of things, such as food at on-campus and off-campus locations, laundry services, purchases in vending machines, and other services and products on campus. Funds can be added for free at a kiosk or the cashier's desk and online for a small fee.



UNIVERSITY POLICE

In 2015, Christopher Newport University was the third campus in Virginia to be designated as a Certified Crime Prevention Campus by the Virginia Department of Criminal Justice Services (DCJS). Certified campuses must complete a reassessment process and meet specific benchmarks every three years to maintain certification.

University Police employs full-time, professionally trained, sworn and state-certified police officers as well as state-certified campus security officers to patrol campus 24 hours a day on foot, in vehicles and on bicycles. We offer a number of resources from anonymous crime reporting to drug and alcohol awareness to self defense programs. We also work closely with federal, state and local law enforcement partners to ensure community safety.

The Emergency Communication Center is located in University Police headquarters. Professionally trained and state-certified communications officers manage all emergency and non-emergency related calls, and dispatch first responders and other personnel to incidents and calls for service as appropriate.

EMERGENCY MANAGEMENT

The Office of Emergency Management's objective is to build, sustain and continually improve upon a comprehensive, coordinated and inclusive readiness effort that cultivates institutional capacity to prevent, mitigate against, prepare for, respond to and recover from threats to the university mission.

How are students and families notified of campus emergencies?

In support of public safety, we promote individual, departmental and institutional preparedness and resilience via outreach and engagement with the university community and regional partners. We want students to know what to do in the event of an emergency on campus. Students and family members should sign up for CNU Alert, which is our official university emergency information platform that includes campus closings, delays, evacuations, etc.

Develop an emergency plan with your family

- Plan now to be prepared when it counts
- Register for CNU Alerts
- Have essential emergency supplies
- Make a plan to communicate with family



**You can sign up
for CNU Alert today
at cnualert.info.**

12270 Warwick Boulevard

Business Hours: Monday-Friday, 8 a.m.-4 p.m.

TITLE IX AND EQUAL OPPORTUNITY

Christopher Newport University is committed to access and opportunity for all persons. The Discrimination, Harassment and Sexual Misconduct Policy prohibits discrimination in admission, employment and education programs or activities on the basis of race, color, religion, sex, national origin, age, disability, genetic information, sexual orientation, gender identity, marital status, military/veteran status, political affiliation or any other status protected by law.

This policy includes all forms of sex discrimination, including sexual harassment, sexual assault, dating violence, domestic violence and stalking, which are also prohibited by Title IX of the Education Amendment of 1972, which states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance."

Christopher Newport University is committed to providing an environment that emphasizes the dignity and worth of every member of its community and that is free from harassment and discrimination based on race, color, religion, sex, national origin, age, disability, genetic information, sexual orientation, gender identity, marital status, military/veteran status, political affiliation or any other status protected by law. Such an environment is necessary to a healthy learning, working and living atmosphere because discrimination and harassment undermine human dignity and the positive connection among everyone on campus.

To Report an Incident

Any student who believes that they have been unlawfully discriminated against or harassed (which includes all forms of sexual misconduct) in violation of the Discrimination, Harassment, and Sexual Misconduct Policy may file a report with the Office of Title IX and Equal Opportunity. Reports can be made orally or in writing to include online reports submitted by completing the Title IX and EO Community Reporting Form. Anonymous reports can also be made using this form. For more information on resources, reporting options and procedures, and steps that can be taken by the university for the safety of students, please visit the office website at cnu.edu/titleixeo

RETALIATION

Any adverse action taken or threatened against a person for making a good faith report of prohibited conduct or for participating in any proceeding under the policy is retaliation and is prohibited. Action is generally deemed adverse if it would deter a reasonable person in the same circumstances from opposing practices prohibited by the policy. Retaliation is a separate offense under the policy.

AMNESTY

Christopher Newport encourages the reporting of violations of the policy. Alcohol and/or drug violations should not be a deterrent to reporting or cooperating during the resolution process. The primary focus shall be on addressing any alleged prohibited conduct and not on alcohol and drug violations that may be discovered or disclosed. Christopher Newport does not condone underage drinking or illicit drug use. However, except in compelling circumstances, Christopher Newport will extend limited amnesty from consequences related to the personal consumption of drugs or alcohol use to individuals who in good faith report alleged incidents of prohibited conduct and/or participate in an investigation.

CONFIDENTIALITY

Anyone desiring that details of an incident be kept confidential should speak with Christopher Newport confidential resources or off-campus confidential resources. If someone discloses information to any Christopher Newport employee (other than the Office of Counseling Services and University Health and Wellness Services), that employee must report this information to the Office of Title IX and EO because employees have been designated as Responsible Employees who must report all incidents of possible sexual misconduct (sexual harassment, sexual assault, sexual exploitation, dating violence, domestic violence and stalking).



BILLING AND FINANCIAL AID

Business Office financial policies and procedures are governed by federal and state laws as well as policies set by the Board of Visitors. All billing and payment policies can be found in the Undergraduate Catalog, and for any additional information, students and families can contact the Office of Student Accounts at studentaccts@cnu.edu or (757) 594-7195.

DATES TO REMEMBER

Mid-July: Fall bills available

August: Fall bill due

Mid-November: Spring bills available

December: Spring bill due

Authorized Payer

Students have the ability to make their family members authorized payers online through CNU Live. Students can find more information on how to set this up through the Admitted Student System.

Loans

Federal subsidized and unsubsidized loans are available to students who submit a Free Application for Federal Student Aid (FAFSA) and meet the eligibility criteria. Other loans may come in the form of Federal Parent PLUS Loans or private education loans. Christopher Newport University is unable to recommend specific private lenders to students and families.

SNAP Benefits

The Supplemental Nutrition Assistance Program (SNAP) provides monthly benefits to supplement the purchase of food. Eligibility for SNAP is based on financial and nonfinancial criteria, and students may be eligible if they meet certain criteria.

A student who is enrolled at least half-time at Christopher Newport and is actively participating in the Federal Work Study Program during the regular school year may be eligible to apply for SNAP benefits.

Eligible students can use SNAP benefits to buy food through an EBT card (which can be used like a debit card at qualifying retailers). SNAP can be used to buy food at supermarkets, local grocery stores, corner stores, farmer's markets, and online.

Check your eligibility and apply:

- Online at commonhelp.virginia.gov
- By phone at **1-855-635-4370**
- In person at the local Department of Social Services (Newport News Department of Human Services, 6060 Jefferson Ave., Newport News, VA 23605)

More information related to financial aid options can be found online at cnu.edu/financialaid, or by contacting the Office of Financial Aid at finaid@cnu.edu or (757) 594-7170.



INFORMATION TECHNOLOGY SERVICES

The university provides high-speed wireless internet access called eduroam throughout campus, including in residence hall student rooms. Wireless internet access is also available in all other campus buildings, on the Great Lawn and in outdoor teaching spaces. Visitors can use the available guest wireless network.

Software we provide:

- Microsoft Office 365 - full access on up to five computers for students during their time at Christopher Newport.
- Google Workspace for Education - Gmail, Google Calendar, Google Drive (document storage) and Google Docs/Sheets/Slides (collaborative editing software).
- Wolfram Mathematica - a full-featured computer algebra system used in science and math courses.
- SPSS - statistical software used in a wide range of courses at the university; detailed instructions will be provided if a student is required to use this software.
- MATLAB - Matlab is a programming and numeric computing platform used by millions of engineers and scientists to analyze data, develop algorithms, and create models.
- Atlas.ti - a computer-assisted qualitative data analysis software that facilitates analysis of qualitative data for qualitative, quantitative, and mixed methods research.

Printing

Printing is available from anywhere on campus using a mobile app or a computer with the PrintAnywhere software. Students will receive instructions on how to install and use PrintAnywhere upon arriving in the fall.

Questions related to ITS can be directed to helpdesk@cnu.edu or (757) 594-7079.



PARKING AND TRANSPORTATION SERVICES

All students are welcome to bring a car to campus. Christopher Newport is a decal-controlled campus. Students bringing a car to the university must purchase a decal to legally park on campus. This includes both residential and non-residential students. Decals are valid for one academic year and can be purchased through Parking Services either in person or online. Prorated passes are available throughout the semester as well.

For more information on parking, visit cnu.edu/parking or contact Parking Services at parking@cnu.edu



Ferguson Center for the Arts Parking Deck

(757) 594-7129

parking@cnu.edu

ACADEMIC TERMS

Academic calendar – A list of dates showing when fall, spring and summer terms begin and end, as well as other related dates, such as drop/add periods, final exams and commencement.

Academic dean – The administrative head of each college: the College of Arts and Humanities, College of Natural and Behavioral Sciences, College of Social Sciences, and the Luter School of Business.

Academic department – Division of a college dealing with a particular field of knowledge.

Dean's Academic Honor List – Students who, in any given fall or spring semester, are enrolled in at least 12 credit hours, have earned no final grade below C, have not received the temporary grade of I in any course during the semester, and whose term grade-point average is at least a 3.50, are placed on the Dean's Academic Honor List for that semester.

Academic standing – A reflection of student performance; a student who meets or exceeds minimum GPA requirements for his/her academic unit is considered to be in "good standing," whereas a student not meeting those standards may be placed on academic "probation," "suspension" or "dismissal."

Academic year – Timeline that begins in August with fall semester, continues through spring semester, and concludes with a May term and two summer sessions.

Add/drop – Period during which students can electronically make a change to their schedule by removing or adding a course; this usually takes place the first week of fall and spring terms, and the last date to add/drop is always listed on the academic calendar. Note that changes in the total number of credit hours taken for the semester can have an impact on financial aid and other matters, so always carefully consider add/drop choices.

Alumni – Individuals who have attended and graduated from a particular college or university.

Area of interest – The preliminary area of study a student focuses on before declaring a major in the second semester of the sophomore year.

College/school – Group of academic departments administered by an academic dean; Christopher Newport has four: College of Arts and Humanities, College of Social Sciences, College of Natural and Behavioral Sciences, and the Luter School of Business.

Corequisite – Specific requirements that must be met during enrollment in a given class; these may consist of labs, courses, etc.

Credit hour – Standard unit of measuring coursework.

Declaring a major/minor – Indicates that a student wishes to pursue a particular major and/or minor; many majors have specific admission requirements. At Christopher Newport, students formally declare their major/minor(s) during spring semester of their second year.

Degree evaluation – Electronic advising tool designed to assist in tracking a student's progress toward graduation; this allows students to run a "what if?" analysis to see how curricular requirements of their catalog and area of interest relate to courses they have taken or will need to take.

Electives – Courses students take for degree credit that are not already required. There are major or minor electives, which are topic-specific courses students can choose from within their specific area of study that will count toward their major/minor credit but are not specifically required; there are also non-program electives that provide degree credit for courses outside of their specific area of study or requirements.

FERPA – Abbreviation for the Family Educational Rights and Privacy Act, a federal law applying to educational agencies and institutions that receive funding under a program administered by the U.S. Department of Education. Under FERPA, schools must generally afford students who are aged 18 or over, or are attending a postsecondary institution, access to their education records, an opportunity to seek to have the records amended and some control over the disclosure of information from the records. At Christopher Newport, responsibility for authorizing the release of student information rests with the university registrar.

First-generation student – A student coming to college where neither parent has completed a bachelor's degree.

GPA – Grade-point average, a calculation derived from dividing the grade points earned by the number of credits attempted.

Hold – A restriction that prohibits students from functions, such as registering for courses or receiving a transcript or diploma; most are due to not completing a required process or paying a financial obligation.

Internship – Work at a business or agency related to a student's major and/or career plans; some departments allow for credit to be earned.

Living and Learning Community (LC) – Every first-year student will be enrolled in a Living and Learning Community of approximately 12 to 16 students who live in close proximity in the residence halls and take two or three courses together that are linked in some way. It may be that the courses have a similar theme or are linked to a specific disciplinary program, but all guarantee courses that fulfill requirements in the liberal learning core curriculum or area of interest.

Liberal Learning and Areas of Inquiry – Group of foundation courses required of undergraduates regardless of one's major.

Major – Courses and requirements designated as the student's primary area of specialization; this appears on the student's transcript. The major does not appear on the diploma; only the degree – bachelor of arts, bachelor of music, etc. – appear.)

Minor – Collection of courses indicating additional specialization in an area of study beyond the major. Minors do not appear on the student's diploma but are listed on the transcript.

Prerequisite – Specific requirements that must be met prior to enrolling in a given class; these may consist of courses, test scores or enrollment in a specific program of study.

Registration – A period of time in which current students select courses for the upcoming semester; each student is given a specific time of day and alternate PIN in order to register.

Scholar – Web-based portal students and professors utilize. Some professors upload assignments, the syllabus, PowerPoint slides from lectures and grades. Students can use Scholar to check grades, print out assignments and submit papers. Each student can access Scholar through CNU Connect.

Semester – Instructional period of 15 weeks plus a final examination period offered twice a year (referred to as fall and spring semester); additional instructional periods include May term, summer term I and summer term II.

Seminar – A class at a college or university in which an instructor and small group of students discuss a topic or topics.

Service Distinction – An honor students receive at graduation after completing 140 service hours in the Hampton Roads area.

Signing Day – In February of sophomore year, students attend this event to formally declare a major, receive a pin and meet representatives from the departments of their newly declared major(s).

Study abroad – Program in which students take courses for academic credit in a country other than one's own (see page 31).

Syllabus – Document describing the objectives, outcomes, assessment activities and structure of a course made available to students during the first week of classes.

Transcript – Serves as the student's official academic record and the university's official record of credits and degrees awarded, including courses taken by a student and grades received in each. Academic probation, academic suspension, academic dismissals, and disciplinary suspensions and expulsions also appear on the transcript.

Tuition – The amount of money that must be paid for classes; other fees may be assessed in addition to tuition.

Undergraduate catalog – The university's official publication of academic policies and procedures, programs of study, and course offerings for a particular academic year.

Withdrawal – Students may withdrawal from a course after the Add/Drop period until the last day to withdrawal or elect Pass/Fail (designated on the academic calendar). A grade of "W" will be reflected on students' official transcripts, but the "W" does not factor into a student's GPA. Students are allowed five course withdrawals in their time at CNU. After the fifth, any withdrawal automatically receives a grade of "F."

CAMPUS TERMS

CAB – Campus Activities Board, student programming board. It plans a wide array of social, cultural and educational events open to the entire student body.

Captains Card – Students' official university identification card.

Captains Cash – A balance students can upload to their Captains Card to pay for food around campus, laundry and printing – as well as use at select businesses within the community.

CCE – Center for Community Engagement (see page 32).

CCP – Center for Career Planning (see page 30).

CSS – Center for Student Success (see page 26).

CNU Connect – Web-based system that provides access to email, Scholar (blackboard), internal department websites, etc.

CNU Live – Online system that provides access to personal student information, unofficial transcripts, course registration, financial information and more.

Changing Tides – Orientation session for transfer students held in late August or early January.

The Compass – Online portal for students to connect with the 200-plus organizations at CNU; events are listed here, as well as ways to get involved. Students can search organizations based on category, such as social clubs, service clubs, religious clubs, etc.

The Commons – One of two on-campus dining halls, located between Santoro residence hall and Warwick River residence hall.

The Captain's Log – Student-led campus newspaper.

The Crow's Nest – A fun place for students to hang out, socialize and study, located in the DSU.

Dining Dollars – Each student receives a specified balance depending on meal plan, which a student can purchase food and drinks with outside of the campus dining halls.

DSU – David Student Union, where students will find Regattas, Chick-fil-A, the mailroom, the Crow's Nest, and such offices as Residence Life, Student Affairs, Orientation and Student Involvement and more.

Einstein's Café – CNU's coffee bar and cafe, located in the Tribble Library, which serves pastries, sandwiches, milkshakes, Starbucks coffee and much more.

Fraternity and Sorority Life – Includes values-based student organizations that foster development through leadership, scholarship, service and community (see page 37).

Freeman Center – Houses the campus gym, basketball courts, Center for Health and Wellness, and Counseling Services.

Great Lawn – Campus is centered around the Great Lawn, a large area where students can spend time and where events like Fall Fest and Commencement take place.

ID number – A unique set of eight numbers each student receives that can be found on one's Captains Card (student ID); this number also serves as each student's username to his or her CNU account.

ORCA – Office of Research and Creative Activity (see pg. 32)

OSI – Office of Orientation and Student Involvement, which fosters out-of-class learning through fun, interesting and engaging campus activities and events.

Regattas – One of two dining halls on campus, located in the David Student Union.

Title IX – A comprehensive federal law that prohibits discrimination on the basis of sex, including, but not limited to, sexual assault, stalking and rape. Christopher Newport has an office dedicated to investigation of Title IX cases reported to campus officials.

Welcome Week – A weeklong program that occurs after move-in and before the first day of classes; students attend a variety of information sessions and other events, such as watching movies on the Great Lawn. This program acclimates students to campus even more while allowing them to get to know their roommates and become better prepared for the start of classes the following Monday.

Work study – A form of financial aid through which students with financial need receive part-time jobs to earn money to help pay education expenses; money is paid directly to the student and not automatically applied to tuition and fees.

TITLES TO KNOW

Academic dean – The highest administrative officer of a college.

Captain Chris – Christopher Newport's beloved mascot.

Crew leader – Crew leaders are our orientation leaders working with our Setting Sail and Welcome Week programs. They serve as the initial guides for incoming students and will help guide students to build a sense of community and connection on campus.



Department chair – An administrative officer holding faculty rank who is responsible for an academic department within a college.

Faculty core adviser – All first-year students are assigned a faculty core adviser (FCA) for the first two years to facilitate the early transition to university life; these advisers help students navigate and understand the liberal learning curriculum, provide insight regarding academic expectations, and offer general academic support.

Leadership Adventure facilitator – Facilitators serve as the orientation leaders for Leadership Adventure, for students who are a part of the President's Leadership Program (PLP). They work to integrate leadership theories into various team building exercises, sessions and small group experiences.

Major adviser – After Signing Day, students receive a major adviser to help them graduate on time and navigate the major's requirements; each major adviser is a professor within the department that houses the major selected. Students will meet with their major adviser once or twice a semester to work on schedules for the next semester and connect with resources to foster academic success.

Provost – The senior academic administrator at a college or university who provides supervision and oversight to the institution's curricular, instructional and research activities.

Registrar – University official who oversees the Office of the Registrar and is the custodian of your academic record. The Office of the Registrar facilitates class registration, issues with academic transcripts, certifies your enrollment and much more.

Resident assistants (RAs) – Trained undergraduate student leaders who help foster community between members of a residence hall's floor or wing; they also keep residents safe by enforcing university policies. RAs live in the residence halls with the students.

Residential fellow – Professional staff member who lives in the residence hall, supervises the resident assistants, provides oversight to the building and its residents, and fosters community within the living environment.

Student affairs – The university division that provides co-curricular opportunities to promote success and engagement in the campus community. The division is the starting point for students with accessibility needs.

NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. A faint vertical margin line is present on the left side, creating a narrow left margin. The paper appears to be a standard notebook or legal pad style.

STUDENTS

NEXT STEPS CHECKLIST

- ☐ Ensure your immunization documentation has been uploaded to the immunization portal by July 1. Reach out to immunizations@cnu.edu or (757) 594-7155 with any questions.
- ☐ Send final official high school transcripts to the Office of Admission by July 1.
- ☐ Send final official transcript from dual enrollment institution and/or exam scores from the testing agency to the Office of Transfer Admission & Enrollment to earn dual enrollment credits from high school or credits from AP/IB/Cambridge exams (if applicable).
- ☐ Sign up for CNU Alert at cnualert.info. Be sure family members sign up also.
- ☐ Set up any necessary authorized payers through CNU Live. Review the fall tuition bill and ensure payment or payment plan is in place by late July.
- ☐ Purchase parking decal online or in person at the Ferguson Parking Deck (if applicable).
- ☐ Continue to complete appropriate modules in the Admitted Student System. Consistently check CNU email for an introduction from your core adviser, housing and move-in information, and next steps throughout the summer.
- ☐ Complete the AlcoholEdu and Sexual Assault Prevention online modules before arriving for move-in. Information and login instructions for these programs will be emailed to students in early August.
- ☐ Follow the class Instagram (@cnu.2027) and Facebook pages for continued updates over the summer, during Welcome Week and throughout the next four years!



CHRISTOPHER NEWPORT
UNIVERSITY