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Campus Announcements - August 24

1 message

Frank Council <franklin.council@cnu.edu>

Mon, Aug 24, 2015 at 10:17 AM

To: Association Office of Student Activities <osa@cnu.edu>

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Monday, August 24

FIRST DAY OF CLASSES!

[CNU EVENT CALENDAR](#)

TODAY

- **Thank You for Attending Light the Night**

Upcoming Student Events

- Free Rita's Hosted by CNU Greek Life
- Meet the Greeks: Captain's Cookout
- Cookout and First InterVarsity Large Group: 5-7pm / 7:30pm
- Cycling Club Interest Meeting
- Students for Christ - First Bible Study of the Year
- Neuroscience Club Interest Meeting

Campus Programs and Announcements

- Meal Plan Reminder and FAQ
- Fall 2015 Book Distribution
- Fall 2015 Course Schedule Adjustment - Currently

Ongoing

- **Fall 2015 Ensemble Audition Information**
- **Happiness, Mindfulness, and Yoga in Costa Rica - Study Abroad May 2016**
- **Brian Regan - Live Comedy Tour - Ferguson Center**

Today

Thank You for Attending Light the Night

Welcome Home Captains! Student Assembly would like to thank everyone who stopped by during Club Fair, as well as thank everyone who came out to Light the Night. The event was a huge success and we could not have done it without the support of our community! We hope that each of you enjoyed the event, and were able to walk away with a better understanding of The Power of Student Leadership here on CNU's campus. For those of you interested in a student leadership role on campus, below is the link needed to apply to be a delegate for Student Assembly. Thank you again for the wonderful support last night, and we look forward to seeing you at our executive board meet and greet on Thursday September 3rd.

[Student Assembly Delegate Application - 2015-2016](#)

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Upcoming Student Events

Free Rita's Hosted by CNU Greek Life

Tuesday, August 25 2015, 12-2pm, Tribble Plaza

Welcome Back to CNU Captains!! Come on out to the Tribble Plaza and enjoy some free Rita's Italian Ice provided by CNU Greek Life. Meet the council leaders, learn more about the Greeks, our community, and what we do here on campus! This event is open to everyone and its free, see you there!

Check out our [EVENT PAGE](#) on The Compass

Meet the Greeks: Captain's Cookout

August 27, 5-7pm - York Lawn

Welcome back Captains!

CNU Greek Life is hosting our annual Meet the Greeks event on August 27th from 5-7 on the York Lawn. This event is the perfect opportunity to meet all of the Greek organizations on campus in one place. We will be grilling out and playing lawn games, so come and join us!

Check out our [EVENT PAGE](#) on The Compass.

Questions? Email us: cnu.phc.recruitment@gmail.com, william.pell.13@cnu.edu, calvin.stanford.11@cnu.edu

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Cookout and First InterVarsity Large Group: 5-7pm / 7:30pm

Thursday, August 27

Come join us for a cookout on the JR courts on Thursday from 5-7 pm! There will be free burgers, hot dogs, chips, drinks, as well as volleyball, basketball, Frisbee, and more! Come hang out, make some friends, and enjoy free food!

Then join us at 7:30 pm in the Gaines Theater for our first large group meeting of the year!! Come and see what InterVarsity Christian Fellowship at CNU is all about. All are welcome!

For more info check out www.cnuiv.com and join our Facebook group at www.facebook.com/groups/cnuiv/.

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Cycling Club Interest Meeting

On August 26 and 27, the Cycling Club will have an interest meeting in DSU Madison at 7pm. All skill levels from casual to competitive are welcome. We do weekly rides as well as competitions. You only need to attend one meeting if you are interested.

Students for Christ - First Bible Study of the Year

Welcome Back! Are you ready to start the new semester off right?!

Students for Christ invites you to come to Freeman 101 at 730pm to study the word and make new friends. We hope to see you out there! Come out for fun and fellowship.

You won't regret it!

Neuroscience Club Interest Meeting

The Neuroscience Club of CNU will have an interest meeting this Wednesday, August 26th at 7:30PM in Forbes 2070E. This will be a short meeting to discuss upcoming events as well as discuss any ideas you may have. The club has recently re-started, so this is a great way to get involved on campus and work towards a possible leadership semester next semester!

Campus Programs & Announcements

Meal Plan Reminder and FAQ

Welcome back CNU Students! To help you get off to a great start this semester, here some of our most frequently asked questions.

Question: When does my meal plan begin?

Answer: The first meal of the Fall semester will be Dinner, Sunday, August 23.

Question: When is the last day to change my meal plan?

Answer: The first day of classes is the last day to change your meal plan.

Question: Where do I go to change my meal plan?

Answer: University Housing, Christopher Newport Hall Suite #300.

The meal plan change form can be found on this link: http://cnu.edu/housing/pdf/meal_plan_agreement.pdf

Question: I only have \$50 of Dining Dollars and I paid for a 5, 10, 14 meal plan?

Answer: All students on a meal plan get \$50 the first week of school. The second week of classes the remainder will be deposited.

Captains Card link: <http://cnu.edu/captainscard/>

Fall 2015 Book Distribution

The fall-2015 book distribution will be take place at the student mail-room on the 2nd floor in the DSU.

The DSU Ballroom will be closed, August 13th--September 11th to accommodate the increased volume of books, packages and mail.

We are looking forward to another great year!! Go Captains!!

Fall 2015 Course Schedule Adjustment - Currently Ongoing

As a reminder, please note that the Schedule Adjustment Period for FALL 2015 classes is currently ongoing and will continue until 11:59pm Friday, August 28, 2015.

Remember to check the Web Schedule of Classes often for course/section availability and prerequisites and/or registration restrictions and click on the hyperlinks for critical information regarding course description and restrictions. Students who have override forms, or must obtain an override, need to submit an Add/Drop form with appropriate signatures to the Office of the Registrar at their earliest opportunity.

Please do not forget-- ***the University expects students to enroll for full-time status for each fall and/or spring semester (at least 12 credits for undergraduate students and at least 9 credits for graduate students); at least 15 credits per semester is recommended for undergraduate students for progress to graduation in four years.*** More than EIGHTEEN (18) credit hours in the Fall semester (to include course(s) taken elsewhere) constitutes an overload and requires students to submit a 'Request for Overload' and receive prior authorization. Note: Additional charges apply for registration over 17 credit hours during the Fall semester.

Additionally, you are strongly encouraged to view your online degree evaluation to verify your course selections. The 'Degree Evaluation' application, online via [CNU Live](#), is an advising tool available to assist you as you meet with your advisor while making your course selections and to monitor your progress toward your degree. Not sure how to conduct the evaluation? You can find step by step instructions within the [Registration Guide For Students](#).

If you need assistance, please don't hesitate to contact a staff member in the Office of the Registrar at [757-594-7155](tel:757-594-7155), or email at register@cnu.edu, or feel free to visit us in our new location, 1st Floor Commons, Christopher Newport Hall, Monday through Friday 8am and 5pm. And remember to follow us on Twitter [@CNUregistrar](#) for important information and deadlines!

Fall 2015 Ensemble Audition Information

Hello CNU Students!

The ensembles within the Department of Music include students from every major on campus as well as music majors. ***All music ensembles***, including the ***Marching Captains***, are offered as one-credit courses, and many fulfill the Creative Expressions requirement for graduation.

See the attached flyer for information on our current ensembles, auditions and faculty contact information.

For questions or additional information, please contact the [Department of Music](#).

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Happiness, Mindfulness, and Yoga in Costa Rica - Study Abroad May 2016

Information Session - August 26, 2015, DSU Madison Room, 12:15-2:00

I would like to let you know about an exciting course that I will be leading next May in a yoga spa on the Pacific Coast of Costa Rica: Happiness, Mindfulness, and Yoga in Costa Rica. I have attached a flier with all of the details, but, in a nutshell, from May 9 through May 27, 2016, we will learn how the practice of yoga and mindfulness can make us happier people. Your instructors are deeply acquainted with the theory and practice of yoga, happiness, and mindfulness, and Costa Rica has been named the happiest country in the world, so consider joining us for what will be a stimulating and fun course for which you will also earn academic credit.

Check out the following websites for more info or email me!

<http://cnu.abroadoffice.net/internal-program-description-Happiness-Mindfulness-and-Yoga-in-Costa-Rica--154611-0.html>
<https://www.facebook.com/groups/1400912790233717/>
<http://www.lifeforceyoga.org/>
<http://www.costaricayogaspa.com/Events.aspx?id=4205>
<http://cnu.edu/studyabroad/>

Prof. Ken Rose

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Brian Regan - Live Comedy Tour - Ferguson Center

Sunday, August 30 at 7 p.m.

Student Price: \$10

The perfect balance of sophisticated writing and physicality, Brian Regan has distinguished himself as one of the premier comedians in the country. His non-stop theater tour has visited more than 80 cities each year since 2005, and the quality of his material, relatable to a wide audience and revered by his peers, continues to grow Brian's fan base.

On May 8, Brian made his 28th and final stand-up performance on Late Show With David Letterman, the most of any comic since the show began on CBS. Brian makes history again on September 26 with the live broadcast of Brian Regan: Live, from Radio City Music Hall, the first live broadcast of a stand-up special in Comedy Central's history.

"No comedian in the world says, 'Yeah, I want to follow Brian Regan.' " – Chris Rock

For more information about these performances please visit the [EVENT PAGE](#):

Please note:

- Tickets must be purchased at the Ticket Office (please present valid CNU ID)
- The Ferguson Center Ticket Office hours: Monday-Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m. - 2 p.m.; and 90 minutes prior to performance.
- Please call the Ticket Office for more information (8752).

Join us on [Facebook](#):

Follow us on [Twitter](#):

To find out what is happening on and around CNU, go to [The Compass](#) and check out the [EVENT CALENDAR](#)!

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Frank Council

Director, Office of Student Activities

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What you do speaks so loud, that I cannot hear what you say.
- Ralph Waldo Emerson

5 attachments



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Student Assembly_information.jpg
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Study Abroad_summer 2016_costa_rica_flier_d2.pdf
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Fall2015EnsembleInfo.pdf
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