



2021 ORIENTATION

FAMILY GUIDEBOOK

CHRISTOPHER
NEWPORT
UNIVERSITY



Welcome

CAPTAINS FAMILIES

CLASS OF 2025



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DEAR CAPTAINS FAMILIES , **WELCOME!**

We are thrilled to welcome you and your student to Christopher Newport University! We understand how much effort goes into selecting a college, and we are so glad CNU is set to become your student's new home away from home. They will spend their next few years becoming a bright scholar, an exceptional citizen in the broader community, and a Captain for life.

We recognize the important role that families continue to play in your students' lives as you support them from afar. We hope that through this Setting Sail experience we can provide you with information and resources to help support your student throughout their four years at CNU. We know this is a lot of information, so try to write notes for you to look back on, use this guidebook as a resource, and talk with fellow Captain families. We encourage you to ask questions and get excited for your student as they prepare for their transition to our beautiful campus.

Throughout the academic year, we encourage you to come to campus to meet your student for lunch on the Great Lawn during Family Weekend, football games at the TowneBank Stadium, or theatre performances in the Ferguson Center for the Arts. We look forward to seeing you back on campus soon!

Go Captains!

Student Directors of Orientation

Bailee Comer, Emily Karn, Amber Kasaci, Molly Morgan, Peyton Townsend and Fiona Tucker



SAVE THE DATES



MOVE-IN | AUGUST 13-15



WELCOME WEEK | AUGUST 16-22



FAMILY WEEKEND | OCTOBER 1-3



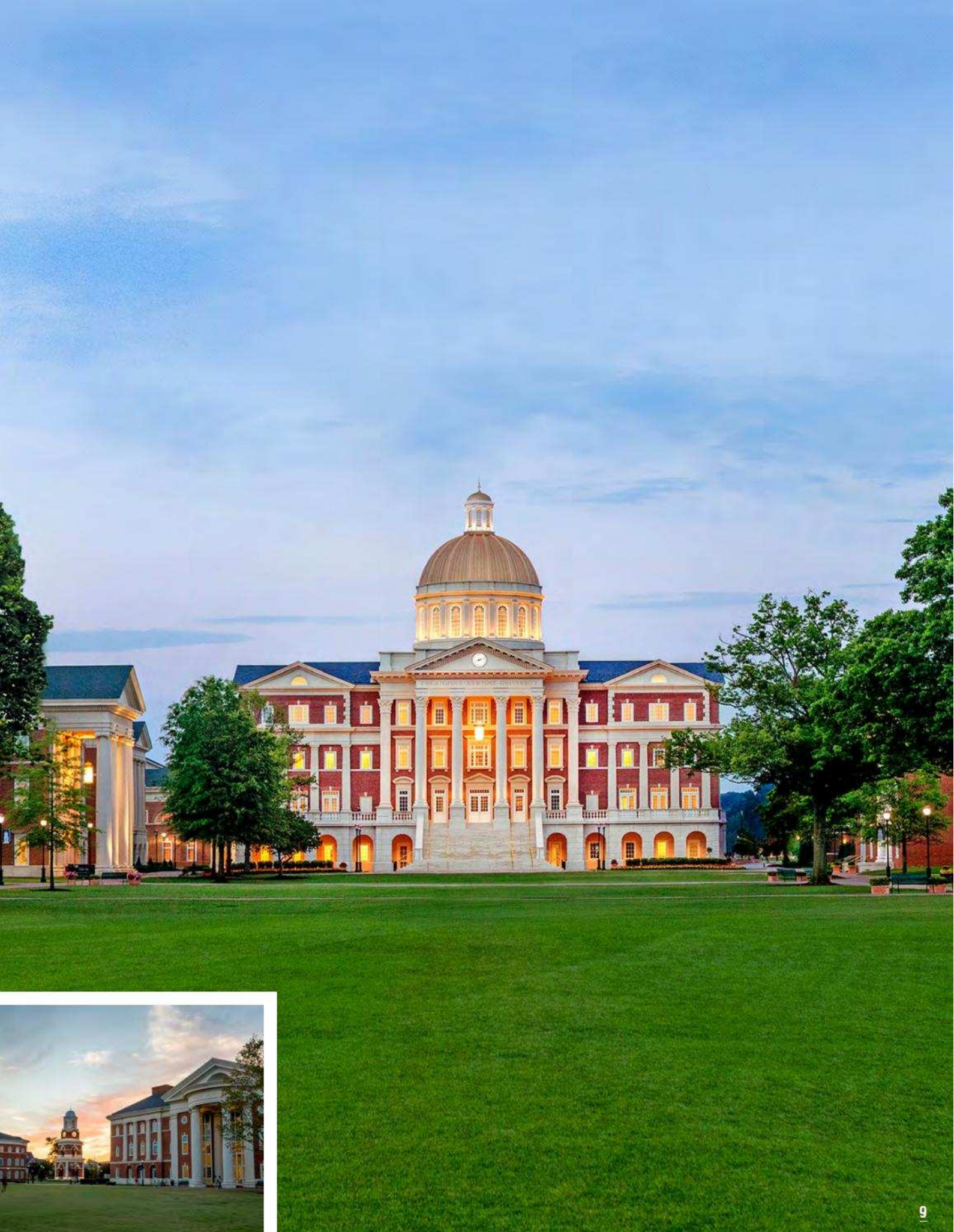
HOMECOMING | OCTOBER 29-31

THE GREAT LAWN NEWSLETTER

Sponsored by the Division of Enrollment and Student Success, "The Great Lawn" newsletter is a parent and family newsletter intended for those supporting our first year students. Information from areas throughout campus will be provided four to five times a year. Enrollment in the newsletter is automatic for those that 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 a request to subscribe.

Check out cnu.edu/families for more information and links to campus resources.





PRESIDENT'S PARENT COUNCIL

Welcome to Christopher Newport University! We are excited your family has joined Christopher Newport University and are delighted you are a part of what makes this place so special!

We believe CNU is exceptional – and private funding is the distinction between a good university and an exceptional one. Annual donations by parents powerfully indicate your belief and confidence in the university's direction and mission. Parents are important messengers of CNU's impact and serve as advocates for this wonderful institution. Please consider becoming members of the President's Parent Council. Your support can be unrestricted which allows the university to use your gifts where they are needed most, or you may direct your support to the program you care most about. There are many organizations you hold dear – and we hope Christopher Newport will now rank among them. Your donations and leadership gifts help propel Christopher Newport forward.

We are happy to have you on board and look forward to meeting you and sharing in this great experience. Best wishes for a successful year.

Sincerely,
Yulia Bocharova

Director of Parent Giving and Special Gifts

 yulia.bocharova@cnu.edu

 cnu.edu/giving



FROM THE PRESIDENT

Joining the President's Parent Council, CNU's leadership giving society for parents, is a meaningful and important way to share in your student's extraordinary journey. President's Parent Council members are families who have special passion for this wonderful university – and a contagious CNU spirit. These leadership-level donors offer ongoing communication to the administration – helping us to provide the best educational experience for our students. Thank you for contributing so much to the life of our campus. Come to the home football games, meet our award-winning faculty members, and join us for Family Weekend and other spirited Christopher Newport events! Rosemary and I look forward to welcoming you and your family to our campus and are pleased and honored to partner with you in this important endeavor.

Paul Tribble

**President
Christopher Newport University**



WHAT PARENTS ARE SAYING

KRIS AND JOHN WALKER

When our oldest daughter was a freshman at CNU, we joined the President's Parent Council to support the amazing strides the university was making under President Tribble's compelling vision. With our first two daughters having now graduated, we have watched as Christopher Newport moved from being a hidden gem to simply become one of the finest universities in the country. We believe the President's Parent Council has been an integral part of this achievement. We now look forward to seeing the next levels of success as our youngest makes her way through CNU!

Falls Church, Virginia
Parents of Jordan '15, Shelby '17 and Alyssa '21

MARILYN ALEXANDER

From the first time my son and I visited Christopher Newport I knew it was a special place. On our second visit we met President Tribble, and I knew CNU was the college where my son could grow and thrive. The President's Parent Council is my way of being involved (from a distance) and helping in President Tribble's vision for CNU as it rises to a top-ranked university.

Santa Clara, California
Parent of Jacob '18

KATHY AND MARK HONECKER

We couldn't be more proud and pleased that both our children chose Christopher Newport as their "home away from home." CNU reinforces the values we have instilled and inspires all students to excel both academically and in service to others. The President's Parent Council has given us a means to support a community and a values system we hold very dear. President Tribble has turned an inspiring vision into a remarkable reality, and we are glad to play a part in ensuring continued success.


Chesapeake, Virginia
Parents of Rachel '17 and Matt '19

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. 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](https://www.facebook.com/christophernewportuniversity)

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

 [CNUCaptains](https://twitter.com/CNUCaptains)

 [ChristopherNewportU](https://www.youtube.com/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 formally sign and recite the Honor Code while peers and the community gather to witness. This tradition formally welcomes new students, underscores the seriousness of our shared academic purpose and emphasizes the importance we place on living in the community of honor. In addition to the Honor Code, students are expected to take personal responsibility to follow policies and procedures to ensure safety and that everyone in the community has an environment conducive to success in and out of the classroom. Families are encouraged to talk to their students about how they can exercise personal responsibility for the decisions and success they seek to achieve during their time at CNU. Finally, during students' procession to the Great Lawn at commencement, graduates toss pennies into the Saunders Fountain as a symbol of their commitment to a life of honor.



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.

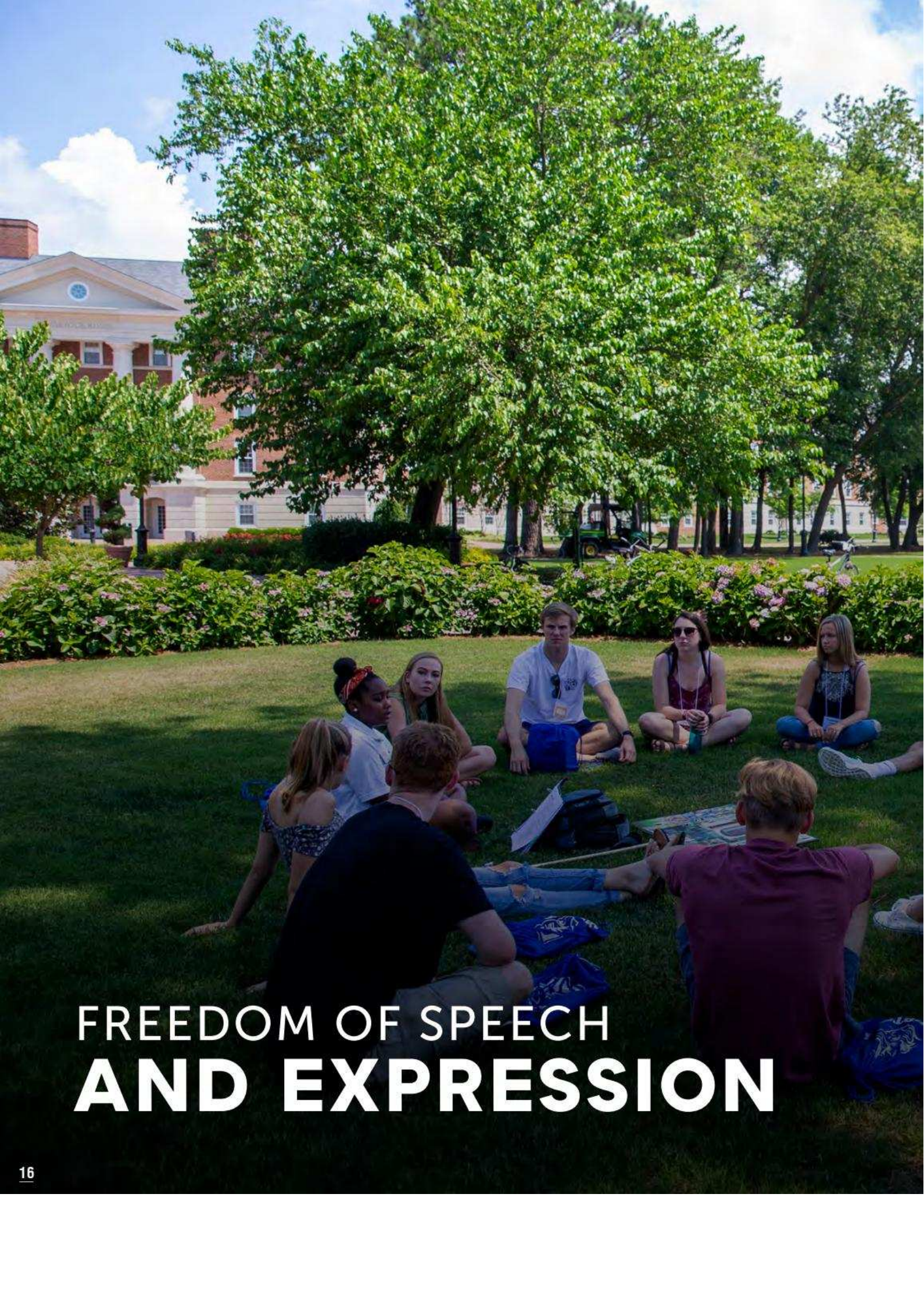
Dr. Angela Spranger serves as CNU's first assistant to the president for equity and engagement and chief diversity, equity and inclusion officer. Her roles and the work of the Office of Diversity, Equity and Inclusion are governed by the university's Strategic Plan for Diversity and Inclusion. Dr. Spranger and the entire CNU community know that this work is ongoing. We are committed to continuing to learn, grow and cultivate a safe, fair, respectful and equitable learning environment and community for students, staff and faculty.



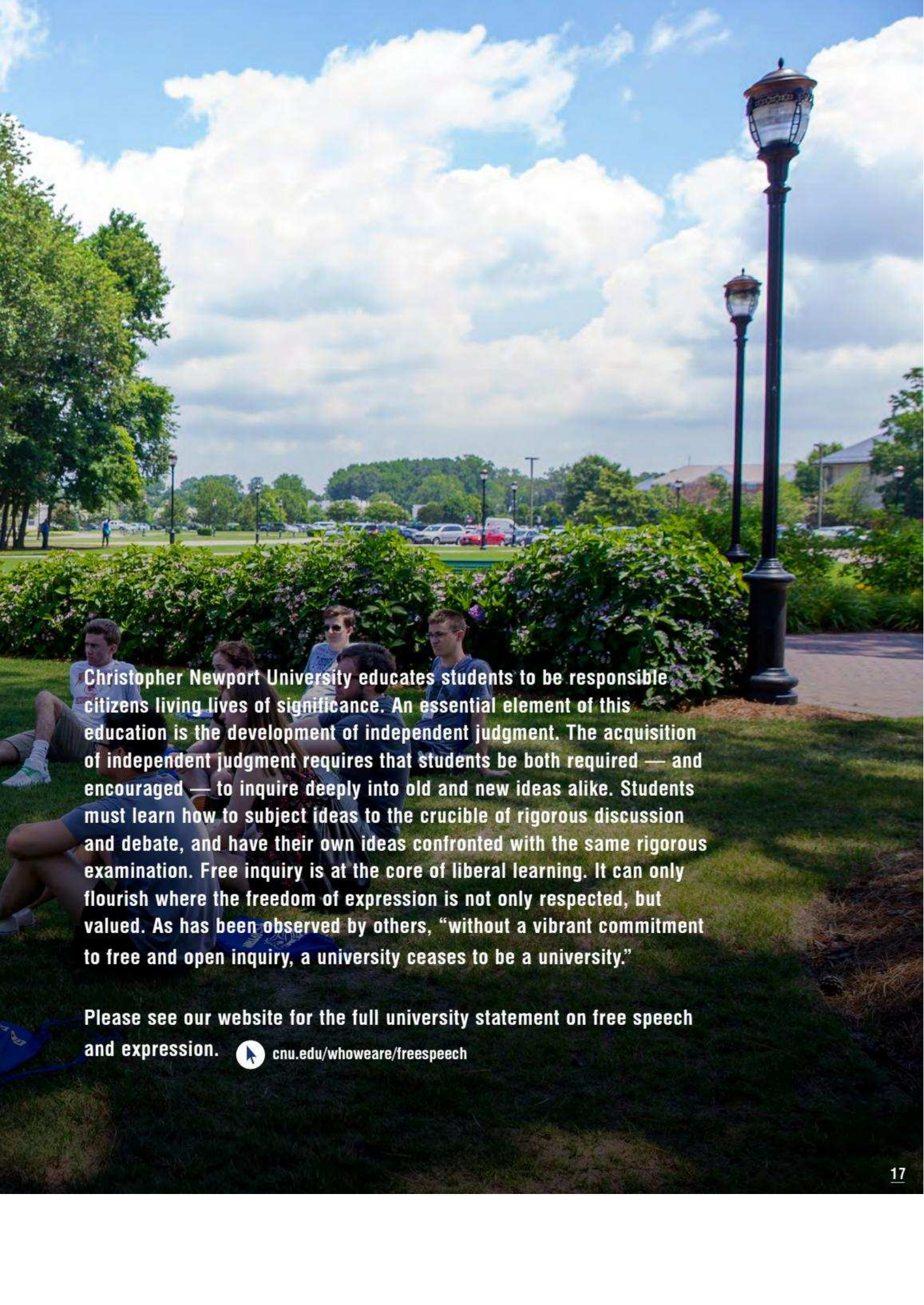
diversity.inclusion@cnu.edu




cnu.edu/diversity



FREEDOM OF SPEECH **AND EXPRESSION**



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. 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 see our website for the full university statement on free speech and expression.  cnu.edu/whoweare/freespeech

A line art illustration of a classical building facade, featuring a series of columns and windows. The drawing is in a light blue color, matching the background, and is positioned in the lower half of the image. The building has a pedimented roof and a series of windows with shutters. The text "ACADEMIC ESSENTIALS" is overlaid on the lower part of the building.

ACADEMIC ESSENTIALS

Christopher Newport's approach to the liberal arts and sciences is unique. In fact, we earn 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 over 1,000 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.



cnu.edu/liberallearning



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

Concentration **Available as a minor

COLLEGE OF ARTS AND HUMANITIES

Art History**
Classical Studies**
 Classical Studies
 Classical Languages
English
 Literature**
 Writing**
French**
German**
History**
Music
 Creative Studies
 Music Studies
 Performance
 Composition
 Pre-Certification Choral
 Pre-Certification Instrumental
Philosophy
 Pre-Seminary Studies
 Studies in Religion
Spanish**
Studio Art**
 2D and 3D Media
 Graphic Design
 Photography and Video Art
Theater**
 Acting
 Arts Administration
 Design/Technical
 Theater
 Directing/Dramatic
 Literature
 Music Theater/Dance
 Theater Studies

Minors

African American Studies
Asian Studies
Childhood Studies
Civic Engagement
Discrete Mathematics
Dance
Digital Humanities
Film Studies
Greek Studies
Graphic Design
International Culture and Business
Judeo-Christian Studies
Latin American Studies
Latin
Linguistics
Medieval and Renaissance Studies
Middle East and North Africa Studies
Museum Studies
Philosophy and Religion
Philosophy of Law
Photography and Video Art
Women's and Gender Studies

THE COLLEGE OF SOCIAL SCIENCES

American Studies**
 Constitutional Studies
 Humanities
 Social Science
Anthropology**
Criminology**
Communication**
Economics**
 Mathematical Economics
Environmental Studies**

Leadership Studies*
Political Science**
Social Work
Sociology**

Minors

Human Rights and Conflict Resolution
Military Science (ROTC)
U.S. National Security Studies

LUTER SCHOOL OF BUSINESS

Accounting
Finance
Management
Marketing
Minors
Business Administration

THE COLLEGE OF NATURAL AND BEHAVIORAL SCIENCES

Applied Physics**
Biology**
Biology — Cellular, Molecular and Physiological
Biology — Integrative
Biology — Kinesiology
Biology — Organismal and Environmental
Biochemistry
Chemistry**
Computer Engineering
Computer Science**
Cybersecurity
Electrical Engineering

**approved as a second major only*

Environmental Studies**
Information Science**
Mathematics**
Mathematics -
Computational and Applied
 Biology and Life Sciences
 Economics
 Electrical Engineering
 Physics and Engineering
Neuroscience
Psychology**

Minors

Data Science
Discrete Mathematics

ADVISING TRACKS

Biotechnology and Management
Pre-Law
Pre-Med and Pre-Health

BACHELOR'S TO MASTER'S FIVE-YEAR PROGRAMS

Applied Physics and Computer Science
Environmental Science
Teaching (MAT)
Other Graduate Study
Financial Analysis

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' Certificate 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 University Catalog online at cnu.edu/public/undergradcatalog.



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 Foundation and Area 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 Foundation courses and Liberal Learning Areas of Inquiry courses.

LIBERAL LEARNING FOUNDATION:

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

- **Economic modeling and analysis (LLFE)**
- **Logical reasoning (LLFR)**
- **Mathematical literacy (LLFM)**
- **Second language literacy (LLFL)**
- **Written communication literacy (LLFW)**

LIBERAL LEARNING AREAS OF INQUIRY:

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

- **Creative expressions (AICE)**
- **Civic and democratic engagement (AIDE)**
- **Global and multicultural perspectives (AIGM)**
- **Investigating the natural world (AINW)**
- **Western traditions (AIWT)**

UNDERSTANDING YOUR STUDENT'S FIRST SEMESTER SCHEDULE:

How and why do we create student schedules?

Each student's class schedule is carefully crafted based on his or her area of academic interest, 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 or Honors Programs, or pre-med scholars program
- 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 lunch, dinner, studying, sleeping and participation in co-curricular activities. In addition, we realize students may change their mind about an area of academic interest before classes begin and may need to change their schedule. Therefore, we work closely with them to ensure the schedule change is smooth and the student still remains on a path to graduate in four years.

FACULTY CORE ADVISERS

All first-year students are assigned a faculty core adviser (FCA) for the first two years to facilitate their transition to university life. These advisers help students become integrated into the Christopher Newport community by encouraging exploration of academic, co-curricular and extracurricular activities.

FCAS

DO THE FOLLOWING:

- Help your student navigate and understand the meaning of a liberal learning curriculum
- Provide insight regarding academic expectations
- Raise students' awareness of campus resources and opportunities for engagement
- Assist students with pre-registration planning and finding the right major or minor
- Foster an environment of shared responsibility and mutual respect
- Provide general academic support
- Help your student prepare for Sophomore Signing Day when your student transitions to a major adviser

ADVISING TIMELINE

AND THINGS TO EXPECT:

- Your student's FCA will send them a letter of introduction over the summer, followed by an email to help them prepare for Welcome Week.
- Your student will meet with their FCA in a group and individually during Welcome Week.
- Your student will meet to discuss their grades and transition to college during weeks 5 and 8.
- Your student will meet in week 10 to develop their schedule and plan for their future.

STUDENTS ARE

EXPECTED TO:

- Take responsibility for their own academic planning by actively engaging in the advising process
- Maintain an open line of communication with their adviser
- Be knowledgeable about Christopher Newport University's academic policies, procedures and requirements
- Arrive at each advising appointment promptly and prepared with questions and thoughts about what is to be discussed during the appointment
- Recognize that advisers provide guidance and support throughout the advising process; however, the final decisions ultimately belong to the student



LEARNING COMMUNITIES

Learning Communities (LCs) provide another way of giving every entering freshman a solid beginning. In the fall semester, every first-year student will be enrolled in a Learning Community of approximately 12 to 16 students who live in close proximity in the residence halls and take two or three courses together which 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 some course in the liberal learning curriculum. Some students will be placed in an Intensive Learning Community, which means their FCA will actually be teaching one of their LC classes with an assigned peer mentor available for additional support.

BENEFITS OF LEARNING COMMUNITIES

- Provide a smoother transition to college by integrating a student's academic and social life
- Give students easily identifiable peers to help them in the formation of study groups and class preparation
- Increase comfort with classmates, allowing students to take intellectual risks and participate more fully in their classes
- Guarantee two to three liberal learning courses necessary for student progress toward degree completion



CENTER FOR ACADEMIC SUCCESS

The Center for Academic Success (CAS) develops and facilitates services to support the academic success of students. The CAS includes the Alice K. Randall Writing Center, Tutoring Services and Student Success. Using a holistic approach that fosters independent learning, the CAS helps students identify obstacles or challenges to academic success, plus develop strategies to overcome them. It also provides support systems and resources to become academically successful.

LOCATION

Christopher Newport Hall, Suite 124

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The transition to college academics can be challenging, as even the brightest students need to adopt a more active learning style. Why?

- Course content is delivered at a much faster pace than in high school or community college
- Reading and learning outside of class is expected to provide background for material that may or may not be covered in class
- Testing usually includes both what students learn independently and what is covered in class
- Information can no longer be merely memorized as college exams ask students to apply material learned by solving new, unique problems while under pressure of time
- Students must learn to structure and self-monitor study time with the general rule of thumb being 25-30 hours per week
- The level and/or volume of work required, coupled with higher expectations from faculty, can make earning good grades more challenging

Often the structure and routine of a student's previous academic experiences contributed greatly to successful performance, such as regular (mandatory) attendance, ongoing review of material needed to be learned, frequent reminders of pending assignments, the ability to do some work in class, and access to personal assistance before, during, or after class. In addition, one other key component surely played a role: parents, who stayed up to date on homework and study time.

ACADEMIC COACHING AND PEER MENTORING

A personalized, one-on-one process of helping a student examine academic concerns and perceived barriers to success. It entails an interactive relationship that focuses on the student's personal and/or professional goals and then helps the student to develop the necessary skills to become responsible for their actions and decisions.

Academic coaching has five objectives, including:

- Goal setting and task/time management skills
- Identification of challenges and barriers to success
- Guidance to personal responsibility for academic success
- Academic study skills and strategies
- Referrals to other campus resources

A peer mentor is an upperclassman who works one-on-one to provide students semester-long support in areas such as the transition from high school or another institution, goal setting, and connecting students to campus resources. Students can meet with a peer mentor up to once a week starting the second week of each semester. We recommend students come in early and often to gain the most benefit.

Students can expect to meet with an academic coach three to four times a semester; however, they may request more meetings. This presents students with new techniques provided by the coach to find what tactics work best for the student when preparing for class.

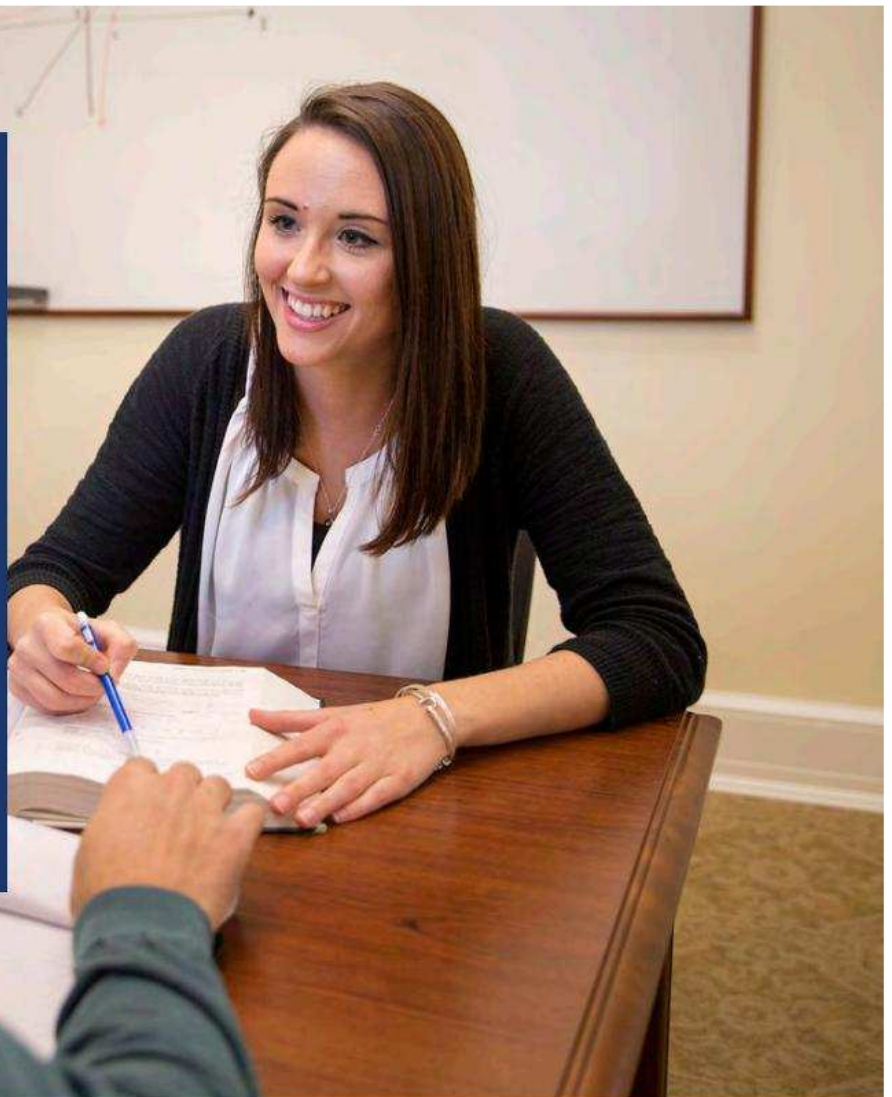


ALICE F. RANDALL WRITING CENTER

The late Alice F. Randall, associate professor emerita of English, dedicated herself to the academic well-being of the students of Christopher Newport University. She was a nationally recognized researcher for her work in reading and gave unselfishly of her time to counsel and support hundreds of students in her reading courses. Randall was at CNU for nearly 18 years and was honored by the Board of Visitors in 1993.

To make an appointment with the Writing Center students can go online to reserve time, email  wcenter@cnu.edu or call the center at  (757) 594-7684

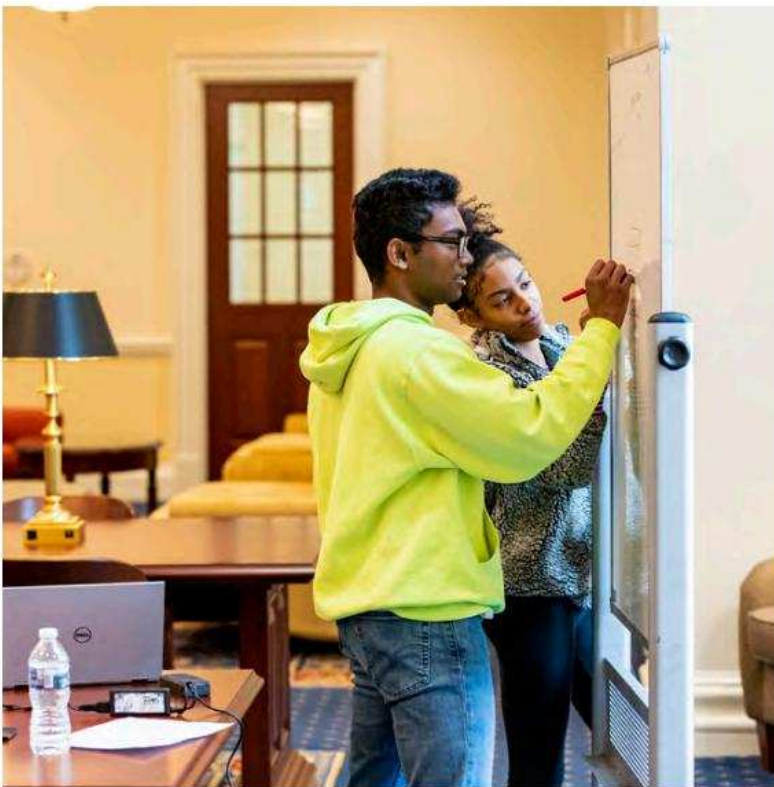
To uphold the standards set by Alice F. Randall, the Writing Center strives to provide students with the best academic help available. We can help your student at any stage of your writing assignment - brainstorming ideas, organizing, developing examples, revising, editing and proofreading. Writing consultants are CNU students who have been specially trained and care about your students success.



SUBJECT AREA TUTORING

Christopher Newport students are committed to helping each other. Those having trouble with a specific class, needing help mastering a concept or wanting to review course material can work with peer tutors to improve performance. The goals of the Tutoring Center are to provide quality peer tutoring for undergraduate students who desire to improve in their academic performance in course work and to equip students with the tools, strategies and resources to become independent learners.

The Center for Academic Success offers three different types of tutoring including individual tutoring, drop-in tutoring and group reviews. As a College Reading and Learning Association internationally certified tutoring program, the center adheres to stringent requirements in the selection of its tutoring staff as well as the developmental learning process that our tutors practice with students. In order to understand this “active” learning process, all students who wish to request a tutor must first complete our online tutoring module.



IMPORTANT DATES & DEADLINES

**Tutoring Orientation modules open
Monday, August 16, 2021**

**Tutoring Center opens for fall
Monday, September 7, 2021**

**Tutoring Center closes
Friday, December 3, 2021**

To access the Tutoring Center website, log into MyCNU and search Tutoring.



STUDY SKILLS SEMINARS AND RESOURCES

The CAS provides a variety of workshops to help students discover new strategies for learning difficult material. The Fresh Start and Finish Strong workshop series focus on timely topics to support students and their studies throughout the semester.

WORKSHOP SERIES

FRESH START WORKSHOP SERIES

Successful college students need to manage their time, create and follow a study routine, read difficult textbooks, take effective notes, prepare for exams, and utilize campus resources. The Fresh Start workshop series provides instruction of evidence-based strategies with the development of effective study habits in mind. Your student should sign up early as space is limited.

FINISH STRONG WORKSHOP SERIES

Students receive their midterm grades before fall break. This is a great opportunity for students to receive feedback on their academic progress and make changes. The CAS recognizes that students may be willing to explore new strategies based on their performance. The Finish Strong workshop series helps students identify strategies to successfully complete the semester and prepare for final exams. Students have an opportunity to apply for this series at the end of October and workshops begin November 2.



FIRST GENERATION SUMMER TRANSITION PROGRAM


Will your student be the first person in your family to potentially graduate from a 4-year college or university? Even if your student had an older sibling who attended college, this includes them! If so, we invite your student to participate in our First Generation Summer Transition Program. This voluntary summer program will connect your student with the university using a first generation lens and CAS guidance. This new program will enable your student to communicate and develop relationships with current first generation students, faculty, staff, and CNU alumni alike. This summer, we invite your student to immerse themselves in the CNU Captain college experience!

More information regarding the details and dates of the program can be found at our website:

 cnu.edu/academicsuccess

CAPTAINS LAUNCH PROGRAM

Captains Launch is a summer transition program that helps incoming students learn strategies for adjusting to college. Online lessons and assignments cover topics related to academics, university resources, study strategies, time management and campus culture. Launch requires successful completion of College 140 - The Transitional Learner, a two-credit course during the fall. To prepare for the fall term and College 140, students complete online modules over the summer, as well as attend and complete the Campus Experience Modules prior to Welcome Week.

Get more information or apply for Captains Launch at  cnu.edu/academicsuccess/launch

STUDENT ATHLETE ACADEMIC SUCCESS PROGRAM

The Student Athlete Academic Success Program strives to enrich the overall experience of student-athletes, and reinforce accountability for one's own academic and personal development by providing guidance to promote academic success. This is accomplished by supporting student-athletes' overall well-being and success, and integrating student-athletes into already existing support structures on campus. Athletic academic success coaches provide academic support services to student-athletes from the beginning transition to college through graduation. Success coaches work closely with student-athletes to facilitate academic skills development through: one-on-one meetings, group meetings, semester planning, workshops, phone/text/email communication, classroom and study hall attendance tracking, tutoring referrals, mentoring, and communication with faculty and staff.

Follow our social media accounts to receive information and updates about subject area tutoring, the writing center, workshops and academic coaching.

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. For four days in the summer, PLP students will join a group of their peers in experiencing one of the highlights of the program: the Leadership Adventure. PLP students will live on campus and participate in sessions on team-building and leadership studies, all designed to introduce them to the program and to the members of their PLP class.

Selection for membership in PLP takes place during the university admission process. However, events in the President's Leadership Speaker Series and PLP Passport Destinations are open to all students. For questions relating to membership or opportunities for further leadership development, contact the PLP office.





David Student Union 3130



(757) 594-7207

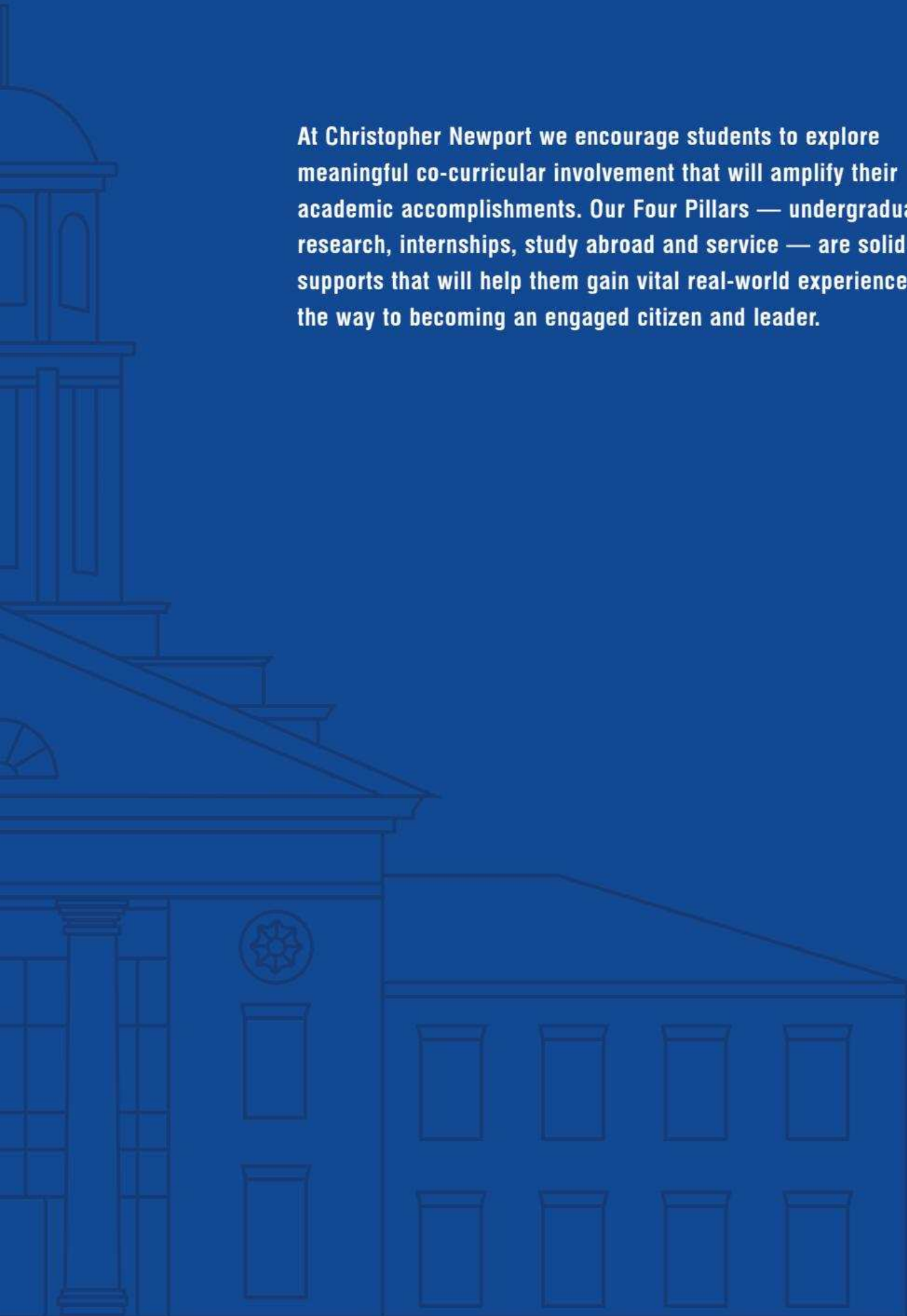


preslead@cnu.edu



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 them gain vital real-world experience along the way to becoming an engaged citizen and leader.



CENTER FOR CAREER PLANNING

Students want to make the most of their undergraduate experience and position themselves to be successful during their time at CNU and after. The way to success can be thwarted by lack of information, indecision and inefficient use of time and resources. The Center for Career Planning (CCP) will help your student navigate the way. We support them in deciding on a major, learning about occupations, finding an on-campus job, and writing a resume to land that perfect internship or career. We'll provide information, advice and resources during individual appointments, workshops and panels while also hosting job and internship fairs and employer/grad school information and recruiting sessions and campus interviews.

Each year, the CCP works with thousands of students individually and through events and programs to help them move in their desired direction. Let us help your student come up with their very own action plan to get more out of their CNU experience and position themselves for unlimited future success.

Connect Classes and Career By Talking to People

Learn how talking to people, whether students are exploring majors or careers or pursuing internships, employment or graduate school admission, is critical to their success. It requires presenting information about themselves, asking useful questions and doing something with the information they gain. Let us help your student master these skills.





Pick the Best Major. Learn About and Explore Occupations. Start Pursuing a Career!

Doing your best academically comes from working hard, studying what you enjoy and finding ways to connect your academic experience with the employment and graduate school worlds. The CCP provides information on majors and occupations through individual appointments, workshops and career assessments so students can identify their interests, values and skills and see where these fit with major and career options.

Students can Gain Experience in Their Field

Students can participate in a variety of CCP sponsored programs to gain understanding of and experience in their field of interest. Conduct an informational interview with people doing the job they want. Complete one, two or three internships during the summers or even during the academic year. We can help students find, prepare for and pursue these opportunities.

It's Not About Resume Building — It's About Your Student

Students should pursue their passions! Take classes that interest them. Get involved in activities that they find meaningful. Study abroad. Conduct research with a faculty member. They shouldn't do things because they make their resume better, they should pursue things that excite them. Bring any experiences to the CCP and students can learn how to translate the value of their experiences into a narrative, so people understand what makes them tick and want to have them as an intern, employee or grad student within their organization/school.

STUDY ABROAD

Study abroad can be a life-changing experience. Every student can find an opportunity that fits their goals. Students can travel in groups with faculty leaders, attend an overseas university or study alongside other U.S. students in a foreign country. Whether immersing yourself in another culture by taking courses taught in the local language, living with a host family or taking language and culture classes, the choices are abundant.

WAYS TO GO ABROAD

- When looking for a study abroad program, students can take courses for their major, minor, core, and Areas of Inquiry or elective credit
- Someone from every major has studied abroad; visit our website or office to see options for each major
- For specific locations, students might need to consider some courses outside of their major
- By remaining open to completing non-major requirements abroad, students can gain flexibility for when, where and how long they stay
- Go with a group of CNU students and faculty leaders, or study at a university abroad with other U.S., international or local students



David Student Union 180



(757) 594-8083



cnu.edu/studyabroad



studyabroad@cnu.edu

SUMMER STUDY ABROAD

CNU offers several group programs in the summer. Each year the location and/or topics may change, giving a wide range of opportunities for students to explore the world while earning credits toward their degree. Faculty lead students through countries while teaching a CNU course. Students are also welcome to attend an external program offered by a study abroad organization or overseas university that is approved by CNU. Programs can range in length between two to eight weeks, usually offering one or two courses.

SEMESTER STUDY ABROAD

Study abroad for the spring or fall semester. Students can take courses in their major, minor, Liberal Learning Core, Areas of Inquiry or elective credit. Students take between 12-17 credits and spend three to five months abroad. CNU in Scotland is a program for a group of students studying at the University of Glasgow with a CNU professor teaching one of the courses. Christopher Newport also has exchanges and works with study abroad organizations and overseas universities that offer semester programs all over the world. In the spring semester, the university may offer a course that travels during the spring break vacation. The availability of the spring break option varies each year.





STUDY ABROAD SCHOLARSHIPS

Christopher Newport study abroad scholarships are restricted to degree-seeking undergraduates participating in an approved study abroad program. There are scholarship applications at CNU, national scholarships and program-specific scholarships.

We can assist with scholarship inquiries for the Captains Abroad Scholarships, as well as national and study abroad program scholarships. A few academic departments have funding opportunities for majors and/or minors. Students will need to contact their department for application details and deadlines.

President's Leadership and Honors Programs Study Abroad Scholarship

All students who wish to be considered for a study abroad scholarship, to include students with scholarship benefits through the President's Leadership and Honors Programs, must complete the Study Abroad Scholarship Application by the deadline.

Fall break, spring break and winter break programs are not eligible for President's Leadership and Honors Programs scholarships, regardless of a student's President's Leadership or Honors Program status. Students must be enrolled in approved, full-term study abroad programs to be eligible.


The Office of Financial Aid is responsible for determining study abroad scholarship eligibility and will notify applicants of their eligibility status via email.

- All students may apply for a study abroad scholarship. President's Leadership and Honors Program scholars receive priority consideration; however, funding is limited and not guaranteed.





- Students must have completed three semesters at Christopher Newport or at a previous college or university (for transfer students) in order to qualify for the study abroad scholarship.
- President's Leadership and Honors Program scholars must maintain program and scholarship benefit eligibility requirements, up through the start of their study abroad program to qualify for the study abroad scholarship.
- Christopher Newport study abroad scholarships are restricted to one award, per student during their entire enrollment at Christopher Newport.
- The Christopher Newport study abroad scholarships for non-Christopher Newport-led programs are restricted to President's Leadership and Honors Program scholars.
- Students are responsible for payment of all charges with the study abroad institution or provider. Financial aid funds cannot be used to pay for fees that are due prior to the start of the program.
- All financial aid, to include scholarships, will be disbursed to the student billing account just the same as if they were attending a regular semester at Christopher Newport. Fall and spring semester program disbursements are made after the close of the Christopher Newport add/drop period, as published in the academic calendar. Summer program disbursements are made after the start date of the extended summer term, as published in the academic calendar.
- Any remaining credit balance will be refunded directly to the student. Students must ensure they have selected a refund method with the Office of Student Accounts, prior to their study abroad travel.
- Refunds are processed through Bank Mobile, a third-party servicer and can be set-up for direct deposit into a Bank Mobile or personal bank account.
- Students are responsible for using their financial aid refund to pay any outstanding tuition and fees with the study abroad institution or provider and should consult with the Office of Study Abroad regarding program costs and payment deadlines.

The President's Leadership and Honors Programs scholarships are coordinated by the CNU Financial Aid Office. Applications and questions can be directed to  finaid@cnu.edu

CENTER FOR COMMUNITY ENGAGEMENT

The Center for Community Engagement (CCE) is dedicated to inspiring, equipping and mobilizing students to engage in and positively transform our communities in healthy, thoughtful 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 achieve this through responsible community engagement practices, community-based learning and research, and developmental programs such as the Bonner Service Scholars, Service Distinction and Ferguson Fellowships in Social Entrepreneurship programs.

Earn Service Distinction Honors at Graduations:

What will your students CNU story look like at graduation? For over 2,000 of our students, their story includes taking the time to care for their local neighbors and community in a committed, intentional way. Captains who focus their work on a primary population/cause (our service tracks) and serve at least 140 hours during their time at CNU are recognized at graduation with Service Distinction honors; Captains who serve at least 400 hours prior to graduation are eligible to graduate with Service Distinction Leader honors. Students can work with other CNU volunteers at one of our many established community partner sites (e.g., Boys and Girls Clubs, Newport News Public Schools, Riverside Hospital), work with a CNU service club, or visit the center for guidance in finding their best service fit. We encourage students to visit cnuengage.org to create an account to record their service hours; learn more about the program and the service tracks; subscribe to our newsletter; and browse our community partners, CNU site team leader sites and volunteer opportunities.

Service Track Coordinators and Site Team Leaders

The CCE has dedicated student staff ready to help your student find their service home. Five service track coordinators work closely with community partners within their service tracks to provide up to date opportunities for students and to help place students at sites. Twenty-five site team leaders each volunteer regularly with one of our 105 community partners and assist their site with recruiting and managing CNU student volunteers. They provide information about their site, coordinate shadowing opportunities and assist with onboarding new student volunteers.



What makes the CCE the best bridge to connect students with our off-campus community?

When it comes to serving in our local community (and beyond) students want to have a meaningful experience and help others in ways that have a positive impact. But in an unfamiliar area it can be difficult (even intimidating) to find and connect with the right cause or organization. We will guide students through a simple, effective process leading to the right fit and helping them develop a personal service path that is both fulfilling and deeply impactful.

“The Center for Community Engagement helped me connect my interest in early childhood psychology with an amazing service partner that has shaped my undergraduate experience and helped me know what I want to do in my career.”

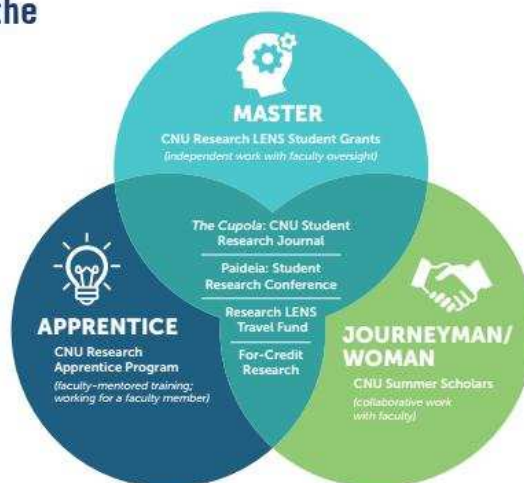
— Eva Melendez '17, CNU Engage Service Distinction Graduate



UNDERGRADUATE RESEARCH AND CREATIVE ACTIVITY

The Office of Undergraduate Research and Creative Activity facilitates research and creative opportunities that put classroom coursework and academic theory into practice. At most schools students must be graduate students to pursue meaningful research and creative work. We put the focus on the undergraduate experience.

*The possibilities are endless
— bring us your new idea*



Research Apprentice Program

The Research Apprentice Program (RAP) provides an opportunity for students to apply their education firsthand. Through the RAP students discover new knowledge, solve real-world problems, pursue creative endeavors and develop professionally while working for a faculty member on a scholarly or creative project. Motivated students reap the rewards of specialized, intense academic preparation and study. They also earn an hourly rate, working 5-10 hours per week (100 hours per semester). Apprenticeships can cover two periods: fall semester only or both fall and spring semesters.

Independent Research Grants

Independent research grants (IRGs) support independent research and creative projects. Applicants work closely with a faculty mentor to develop their proposals and complete their projects. If selected, they are expected to be the lead or sole creator of any product and receive a \$1,500 grant. IRGs are available for fall, spring or summer.

Research LENS Travel Fund

Students can receive up to \$500 to support travel to either present or conduct research and creative activity.



SUMMER SCHOLARS

Students can spend the summer working directly in collaboration with one of our esteemed professors. Christopher Newport's Summer Scholar Program is an eight-week, in-residence opportunity to work collaboratively on a faculty-derived research question. By participating in Summer Scholars students will also accomplish the following objectives:

- Develop enhanced research and communication skills
- Become better acquainted with the Tribble Library's scholarly resources
- Expand your inquiry and problem-solving capabilities

Plus, all student participants receive a \$3,200 stipend – in addition to a housing allowance covering the program's duration. In addition to many other opportunities, summer scholars present their work at a symposium held during Family Weekend the following fall.

SHOWCASE YOUR RESEARCH

Paideia, named for the classical Greek model of liberal learning, which developed students' intellectual, moral and aesthetic capacities, Paideia is an annual conference held each April that highlights student research across the liberal arts and sciences. Students present their work in a variety of modalities including oral presentation, poster and performance.

An undergraduate peer-reviewed research journal that honors and promotes outstanding student research papers, *The Cupola* is published each academic year and is registered with the Library of Congress. Student research published in *The Cupola* receives a \$100 award with the top two submissions receiving \$500 supported by the Douglas K. Gordon Endowed Undergraduate and Graduate Research Fund.



STUDENT LIFE





STUDENT AFFAIRS

Student Affairs includes:

- Orientation and student engagement
- President's Leadership Program
- Diversity and Inclusion
- Office of Residence Life
- James C. Windsor Center for Health and Counseling Services
- Office of Student Activities
- Greek Life
- Center for Honor Enrichment and Community Standards
- University Police

These areas work collaboratively to support the academic mission of the university, facilitate students' 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.

DISABILITY SUPPORT SERVICES

Accommodations for Students With Disabilities

Students with disabilities may consult with Student Affairs before or during their active enrollment at CNU. New students, especially new 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 recommended.

Documentation Guidelines

Appropriate documentation will assist the student and the university in determining reasonable accommodations as stipulated under Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, and other pertinent state and federal regulations. For individuals who have recently been receiving services from a public school system, the information requested would most likely be contained in the psycho-educational evaluation from your most recent triennial review. Some of the information may also be contained in an IEP, 504 Plan or Transition Plan. However, IEPs, 504 Plans and Transition Plans alone are usually insufficient documentation.

Documentation Guidelines

The provision of all reasonable accommodations is based upon assessment of the impact of the student's disabilities on his or her performance at a given time in the student's life. Therefore the university generally requires, and it is in the student's best interest to provide, recent (within three years) and appropriate documentation relevant to the student's learning environment. As appropriate to the disability, documentation typically states the diagnosed disability and should include:

- Clearly stated diagnosed disability
- Description of functional limitations resulting from the disability
- Complete educational, developmental, and medical history relevant to the disability for which accommodation(s) are being requested
- Tests (instruments) used with scores/subset scores
- Specific, descriptive recommendations to be considered for university-level accommodations, including academic accommodations
- Each accommodation must be adequately supported in documentation
- Presented on official letterhead and credentials from the evaluator qualified to make the diagnosis whose background is in the relevant clinical area

Documentation can be submitted to:

Student Affairs

Christopher Newport University

1 Avenue of the Arts

Newport News, VA 23606-2998

Email: jacquelyn.barnes@cnu.edu

Fax: (757) 594-8439

CNU does not provide diagnostic testing for students.

Insufficient Documentation

IEPs, 504 Plans, and Transition Plans alone are usually insufficient documentation.

In some instances, documentation may be outdated or inadequate in scope or content. It may not address the student's current level of functioning or need for accommodations because observed changes may have occurred in the student's performance since the previous assessment was conducted. In such cases, it is appropriate to update the evaluation report. Since the purpose of the update is to determine the student's current need for accommodations, the update, conducted by a qualified professional, should include a rationale for ongoing accommodations.

Essential Core Elements

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 whose disabilities present challenges in these areas will be reasonably supported in meeting these requirements. Questions about accommodations may be directed to Student Affairs.

Privacy

Evaluation information concerning a student's disability is private and will be provided to instructional staff members only when they have a legitimate "need to know," or a request of the student.



ORIENTATION AND STUDENT ENGAGEMENT

We seek to create a foundation of success for all students as they transition to Christopher Newport and provide support throughout their time as a Captain. In addition to the planning and implementation of our formal orientation programs, we are here to support your students as they find community on campus through engagement opportunities.

Follow us on social media to learn about all the programs and opportunities specific to your student's class year or campus in general. These accounts will follow your student from orientation through commencement with information pertaining to where they are in their CNU experience. Plus, you may even see your student there!

Why should my student get involved?

Encouraging your student to get involved can lead to:

- New friends and a network of connections
- The development of skills that future employers find valuable
- Feeling like a part of the greater community.
- Personal growth and leadership development

Whether through participation in a student organization, an on-campus job, attendance at events, research with faculty, or internships and volunteer opportunities in the community, involvement can take many forms. Their time here is the perfect learning laboratory to try new things and figure out where their passion lies. While taking classes in the liberal learning core curriculum helps them explore their academic pursuits, involvement outside of the classroom can help them put this new learning into practice.



David Student Union 330

 757-594-7767

 studentengagement@cnu.edu

How can I support my student's involvement?

In their first year, we hope students find their community on campus. If you notice your student does not mention much aside from classes in your conversations, maybe prompt questions related to how they are using their time. If you are noticing they have not gotten very involved, below are some great questions to prompt action. Again, we know it can be intimidating for them to take the first step and put themselves out there, so your encouragement and follow up can help. Questions to ask:

- Are you excited to check out the Involvement Fair this weekend (held first Saturday of the year after classes begin)?
- Have you thought about continuing an activity from high school?
- How is your residence hall? What have your roommate/suitemates gotten involved with?
- Have you looked at the different organizations on the Compass?
- I know there are resources on campus to help you get involved, have you talked to your RA or crew leader?

Engagement Coaching

The opportunities for students in a collegiate setting are endless. Some students will jump right in feet-first, while for others this prospect is more overwhelming. It can be intimidating to attend a new organization meeting by yourself, ask a new friend down the hall to join your intramural team, or attend the latest CAB event. Our aim is to help students connect with the people and opportunities that will get them involved in a meaningful and fun way.

During a one-on-one meeting with a university fellow for student engagement, students will engage in self-reflection to determine specific goals for becoming an engaged student during their time at Christopher Newport. By identifying their values and processing their past experiences, students will walk away with direct strategies to find a connection on campus and/or in the greater community. Students can email studentengagement@cnu.edu to schedule an appointment.

Emerging Leaders

Participants explore aspects of leadership and personal development focusing on the ideas of personal strengths and abilities, developing self-leadership and becoming an actively engaged citizen. The program is geared toward students who have little to no college leadership experience and seeks to establish the foundation for successful student leadership at CNU. The five-week sessions are held each semester.

My student says there is nothing to do on campus, are they correct?

No. Every weekend of the fall semester different social opportunities await to allow students to connect to different organizations, events and activities. From festivals and fairs to late-night events and entertainment, every weekend there are new and exciting free events to fill every student's social calendar.

The Campus Activities Board (CAB) is a student-led organization where Captains design free programs for every weekend of the semester. CAB brings movies, comedians, musicians, lectures, craft nights and more to keep CNU alive after the day's classes end. Check out their calendar of free events and more by visiting [@cnucab](https://www.instagram.com/cnucab) or [@cnu.ose](https://www.instagram.com/cnu.ose) for more free campus socials from the Office of Student Engagement.

Social Media

 facebook.com/OSEcnu

 instagram.com/cnu.ose

 instagram.com/cnu.2025

FIND YOUR COMMUNITY

Looking to get plugged in? Want to get involved? Let us help!

At Christopher Newport we have clubs,
resources and support that focus on:

- Identity and culture
- International student communities
- Sexual and gender diversity
- Disability/accessibility
- Politics
- Social issues/human rights
- First-generation college students

and much more!  cnu.edu/diversity



David Student Union 3130

 757-594-0715

 diversity.inclusion@cnu.edu

Christopher Newport University is highly committed to promoting an environment that honors the uniqueness that each student brings to the university. The presence and active engagement of a diverse community offers a vibrant, rich and transformative campus experience that impacts all facets of student life.



STUDENT DIVERSITY & INCLUSION

(Student Affairs)



Interact with students, faculty and staff representing an array of identities, backgrounds and interests.

Participate in organizations and programming designed to expand students cultural experiences and worldview.

Engage in coursework that highlights diverse viewpoints, social concerns and global understanding.

Access the services that support your unique needs as they navigate the CNU experience.

RESIDENCE LIFE

Living on campus is integral to the Christopher Newport experience. We place great value in providing a residential living and learning environment that supports your student's academic journey in the liberal arts and sciences. Our three-year residency requirement is supported by housing options that provide students with a balance of support while nurturing independence. We want this to be your student's home away from home!

You can find many resources and staff information on our website: cnu.edu/reslife. Each of our residential areas is home to a full time masters degreed professional who oversees the undergraduate staff, helps to manage the facility, and serves as a resource and mentor to our residents. These hall directors have special training as educators to help our students navigate new experiences. Resident assistants (RAs) are community builders who live in designated areas of each residence hall on campus. They are full-time students trained to help with most situations that may arise for residents. The RA will help your student with the transition of living at home to living at CNU. We hope all students will connect with their RAs soon after receiving their room assignment in early August.

ROOMMATE ASSIGNMENTS

Roommate agreements are a way for new roommates to discuss their habits and living preferences. While still at home, students should begin to consider how they like to study, their sleep schedule, how tidy they want to keep their room, if they want to share belongings, and their comfort level with in-room and overnight guests. These are all topics that each student will need to communicate about directly with their new roommate(s). Room and roommate assignments will be available through University Housing in early August. While the thought of living with friends from high school may be comforting, we encourage students to be open to a new roommate experience. Residents broaden their campus network and expand their options for when they meet and interact with different people. Roommates are strongly encouraged to contact one another before arriving on campus to make introductions and coordinate shared living arrangements. First-year students may be assigned to a two-person (one roommate). Students will share a bathroom with two in an adjoining room.



 (757) 594-7756

 housingadmin@cnu.edu

David Student Union 3125

 reslife@cnu.edu

 (757) 594-7527

 cnu.edu/reslife

Room Furnishing

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

- Extra-long (80-inch) twin-width beds (be sure to get sheets that fit!)
- Desks and chairs (one per resident)
- Dressers (about three drawers per resident)
- Closet space or wardrobes (may be shared with roommates)
- Small refrigerator/freezer with attached microwave (shared amongst all residents)
- Basic cable
- High-speed Internet access
- Wi-Fi available in the building

All furnishings must remain in the room and we discourage residents from bringing bulky furniture from home. Roommates should visualize and discuss space limitations before bringing items into the room. View floor plans and room layouts for Santoro Hall, York River Hall and Potomac River Hall:



cnu.edu/residencehalls

Linens

Residence Hall Linens by On Campus Marketing is the official linen sales company endorsed by Residence Life. This company has great options, a variety of textiles and patterns, and extra "room ready" supplies. An added bonus, On Campus Marketing returns a portion of its proceeds to the university to support Residence Life programming, staff training and activities. Please consider choosing Residence Hall Linens for all of your room needs. For more information:



rhl.org/cnp

Insurance

Residents are strongly encouraged to review their family homeowner's insurance policy to see what coverage may extend to students and their belongings while living on campus. If students' belongings are not covered under a homeowner's policy, purchasing individual renter's insurance is highly recommended. The university does not offer any liability coverage for students' personal items.

Emergencies

While no one likes to think about worst-case scenarios, we encourage families to give some thought to how you might handle an emergency should it arise. Talk with your student and review health insurance coverage options, discuss general self-care in the case of illness, create contingency plans for weather related emergencies that could result in evacuation (e.g., hurricane), and consider who should be involved in assisting should an emergency arise. When students complete the housing module in the Admitted Student System, they provided emergency contact information. That information may be used by university staff in case of emergency response needs.

Move-In

First-year residence hall move-in will take place August 13-15, 2021. Move-in dates and times will be established mid-summer and information will be shared on the move-in website: cnu.edu/life/housing/movein

Breaks and closings

First-year residence halls remain open during fall break (October) but close for Thanksgiving, winter break and spring break. All residents must leave campus when the halls are closed. Check the Residence Life website for specific dates and times of hall opening and closing throughout the year: my.cnu.edu/housing/calendar

CHECKLIST:

THINGS TO BRING TO CAMPUS



- Alarm clock (with battery backup)
- Backpack/book bag
- Bath towels, hand towels, washcloths, bath mat
- Calendar or planner, notebooks, desk supplies
- Cleaning supplies (broom, dustpan, mop, toilet brush, disinfectant/cleaning wipes)
- Computer or laptop (with power strip and surge protection)
- Dinnerware and utensils (cup, plate, bowl, fork, spoon, knife, can opener)
- Entertainment (TV, video games, DVD/Blu-ray, playing cards, board games)
- Flashlight with batteries
- Health and renters' insurance information
- Laundry basket or bag, detergent (high efficiency), stain remover
- Pillow and bed linens for an extra-long, 36" x 80" mattress
- Plants, posters, pictures
- Power strips with built-in surge protection (extension cords prohibited)
- Professional outfit for interviews and special events
- Seasonal clothing (plan a mid-semester trip home if possible) and hangers
- Toilet paper
- Toiletries, shower caddy, shower shoes
- Trash can (small bedroom size) and trash bags
- Umbrella and rain boots
- Appliances/electronics must be UL-approved (check the prohibited items list in our handbook)
- A more complete list of suggested items to bring can be found at cnu.edu/reslife

Note: Grocery and convenience stores are within easy walking or driving distance if you forget something or need additional supplies.

The Office of University Housing assigns rooms for new students and facilitates the housing selection process for returning students each year after. They also process meal plan requests and manage all of the residential facilities. Residence Life consists of the on-campus resources helping students transition to CNU's campus. Our staff includes the hall directors, RAs and front desk assistants.

DOUBLE CHECK:

THINGS TO LEAVE
AT HOME



- Alcohol/alcoholic beverage container display
- Candles, candle warmers, incense
- Ceiling fans
- Dart boards
- Extension cords/multi-plug adaptors and plug-in air fresheners with pass-through outlets (surge-protected power strips with long cords encouraged)
- Electric coffee pots, grills, hotplates, toasters, electric skillets, electric frying pans, deep fryers or toaster ovens (anything with open heating elements)
- Expensive jewels and collectibles
- Firearms, hunting knives, crossbows, pellet guns, martial arts equipment
- Flammable liquids or chemicals
- Hoverboards
- Microwaves or refrigerators (specially designed microfridges provided)
- Nails, duct tape, double-sided foam tape/hooks or other adhesives that may mark or stain walls
- Pets (ONLY FISH in 10-gallon or smaller tanks are permitted)
- Realistic or toy guns (regardless of projectile)
- Space heaters or portable AC units
- Street signs
- Torchiere-style halogen lamps
- Waterbed and other oversized furniture items
- Wireless computer network routers

A full list of prohibited items is available in the Residence Life Handbook



cnu.edu/reslife

Residence Life assists students in navigating the new policies and procedures, living with another person or several people, and accessing the proper resources for their overall wellbeing. Move-in day is broken down based on room number and floor to ensure a steady, efficient flow of traffic. Please visit my.cnu.edu/housing/calendar for calendar information and cnu.edu/life/housing/movein for more information about housing and move-in.

OFFICE FOR SUSTAINABILITY

PREPARING FOR THE MOVE

- Encourage your student to plan ahead and think minimalist. This will save them time, space and effort. It also lightens their load and your carbon footprint.
- Ask your student to connect with their roommate to find out which items they can share to avoid duplicates and to avoid bringing unnecessary items such as a printer. Students are given printing funds to use at the printers located throughout campus.
- Check with Residence Life to understand what is provided for your student and make sure they check out the list of prohibited items in residence halls.
- Set your student up to take advantage of our more sustainable methods of transportation.
- Walking or biking is the best way to get around campus. We have bike racks located outside of all campus buildings and three bike repair stations around campus available for student use. Consider having your student bring a cover as the humidity and winter weather can take a toll on the metal parts.
- The Amtrak station is only 3.5 miles from campus! If you have a stop near home, consider having your student use it to go home for visits and breaks. This means less traveling for you and train time is great for studying.
- There is an electrical vehicle charging station located in the parking garage near the Ferguson Center for the Arts.
- When stocking up on residence hall supplies, seek more sustainable alternatives.
- Purchase laundry detergent strips that come in slim packages to save space and reduce effort compared to hauling traditional jugs of detergent from bedroom to laundry room. They also lower waste and have a significantly lower carbon footprint.
- Use drying balls as alternatives to dryer sheets and add a few drops of essential oils if your student prefers a scent. This reduces waste and cuts down on exposure to some potentially harmful compounds that are commonly found in dryer sheets.
- Purchase a mesh laundry bag to wash undergarments, socks and other clothing items in. These will help your Captain to not lose items in the washing machines as well as decrease the microplastics released during the process.
- Switch to space saving and package-free hygiene products such as shampoo and conditioner bars, reusable makeup remover pads, and toothpaste tablets.
- Follow the rule of borrowing, swapping or thrifting before purchasing new. Encourage your student to look for student social media pages that have trades for important items such as books and decor.

EAT GREEN WHILE AT CNU

- The food at CNU is exceptionally good! Encourage your students to try it out before purchasing additional food. Our dining halls have vegan and vegetarian options for all meals.
- Shop for food the day of move in. This decreases the likelihood of buying food your student will not eat, limiting food waste generated and is less for you to haul from home.
- Invest in reusable bags for your student's grocery trips. These are much easier to carry inside and will decrease the amount of plastic bags laying around your student's room.
- Send your Captain to campus with several microwave safe food containers made of glass or silicone. This decreases food waste, limits exposure to potentially harmful compounds that can leach from plastics when they are heated and allows for safe food storage.
- Purchase reusable dishes and silverware for your students. These items are often less expensive than continually purchasing single use items. A good on-the-go reusable utensil kit and a quality reusable water bottle made of stainless steel or glass are also essential!

MOVING IN

- **Invest in durable plastic totes** - You're going to be moving your Captain at least once a year for at least the next four years. Reusable plastic tubs will keep their stuff safe and dry and make it easier to get it in and out of your new space. You can even save space and offer to bring them back with you when you leave campus.
- **Empty, flatten and recycle boxes** - Your next best bet for a greener move-in container is a cardboard box. Students can even keep them under their bed or in the closet for when you're moving out. When you're ready to dispose of both cardboard boxes and the boxes of any new items come in, empty all contents, including foam, packing paper, plastic bags and flatten your boxes. You can take them to the trash rooms for recycling.
- **Get thrifty** - Many of the items your student will need for residence hall living don't need to be brand new, so think about stocking up at a local thrift store. When you buy here in Newport News it's less for you to bring from home, which lightens your load and your carbon footprint! CNU has some great thrift stores just down the road that will have many of the things you're looking for and at a bargain.



For more information on sustainable living at CNU, check out the Student Sustainable Living Guide by scanning this QR code and/or visit us at cnu.edu/sustainability.

STUDENT ACTIVITIES

The Office of Student Activities (OSA) enhances the campus community through advising, creating experiences, and leadership education that empowers students to discover their passions, enhance their academic and co-curricular pursuits, and inspires them to respect themselves and others.

- 200-plus student organizations
- 20 fraternities and sororities
- Over 5,000 events each year

There are many ways for your student to become involved and connected at CNU. Whether through participating in programs and events hosted by one of our anchor organizations, making their "mark" through membership in one of our 200-plus recognized student organizations, joining our thriving fraternity and sorority community, or developing their leadership skills by attending workshops and programs hosted by the OSA.

Located on the third floor of the David Student Union (DSU) in Suite 330, the OSA has resources available for student organization use. Students can also meet with staff members who will answer questions, help them start an organization or get them connected with a currently existing group on campus.

What types of clubs and organizations does CNU offer?

Academic and Honors	Service and Volunteerism
Cultural and Identity-based	Club Sports
Faith-based	Special Interest
Fraternities and Sororities	Student Government
Music and Performance	Student Media and Publications
Political and Activism	
Professional Organizations	

How does my student learn about clubs/organizations and events on campus?

Check out **The Compass**, CNU's online home for campus involvement. The Compass is the place to learn about and join active student organizations, see a calendar of upcoming campus events, and communicate with campus leaders and staff. Students should start here to determine if there are any student organizations that might interest them. The Compass is also a great place to find information about on-campus events and announcements.

Weekly campus announcements with information related to upcoming events and programs are shared with the entire student body via e-mail.

 cnu.edu/thecompass

What if my student has an interest and there isn't already a group for it?

If your student has an interest that is not represented by one of our over 200 student organizations currently operating we encourage and will support them in starting their own organization. We work with them to identify ways to find others with the same interests and navigate the process of becoming a registered student organization at CNU, including how to run an organization.

GREEK LIFE

The fraternity and sorority community comprises approximately 30% of the student body at CNU, and chapters routinely exceed the all-men's and all-women's GPAs on campus. Chapters participate in service and philanthropic endeavors as well as social events, and provide leadership development to members of the organizations.

Three different councils at CNU represent all of our fraternities and sororities. The councils exist to promote the needs of, advocate for, and govern the groups under them. The Interfraternity Council (IFC) is comprised only of fraternities, the Panhellenic Council (PHC) is comprised only of National Panhellenic Conference (NPC) member sororities and the National Pan-Hellenic Council (NPHC) is a collaborative organization of historically African American fraternities and sororities.

What Greek organizations do we have at CNU?

For the most current listing of fraternities and sororities – and all registered student organizations at CNU – please visit The Compass (cnu.edu/thecompass). The CNU website also lists our currently active chapters: cnu.edu/life/greek/chapters. Additionally, each organization is affiliated with a national organization that has a website to find more information about the group's broader history and traditions.

How does my student join a fraternity or sorority if they are interested?

The process of joining a fraternity or sorority is through mutual selection. Organizations typically invite interested members to join after a period of getting to know them. This period, commonly known as recruitment or intake, includes both informal and formal phases. The formal phase includes a defined process of events and activities, for which students must show interest or even register to complete. For our Interfraternity Council and Panhellenic Council groups, Formal Recruitment Week is in January each year and is inclusive of all chapters within the councils. Our National Pan-Hellenic Council organizations conduct membership intake regularly, either semesterly or annually, as individual organizations. Students interested should pay attention to announcements about information meetings for the organization they are interested in joining and attend those meetings in order to learn more about each specific membership intake process.

When can my student join a fraternity or sorority?

Students must complete at least 12 college credit hours and be enrolled full-time before being eligible for membership. CNU 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, our NPHC fraternities and sororities 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 during which they go over their requirements.

There is also a minimum GPA requirement to join fraternities and sororities at CNU. Each council sets their own minimum GPA, and some chapters may have higher requirements than the minimum standard, so it is suggested that your student ask the organizations they are interested in about their minimum requirements. While students cannot join a fraternity or sorority in their first semester, we still recommend they get to know them prior to affiliating, as joining one of these organizations constitutes a lifetime commitment.



cnu.edu/life/greek

RECREATIONAL SERVICES

Recreational Services offer several opportunities to stay physically active, including intramural sports, sport clubs and the Outdoor Adventure and Recreation program. These promote not only physical activity but socialization among students while contributing to a healthy lifestyle.

Intramurals

are played on campus between CNU students and include sports such as softball, basketball, dodgeball, flag football, kickball, soccer and volleyball. Intramural eSports is our newest offering in which students can compete in a number of different video games including FIFA, Madden, Rocket League, Call of Duty and more. Intramurals are offered in the evenings and provide a fun environment to compete on a weekly basis. Students are encouraged to participate in as many sports as they would like. Intramural sports also offer a great opportunity to work on campus. All officials used for intramurals are students, and we provide training for new officials. Students do not need a background in the sport to officiate (although it helps) because we will teach them everything they need to know.



My student was an athlete in high school. What options do they have to participate in athletic activities in college?

Playing a club sport is an excellent way for your student to continue competing in the game they grew up playing without the pressures of varsity athletics. Clubs are student-led, and represent many interests, from traditional sports to special interest outdoor groups. Teams compete on a local, regional and national level. The Office of Recreational Services sponsors the following club sports:

Basketball	Quidditch
Cheer	Rugby
Crew	Running
Equestrian	Scuba
Field Hockey	Soccer
Fishing	Softball
Golf	Swimming
Gymnastics	Table Tennis
Hiking	Tennis
Ice Hockey	Ultimate Frisbee
Lacrosse	Volleyball
Martial Arts	

Club Sports

are student organizations that share a common interest in a particular sport and typically practice and compete against other universities. Each club determines its level of competitiveness with some competing almost every weekend while in season and others being strictly recreational in nature. Clubs that choose to compete do so against other colleges or universities and will travel to those schools or host them at CNU. These clubs are designed to keep students active in a sport they may have competed in prior to arriving at CNU. All sport clubs are student-run and provide leadership opportunities through becoming a club officer. A list of current sport clubs can be found on our website.

The Outdoor Adventure and Recreation Program

promotes interest and awareness of the outdoors by providing trips for students such as rock climbing, paintball, skiing, hiking and white-water rafting at a minimal cost. We aim to offer one to two trips per semester at locations all around Virginia and the Tidewater area. OAR trips can provide a chance to experience something new or a low-cost opportunity for something your student already loves.



HEALTH AND WELLNESS SERVICES

University Health and Wellness Services (UHWS) is the on-campus student health clinic. The staff assists with sick care and wellness needs, and the nurse practitioner on staff is available to:

- Give physicals and health examinations
- Order laboratory tests, X-rays and other diagnostic testing
- Write and renew most prescriptions
- Make referrals
- Assist with immunizations or other medical records
- Take blood pressures and temperatures
- Offer first-aid services
- Analyze body fat
- Discuss health concerns/questions
- Offer screenings for eating disorders, alcohol, depression and anxiety
- Assist with travel health

In compliance with the Health Insurance Portability and Accountability Act, UHWS ensures strict confidentiality regarding visits and personal health information. The office is open when classes are in session during fall and spring semesters.

Appointments

There is a \$20 fee for appointments with the nurse practitioners and the family practice resident. Please visit cnu.edu/studentclinic or call the office for more information about staff, services, and laboratory and immunization fees. Your student will also find full information regarding first-aid and medicines your student should bring, insurance coverage and off-campus medical options. Cash, check and Captain's Cash are accepted; however, paperwork is available for submission to insurance providers for reimbursements as appropriate.

Immunizations

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. These immunizations may have been obtained as a child or later in life. All first-time, full-time undergraduate and graduate students attending CNU must complete the Christopher Newport University Certificate of Immunization. According to the code, failure to do so will result in the inability to register and attend the next semester at CNU. Required immunizations and copies of the immunization form are available from the Office of the Registrar and UHWS website: cnu.edu/registrar and cnu.edu/studentclinic. Immunization records should be sent to the Office of the Registrar.

The Office of Health and Wellness Services

is connected to Riverside Health System and provides access to registered nurses, nurse practitioners and physicians who provide care and educational programs to students. The office is open Monday-Friday from 8 a.m.-5 p.m. After hours/weekends, call (757) 594-2000 and ask to speak to the Riverside nurse. Riverside Health System provides this service to the local community, and uses advanced telephone triage protocols in order to help you access the appropriate medical care.



(757) 594-7661



cnu.edu/life/health

THE OFFICE OF COUNSELING SERVICES

The Office of Counseling Services provides a range of 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.

Counseling

- Available to currently enrolled students on an appointment basis
- Free services with strict confidentiality maintained by staff

Consultation

- Private consultation to facilitate and guide individuals and groups
- Valuable resource for classmates, roommates, friends and family

Outreach

- Educational programming on mental-health topics of interest to the campus community
- Facilitation of workshops to smaller groups, featuring topics frequently requested by students (e.g., stress management, self-esteem, time management, relationships, helping a friend)
- Staff members available to present workshops to residence halls, classes and campus organizations

Crisis Response

- Professional staff available for consultation by contacting Counseling Services directly or after business hour through University Police

(in such situations, counselors assist with providing problem-solving strategies and information about additional resources)

Services Provided

- Individual appointments
- Crisis response and mental-health emergency services
- Campus-wide awareness programming
- Mental-health screening
- Educational and support groups
- Programming and psycho-educational outreach for residence halls, student organizations and classrooms
- Group counseling



ATHLETICS

ONE OF THE NATION'S MOST SUCCESSFUL

NCAA DIVISION III

PROGRAMS

24 VARSITY
TEAMS

700+ ALL-AMERICANS

80 INDIVIDUAL & TEAM
CHAMPIONSHIPS

TOP WINNING PERCENTAGE
NEARLY EVERY YEAR
AMONG ALL VIRGINIA SCHOOLS

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

Men's Varsity SPORTS

Baseball
Basketball
Cross Country
Football
Golf
Indoor Track and Field
Lacrosse
Outdoor Track and Field
Soccer
Tennis

Women's Varsity SPORTS

Basketball
Cross Country
Field Hockey
Golf
Indoor Track and Field
Lacrosse
Outdoor Track and Field
Soccer
Softball
Tennis
Volleyball
Storm Dance Team

Coed Varsity SPORTS

Cheerleading
Sailing
Storm Dance Team

ATHLETIC TICKET INFORMATION

FOR STUDENTS

CNU Students can get into any regular season home game for free with their Student ID. This allows them access to General Admission and designated Student Sections.

FOR GUESTS

FOOTBALL HOME GAMES

Chairback seats go on sale monthly and can only be purchased by calling (757) 594-7880. Reserved bleacher and general admission tickets are sold through the CNU athletic ticket office and online at cnusports.com/tickets. On game day, if tickets are still available, they will go on sale two hours prior to kickoff at the stadium.

- Chairback: \$20
- Reserved bleacher: \$10
- General admission: \$7

FAMILY WEEKEND AND HOMECOMING

These are our busiest games. We sell out of tickets for Family Weekend so make sure to purchase your tickets in advance. Season tickets are also available. This is the only way to ensure your seats for every home game.

TAILGATING

Tailgating is allowed in designated lots only. Times will vary and passes are only available for purchase through the Athletics Ticket Office by phone or in person. All lots close 30 minutes before kickoff. Prices are as follows:

- Season pass: \$75
- Individual pass: \$20
- CNU student: \$10 - These can only be purchased by students with a valid student ID at the CNU Athletic Ticket Office the week of the game.

BASKETBALL HOME GAMES

Chairback and General Admission tickets go on sale at the beginning of the season and can be purchased online or through the ticket office. On game day, if tickets are still available, they will go on sale an hour prior to tip off at the Athletics Ticket Office in the Freeman Center.

- Chairback: \$8
- General admission: \$5

Season tickets are also available in the chairback section only. This is the only way to ensure your seats for every home game.

OTHER SPORTS

There is no charge for regular season baseball, field hockey, lacrosse, soccer, tennis, softball, track or volleyball games. Post-season tournaments for these sports may require an admission fee as mandated by conference and NCAA regulations.

For more information about tickets and tailgating contact:

Athletics Tickets Office

 (757) 594-7880

 sportix@cnu.edu

THE MARCHING CAPTAINS

One of CNU's distinguished music ensembles, The Marching Captains are a talented, vibrant and enthusiastic group. As the most visible music ensemble on campus, they perform at all CNU home football games and events throughout Virginia and beyond. Members of the Marching Captains represent every major on campus. The majority are non-music majors, with membership open to all students.

 cnu.edu/marchingcaptains

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REHEARSALS

Rehearsals take place Mondays, Wednesdays and Fridays from 4 to 6 p.m. as well as before home games. Members are expected to attend all performances and rehearsals.



CLASS CREDIT

All Marching Captains receive college credit. Students must register for MUSC 112 for one credit each semester they are in the Marching Captains. Students who enroll for three semesters will fulfill the "creative expressions" requirement needed for graduation.

"The marching band was a big part of my decision to come to CNU, and I know I made the right choice." - Amber Linton

BAND CAMP

Band camp is held a week before classes. Room and board are covered for the week. Emphasis is on music and marching fundamentals in addition to learning the first show and the pregame show.

"There's no better feeling than making music with some of the finest musicians this school has to offer." - Jamal Archer

STUDENT RESOURCES



DINING SERVICES

Dining Halls:

Regatta's (David Student Union) features traditional favorites like turkey and mashed potatoes, Mongolian barbecue, and fresh pizza. Students will enjoy hot soup options, a salad bar with all the fixins', made-to-order burgers, hot fries and a breakfast bar featuring make-your-own Belgian waffles every day.

The Commons (next to Santoro Hall) includes a well-stocked salad bar, a rotating menu of hot meals and made-to-order fresh wraps. Breakfast, including delicious omelets, is second to none.

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 talk about options.

Meal plan prices are available at:

 cnu.edu/life/dining/mealplans

 (757) 594-8854

Hours of Operation:

Continental Breakfast: 7-7:30 a.m. (Commons)

Full Breakfast: 7:30-10:30 a.m. (Commons)

Lunch: 11 a.m.-2 p.m. (Commons/Regattas)

Mixed Grille: 2-4 p.m. (Commons/Regattas)

Dinner: 4:30-8 p.m. (Commons/Regattas)

Saturday and Sunday:

Continental Breakfast: 10-10:30 a.m. (Commons/Regattas)

Brunch: 10:30 a.m.-2 p.m. (Commons/Regattas)

Mixed Grille: 2-4 p.m. (Commons/Regattas)

Dinner: 4:30-8 p.m. (Commons/Regattas)

On-Campus Eateries:

Einstein's (Trible Library) is the spot for hot, fresh-brewed coffee and espresso - a perfect location to meet with friends, study or relax.

Discovery Bistro (DSU) features hot sandwiches and paninis - and even sushi! It's the perfect lunch spot for students on the go.

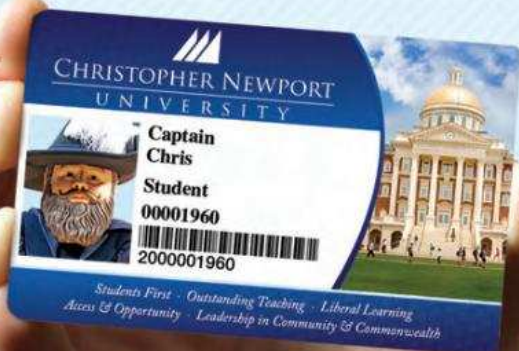
Discovery Café (DSU) is home to Chick-fil-A and Discovery Pizza and also offers fresh sandwiches, salads, fruit cups and parfaits.

Discovery Grille (DSU) includes grilled favorites, from burgers and hot dogs to fresh subs and salads.

Dining Dollars come with your students meal plan and are encoded onto their student ID card, which they can use like a debit card for food purchases at dining halls and on-campus eateries such as Discovery Pizza, Chick-Fil-A, Discovery Bistro, Discovery Grille and Einstein's Cafe.

First-year students selected either a 14- or 19-meal plan through the Admitted Student System. Modifications to the Meal Plan Agreement form or cancellations must be submitted to University Housing by 5 p.m. on the first day of classes for both fall and spring semesters. The Housing office is located on the third floor of Christopher Newport Hall.

CAPTAINS CARD GUIDE



cnu.edu/captainscard

WHERE CAN I USE CAPTAINS CASH?

ON CAMPUS

Athletics ticket office

Captains Locker

In store and online

Dining services

Dining mobile app

Freeman Center Fitness Pavilion

Health and Wellness services

Laundry machines

Parking Services

Print/copy stations

Vending machines

Welcome Desk

OFF CAMPUS*

7-Eleven

Warwick/Sweetbriar Drive

Food Lion

Hiddenwood Shopping Center

Marco's Pizza

Denbigh Boulevard

Panera Bread

CNU Village

Rita's Italian Ice

(open all year with seasonal hours)

Sparetimes Bowling

Hampton

Subway

CNU Village

Subway Station

Warwick Boulevard

Sweet Frog

Jefferson Marketplace

Tropical Smoothie Café

CNU Village

*As of May 2021; merchants are
subject to change without notice.

CAPTAINS CARD GUIDE

SAMPLE SEMESTER BUDGET

Sample Budget	Average	Range
CNU apparel	\$50	\$100
School supplies	25	100
Laundry machines	50	75
Vending machines	40	60
Health services	40	80
Off Campus	70	100
TOTAL	\$275*	\$575

*To purchase your parking decal with Captains Cash add \$250.

Captains Card

- Receive your first Captains Card for **free**
- Captains Card will be replaced with a fee; once a new card is printed, the old card is no longer valid; we cannot re-activate old cards

★ *Letting another student use your Captains Card for any reason is an honor code violation.*

Captains Cash (deposit to this account)

- Use funds on and off campus
- Captains Cash **rolls over** each semester and through the summer as long as you are enrolled in classes; refunds provided by written request

Make a Deposit

1. Online

Visit cnu.edu/captainscard/deposit
\$2.50 convenience fee per deposit

- ### 2. At a kiosk in the David Student Union or Tribble Library
- No fee

Print Funds (no additional deposits)

- Received from the university (\$20 per student each semester)
- Costs: B&W – \$.06 single / \$.08 double
Color – \$.15 single / \$.26 double
- Locations: DSU • Forbes • Freeman • Luter • McMurren • Tribble Library

★ *Funds do not roll over each semester (nonrefundable); print funds may only be used in printers and copiers.*

Dining Dollars (no additional deposits)

- Received as part of the meal plan
- Use at **on-campus** dining locations

★ *Funds do not roll over each semester (nonrefundable); meal plan changes should be made in University Housing, Christopher Newport Hall 300, before the semester starts.*

Online Account Management for Students

Inside Blackboard:

- Suspend card online – this is immediate; to release the “hold” from the account, visit the Welcome Desk
- Look up transactions
- See balances for accounts and meals

★ *For security purposes, we cannot release the “hold” over the phone or via email.*

Welcome Desk and Information

- Obtain a replacement Captains Card
- Get refunds for laundry and vending
- Check for “lost and found” items
- DSU first floor | (757) 594-7000

Use your Captains Card to do the following:

- Gain entry to residence halls
- Check out books at the Tribble Library
- Gain admission to campus athletic games
- Participate in intramural sports
- Purchase student tickets at the Ferguson Center for the Arts

CONTACT INFO

CAPTAINS CARD ACCOUNT OFFICE

David Student Union

(757) 594-8834

captainscard@cnu.edu



EMERGENCY MANAGEMENT

The mission and objectives of Christopher Newport University's Office of Emergency Management is to build, sustain, and continually improve 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.

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. Our vision is to be a resilient university serving as a global model for other institutions of higher learning.

Emergency Plans

Know what to do in the event of an emergency on campus

- Call CNU Police at (757) 594-7777
- Dial 911
- Shelter in place
- Evacuate

Develop an emergency plan with your family

- Who will you contact to notify you are safe?
- Where will you go if campus closed for a period of time?
- Have family/friends register on **CNUAlert.Info** so they are aware of what is happening on campus

Emergency Notifications:

Official university emergency information, to include campus closings, delays, evacuations, and/or shelter in place notifications will be sent via CNUAlert (cnualert.info)

Other modes of communication may include any or all of the following:

- Text message
- Email
- Phone – landline and/or cell
- Outdoor siren – public address system
- Computer take over
- Cable TV over-ride
- Alertus box activation

CNU Alert is a self-registration system. Please register for emergency notifications at  cnualert.info

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). As part of the certification process, an agency must detail crime prevention goals, programs, effectiveness and accomplishments, and meet 11 core safety elements. Certified Campuses must complete a reassessment process every three years to maintain certification.

University Police employ full-time, professionally trained, sworn and state-certified police officers to patrol the campus 24 hours a day on foot, in vehicles and on bicycles. A safe environment is accomplished through traditional proactive law enforcement practices coupled with community policing, community engagement, and crime prevention strategies and initiatives. University Police also work closely with federal, state and local law enforcement partners to ensure community safety.

Campus safety is further enhanced by assigning uniformed but unarmed campus security officers to conduct security patrols, physical security checks on campus buildings, access control and security escorts. The Virginia DCJS mandates that all security officers employed or contracted by a college or university complete approved training and successfully pass a written exam before being certified by DCJS.

The emergency communication center is located in the University Police headquarters. Personnel manage all emergency and non-emergency telephone calls for police, fire, medical service, and non-emergency-related calls. Communication officers respond immediately to dispatch emergency responders directly by radio to incidents.

Campus Watch Programs

- "Silent Witness" anonymous crime-reporting system at cnu.edu/police/silentwitness
- Bike registration program
- Drug and alcohol awareness presentations (BUZZKILL)
- Rape-Aggression-Defense (RAD) program
- Crime prevention and general safety programs
- Class Action (Attorney General's Office program on pertinent Virginia laws impacting college students)

Reporting Crimes or Emergencies

University Police may be contacted at (757) 594-7777. The immediate reporting of any crime, especially sexual assaults, assists in the preservation of evidence that may be necessary to identify and convict a person involved in such criminal activity. Emergency notifications and timely warnings will be issued to the university community in the event of an ongoing serious criminal incident or emergency event.



(757) 594-7777



cnupd@cnu.edu

TITLE IX AND EQUAL OPPORTUNITY

Christopher Newport University (CNU) is committed to access and opportunity for all persons. CNU's 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, 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, 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. This also includes any reports of retaliation against individuals who have filed reports under the policy, have testified or otherwise participated in investigations or proceeding, or have intervened to prevent a policy violation.

TO REPORT AN INCIDENT

Any CNU 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 by utilizing 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



AMNESTY

CNU 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. CNU's primary focus shall be on addressing any alleged Prohibited Conduct and not on alcohol and drug violations that may be discovered or disclosed. CNU does not condone underage drinking or illicit drug use. However, except in compelling circumstances, CNU will extend limited amnesty from consequences related to the personal consumption of drugs or alcohol use to complainants, witnesses and others 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 CNU Confidential Resources or Off-Campus Confidential Resources. If someone discloses information to any CNU employee (other than the Office of Counseling Services and University Health and Wellness Services), that CNU employee MUST report this information to the Office of Title IX and EO because CNU 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).

For more information on resources (on and off campus), complaint options and procedures, and steps that can be taken by the university for the safety of students, please visit the office website:



cnu.edu/titleixeo

BILLING AND PAYMENT

University Business Office financial policies and procedures are governed by federal and state laws as well as policies set by the university's Board of Visitors. The following policies can be found in the University Catalog in more detail.

Fees

Tuition and fee rates are established each year by the rector and the Board of Visitors at the spring board meeting. Housing includes room and board fees for single rooms, double rooms and a meal plan. Other fees assessed are listed in the University Catalog and in the tuition section of the website.

Student Billing and Payment Policy

Students can view their student account charges online through CNU Live and make eCheck or Credit Card payments to pay your tuition, fees, room and board charges. For credit card payments, convenience fees imposed by the credit card companies apply. All billing information is accessible online therefore **the university no longer mails paper bills.**

Tuition and fees are due at the time of registration or no later than the payment due date established for each term. For registrations, schedule adjustments, housing and meal plan assignments taking place after early registration and the initial billing date, payment is due by the payment due date. If this date has passed, payment is due in full on the date of the change. It is the student's responsibility to pay all charges by the payment due date each term. Please note that the university may cancel the registration for all students who have not made financial payment and/or arrangements by the payment due date.

Methods of Payment

Payment may be made by the following methods:

- online through your CNU Live account by e-check (with no fee) or credit card (includes a convenience fee)
- in person at the cashier's window, located on the first floor of Christopher Newport Hall
- a monthly tuition payment plan (no interest with a low enrollment fee per semester, please note you must enroll separately for the fall and spring semesters)
- third-party tuition assistance
- financial aid
- Mailing a check or money order to:
Christopher Newport University
Cashier's Office
1 Avenue of the Arts
Newport News, VA 23606-3072

Refund Policy

Tuition and comprehensive fees will be refunded for the fall and spring terms in accordance with the refund policy found in the University Catalog. The current tuition refund policy can be found on our website.

Delinquent Financial Obligations

Students who have outstanding financial obligations to the university (to include tuition and fees, room and board, program fees, parking fees and fines, library fees and fines, other fees and fines, and checks returned for non-sufficient funds, etc.) will be refused all services of the university until these financial obligations have been paid in full. Delinquent accounts are turned over to a third-party collection agency/credit bureau, the Virginia Department of Taxation and the Attorney General's Office for collection.



FINANCIAL AID

The mission of the Office of Financial Aid is to increase opportunities for student access to and success in higher education by helping students and their families seek, obtain and make the best use of all financial resources.

To be considered for financial aid, students must complete the Free Application for Federal Student Aid (FAFSA) each year at fafsa.gov. We encourage all students to apply by the preferred filing date in order to receive an earlier aid package. Students must apply by the priority deadline to be considered for need-based grant programs for which funding allocations are limited and are awarded on a first-come, first-served basis until funding has been exhausted.

FAFSA Deadlines

Preferred Filing Date: December 15, 2021

Priority Filing Deadline for next academic year: March 1, 2022

Accepting Your Aid Offer

Your student's financial aid package must be reviewed and accepted electronically. Be sure to read the fund details and the terms and conditions of your student's aid package thoroughly before accepting your aid offer. Your student's accepted financial aid, **excluding federal work study**, may be used as a credit towards their bill at Christopher Newport. If you have any questions concerning charges, contact the Office of Student Accounts at (757) 594-7195. Once your student's financial aid has been received and applied to outstanding charges, any remaining balance will be refunded to them.

Please note that their refund, if any, will be sent to you after the start of the semester, so they will need to make alternate arrangements for books and/or living expenses.

We reserve the right to make corrections and/or adjustments to all financial aid award packages.

Changes to the FAFSA, enrollment, residency, and private (external) aid will be reviewed by the Office of Financial Aid and may result in adjustments to your student's offer of aid.

If your student completely withdraw from classes before 60 percent of the semester has been completed, CNU is required to return a portion or all funds from all state and federal programs and they may be required to repay CNU directly to cover any balance created by the portion of their aid that is returned. If they fail to complete all courses they enroll in (i.e., they receive all "UI" grades), they will be considered to have unofficially withdrawn from the university, and some or all of their aid will be returned. **Students may owe the university for charges left unpaid.**

Purchasing Books with Financial Aid

If your student has excess funds available from financial aid, after their charges are paid, they may use up to \$250 towards the purchase of books through the University's electronic bookstore, Captain's Locker: <http://www.bkstr.com/captainslockerstore/home>.

Once they checkout at "Payment Methods", please use their student ID# to find "Account Number" located under Alternate Forms of Payment.

If students wish to use excess funds greater than \$250 they must wait until after their aid is disbursed to use the funds or submit a written increase request to the Office of Student Accounts. If after their financial aid is applied to their student account, they still have excess funds available, those funds will be refunded to them based on the refund method they selected with Bank Mobile. They can then use this money to pay for books or any other school expenses.

What if my student's aid package isn't enough to cover my balance?

Christopher Newport is a public university; therefore, need-based financial aid packages are non-negotiable. We are not authorized to discount tuition like private institutions and are subject to make award offers based on the availability of federal and state funding. The financial aid packages offered through the Office of Financial Aid at Christopher Newport are based on financial need as determined by the FAFSA. Financial need is determined using the federal needs analysis as defined by the Department of Education.

If your student needs additional funding beyond their aid package, we recommend that you explore the following options:

- Private Scholarships: cnu.edu/financialaid/types/scholarships/private
- Federal Direct Parent PLUS Loans: see pg.79 for Federal Direct Parent PLUS Loan Information
- Private Education Loans: www.elmselect.com/v4/school/718/program/1/program-detail

Private loans, also referred to as alternative loans, are non-federal loans made to students to help cover the cost of education. These loans are based on consumer credit and feature competitive interest rates. Most students require a co-signer. Students can request to borrow up to the total cost of attendance minus any other financial aid received. A variety of lenders participate in these loan programs. Students will select a lending institution of their choice when applying. When applying for a private loan, it is important to do your homework. Each of these loan programs is different, and you want to be certain you are getting what is right for you. Spend a few moments comparing interest rates, fees, repayment terms, and requirements.

- **CNU payment plan**

The Office of Student Accounts offers a payment plan to break up the costs for each semester into monthly increments. For more information visit:

 cnu.edu/businessoffice/payment

Disbursement of Aid

The Office of Financial Aid will begin disbursing aid to the student billing account after the close of the add/drop date of each semester as long as all disbursement requirements are met. Students must ensure that all required documentation is complete (i.e., Direct Loan Entrance Counseling, Master Promissory Note (MPN), etc.) and that all aid offers have been either accepted or declined.

Students should monitor their CNU Live account for status updates and Christopher Newport email accounts for notifications related to status updates. Students (and parents for PLUS loans) have 14 days from the date of disbursement to request a cancellation/adjustment to federal student loans. Requests for adjustments/cancellations must be made in writing and must include the date of the request and a student and/or parent signature (as applicable).

Student refunds are processed through the Office of Student Accounts within 14 days of the student receiving a credit balance on the student billing account. All students must select a method of refund even if you do not anticipate having a credit balance or receiving a refund.

Federal Direct Student Loan Information

Direct Subsidized Loans and Direct Unsubsidized Loans are federal student loans offered to eligible students to help cover the cost of higher education. The U.S. Department of Education offers eligible students at participating schools Direct Subsidized Loans and Direct Unsubsidized Loans after the completion of the FAFSA.



Federal Direct Student Loan Information

In order to educate students on the details of these loans, the following additional steps are required to secure these funds:

- New Direct Loan borrowers must complete entrance counseling before funds can be disbursed to the school. Entrance counseling is completed online at studentaid.gov. Entrance Counseling is a tool used to teach students about the Federal Direct Loan rights and responsibilities and loan terms.
- New Direct Loan borrowers must also complete the Master Promissory Note before funds can be disbursed. The MPN is available online at studentaid.gov. The MPN must be signed with your FSA ID (same as FAFSA) and serves as your legally binding contract, acknowledging that you agree to the terms of your loan.

Annual Loan Limits

Your student's loan amount was based on their grade level and may include both Direct Subsidized and Direct Unsubsidized Loans.

Academic Class	Dependent Student	Academic Class
Freshmen (0 – 29 Earned Credits)	\$5,500	\$9,500
Sophomore (30 – 59 Earned Credits)	\$6,500	\$10,500
Junior (60 – 89 Earned Credits)	\$7,500	\$12,500
Senior (90 or more Earned Credits)	\$7,500	\$12,500
Graduate Student	N/A	\$20,500

Note that for freshmen, only \$3,500 may be subsidized; for sophomores \$4,500; for juniors and seniors \$5,500.

Federal Direct Parent PLUS Loan Information

PLUS Loans are available to the parents of dependent undergraduate students to help pay education expenses. The parent is the borrower, and it is the parent's responsibility to repay the loan. These loans are based on a consumer credit check. Parents can borrow up to the cost of attendance less any financial aid received. If a parent borrower is unable to secure a PLUS loan, the undergraduate dependent student may be eligible for additional unsubsidized loans. If a PLUS application is denied, Christopher Newport will receive notice from the U.S. Department of Education and will make an offer to the student directly for the additional unsubsidized loan. Freshman/Sophomore students whose parents are denied may accept an additional \$4,000 in unsubsidized loans for the academic year. Junior/Senior students whose parents are denied may accept an additional \$5,000 in unsubsidized loans for the academic year.

Junior and senior students whose parents are denied may accept an additional \$5,000 in unsubsidized loans for the academic year. Parents should understand the rights and responsibilities associated with requesting a PLUS Loan. In order to educate parents on the details of these loans, the following additional steps are required to secure these funds:

- Direct PLUS loan borrowers must complete the Direct PLUS Loan Request online at studentaid.gov. The Direct PLUS Loan Request runs a credit check and provides the school with the results needed to create your Direct PLUS Loan.
- Direct PLUS loan borrowers must complete the Master Promissory Note (MPN) before funds can be disbursed. The MPN is completed online at studentaid.gov. You will need the borrower's name, date of birth and FAFSA PIN to complete the MPN.



INFORMATION TECHNOLOGY SERVICES

Information Technology Services (ITS) offers a wide range of services for students, including recommendations for computer purchases, support for Christopher Newport applications, and wireless/wired Internet access.

How can my student connect to the internet?

The university provides high-speed wired and wireless Internet access in each residence hall student room. The campus also has wireless Internet throughout campus academic and administrative buildings.

Visitors can use the available guest wireless network. Once on campus, students must install the OnGuard client on their laptop or desktop computers in order to verify their computer meets the antivirus and security requirements to access the wireless network. More information about OnGuard will be provided at move-in. Game systems, streaming media devices, and smart TVs will not be able to connect to the university's Wifi network and will only work if connected to the wired network.

Network-connected printers, digital assistants (Amazon Echo, Google Home), Internet of Things (IoT) devices (smart outlets, cameras), and personal wired/wireless routers are not allowed. Contact CNU IT at helpdesk@cnu.edu for further questions.

What online services does the university provide?

CNU offers a variety of online services through our intranet:

- Google Workspace for Education: Gmail, Google Calendar, Google Drive (document storage) and Google Docs/Sheets/Slides (collaborative editing software)
- CNU Live: A portal for registration, course schedules, grades, financial aid, and most other official CNU educational records
- CNU Scholar: A learning management system allowing you to interact with your instructors; uses of Scholar include assignment submission, tests and quizzes, an unofficial grade book, and several other tools

What software does the university provide?

Christopher Newport has licensed a wide variety of software for all active students. Some of these software packages have specific requirements, so contact ITS if you need help installing them.

- Microsoft Office 365: Students have access to download the latest version of Microsoft Office (Word, Excel, PowerPoint, etc.) on up to five computers; they will have access to the full version of Office as long as they are a student at Christopher Newport
- 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 and when students are required to use it

Is there cable television on campus?

The university has a digital cable system and requires a QAM tuner to receive digital channels. You can search online for the specific make and model of your TV or reference your TV owner's manual to find what type of tuner is present in your TV. Contact ITS at helpdesk@cnu.edu for further questions.

Where and how does my student print?

Printing is available from anywhere on campus using a mobile app or a computer with the Print Anywhere software. Your student will receive instructions on how to install and use Print Anywhere when they arrive in the fall. Printing locations can be found in the Captains Card section of this guide.

What type of computer should my student bring to campus?

While computing needs may vary based on the specific requirements of their courses, ITS has determined that the following system configurations will be sufficient for most students. ITS strongly recommends a four-year warranty that includes accidental damage protection on all computer hardware. ITS requires that computers connected to the university network have antivirus software installed and receive regular security updates to the operating system. For questions about these recommendations, please contact the ITS Customer Service Desk at:



ITServices@cnu.edu



(757) 594-7079



cnu.edu/its

Recommended Laptop/Desktop Configuration

- Processor: Intel Core i7 or AMD equivalent
- Memory: 8GB or better
- Hard drive: 500GB or better
- Video: 1GB Dedicated Video Card
- Network: 100/1000 Mbit/s Wired Ethernet and 802.11g/n wireless
- Four-year manufacturer warranty on all hardware, including accidental damage

Minimum Laptop/Desktop Configuration

- Processor: Intel Core i3, i5 or AMD equivalent
- Memory: 4GB
- Hard Drive: 250GB
- Video: Integrated Video
- Network: 802.11g Wireless
- Three-year manufacturer warranty on all hardware, including accidental damage

Supported Operating Systems

- Microsoft Windows 10. Note: Windows 10 S-mode is not supported
- OS X 10.13 or later, including macOS Mojave
- Full (non task-specific) Linux builds newer than January 2016

Virus and Spyware Protection

- Virus protection software required
- Free antivirus products are available from their respective websites:
 - Windows: Microsoft Defender Antivirus
 - macOS: Avira or Avast
 - Linux: ClamAV

PARKING AND TRANSPORTATION SERVICES

Through enforcement of regulations and the creation of a safe and secure environment, we strive to make Parking Services at CNU a positive experience. CNU 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 nonresidential students. Decals are valid for one academic year.

Resident and Day (Commuter) Students

Those wishing to park in university facilities must:

- Purchase a university decal
- Show CNU student ID card
- Complete decal registration form
- Possess current vehicle registration (expired registrations not accepted)
- Possess current driver's license (expired driver's licenses not accepted)

Resident students may register one vehicle only. Day (commuter) students may register up to two vehicles at no additional charge. Two decals will only be given to purchasers with registrations that have matching last names or matching addresses. (Cars must be registered in the same household). Students who have purchased a decal may obtain a temporary pass at no charge if they are driving another vehicle on a temporary basis.

For more information and access to decal registration

forms:  cnu.edu/parking



Ferguson Center for the Arts Parking Deck



(757) 594-7129



parking@cnu.edu



CHRISTOPHER NEWPORT UNIVERSITY

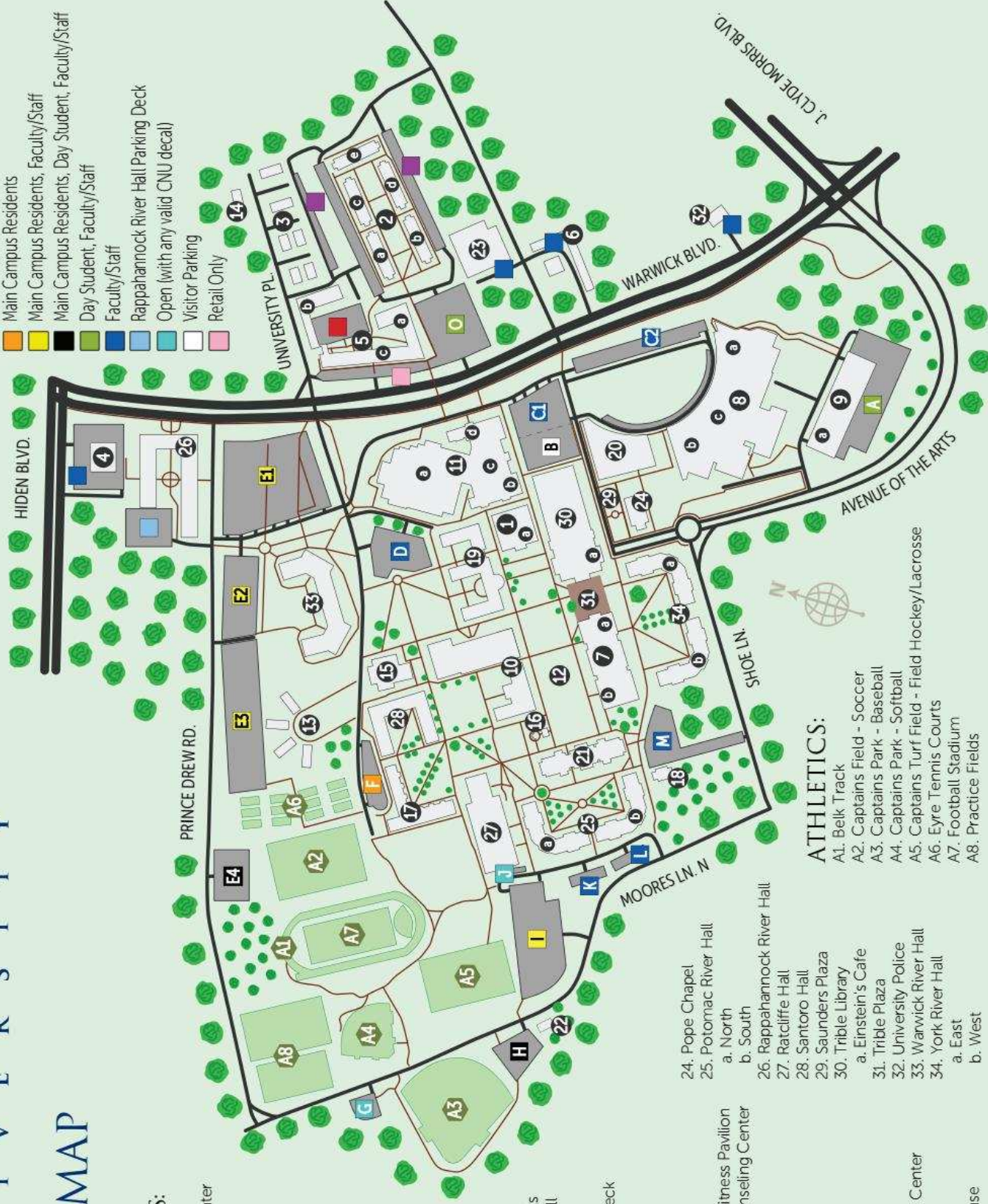
CAMPUS MAP

BUILDINGS/AREAS:

1. Christopher Newport Hall
 - a. Admission Welcome Center
2. CNU Apartments
 - a. Harrison
 - b. Jefferson
 - c. Madison
 - d. Monroe
 - e. Washington
3. CNU Landing
4. CNU North
5. CNU Village
 - a. Taylor
 - b. Tyler
 - c. Wilson
6. Commonwealth Hall
7. David Student Union
 - a. Captains Locker
 - b. Regattas
8. Ferguson Center for the Arts
 - a. Diamonstein Concert Hall
 - b. Peebles Theatre
 - c. Studio Theatre
9. Ferguson Center Parking Deck
 - a. Parking Services
10. Forbes Hall
11. Freeman Center
 - a. Field House
 - b. Gaines Theatre
 - c. Trieshmann Health and Fitness Pavilion
 - d. Windsor Health and Counseling Center
12. Great Lawn
13. Greek Village
14. Grounds Department
15. Hidden-Hussey Commons
16. Hoinkes Plaza/Bell Tower
17. James River Hall
18. Klich Alumni House
19. Luter Hall
20. Mary M. Torggler Fine Arts Center
21. McMurrin Hall
22. Military Science Building
23. Plant Operations Warehouse

PARKING: (Lots are named by letter)

- CNU Apartments, CNU Landing, CNU Crossing
- CNU Village Parking Deck
- Main Campus Residents
- Main Campus Residents, Faculty/Staff
- Main Campus Residents, Day Student, Faculty/Staff
- Day Student, Faculty/Staff
- Faculty/Staff
- Rappahannock River Hall Parking Deck
- Open (with any valid CNU decal)
- Visitor Parking
- Retail Only



ATHLETICS:

- A1. Belk Track
- A2. Captains Field - Soccer
- A3. Captains Park - Baseball
- A4. Captains Park - Softball
- A5. Captains Turf Field - Field Hockey/Lacrosse
- A6. Eyre Tennis Courts
- A7. Football Stadium
- A8. Practice Fields

- 24. Pope Chapel
- 25. Potomac River Hall
 - a. North
 - b. South
- 26. Rappahannock River Hall
- 27. Ratcliffe Hall
- 28. Santoro Hall
- 29. Saunders Plaza
- 30. Tribble Library
 - a. Einstein's Cafe
- 31. Tribble Plaza
- 32. University Police
- 33. Warwick River Hall
- 34. York River Hall
 - a. East
 - b. West

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.

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.

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.

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.

Learning Community (LC) – Every first-year student will be enrolled in a Learning Community of approximately 12 to 24 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 the 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.

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

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.

CAS – Center for Academic Success (see page 21).

CCE – Center for Community Engagement (see page 35).

CCP – Center for Career Planning (see page 29).

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, philanthropic clubs, religious clubs, etc.

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.

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

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, Student Activities, Student Engagement 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.

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.

Greek Life – Includes values-based student organizations that foster development through leadership, scholarship, service and community (see page 52).

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.

OSA – Office of Student Activities, 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.

PEOPLE 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.

Hall director – 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.

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.

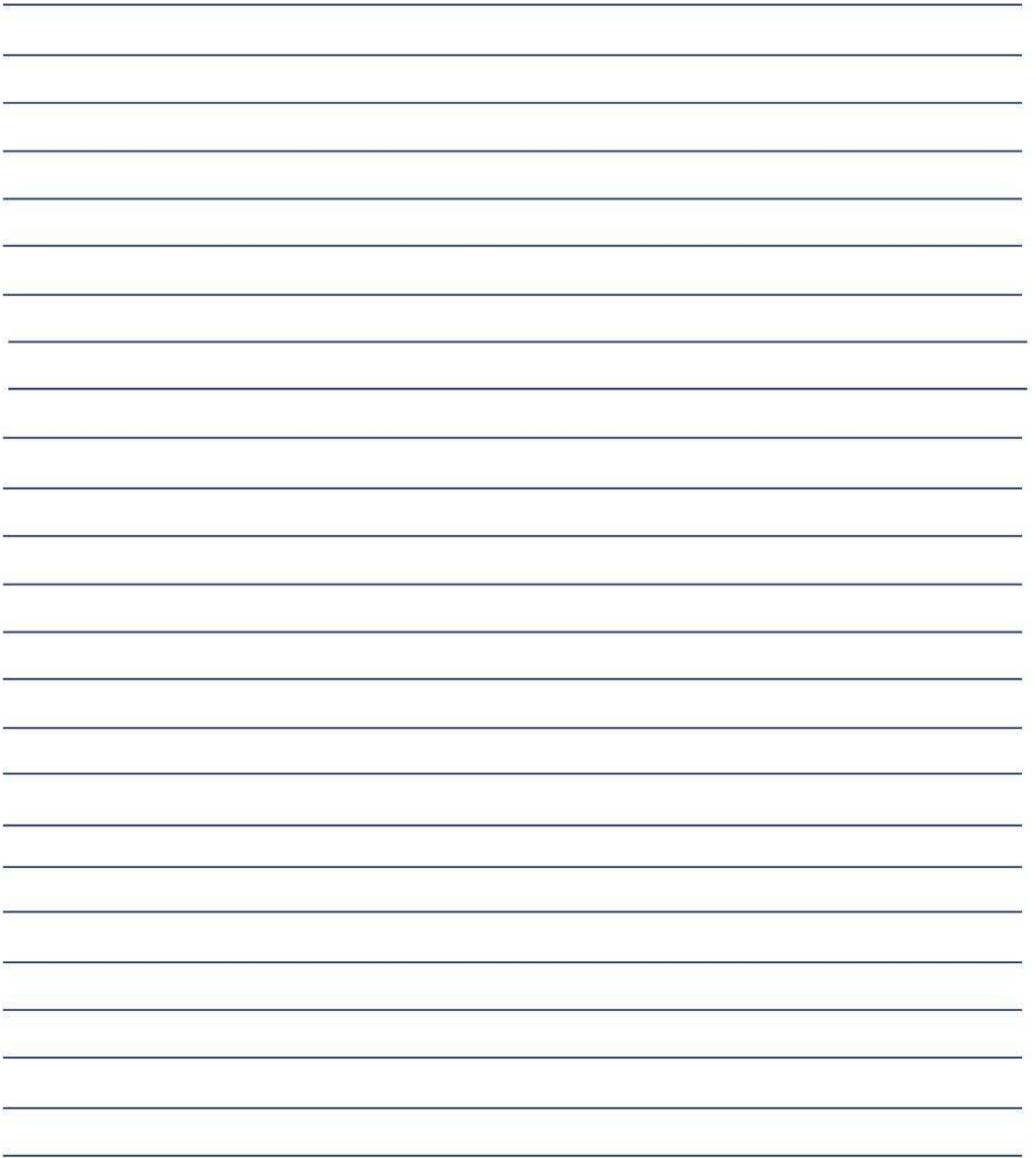
Major adviser – After Signing Day, students receive a major adviser to help them graduate on time and navigate the major's requirements; each major adviser is a professor within the department that houses the major selected. Students will meet with their major adviser once or twice a semester to work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

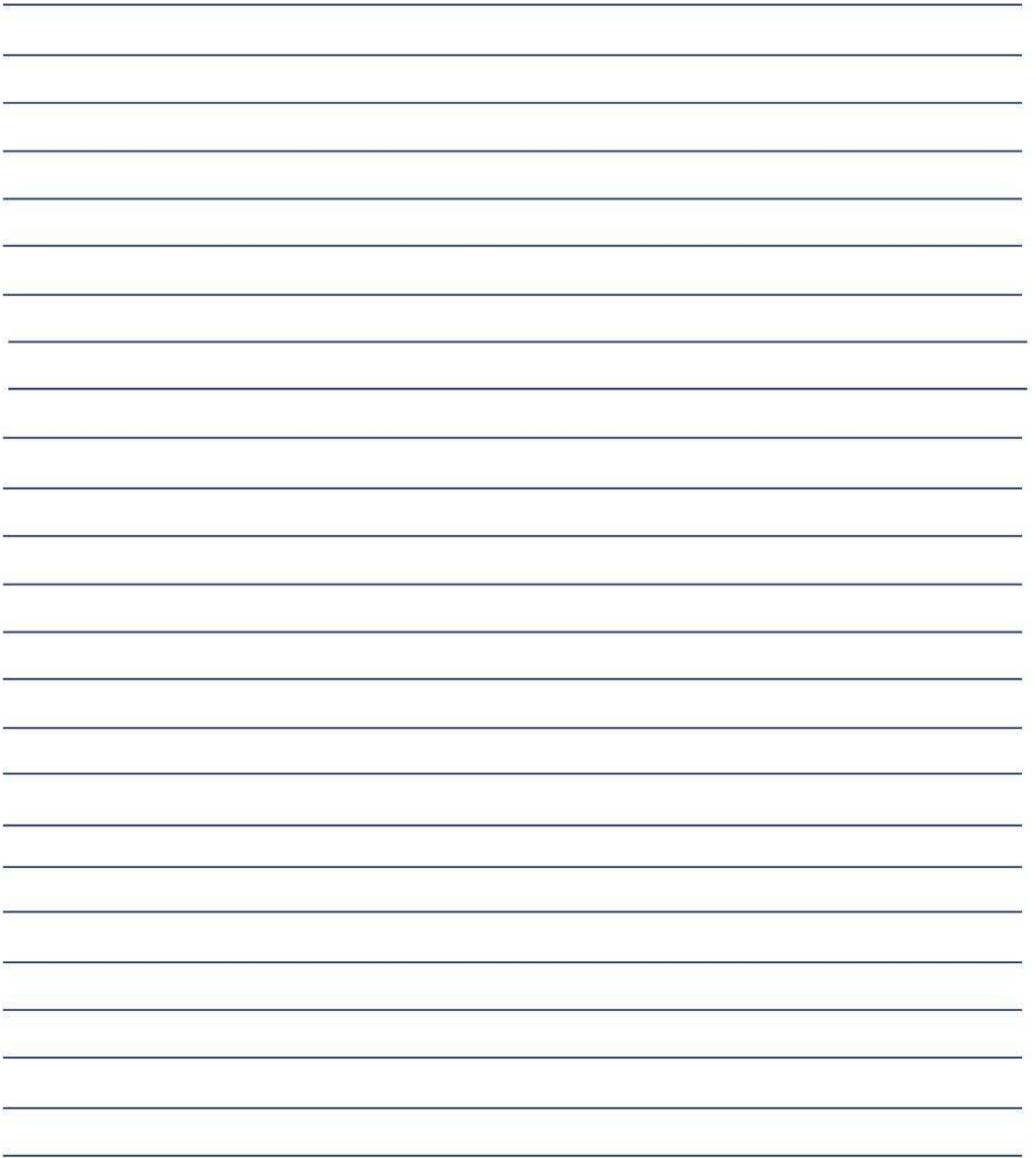
Provost – The senior academic administrator at a college or university who provides supervision and oversight to the institution's curricular, instructional and research activities.

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 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.

NOTES





NEXT STEPS CHECKLIST

- ☐ Send your Immunization Form to the Office of the Registrar by July 1st
- ☐ Have your student send their official high school transcripts to the Office of Admission by July 1st
- ☐ Have your student send their final official transcript from their dual enrollment institution and/or exam scores from the testing agency to the Office of the Registrar 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
- ☐ Have your student set up any necessary authorized payers through CNU Live
- ☐ Review your fall tuition bill and ensure payment or payment plan is in place by early July
- ☐ If your student is planning to bring a car to campus, make sure they purchase a parking decal online or in person at the Ferguson Parking Deck
- ☐ Be sure to follow your student's class @CNU2025 on Instagram, Facebook and Twitter for updates over the summer, during Welcome Week and throughout your student's four years!





CHRISTOPHER NEWPORT
UNIVERSITY