

2021 ORIENTATION

# STUDENT GUIDEBOOK

CHRISTOPHER NEWPORT

UNIVERSITY







# LETTER FROM STUDENT DIRECTORS

- 4. Orientation Leaders
- 5. Save the Dates
- 6. Crew Leaders
- 8. Crew Time Activity Sheet-Where Am I From?
- 10. Who We Are
- 12. Diversity, Equity and Inclusion
- 14. Freedom of Speech

# 16 ACADEMIC ESSENTIALS

- 18. Crew Time Activity
  Sheet-High School vs. College
- 20. Areas of Study
- 22. Office of the Registrar
- 24. Faculty Core Advisers and Learning Communities
- 26. Center for Academic Success
- 28. Alice F. Randall Writing Center
- 29. Subject Area Tutoring
- 30. Study Skills Seminars and Resources
- 32. President's Leadership Program

## 34 PILLARS TO SUCCESS

- 36. Center for Career Planning
- 38. Study Abroad
- 40. Study Abroad Scholarships
- 42. Center for Community Engagement
- 44. Undergraduate Research and Creative Activity

## 46 STUDENT

- 48. Student Affairs
- 49. Disability Support Services
- 50. Crew Time Activity
  Sheet-Campus Life & Engagement
- 52. Orientation and Student Engagement
- 54. Find Your Community
- 56. Residence Life
- 58. Packing Checklist
- 60. The Office for Sustainability
- 62. Student Activites
- 63. Greek Life
- 64. Recreational Services
- 66. Health and Wellness Services
- 68. Athletics
- 70. Marching Captains

## 72 STUDENT RESOURCES

- 73. Crew Time Activity Sheet-At Your Service
- 74. Dining Services
- 75. Captains Card Guide
- 78. Emergency Management
- 79. University Police
- 80. Title IX and Equal Opportunity
- 82. Billing and Payment
- 83. Financial Aid
- 84. Information Technology Services
- 86. Crew Time Activity
  Sheet-Campus Expert
- 88. Parking and Transportation Services
- 89. Campus Map
- 90. Academic Terms
- 92. Campus Terms
- 94. People to Know
- 96. Notes Pages
- 98. Crew Time Activity Sheet-Yearbook

# DEAR NEW CAPTAINS, WELCOME!

We welcome you to Christopher Newport with excitement and enthusiasm! We have been working hard to create an orientation experience that will prepare you to be a part of a vibrant community. As a part of the orientation process, Setting Sail provides an important opportunity for you to learn all of the need-to-knows before move-in in August. We, as well as your crew leaders, are eager to answer all of you and your family's questions and concerns as you start a new chapter of your life at CNU.

Soak up all that you can over this day and a half. We know you are receiving a lot of information and it can start to feel overwhelming. Try to reflect, jot down notes to look back on when preparing for move-in day, talk things through with your fellow Captains and think about how you can see yourself getting involved and finding your place at CNU. We encourage you to try new things, step outside of your comfort zone, take ownership of your experience, make a new friend and get excited for all that is coming.

Orientation doesn't end after Setting Sail. Some of you will continue your week with Leadership Adventure, our extended orientation program for students in the President's Leadership Program. Then everyone will come back for Welcome Week in August. Throughout and in between these phases of orientation, reach out to your orientation leaders and lean on them as a resource. Get to know them and ask them any questions you have – they were in your shoes not too long ago.

Today is just the beginning of your time here at Christopher Newport and we cannot wait to see where you go from here. Now prepare to set sail and embark on a new journey. We wish you all the best.

Go Captains!

#### Student Directors of Orientation

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









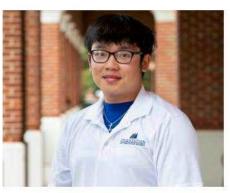
















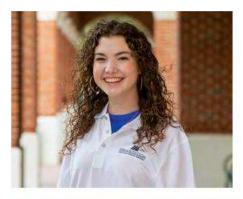
























Through large- and smallgroup facilitations, as well as sessions to learn about resources on campus, crew leaders provide a direction for the incoming students as they begin to chart their own course.















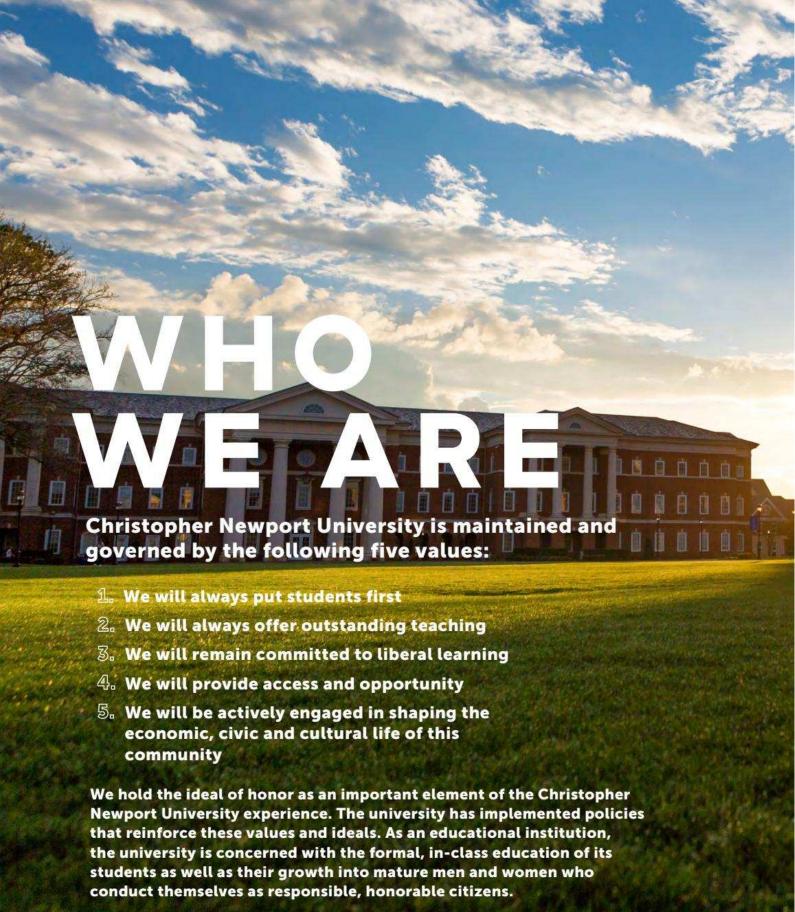


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Write about <b>smells from your childhood</b> .	Write about places in your home and neighborhood.
Write about close family members and include their names.	Write about lands and places your family is from or visits.
Write about <b>sayings in your family.</b>	Write about songs/stories your family sings/tells.
Write about where you keep your memories.	Write about <b>tastes from your childhood.</b>

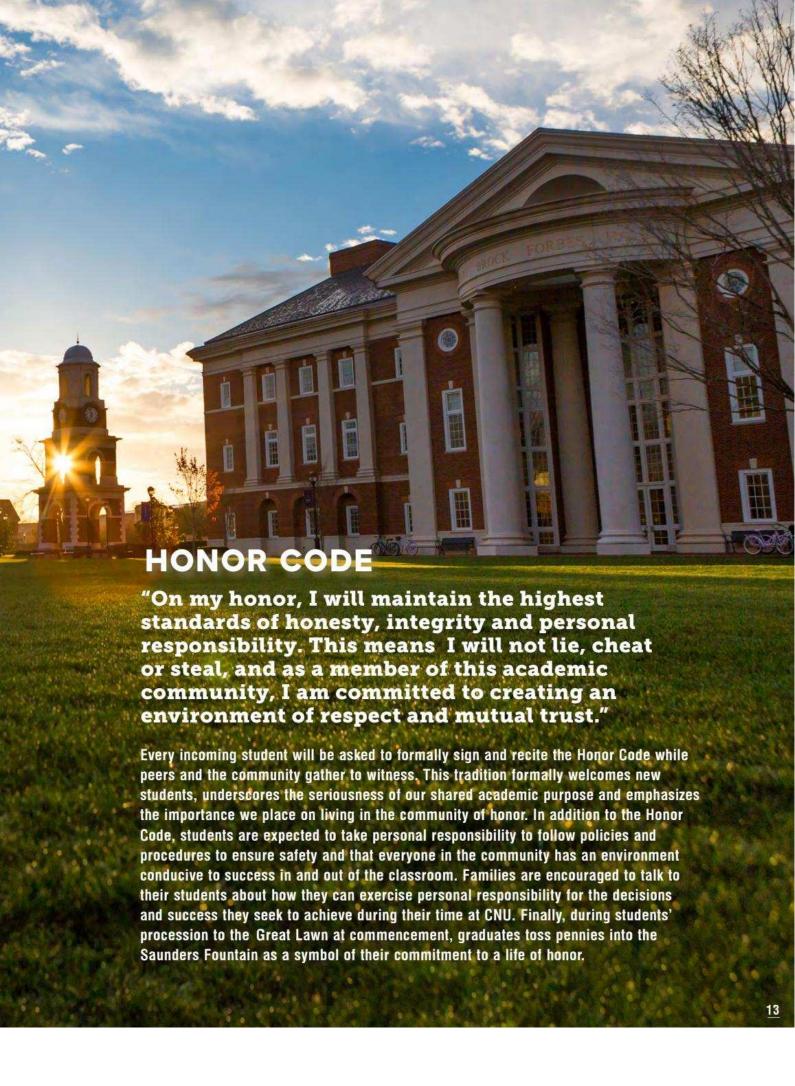


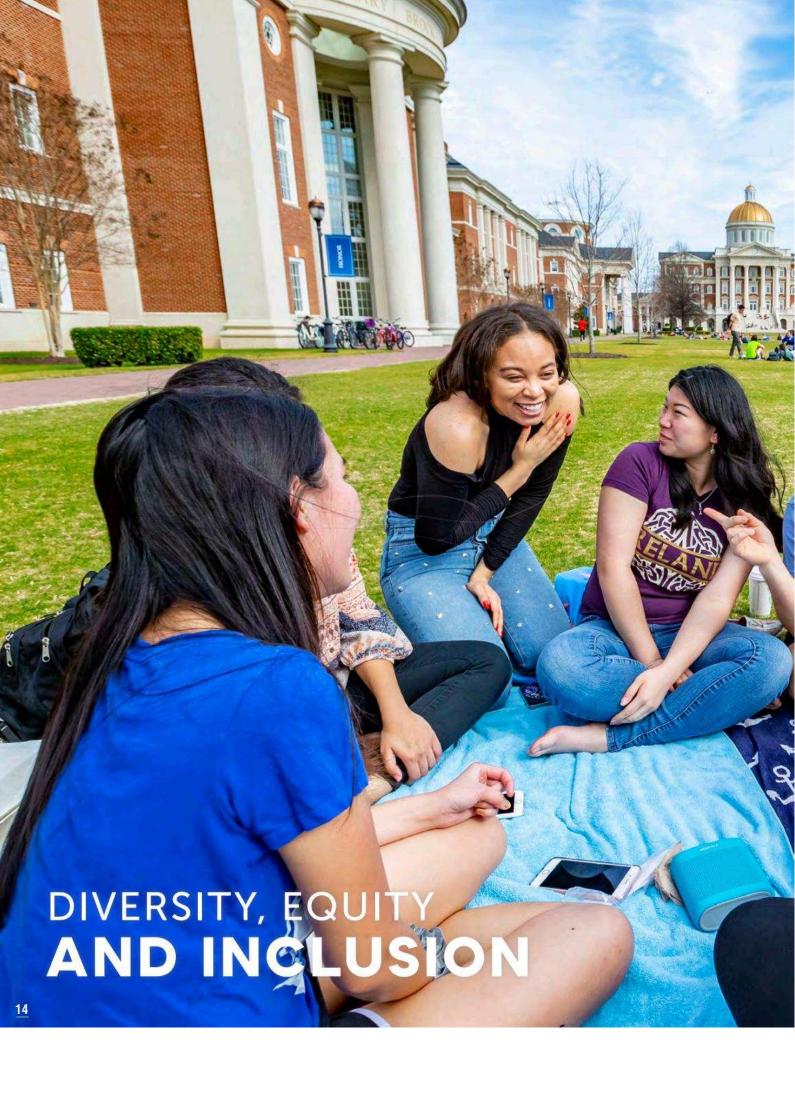
(C) ChristopherNewportU

**CNUCaptains** 

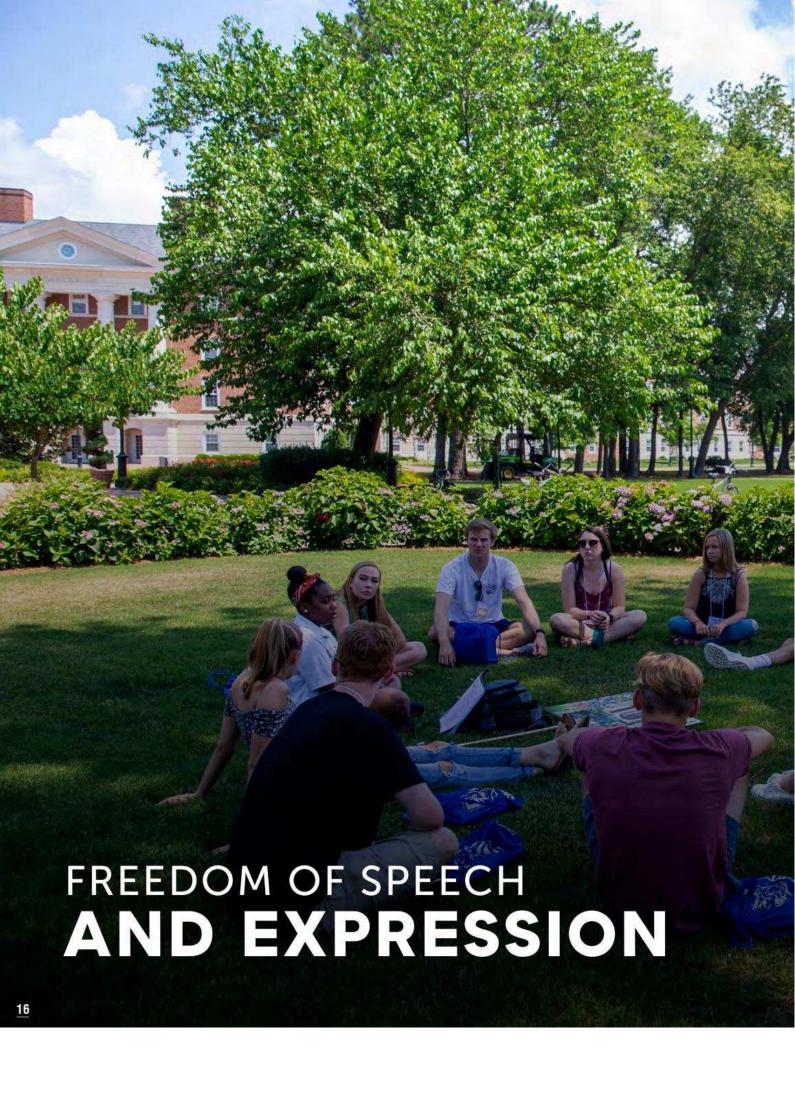
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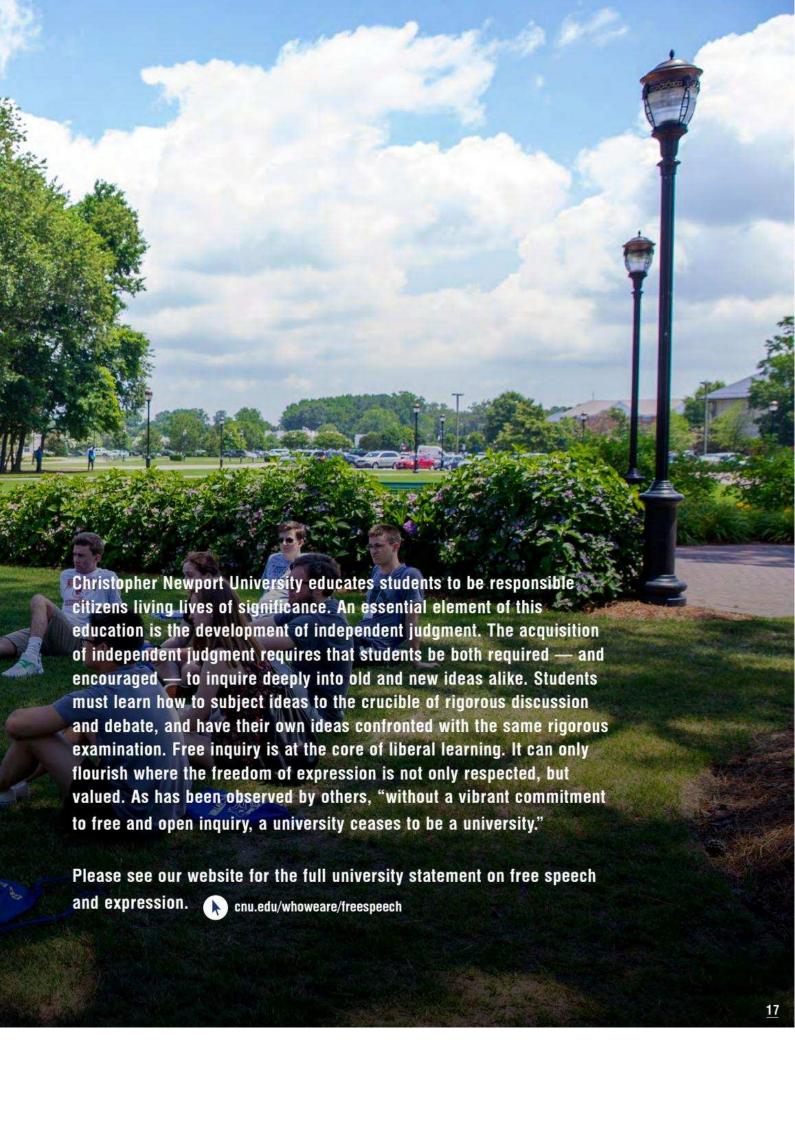
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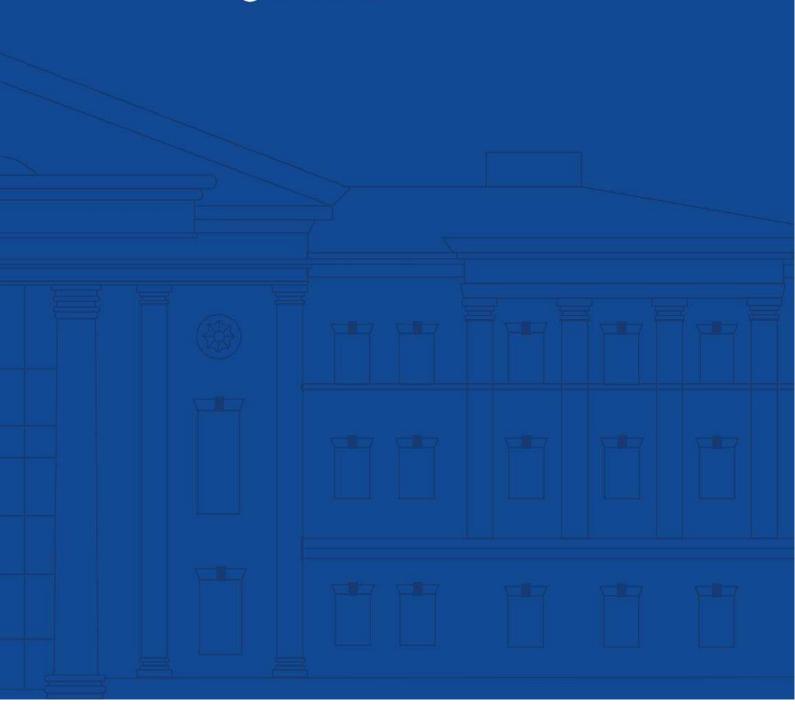






Christopher Newport's approach to the liberal arts and sciences is unique. In fact, we earn a perfect "A" rating from the American Council of Trustees and Alumni (ACTA) for the strength of our curriculum in What Will They Learn? — ACTA's study of over 1,000 colleges and universities. Our comprehensive 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.









## Discussion with the Group

What photo(s) did you share in the GroupMe? How are they significant to you and/or your high school experience?
What other photos were shared in your small group? Why are they important to your group members?
Do you think any of the photos shared from high school could be relevant to your experience at CNU?



Reflection with the Crew Leader	Ref	lection	with	the	Crew	Leade	r
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What did you learn after sharing your picture to your Crew Leader and entire crew?		
Write any activities you'd like to ta school or new ideas.	ake part in at CNU, whether they are things you did in high	



## **ACADEMIC SCHOOLS AND COLLEGES**

### **COLLEGE OF ARTS AND HUMANITIES**



🕟 cnu.edu/cah

### **COLLEGE OF NATURAL AND BEHAVIORAL SCIENCES**



nu.edu/cnbs

### **LUTER SCHOOL OF BUSINESS**



cnu.edu/business

### **COLLEGE OF** SOCIAL SCIENCES



nu.edu/css

### **GRADUATE STUDIES**



🕟 cnu.edu/graduate



cnu.edu/academics

### **AREAS OF STUDY**

#### **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\*\*

Actina

**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

Linquistics

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 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 you 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 you prepare for Sophomore Signing Day when you transition to a major adviser

## ADVISING TIMELINE AND THINGS TO EXPECT:

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

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

Academic coaching and peer mentoring are tailored, one-on-one experiences that assist students in setting and achieving personal and academic goals. Both services are free for students! An academic coach is a full-time, professional staff member within the CAS. You can expect to meet with an academic coach three to four times a semester; however, more meetings may be requested. Your academic coach can help with the following:

- · Setting goals and task/time management skills
- Identifying challenges and barriers to success
- Providing academic study skills and strategies
- · Referring students to additional campus resources

A peer mentor is an upperclassman who works within the CAS. Our peer mentoring program received an international certification through the College Reading and Learning Association. This means our peer mentors have gone through a rigorous selection and training process to best help you! Students can meet with a peer mentor up to once a week starting the second week of each semester. Your peer mentor can help with the following:

- · Helping with the transition from high school to college
- · Setting goals
- Connecting you to additional campus resources



To learn more about academic coaching and peer mentoring, log onto CNU Connect and search for the Center for Academic Success page under MyCNU.



# 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



# 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.



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

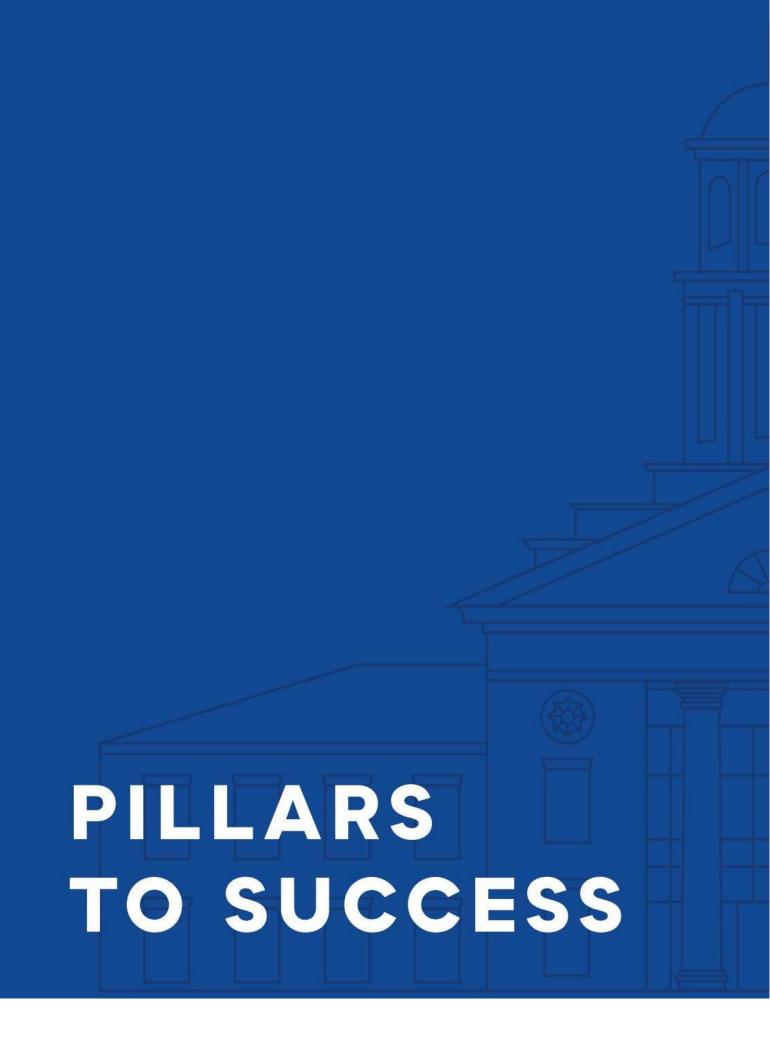
Selection for membership in PLP takes place during the university admission process. However, events in the President's Leadership Speaker Series and PLP Passport Destinations are open to all students. For questions relating to membership or opportunities for further leadership development, contact the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

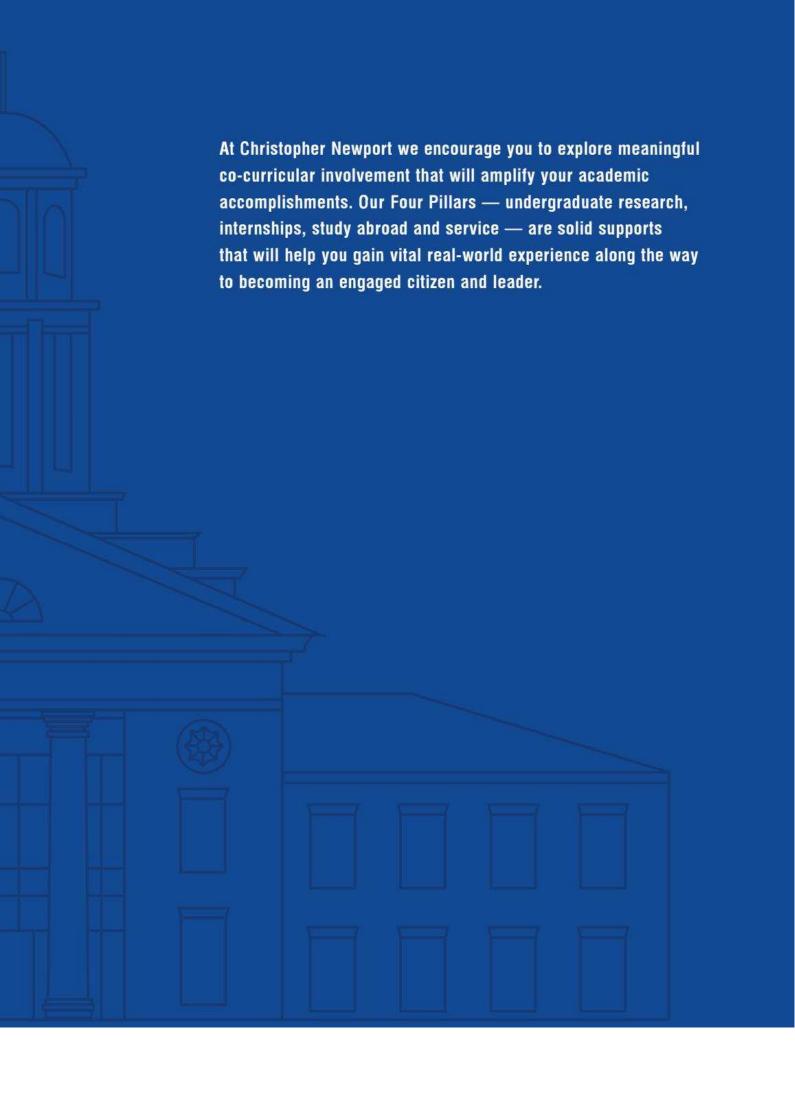












# CENTER FOR CAREER PLANNING

You want to make the most of your undergraduate experience and position yourself to be successful during your 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 you navigate the way. We support you 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 you come up with your very own action plan to get more out of your CNU experience and position yourself for unlimited future success.

### Connect Classes and Career By Talking to People

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





### Pick Your Best Major. Learn About and Explore Occupations. Start Pursuing Your 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 you can identify your interests, values and skills and see where these fit with major and career options.

### Gain Experience in Your Field

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

### It's Not About Resume Building — It's About You

Pursue your passions! Take classes that interest you. Get involved in activities that you find meaningful. Study abroad. Conduct research with a faculty member. Don't do things because they make your resume better, pursue things that excite you. Bring your experiences to the CCP and learn how to translate the value of your experiences into a narrative, so people understand what makes you tick and want to have you 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 your 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. You 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.

Financial Aid



(757) 594-7170



cnu.edu/financialaid



finaid@cnu.edu



- 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 you 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 your 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 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 chuengage.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 you find your 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.













"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



## 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) you 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 you through a simple, effective process leading to the right fit and helping you develop a personal service path that is both fulfilling and deeply impactful.



### 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 possibilites 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

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 you will also accomplish the following objectives:

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

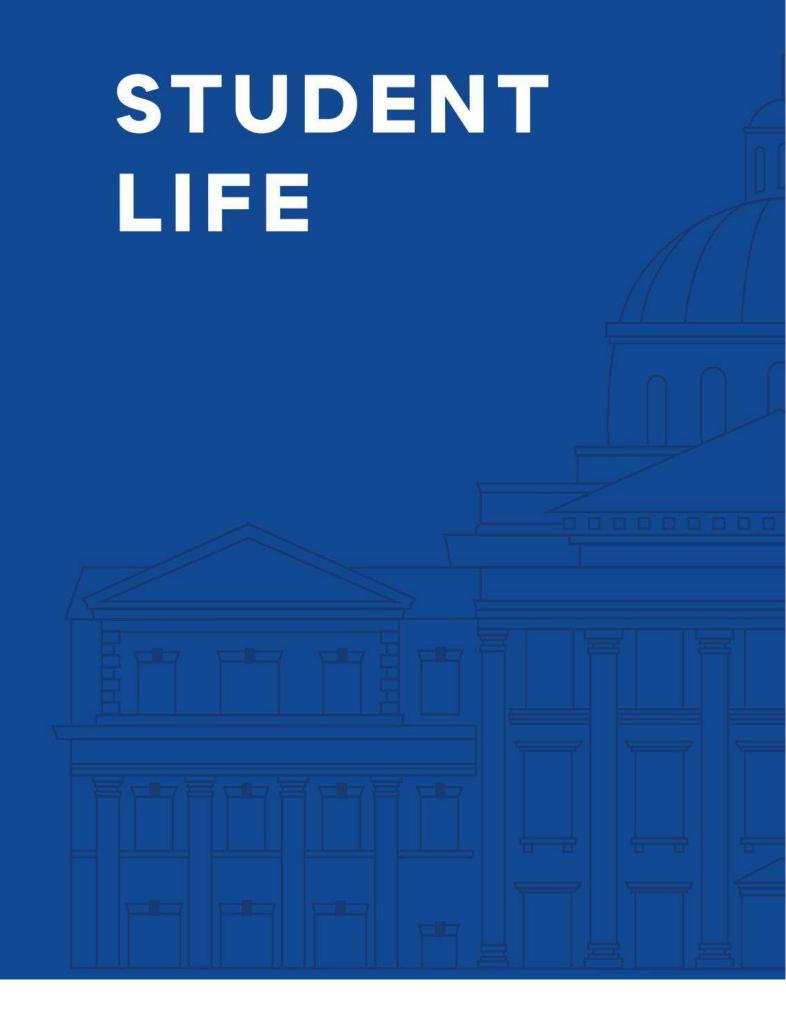
Plus, all student participants receive a \$3,200 stipend – in addition to a housing allowance covering the program's duration. In addition to many other opportunities, summer scholars present their work at a symposium held during Family Weekend the following fall.

### 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 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

### Insufficient Documentation

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

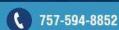
In some instances, documentation may be outdated or inadequate in scope or content. It may not address the student's current level of functioning or need for accommodations because observed changes may have occurred in the student's performance since the previous assessment was conducted. In such cases, 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.



# ENGAGEMENT



### **Organizations on The Compass**

Check three topics that interest you						
	and Volunteerism  ☐ Social Awareness ☐ Special Interest					
Quiz Time! Take the "Which of the Four Pillars are you?" quiz!  Center for Community Engagement						
2						
Center for Career Planning						
-						
Office of Undergraduate Research and Creative Activity (OURCA)						



Study Abro	ad		
<u> </u>			
) <del>[</del>			

Which pillar are you? Write down your results under the office you should connect with!



## 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 class year (@cnu.2025) or campus in general (@cnu.ose). These accounts will follow you from orientation through commencement with information pertaining to where you are in your CNU experience. Plus, you may even see yourself on there!







### WELCOME WEEK

After move-in, Welcome Week begins. This is a full week of programming designed to continue your transition to CNU. Not only does it allow time for you to get acclimated to campus and your new living situation, but it also lets you learn about the opportunities and resources available to all students. You will have the chance to hear from our academic deans and the Center for Academic Success, and meet with your core adviser to review your schedule. You will learn about ways to get engaged on campus, participate in service in the community, meet new friends, and attend fun evening programs. We look forward to welcoming you back to campus in August!

### **FIRST SIX WEEKS**

We know your transition to campus does not stop with the first day of classes. Orientation provides a ton of information, but we also realize it can be a bit overwhelming. We have designed programs throughout your first six weeks on campus to help continue that transition with social events to help you meet new people, participate in campus traditions, and lots of fairs to help you connect with organizations, departments, and endless opportunities. Check out the Involvement Fair, Fresh Check Day, the On-Campus Job Fair, the I Heart Newport News and Service Fair, just to name a few. A full calendar of events will be provided to you during Welcome Week.

### ENGAGEMENT COACHING

We encourage students to get involved during their time at CNU. Whether through participation in a student organization, an oncampus job, attendance at events, research with faculty, or internships and volunteer opportunities in the community, involvement can take many forms. Your time here is the perfect learning laboratory to try new things and figure out where your passion lies. We can help you connect with the people and opportunities that will help you get 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 experiences, students will walk away with direct strategies to find a connection on campus and/or in the greater community. Email studentengagement@cnu.edu to schedule a meeting.

### **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. Come visit our table at the Involvement Fair to learn more and sign up.

### FREE STUDENT EVENTS

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 or @cnu.ose for more free campus socials from the Office of Student Engagement.

## 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/life/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 your 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 you 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**

Room and roommate assignments will be published 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.

As a first year student, you will be assigned to a two-person (one roommate, one bedroom). You will share a bathroom with two additional people in an adjoining room.



(757) 594-7756



housingadmin@cnu.edu





### **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:



#### 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:**

## 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

### **MOVING IN**

- Invest in durable plastic totes You will be moving once a year for at least the next four years.
   Reusable tubs will keep your stuff safe and dry and make it easier to take in and out of your new space.
- Empty, flatten and recycle boxes If you do use boxes, consider reusing them. You can even keep them under your
  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 that 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 Not everything has to be brand new, so think about stocking up at a local thrift store. Buying here in Newport News is less for you to bring from home, and CNU has some great thrift stores just down the road. When in doubt follow the rule of borrowing, swapping or thrifting before purchasing new.
- Plan ahead and think minimalist This saves you time, space and effort by leaving things you can't keep or don't
  need at home and lightens your load and carbon footprint! Talk to your roommate to see what they're bringing to avoid
  bringing duplicates and unnecessary items such as a printer. Check with the Office of Residence Life to understand what
  is provided for you and what is prohibited.

### IN YOUR NEW HOME

- Use a power strip A power strip with an on/off switch and a built-in surge protector will not only protect your electronics from getting fried in a power surge but can also reduce your carbon footprint.
- · Choose laundry and personal care products wisely.
- Use laundry detergent strips and dryer balls as alternatives to traditional jugs of detergent and dryer sheets. These items
  have a significantly lower carbon footprint than traditional laundry materials.
- 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.

### REDUCE AND REUSE WHEN YOU EAT

- Use reusable wherever possible! Bring reusable silverware when you are getting takeout and opt for reusable containers.
   Bring reusable bags to the grocery store. These steps will decrease the waste laying around your room while saving materials.
- When shopping, look for items that come in recyclable packaging, or even no packaging! If recyclable packaging, be
  informed about which items we recycle on campus. Right now we recycle plastic labeled #1 or #2. For more details about
  our recycling dos and don'ts, visit cnu.edu/sustainability/recycling.

### GETTING AROUND CAMPUS AND THE NEWPORT NEWS COMMUNITY

- The Amtrak station is only 3.5 miles from campus! If you have a stop near home, consider using it to go home for visits and breaks. Train time is great for studying!
- One of the main bus lines for our community has stops in front of campus on Warwick and one on Shoe Lane
  across the street from the Ferguson Parking Deck. Service is limited, however when traveling to centralized places
  like City Center or the Patrick Henry Mall there are direct routes from campus. Check out the Hampton Roads
  Transit page at gohrt.com for route information.
- Bring your electric vehicle to campus. There is an electrical vehicle charging station located in the parking garage near the Ferguson Center for the Arts.
- There are bike racks located outside of all CNU on campus buildings and we have three bike repair stations around campus available for student use.

### NOW THAT YOU'RE A CAPTAIN

- Check out the CNU Class of 2016 Community Garden. Applications for 4x4 plot rentals are open in the fall and the spring.
- Keep current with us on Instagram, Facebook or Twitter at @sustainCNU. You can also use social media pages such as book trades or class pages. Often items are traded through these pages decreasing the need to purchase items new.
- Connect with us! CNU Sustainability works on a variety of projects all year that are relevant and open to students
  of any background. We also have resources, volunteering opportunities, internships, fellowships, and partnerships
  you can get involved with!
- The Center for Sustainability in Education can help you connect with faculty to complete research.
- The Office for Sustainability can help you understand sustainability opportunities here on campus.
- Take advantage of some great sustainability organizations that we are members of:
  - Association for the Advancement of Sustainability in Higher Education Create an account with your CNU
    email to access resources on the member hub and a community of folks doing sustainability at other member
    campuses around the world.
  - Post Landfill Action Network Use your CNU email to create an account to be eligible for discounts from a variety of eco-friendly companies.



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
Cultural and Identity-based
Faith-based
Fraternities and Sororities

Music and Performance
Political and Activism

Professional Organizations

Service and Volunteerism Club Sports Special Interest Student Government Student Media and Publications

## How do I learn about clubs/organizations and events on campus?

Check out **The Compass**, CNU's online home for campus involvement. Start here to determine if there are any student organizations that might interest you. 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.

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



cnu.edu/thecompass





David Student Union 330



(757) 594-7260



osa@cnu.edu



cnu.edu/life

## **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 do I join a fraternity or sorority if I am 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 I 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.



### 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. You do not need a background in the sport to officiate (although it helps) because we will teach you everything you need to know.



### I was an athlete in high school. What options do I have to participate in athletic activities in college?

Playing a club sport is an excellent way for you to continue competing in the game you 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 Cheer Crew Equestrian **Field Hockey Fishing** Golf **Gymnastics** Hiking Ice Hockey Lacrosse **Martial Arts** 

Quidditch Rugby Running Scuba Soccer Softball **Swimmina Table Tennis Tennis Ultimate Frisbee** Volleyball

### 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 you already love.









(757) 694-8815



pieremy.fritz@cnu.edu



intramurals@cnu.edu



nu.edu/life/recreation

# 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. You will also find full information regarding first-aid and medicines you 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





# STUDENT RESOURCES



# SERVICE



Captain's Card  How do you load Captains Cash onto your Captains Card?	
Where do you think you'll be spending some Captains Cash?	
How many Dining Dollars do you have this semester?	
Dining Halls	
Which dining hall has the better menu tonight?	
Which theme meal do you want to go to?	
What are your Crew Leader's dining hall hacks?	

#### **Parking and Transportation Services**

Where is the Parking & Transportation Services office?



## DINING SERVICES

#### **Dining Halls:**

Regatta's (David Student Union) features traditional favorites like turkey and mashed potatoes, Mongolian barbecue, and fresh pizza. You'll 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 wellstocked salad bar, a rotating menu of hot meals and madeto-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, freshbrewed 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 meal plan and are encoded onto your student ID card, which you 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.

### **UPLOADING CAPTAINS CARD PHOTO**

## Changes to Captains Card Photo

A large part of your campus experience will include using your Captains Card. It will be used to access your Residence Hall, your room, your meal plan, Library resources and different funds of money such as, Dining Dollars, Print Funds and Captains Cash.

To facilitate a more stream lined approach to move-in, as well as help reduce lines and wait times for a Captains Card, we are asking you to submit your Captains Card photo online as early as possible but no later than July 30, 2021.

Doing this will allow us to print your Captains Card in advance, and you will be able to receive it on your move-in day. If you do not submit your photo online, you will be required to come to the Welcome Desk to have your Captains Card made and then return to the move in line at your Residence Hall.



## Uploading Captains Card Photo

Your photo should be taken against a plain background, with no filters or effects applied. For best results, take your photo from the shoulders up, and make sure that your face is visible without any hats, sunglasses, or other accessories.

- Go to my.cnu.edu, click on the myLinks button, and log in with your CNU credentials.
- Click the Captains Card link under the "Single Sign-On Services" section.
- · Click on the Profile link at the top of the page
- Hit "Click to Submit New Photo."

If you have any questions, please reach out to us at

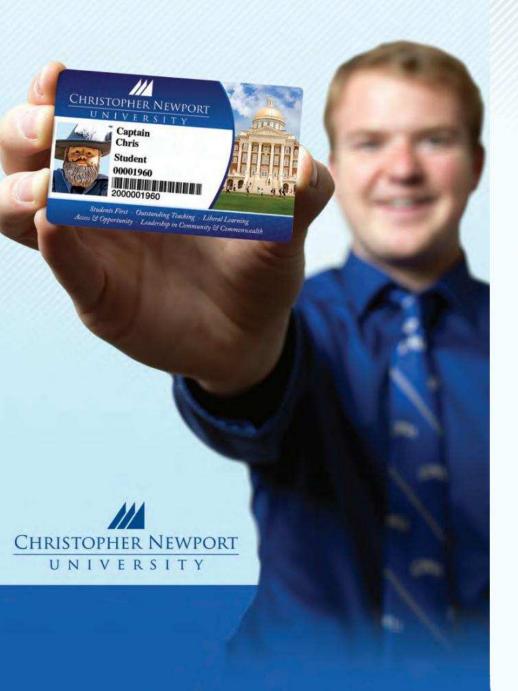


757-594-7100



captainscard@cnu.edu

## 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 Hidenwood 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 Ccampus	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

At a kiosk in the David Student Union or Trible Library No fee

## Use your Captains Card to do the following:

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

#### 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 McMurran • Trible 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

# 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 solutions are solutions.

12270 Warwick Boulevard

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

## 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







#### **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:



#### 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

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

Please note that your refund, if any, will be sent to you after the start of the semester, so you 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.

CChanges 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 offer of aid.

If you 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 you may be required to repay CNU directly to cover any balance created by the portion of your aid that is returned. If you fail to complete all courses you enroll in (i.e., you receive all "UI" grades), you will be considered to have unofficially withdrawn from the university, and some or all of your aid will be returned. You may owe the university for charges left unpaid.

#### **Purchasing Books with Financial Aid**

If you have excess funds available from financial aid, after your charges are paid, you 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 you checkout at "Payment Methods", please use your student ID# to find "Account Number" located under Alternate Forms of Payment.

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

## What if my 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 you need additional funding beyond your 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. 85 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:



#### Disbursement of Aid

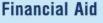
The Office of Financial Aid will begin disbursing aid to the student billing account after the close of the add/drop date of each semester as long as all disbursement requirements are met. Students must ensure that all required documentation is complete (i.e., Direct Loan Entrance Counseling, Master 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.





(757) 594-7170



cnu.edu/financialaid



finaid@cnu.edu

#### 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 loan amount was based on your 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 I 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: As a student, you have access to download the latest version of Microsoft Office (Word, Excel, PowerPoint, etc.) on up to five computers; you will have access to the full version of Office as long as you 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 you 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 do I print?

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

#### What type of computer should I bring to campus?

While computing needs may vary based on the specific requirements of your 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



#### Recommended Laptop/Desktop Configuration

· Processor: Intel Core i7 or AMD equivalent

Memory: 8GB or betterHard 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

## CAMPUS EXPERT



Christopher Newport Hall	
Notes:	
Where is your Crew Leader's secret spot?	
David Student Union	
Notes:	
Where is your Crew Leader's secret spot?	
Ferguson Center for the Arts	
Notes:	
Where is your Crew Leader's secret spot?	



Fordes Hall	-Grew 7
Notes:	CNU 2021
Where is your Crew Leader's secret spot?	
Freeman Center	
Notes:	
Where is your Crew Leader's secret spot?	
Luter Hall	
Notes:	
Where is your Crew Leader's secret spot?	
McMurran Hall	
Notes:	
Where is your Crew Leader's secret spot?	
Trible Library	
Notes:	
Where is your Crew Leader's secret spot?	
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#### 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





PARKING: (Lots are named by letter)

Updated: 12/2020

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.

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**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.

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**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.

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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 firstyear 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.)

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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.

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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.

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

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**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).

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

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**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.

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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.

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**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.

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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 Trible 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.

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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.

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Crew Leader – Crew Leaders are our Orientation Leaders working with our Setting Sail and Welcome Week programs. They serve

**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.

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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**

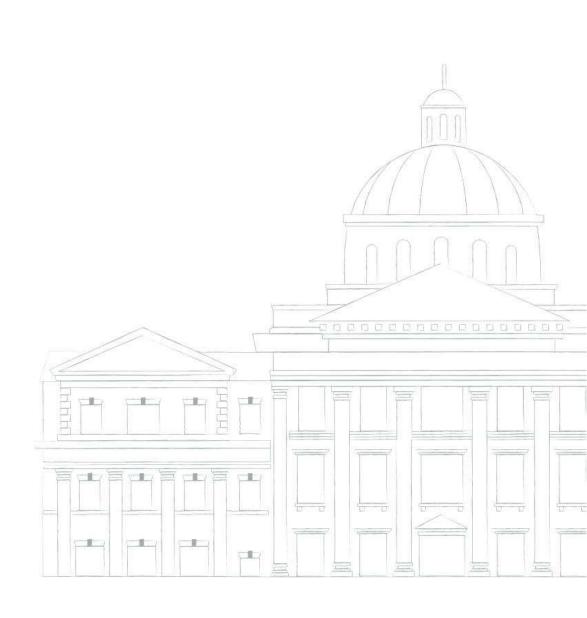
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## **YEARBOOK**



Look back at the memories of Setting Sail



## **NEXT STEPS CHECKLIST**

Attend virtual crew time sessions in July and August	
Send your Immunization Form to the Office of the Registrar by July 1st	
Send your official high school transcripts to the Office of Admission by July 1st	
Send your final official transcript from your dual enrollment institution and/or your 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	
Submit your Captains Card photo for your CNU ID	
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	
Purchase your parking decal online or in person at the Ferguson Parking  Deck	
Consistently check your CNU email as you will receive newsletters, an introduction from your core adviser, housing and move-in information, along with next steps throughout the summer	
Complete the AlcoholEdu and Sexual Assault Prevention online modules before you arrive for move-in. Information and log-in instructions for these programs will be emailed to you in early August	
Be sure to follow your class @CNU.2025 on Instagram and Facebook for updates over the summer, during Welcome Week and throughout your four years!	

