



Susan Barber <sbarber@cnu.edu>

Campus Announcements - December 7

1 message

Office of Student Activities <osa@cnu.edu>

Mon, Dec 7, 2015 at 8:33 AM

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

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Monday, December 7

[CAMPUS ACTIVITIES EVENT CALENDAR](#)

TODAY

- **Relaxation Hour: 2:00pm-3:00pm**

Upcoming Events

- **Captain's Ball - Get Your Tickets Now**
- **Register Now for The Conference on Leading Change**
- **Taste Of Africa**

Campus Programs and Announcements

- **Changes to WiFi-CNU in Spring 2016**
- **R.A.D. Courses for Spring 2016**

Today

Relaxation Hour: 2:00pm-3:00pm

Take a time out from finals week and join us for a relaxation hour 2-3 p.m. Monday through Friday. Explore relaxation techniques that may give your brain a body a much needed hour break. No RSVP needed!

Freeman Center Room 101

Monday - Friday

(Dec. 7-11)

2-3:00 p.m.

Upcoming Student Events

Captain's Ball - Get Your Tickets Now

Captain's Ball is quickly approaching and tickets are on sale NOW!! Get your tickets in the OSA or at the Welcome Desk in

the DSU. Tickets are \$15 for one OR \$25 for two! Check out the event page on Facebook for more details and follow Class Council on Facebook, Instagram, and Twitter for updates!!

<https://www.facebook.com/events/1526101937700168/>

Attachment

Register Now for The Conference on Leading Change

This Conference on Leading Change is about our students being better informed, feeling more energized, and having a higher level of confidence to influence change in their personal, local and global communities

The conference is designed to address contexts of change that are reflected in four tracks

- Individual Change
- Organizational Change
- Social Change
- Global Change

Change is an inevitable part of our lives. Come learn how you can successfully lead change and unleash your potential with over a dozen informative and educational sessions offered (visit <http://cnu.edu/leadingchange/sessions.asp> for information on the sessions)

Join us Saturday, January 23rd 8:30 a.m. to 5:00 p.m. in the Freeman Center

For more information and to REGISTER visit cnu.edu/leadingchange

Taste Of Africa

ASU will host its first ever "Taste of Africa" event on JANUARY 23, 2016. This event will showcase cultural dances from other schools, our own CNU Afro-Caribbean dance group, food from different African countries, raffles and much more fun! Can't wait to see you there ! Admission is free !

Attachment

Campus Programs & Announcements

Changes to WiFi-CNU in Spring 2016

Beginning January of 2016 student computers accessing WiFi-CNU will be required to run the OnGuard security client available at http://10.2.1.44/guest/OnGuard_HealthCheck.php?_browser=1. In preparation for spring semester you can download and run this client now. You must be on the campus network to do so.

Beginning March 1st of 2016 student computers accessing WiFi-CNU will be required to have Antivirus software installed and running. The OnGuard security client (http://10.2.1.44/guest/OnGuard_HealthCheck.php?_browser=1) allows us to ensure compliance with that standard. During initial deployment, this security scan will inform you whether or not your operating system is up to date and running anti-virus software. Computers without anti-virus software will get a status message of 'unhealthy'. From January through March 1st 2016, computers will only be put into remediation if they do not have the OnGuard security client installed. Computers prevented from otherwise using the network will be able to access and perform the needed download.

This initial period, during which only the OnGuard client is required, will allow you to update your computer and acquire anti-virus software if needed. After March 1st our security efforts will be tightened and computers without an anti-virus program will be remediated from network access. Users will have a grace period to perform updates and install an anti-virus when their computer is out of compliance.

OnGuard security client: http://10.2.1.44/guest/OnGuard_HealthCheck.php?_browser=1

For more information, visit our Security Compliance web page (<http://cnu.edu/its/infrastructure/security%20compliance.asp>).

Thanks for your efforts in keeping our network safe for everyone.

R.A.D. Courses for Spring 2016

With the interest in R.A.D continuing to grow, we have planned for more classes in the New Year.

For those of you who are not familiar, the R.A.D. Program is a self-defense class specifically designed to help women protect themselves against abduction and sexual assault. All R.A.D. techniques are easy to learn and are designed for individuals who have no previous self-defense experience. The program requires a 12 hour time commitment for instruction. We ask that you attend all sessions to attain maximum benefits.

Our first offerings will be held in January, with two different course instruction options from which to choose:

Four (4) days, with three (3) hour sessions
January 19, 21, 26, & 29
6:00-9:00 p.m.

Three (3) days, with four (4) hour sessions
January 17, 24, & 31
1:00-5:00 p.m.

What you can expect from participating in the R.A.D. classes:

- 1) To learn the profile of a potential attacker, as well as various crime prevention strategies.
- 2) To learn and develop numerous techniques used to defend against an attacker and ways to escape when presented with a threat.
- 3) To apply the learned self-defense techniques through a dynamic simulation, in which the student will complete scenario based exercises to escape a simulated attack.

These classes are open to all female students, of any physical fitness level, and they are completely FREE.

Please email RAD@cnu.edu and indicate which course you would like to attend. If you cannot attend either of these, but are interested in scheduling a course (and have at least 10 women), please email us; we will attempt to accommodate your group or organization.

Attachment

--

Office of Student Activities
DSU 330
Christopher Newport University
[757-594-7260](tel:757-594-7260)
osa@cnu.edu

www.cnu.edu/studentactivities/

Follow us on Twitter [@CNUOSA](https://twitter.com/CNUOSA) or like the [CNU Office of Student Activities](https://www.facebook.com/CNUOfficeofStudentActivities) on Facebook!

3 attachments



Captain's Ball
120K

ASU_Showcase.jpg



301K



rad_announcement.pdf
85K