

# CONNECTIONS WEEK

A Week of Events  
to Help You Explore SUNY Orange  
and Make Connections!

September 11 – 14, 2023



  
**SUNY ORANGE**  
C.S.I.  
CENTER FOR STUDENT INVOLVEMENT



# SUNY ORANGE CONNECTIONS WEEK

Sign in and submit feedback at each event to be automatically entered into a raffle!

- At the end of each event, find the QR code poster, scan, and complete the brief survey.
- There will be a grand prize gift basket raffle at the end of Connections Week for students who attended 3 or more events and submitted feedback.
- Gift basket includes a Chromebook, bookstore gift card, and more college prep prizes sponsored by C.S.I. and PROSPERAR.

## Vote for your Student Senate representatives!

- Wednesday, September 14 - Friday, September 16
- Scan here to vote



# SUNY ORANGE

STUDENT SENATE

*Follow the* **Center for Student Involvement**  
*on Social Media and participate*  
*in* **#SOspirit!** **@sunnyorangecsi** 

# Monday, September 11

## NEWBURGH CAMPUS

### #SOspirited (Involvement Day)

#### Headshots

Time: 9:30 - 11:30 a.m.

Location: KAP Grand Street Lobby

Need a professional-looking photo of yourself? Come get your headshot taken for free!

#### Transfer Info Table

Time: 9:45 - 11 a.m., 1 - 2 p.m.

Location: Kaplan Hall Main Lobby

Are you interested in transferring to a 4-year school but aren't sure where to start? Stop by and grab some information, get your questions answered and set yourself up for success early!

#### September 11 Remembrance

Time: 11 a.m.

Location: Larkin Plaza

#### How to Choose a Career

Time: 11 a.m. - Noon

Location: Tower 206

It all comes down to 3 simple components that are always present in every successful career.

## **Academic Meet and Greet**

Time: 11 a.m. - 1 p.m.

Locations:

**English & Math** - outside KAP 202

**Bio** - KAP 320

**Nursing** - KAP Grand Street Lobby

**Business** - outside TWR 422

Each Academic Department invites you to stop by for refreshments and network. Meet your instructors and fellow students in an outside-the-classroom environment.

## **Lunch & Learn with CSS: Orange Connect Student Overview**

Time: 12 - 12:30 p.m.

Location: KAP 204

Explore the features and benefits of Orange Connect, our cutting-edge Student Support Software, a technological solution specifically designed to support your academic success in college. You'll learn firsthand how to use this innovative tool to receive timely notifications of potential academic obstacles, while being guided on how to utilize its resources for your benefit. By attending, you'll understand how to navigate the software, book an appointment, seek support and find services available to you.

## **Lunch & Learn: Time Management**

Time: 12:30 - 1 p.m.

Location: KAP 208

Students will have an opportunity to work through time management strategies to help focus on important issues, prioritize tasks and maintain the discipline needed to complete them. With support from the Pathway Coaches, this workshop explores the practical technique of utilizing a planner for identifying key time wasters, setting boundaries, handling interruptions and maximizing productivity. The goal is for students to walk away incorporating these techniques into their daily activities by setting goals, writing out objectives and developing a daily action plan that promotes focus, discipline and creativity.

## **Lunch & Learn: Is My Major Right for Me?**

Time: 1 - 1:30 p.m.

Location: KAP 111

Thinking about a new major or exploring some options you might have? Come to this workshop and discuss career planning, factors that influence what career might be right for you and learn more about resources you can utilize to help you!

## **Managing Finances**

Time: 1 - 2 p.m.

Location: KAP Great Room

The ins and outs of credit can be confusing for anyone, and this seminar has been designed to lay out the complexities and potential pitfalls of managing credit in an easy-to-understand presentation. We will look at what factors impact credit, common credit mistakes and misconceptions and how to responsibly manage credit. How does credit work? What's the difference between a credit score and a credit report? This seminar addresses common credit questions and the behaviors that can help (or hurt) your score.

## **SAP Regulations**

Time: 2 - 2:45 p.m.

Location: Virtual: <https://sunyorange.zoom.us/j/96209984529>

Brief discussion of Financial Aid process and Satisfactory Academic Progress requirement.



# MIDDLETOWN CAMPUS

## #SOdiverse (Diversity Day)

### Scavenger Hunt (Close at Serenity Room)

Time: All Day

Location: Across campus/Wellness Center

Did you love Where's Waldo as a kid? If so, get your observational skills ready! The Wellness Center will be hiding stress balls around campus. Find one during Connections Week, and come to the Wellness Center to claim your prizes and a look at our brand-new Serenity Room!

### Tie Dye with SAPA

Time: 10 a.m. - 1 p.m.

Location: Rowley Ground Floor (near Sarah Wells Cafe)

The members of the Orange County Sexual Assault Prevention and Awareness team will be on site to help us tie dye shirts. There will be freebies in addition to the shirts, which are yours to keep! Come and learn information about sexual assault prevention and keep a reminder in the form of some new fashion.

### Visit from TimelyCare

Time: 10 a.m. - 2 p.m.

Location: Rowley Main Lobby

A representative from an amazing service called TimelyCare will be on campus to help you connect to absolutely free Mental Health care, including 24/7 live talk with a qualified professional. They will have information, giveaways and other fun activities. All students are encouraged to learn as much as possible about this valuable service!





## **September 11 Remembrance**

Time: 11 a.m.

Location: Flagpole at Morrison Hall

## **Backpack Project**

Time: 11 a.m. - 1 p.m.

Location: Outside of the front of the Library

The Backpack Project is a powerful visual representation of the lives of college students that are taken each year by suicide. The visual display will be accompanied by a licensed mental health counselor to help process any emotions that arise.

## **Aerial Yoga**

Time: 1 - 2 p.m.

Location: Physical Education Center (First Floor)

Step into our brand new aerial yoga facility and expand your flexibility and strength. All students welcome no matter what their yoga experience is. Dress comfortably!

## **Wellness Table**

Time: 3 - 5 p.m.

Location: Rowley Ground Floor (near Sarah Wells Cafe)

The Wellness Center staff will be present to answer all of your wellness questions, as well as provide freebies and information! There will also be Happy Lights available to rent, and plenty of giveaways.

## **Test Anxiety Workshop: A Virtual Event**

Time: 4 - 5 p.m.

Location: Zoom Meeting <https://sunyorange.zoom.us/j/95768036151>  
Meeting ID: 957 6803 6151

If the idea of taking a test makes your palms sweaty, this workshop is here to help! The Director of the Wellness Center will present a one-hour training on Test Anxiety, including how to understand it and tips to overcome it. All are welcome to this Zoom session!

# Tuesday, September 12

## NEWBURGH CAMPUS

### #SOspirited (Involvement Day)

#### #SOspirited

Time: All Day

Location: Virtual

Wear your SUNY Orange gear or school colors and post your photo on Insta! Tag @sunyorangecsi with #SOspirited to be entered to win a prize.

#### Involvement Fair

Time: 10 a.m. - 1 p.m.

Location: Larkin Plaza (Weather Location: KAP Great Room)

Meet our campus clubs and find out about involvement opportunities while appeasing your appetite with a lunch hosted by the Board of Activities and Center for Student Involvement. You can even stop by for a caricature drawing!

#### Gaming Tournament

Time: 2:30 - 4:30 p.m.

Location: Tower Basement Game Room

Compete for prizes in a gaming tournament including ping-pong and Super Smash Bros. Even if you don't want to compete, come check out our Game Room space with billiards, board games and more!

#### Involvement Info Table

Time: 4:30 - 6:30 p.m.

Location: KAP Main Lobby

Stop by to spin the wheel for a prize and learn more about involvement opportunities on campus and get your caricature done!



# MIDDLETOWN CAMPUS

## #SOdiverse (Diversity Day)

### **Slime with CSTEP**

Time: 10 a.m.

Location: RCSE 019

Follow the steps to find the CSTEP Lounge in RCSE 019 ! Come learn the science behind making slime and make your own to take home! While you're here, find out more about CSTEP (The Collegiate Science and Technology Entry Program), how you can get involved and how this program can push you to success in the STEM and Health Professions Fields!

### **Accessibility Services**

Time: 10 - 11 a.m., 2 - 3 p.m.

Location: Rowley Main Lobby

Please stop by and meet the Office of Accessibility Services (OAS) staff and ask any questions you may have.

### **Pathway Coach Meet and Greet**

Time: Noon - 1 p.m.

Location: RCSE 202

Come meet a Pathway Coach from the PROSPERAR program to see how they can support your overall success!



## **Poetry Workshop**

Time: 1 p.m.

Location: SSC Fireplace Lounge

Daniel Villegas is a Spoken Word and Bilingual Emcee from Colombia, currently based in the United States. His set references the Latin American experience/Hispanic culture. Daniel Villegas goes from poem to poem with the use of rhyme, while expressing the importance of self-knowledge and expression. He will also be playing the conga, tying in the history from Africa to the diaspora of the Indigenous and Spanish influences.

## **Support Services Jeopardy!**

Time: 2 - 3 p.m.

Location: RCSE 202

Come win great prizes and learn about the SUNY Orange student support services available through the PROSPERAR program to help you succeed!

# Wednesday, September 13

## **NEWBURGH CAMPUS**

**#SOspirited (Involvement Day)**

### **Accessibility Services**

Time: 9:30 - 10:30 a.m., 12 - 12:30 p.m.

Location: KAP Grand Street Lobby

Please stop by and meet the Office of Accessibility Services (OAS) staff and ask any questions you may have.

### **Black Film, Music and Culture**

Time: 1 p.m.

Location: KAP Great Room

Shawn Strong, co-founder of HUDSY TV and Phanatiks Entertainment LLC, will discuss the history, impact and relevance of film and music created by and reflecting the culture of the Black community.

## **CSTEP**

Time: 1 p.m.

Location: KAP Grand Street Lobby

Come learn the science behind making slime and make your own to take home! While you're here, find out more about CSTEP (The Collegiate Science and Technology Entry Program), how you can get involved and how this program can push you to success in the STEM and Health Professions Fields!

## **The Neurodivergent student: Navigating Your New World**

Time: 3 p.m.

Location: Virtual (<https://sunyorange.zoom.us/j/91832737842>)

Are you a neurodivergent student attending college for the first time? Change can be difficult, and transitioning to a college environment is challenging for everyone. This workshop will discuss the growing movement of neurodivergent college students, tips and tricks to make classroom experiences more positive, study tips, ways to handle overstimulation and other sensory experiences and how to socialize comfortably. Though the material will focus on tips for new students, all are welcome! Returning neurodivergent students, friends and classmates of neurodivergent students, family members of neurodivergent individuals...all can contribute! Please join the virtual workshop on Wednesday, Sept. 13.



# MIDDLETOWN CAMPUS

## #SOspirited (Involvement Day)

### #SOspirited

Time: All Day

Location: Virtual

Wear your SUNY Orange gear or school colors and post your photo on Insta! Tag @sunyorangecsi with #SOspirited to be entered to win a prize.

### ID Booth

Time: 9 - 11 a.m., 3 - 4 p.m.

Location: CSI

Stop by the front desk to have your ID photo taken for the app or for assistance in downloading your virtual ID.

### Student Life Day

Time: 11 a.m. - 2 p.m.

Location: Alumni Green (Weather Location: Gym)

Meet our campus clubs and find out more about involvement opportunities while appeasing your appetite with a lunch hosted by the Board of Activities and Center for Student Involvement. Play some games, laser tag and get a henna tattoo!

### Gaming Tournament

Time: 4 - 5 p.m.

Location: SSC 1st Floor Game Room

Compete for prizes in a gaming tournament hosted by SUNY Orange Gaming Club. Compete for prizes in a gaming tournament hosted by SUNY Orange Gaming Club including pool and Super Smash Bros.

### Karaoke w/ App Players

Time: 5 - 7 p.m.

Location: SSC Basement

Sing your heart out at Karaoke hosted by our Apprentice Players Club! No singing experience necessary. Snacks will be served.

# Thursday, September 14

## NEWBURGH CAMPUS

### #SOwell (Health & Wellness Day)

#### **Tie Dye with SAPA**

Time: 10 a.m. - 1 p.m.

Location: KAP Grand Street Lobby

The members of the Orange County Sexual Assault Prevention and Awareness team will be on site to help us tie dye shirts. There will be freebies in addition to the shirts, which are yours to keep! Come and learn information about sexual assault prevention and keep a reminder in the form of some new fashion.

#### **Meditation Session (every 15 minutes)**

Time: 11 a.m. - 12 p.m.

Location: KAP Great Room

Erin Rion and Maureen Flaherty will conduct rolling 10-minute Meditation Centers in the Great Room in Kaplan Hall in Newburgh, overlooking the scenic Hudson River. Yoga mats will be provided, and essential oils will be diffused for extra relaxation! If you miss one session, no worries, another will start in a matter of minutes! Stop by between 11 a.m. and 12 p.m. for a 10-minute break from your day!

#### **Wellness Table**

Time: 12:30 - 2:30 p.m.

Location: Kaplan Grand Street Lobby

The Wellness Center staff will be present to answer all of your wellness questions, as well as provide freebies and information! There will also be Happy Lights available to rent, and plenty of giveaways.

# MIDDLETOWN CAMPUS

## #S0ready (Student Success Day)

### Headshots

Time: 9 - 10 a.m.

Location: Rowley Main Lobby

Need a professional-looking photo of yourself? Come get your headshot taken for free!

### Transfer Info Table

Time: 9:45 - 11 a.m., 1 - 2 p.m.

Location: Rowley Main Lobby

Are you interested in transferring to a 4-year school but aren't sure where to start? Come grab some information, get your questions answered and start setting yourself up for success early!

### Personal Branding

Time: 11 a.m. - 12 p.m.

Location: RCSE 202

In a competitive job market, the best way to stand out from the crowd and get the job is to develop and articulate your own personal brand. Come to this workshop and find out how it's done.

### Financial Literacy: Understanding Credit

Time: 11 a.m. - 12 p.m.

Location: Gilman Center, Library 130

The ins and outs of credit can be confusing for anyone, and this seminar has been designed to lay out the complexities and potential pitfalls of managing credit in an easy-to-understand presentation. We will look at what factors impact credit, common credit mistakes and misconceptions, and how to responsibly manage credit. How does credit work? What's the difference between a credit score and a credit report? This seminar addresses common credit questions and the behaviors that can help (or hurt) your score.



## Academic Department Meet and Greet

Time: 11a.m. - 1 p.m.

Location: Math - HA 312A; CJ, Beh Sci, Global - HUD 107; Bio - RCSE 111; Comp Sci - BT 253; Nursing - BT Lobby; Movement Science - Lobby PE Building; Business - outside HA 205; Education - BT 251; SEA - RCSE 211; PTA - Outside BT 103; English - OH 012; Arts & Comm - OH upper lobby; OTA - OTA lab & lobby; Clinical Lab Science - BT 311 Lobby; Honors - RCSE 116

Each Academic Department invites you to stop by for refreshments and network. Meet your instructors and fellow students in an outside-the-classroom environment.

## Lunch & Learn with CSS: Orange Connect Student Overview

Time: 11:45 a.m. - 12:15 p.m.

Location: RCSE 010

Explore the features and benefits of Orange Connect, our cutting-edge Student Support Software, a technological solution specifically designed to support your academic success in college. You'll learn firsthand how to use this innovative tool to receive timely notifications of potential academic obstacles, while being guided on how to utilize its resources for your benefit. By attending, you'll understand how to navigate the software, book appointments, seek support and find services available to you.





## **Lunch & Learn: Time Management**

Time: 12:15 - 1 p.m.

Location: RCSE 210

Students will have an opportunity to work through time management strategies to help focus on the important issues, prioritize tasks and maintain the discipline needed to complete them. With support from the Pathway Coaches, this workshop explores the practical technique of utilizing a planner for identifying key time wasters, setting boundaries, handling interruptions and maximizing productivity. The goal is for students to walk away incorporating these techniques into their daily activities by setting goals, writing out objectives and developing a daily action plan that promotes focus, discipline and creativity.

## **Is My Major Right for me?**

Time: 1:15 - 1:45 p.m.

Location: RCSE 010

Thinking about a new major or exploring options you might have? Come to this workshop and discuss career planning, factors that influence what career might be right for you and learn more about resources you can utilize to help you!

## **Financial Aid & SAP Regulations**

Time: 2 - 2:45 p.m.

Location: Virtual (<https://sunyorange.zoom.us/j/96209984529>)

Brief discussion of Financial Aid process and the Satisfactory Academic Progress requirement.

## **Snack & Learn: Setting Goals**

Time: 3 - 3:45 p.m.

Location: RCSE 210

Students can expect to learn about S.M.A.R.T goal setting as a high impact practice to identify specific goals, which have a much greater chance of being accomplished than a general goal. Pathway Coaches will support students in familiarizing themselves with the tool and applying it to their academic and professional goals.

# Office Contacts



## Academic Advising

Email: [advising@sunyorange.edu](mailto:advising@sunyorange.edu)

Phone Number: 845-341-4070

Website: <https://sunyorange.edu/advising/index.html>



## Accessibility Services

Email: [accessibilityservices@sunyorange.edu](mailto:accessibilityservices@sunyorange.edu)

Phone Number: 845-341-4642

Website: <https://sunyorange.edu/oas/index.html>



## Athletics

Phone Number: 845-341-4242

Website: <https://sunyorange.edu/athletics/index.html>



## Bookstore

Email: [2022mgr@follett.com](mailto:2022mgr@follett.com)

Phone Number: 845-341-4825, 845-341-4815 (Middletown)

Phone Number: 845-341-9584 (Newburgh)

Website: <https://www.bkstr.com/sunymiddletownstore/home>



## Center for Student Involvement

Email: [studentinvolvement@sunyorange.edu](mailto:studentinvolvement@sunyorange.edu)

Phone Number: 845-341-4015 (Middletown)

Phone Number: 845-341-9033 (Newburgh)

Website: <https://sunyorange.edu/csi/>



## Center for Student Success

Email: [studentsuccess@sunyorange.edu](mailto:studentsuccess@sunyorange.edu)

Phone Number: 845-341-4171 (Middletown)

Phone Number: 845-341-9504 (Newburgh)

Live chat: <https://sunyorange.edu/css/chat.html>



### Educational Opportunity Program (EOP)

Email: [eopprogram@sunyorange.edu](mailto:eopprogram@sunyorange.edu)

Phone Number: 845-341-9718

Website: <https://sunyorange.edu/eop/index.html>



### Financial Aid

Email: [finaid@sunyorange.edu](mailto:finaid@sunyorange.edu)

Phone Number: 845-341-4190

Live chat: <https://sunyorange.edu/financialaid>



### Food Pantry

Email: [madeline.torresdiaz@sunyorange.edu](mailto:madeline.torresdiaz@sunyorange.edu)



### Library

Email: [library@sunyorange.edu](mailto:library@sunyorange.edu)

Phone Number: 845-341-4855 (Middletown)

Phone Number: 845-341-9020 (Newburgh)

Website: <https://sunyorange.edu/library/>





### Safety and Security

Email: [joseph.odea@sunyorange.edu](mailto:joseph.odea@sunyorange.edu)

Phone Number: 845-341-4710 (Middletown)

Phone Number: 845-341-9533 (Newburgh)

Website: <https://sunyorange.edu/safety/>



### Student Accounts Office

Email: [studentaccounts@sunyorange.edu](mailto:studentaccounts@sunyorange.edu)

Phone Number: 845-341-4829

Website: <https://sunyorange.edu/studentaccounts/index.html>



### Student Senate

Email: [clubs.studentsenate@sunyorange.edu](mailto:clubs.studentsenate@sunyorange.edu)

Website: <https://sunyorange.edu/csi/senate.html>

Zoom Meeting ID: 937 4798 9788

Student Senate meets every Thursday at 11 a.m. - all students are welcome.



### TRiO

Email: [erichardwick@sunyorange.edu](mailto:erichardwick@sunyorange.edu)

Phone Number: 845-341-4175

Website: <https://sunyorange.edu/trio>



