Focus
a guide to new student orientation

Rutgers NSO 2007

Islands of Possibilities

What's Inside:
Orientation at a Glance  New Student FAQs  Tips for Academic Success  Parents & Family
Online Safety  Navigating Rutgers  Packing List  Safety Tips
Orientation—A Must Do?

Stamp Your Rutgers Passport

LIKE MOST THINGS AT RUTGERS, the more you put into orientation the more you will get out of it. Attending orientation will make you that much more informed about how campus life works. It gives you the tools to survive the beginning of your time at Rutgers. It allows you to make connections with fellow new students. During the three-day program, you will participate in a number of educational and informational sessions regarding safety, student involvement, academics, and much more. Along the way, Orientation Leaders will be there to answer any questions you may have.

Coming out of orientation, you will be well-suited to answer such questions as: What time does the dining hall close? How do I get from Cook Campus to Livingston Campus? What does SERC mean? How can they expect me to go to class at 8:10 in the morning when I haven’t slept all night? Knowing the answers to these questions will give you time to prepare for even tougher questions, such as: The final is worth how much of the final grade? How do I read 150 pages a night to keep up? OH MY GOSH, do I even like philosophy, how can I major in it?

Here are some tips on how to have a successful orientation: Settle in at your own pace. RELAX—everyone is in the same boat. Participate in programs and learn about RU. Make friends. Don’t worry (even though everyone does). Finally, have fun! There are so many informative programs and great activities planned, you won’t want to miss a thing!

Decoding Rutgers

BCC Busch Campus Center
CCC Cook Campus Center
Co-Op Rutgers Cooperative Bookstore on the Cook/Douglass Campus
DCC Douglass Campus Center
DRC Douglass Residential College
FIGS First-year Interest Group Seminar
LSC Livingston Student Center
MPR Multipurpose Room
Orientation Leaders (OLs) The students that help guide new students during their first several days at college
PAL Peer Academic Leader, undergraduate students living in DRC residence halls who can aid you with academic and DRC concerns
RA A resident assistant who lives in residence halls. An undergraduate student of Rutgers. Aids students in community building, support, and safety matters while living on campus.
RAC Rutgers Athletic Center, formally named the Louis Brown Athletic Center
RSC Rutgers Student Center
RUNSO Rutgers University New Student Orientation
SAC Student Activities Center
SAS School of Arts and Sciences
SEBS School of Environmental and Biological Sciences
Webreg The online system used by students to register for classes
RUSA Rutgers University Student Assembly, the undergraduate student government
RUPA Rutgers University Programming Association, the student programming group
Students that are part of specific programs will start orientation earlier, with additional events on Friday, August 31:

**Discovery Houses Students**
You will move into the Quad II Residence Hall on Livingston Campus on Friday, August 31 from 10 am–12 pm. A special Discovery Houses Orientation will start on Friday. You will be informed about the specific details upon arrival.

**Douglass Residential College (DRC) Students**
You will move in on Friday, August 31 from 10:30 am to 1:30 pm. DRC commuting students will check in from 12:30 pm to 12:45 pm in the lobby of the Douglass Campus Center and be led to their program, which begins at 1:00 pm. For Mary I. Bunting Program students, orientation will begin at 10:00 am in the NJC Lounge at the Douglass Campus Center. A special orientation for all students will begin at 2:30 pm in Voorhees Chapel.

**First-year SAS Honors Program Students**
If you are a residential student and will be living in honors housing, you will move in on Friday, August 31 from 10 am–12 pm. A special Honors Program Orientation will begin in Scott Hall Room 123 at 2:30 pm for all SAS Honors Program students, even if you don’t live in honors housing. Buses will pick up the students on other campuses and transport them to College Avenue Campus. You will receive more information upon your arrival.

**Orientation at a Glance**

**Friday, August 31**
- Orientation programs for Discovery Houses at Livingston, DRC, and First-year SAS Honors Program students.

**Saturday, September 1**
- Move-in and Floor Meetings for Residential Students: Unpack your bags and meet your fellow Scarlet Knights!
- Commuter Student Welcome: Come and meet other new commuter students and learn about special topics unique to you!
- Convocation: Join us as Rutgers faculty, staff, and deans formally welcome you to Rutgers!

**Saturday, September 1 (cont’d)**
- Evening Events: Kick back and relax with your new classmates as you listen to music, eat great food, and become part of the Rutgers community.

**Sunday, September 2**
- Rutgers 101: Sessions to introduce you to Rutgers resources and help you learn about remaining happy, healthy, and safe at Rutgers.
- Evening Events at the Student Centers: Join us for another night of fun-filled activities on a campus near you!

**Monday, September 3**
- Charting your Academic Course: Meet with deans from your specific school to learn more about classes, schedules, and advising.
- Choose Your Own: Choose from a variety of educational sessions based on your interests and needs.

**Find Your Island:**
For directions to campus, visit http://maps.rutgers.edu/directions/nb.aspx

**Orientation & Move-In Dates and Times**
This information does not pertain to students participating in Discovery Houses, Douglass Residential College, or the First-year SAS Honors Program. Please see the information below for orientation and move-in starting dates and times for students in these programs.

**Move-In for Residential Students**
Saturday, September 1, 8 am–12 noon
Be sure you check your e-mail (the one you put on your housing application) for notification of your housing assignment!

**Orientation Starting Points**

**Residential Students**
Saturday, September 1: Your Resident Assistants and Orientation Leaders will kick off orientation at your residence hall floor meetings on Saturday afternoon.

**Commuter/Off-Campus Students**
Saturday, September 1: Meet at the Busch Campus Center, Multipurpose Room at 3 pm for a special Commuter Welcome Session. After this opening session, your Orientation Leaders will lead you to the rest of the evening’s events.

Please note:
Please be aware that orientation does not cover the cost of meals. Residential students should be prepared to use their meal plan.
Off-campus or commuter students should bring cash or Knight Express to purchase their meals ($6 per meal).

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Welcome Parents and Family

WHILE YOUR STUDENTS ARE BRAVING THE TRANSITION to Rutgers, we understand that parents will be going through some changes too! We have some short sessions planned on the first day of orientation to address your specific questions and concerns. For example, we will have a session designed to help ease the transition of being the parent of a college student and an informal session that allows you to meet staff members. Look for more information on the first day of orientation.

But what happens to the students? Throughout orientation, students on all campuses will have the opportunity to participate in programs designed to acclimate them not only to their individual campus environment, but to the entire University community as well. Events include residence hall floor meetings, nightly social activities, and an inter-campus spirit competition. Students will also get to know their Resident Assistants (RAs) who will help them adjust to life in the residence halls and assist them with any questions they may have. Specific educational sessions regarding campus safety, health, and a variety of other topics will provide new students with a solid foundation for all aspects of Rutgers.

We truly hope that while you prepare for your student’s arrival at Rutgers throughout the summer, you are as thrilled and energized to become a part of the Rutgers family as we are to greet and assist you. Let your students know that actively participating in orientation at Rutgers will help them feel more adjusted to college life. We look forward to meeting all of you in the fall!

Advice for Parents and Family Members

Don’t ask them if they’re homesick. A student’s first few days in college are very exciting and nerve-wracking. If a student is not reminded of being away from home, there is a better chance they will be able to avoid homesickness.

Visit (but not too often). Visits by parents are a part of the college experience that students are reluctant to admit liking, but do appreciate greatly. Students may pretend to dislike these visits, but that response is just a part of the new student experience. Surprise visits are usually not appreciated, so visits work best when planned in advance. And since we encourage students to stay on campus on the weekends, especially their first few weeks, it is better for you to visit them than the other way around.

Write or e-mail (even if they don’t write back). Although new students do want to become active in college life, they often still desire family ties. While students are eager to experience independence, parents should not feel like they are being rejected. Most new students would be very happy to hear from their families.

Ask questions (but not too many). New students often hope to be “cool”. They may resent what they perceive as interference, but they still desire the security of their parents being interested in them. Students may find questions from parents annoying, but they can also be supporting and relief-giving.

Don’t worry too much. When troubles become too much for a student to handle, he or she finds that the only place to turn is home. Be patient with sad e-mails and phone calls. Parents can help by giving advice, lending a sympathetic ear, and encouraging them to seek services on campus to help.

Not always “the best years of your life”. College can be full of indecision, insecurities, disappointments, and mistakes. It is also full of discovery, inspiration, good times, and new people. It is difficult for parents to understand that their new student may be having adjustment difficulties, but parents who accept both the highs and lows of the student’s year will be able to provide the support that their sons or daughters need.

Expect change. A student will change during his or her time at college, either drastically within the first few months or gradually over the years. It is natural and inevitable. Remember that the student will be basically the same person, aside from interest and personality changes. Be patient.

Trust them. For a new student, finding him or herself is difficult enough without feeling that family members are second-guessing their decisions. Students seek respect and trust from parents. Trust that your students are smart and can survive on their own.

Adapted from the National Orientation Directors Association
Welcome Commuters!

Orientation kicks off for you at the Commuter Welcome Session at 3 pm on Saturday, September 1 in the Busch Campus Center, Multipurpose Room.

What is orientation?
No matter where you are coming from, Rutgers will provide many new (and sometimes confusing) experiences. Orientation is here to help students understand and adjust to their new environment. The first few days you spend at Rutgers will be full of new friends and memories that will last a lifetime. During that time, you will be formally welcomed to Rutgers at Convocation, learn the inner workings of the university in the educational sessions, and meet all sorts of new people, especially other commuter students. Orientation is a time to learn about all of the amazing opportunities Rutgers offers while getting to know all of the students, staff, and faculty that make it so special.

I’m not living at Rutgers, so how will I feel connected to Rutgers?
Above all else we want you to feel at home at RU. As a commuter, there are limitless possibilities to get involved in the community, whether it is through a cultural organization, a sport, or just striking up a conversation with that person who sits next to you in class. Plus, Rutgers University Off-Campus Services and the Off-Campus Students Association are both specific opportunities just for off-campus and commuting students. Check out http://getinvolved.rutgers.edu for more information.

When is orientation?
Orientation on Saturday, September 1 will begin at 3 pm and end around 10 pm with evening social activities. On Sunday, September 2, orientation will begin at 9:30 am and go until at least 9 pm. You can choose to stay at the evening activities even later if you’d like. On Monday, September 3, orientation will begin in the morning with academic time with your school. This may start as early as 8 am (you’ll learn more when you get the program book at the Commuter Welcome). Formal activities will last till about 5 pm. Students participating in the Discovery Houses, DRC, or SAS Honors Program will have additional events on August 31 (see page 3).
The role of campus deans is to provide opportunities for faculty and staff integration and interaction by generating academic programs and events that bring faculty and students together beyond the classroom, and that serve as a foundation for building academic community on the campus. The Dean represents the academic and intellectual work of the campus, introducing students to the scholarly work of faculty based on the campus, bringing faculty into the learning communities on the campus, and working with students and faculty to develop year-long themes that focus the campus as an academic entity. The Dean works with the Office of Academic Engagement & Programming to develop events for departments, residence halls, Honors and EOF programs, and other groups for which the campus provides an academic context. For more information, visit http://undergraduate.rutgers.edu.

Busch Campus: Jeffrey Rankin, Engineering
College Avenue Campus: Matt Matsuda, History
Cook Campus: Rick Ludescher, Food Science
Douglass Campus/DRC: Carmen Twillie-Ambar, Law
Livingston Campus: To be determined

Sail Away with Rutgers History

Founded in 1766 as Queens College, our University has been making marks on the nation and the world ever since. Rutgers is brimming with history dating all the way back to the 18th century! Did you know Rutgers played the first ever intercollegiate football game against Princeton in 1869, and won? Or that the great Paul Robeson was a 1917 Rutgers graduate and was the University’s first black valedictorian? Other moments in Rutgers history are equally important.

In 1864, the state legislature picked Rutgers to become the state land-grant college, which paved the way for Cook Campus to be formed. In 1918, the New Jersey College for Women was founded, with only two curricula offered: liberal arts and home economics. The tradition of this college is now being carried out by the Douglass Residential College, an all-female learning community.

In 1875, nine Rutgers students set out to steal back a Revolutionary War cannon Princeton had supposedly stolen from Rutgers some years before. To settle the “Cannon War,” the presidents of the two colleges formed a join committee which eventually recommended the cannon be returned to Princeton. Today, the original cannon is at Princeton and a cannon from the Rutgers Class of 1877 stands near Old Queens as a memorial to the event.

In 1945, Rutgers became the State University of New Jersey. Initially the athletic teams were called the Queensmen and then the Chanticleers, but in 1956 the scarlet knight was adopted as the official mascot in a campus-wide vote. Shortly after that, in 1964, the federal government gave Rutgers 540 acres that once served as the army’s Camp Kilmer. It is now known as Livingston Campus.

More recently, Rutgers University has made history with incredible seasons by our football team and women’s basketball team in the 2006-2007 academic year.

But the story of Rutgers doesn’t end there… now it’s your turn to make Rutgers history!

Marissa Amos   Krista Kohlmann
Major Educational Programs Chair Busch Campus Coordinator
Sociology Major Journalism and Psychology Major
Class of 2009 Class of 2008
Lindenwold, NJ Manalapan, NJ

Spotlight on the Campus Deans & Deans of Students

Campus Deans

Each of the five New Brunswick-Piscataway campuses has its own Dean of Students, in addition to one Senior Dean of Students for all campuses. Each Dean of Students collaborates with his or her respective academic Campus Dean to ensure that all students have the most positive, safe, inclusive, and successful academic experience possible. Deans of Students are responsible for the integration of campus programs, services, and activities that enhance the educational and overall development of students on each of the five campuses. The overall goal is to advance the quality of student life, advocate for student interests, define community standards, and oversee student conduct.

The Office of the Dean of Students is the place to begin when students and parents do not know where to turn on their campus. In conjunction with the necessary treatment of their health care provider, students with special, acute, or chronic medical needs may benefit from a visit with their dean. Any student missing class for one or more weeks is also encouraged to meet with his or her Dean of Students. In complicated, sensitive, and confidential circumstances and absences, with proper documentation, the Dean of Students may encourage faculty to consider reasonable accommodations or alternative solutions. For more information call 732.932.2300.

Senior Dean of Students: Mark Schuster
Busch Campus: Michael J. Stillwagon
College Avenue Campus: Timothy L. Grimm
Cook Campus: Francine Corley
Douglass Campus: Michelle R. Jefferson
Livingston Campus: George Jones

Deans of Students
**Each of our New Brunswick-Piscataway Islands is Unique**

**Exploring the Rutgers Islands**

**Busch Campus**

Busch Campus is home to a golf course that is over 6,300 yards in length! The Rutgers University Golf Course is an 18-hole course that is a par 71 and open to the general public. If you want to hear some neat sounds, Busch is also home to Echo Point, in between the suite buildings. Stand in the middle and yell something— you’ll sound like you’re in a bottle! You can also gaze all night at the stars in the Robert A. Schommer Astronomical Observatory. Located in the Serin Physics Laboratory, the observatory opens its doors to the public on the second and fourth Thursdays of every month.

**College Avenue Campus**

College Avenue is located in the heart of New Brunswick, which is a hub of culture, art, and entertainment. It is home to Old Queens, built in 1809 to house Queens College, which later became Rutgers. In addition, here you will find the Grease Trucks. Their “fat sandwiches” have a fame that stretches beyond Rutgers and is very popular with students and Maxim magazine, which rated the Fat Darrell as the best sandwich. You can also stop by the Jane Voorhees Zimmerli Art Museum, which is an internationally known art museum. Admission for students is FREE!

**Cook Campus**

Cook Campus is widely known for its farm. Located at the far end of the campus by Route 1, the farm holds cows, horses, sheep, pigs, and many other animals. It provides animal science and/or pre-veterinary students hands-on experience with farm animals. The campus is also known for its annual event called Ag Field Day. At the end of April, this event attracts university students as well as many members of the community. Ag Field Day boasts merchandise stands that sell flowers, bags, T-shirts, food, and souvenirs. On the farm, students who trained and helped raise animals are able to show them off to the public.

**Douglass Campus**

Douglass is the home of the Mason Gross Performing Arts Center, where you can see performances by talented fellow students or visiting artists and speakers. If that’s not enough entertainment for you, bowl a few frames at Loree Building’s old fashioned 6-lane bowling alley on the basement level! Here you will also find Passion Puddle (by the Biel Road bus stop) or the Ravine Bridge, more commonly known as the “Kissing Bridge” (behind the Mabel Smith Douglass Library), two great spots for a romantic moment. Also home to Douglass Residential College, a learning community that focuses on women's leadership.

**Livingston Campus**

Livingston is actually the biggest campus at Rutgers because of the Ecological Preserve, located on Kilmer Avenue. Livingston has the RAC and the track field, the sites of two major athletic programs here at Rutgers! Livingston is also home to the new Discovery Houses, living-learning communities for first-year students that connect students’ academic, residential, and social lives. Students live together, have several common classes, and have special activities based around the theme of the Discovery House.

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Dive into downtown New Brunswick

Hop on the EE or F bus to explore downtown New Brunswick. Stop in front of Rockoff Hall and enjoy ice cream at Cold Stone Creamery, coffee at Port City Java, or a quick bite to eat at the Douglass Pizza and Grill. Go a little further and enjoy the world-class theatre district at the State Theatre, Crossroads Theatre, and George Street Playhouse. While on George Street, you can stop by any of the shops and eat at the unique restaurants. Bottom line? There’s tons to do!

Enjoy bubble tea, ice cream, study spots, pizza, fat sandwiches, shopping, and more when you take a walk on Easton Avenue. Inside New Brunswick and only a little more than a block from George Street, Easton Ave. is a popular place to spend time. As with any ventures, always bring a friend or two at night for both fun and safety.

Knight Express is the debit card of Rutgers. Recent expansions to Knight Express have made it possible to use your account at many nearby locations. Now, aside from using Knight Express for laundry, student center purchases, and books, you can use it at places like Domino’s, the State Theatre, and Subway! For more information and a complete list of businesses that accept Knight Express, go to [http://food.rutgers.edu/knightexpress.html](http://food.rutgers.edu/knightexpress.html).

Ambre Jessen
Public Relations Committee
SO YOU HAVE DECIDED TO COME TO RUTGERS. Excellent! Since Rutgers is such a large university, there are many opportunities for students to get involved with clubs, activities, and programs. Getting and staying involved is one of the most important things you can do while in college. “Involvement” is defined as any activity outside the classroom which enhances and contributes to student learning. Being involved can take many forms, from being a member of a student club or organization to participating in a research project with a faculty member, or volunteering at a local social service agency. It really does not matter how you are involved, it only matters that you are! So get out there and find something you are passionate or curious about and share your time and talents with the organization. You will feel more connected to the University and your college experience and the organization will also benefit from your gifts and skills!

WHY SHOULD I GET INVOLVED?

There are many valuable benefits of involvement at Rutgers University. Getting involved at Rutgers is an excellent way to experience personal growth, meet new friends, share common interests with other students, faculty and staff, and develop critical thinking skills outside the classroom. Students that are more involved and engaged have been shown to be more successful in their educational and post-graduate endeavors.

If you want more information on how to get involved, please visit http://getinvolved.rutgers.edu, we guarantee it will change your life!

What Types Of Things Can I Be Involved With?

* Rutgers University Student Assembly. The Rutgers University Student Assembly (RUSA) is the undergraduate student government of Rutgers-New Brunswick.

* Rutgers University Programming Association. Rutgers University Programming Association (RUPA) is responsible for planning Rutgersfest, RU Pageant, trips, concerts, comedy shows, and much more throughout the year. If you want to take a lead role in bringing great programming to campus, make sure you find out how to join RUPA.

* Orientation and Transitions Leadership Opportunities. Once you get to campus you will be greeted by some great people. Orientation Leaders will help you navigate through the campus and be your source of information during the orientation process. These great students have school spirit and would love to welcome you to their team.

* Student Employment and Management Opportunities. Getting a job is not only about making a few bucks. It is centered on acquiring valuable skills that will help you in the classroom and post-graduation.

* Leadership Programs. If you have ever wanted to be the one making the decisions and leading the pack, check out the leadership programs offered at Rutgers. You will learn how to maximize your natural strengths and abilities while meeting new people with common interests.

* Student Organizations. With over 400 student organizations in the categories of academic, community service, cultural, honorary, leisure, media, performing arts, religious cultural, religious, and social action/political, we are sure that you can find something to get involved in.

The Island Journey Doesn’t End Here!

Look for a variety of events during your first few weeks at Rutgers!

* Rutgers vs. Navy Football Game, September 7, 7:00 pm
* 5K Walk/Run to Benefit Cancer Research, September 9, 9:00 am
* Involvement Fair, September 9, 12:00 pm-4:00 pm
* Rutgers vs. Norfolk State Football Game (Homecoming), September 15, 3:30 pm
1. Go to class.

Sure, it may seem obvious. But when your friend is persuading you to head to the dining hall instead of Psych 101, it may be difficult to remember that actually being in class is probably the number one way to do well in college courses. Even if you’re having trouble paying attention, you’re at least there to hear what day the midterm is being changed to, or to see that video that the professor will quiz you on later. Getting there is half the battle.

2. Make a friend in each class.

If you do end up missing a class, it will prove invaluable to have a friend, or merely a pleasant acquaintance, who can fill you in on what happened or lend you notes. When it’s time for exams, having someone to study with can help you both out immensely. Even if he or she doesn’t end up being your best friend, a study buddy goes a long way in helping you master the material.

3. Actually do the reading.

Again, it may seem like a simple concept. With all the pages of reading you’ll be assigned though, it can seem overwhelming. Try asking your professor or TA for important points on which to focus. If the reading is broken down in the syllabus week by week, follow it. This can help you stay on track without being overwhelmed.

4. Go to office hours.

Almost all professors hold regular office hours, and they often spend them reading in their offices, with few student visitors in sight. Something as simple as stopping by office hours to review notes with your professor can have an incredibly positive impact. Not only will you understand the material better and get your questions answered, but your professor will also get to know you individually and see the effort you are putting in.

5. Get to know yourself.

When you’re studying, focus on what works best for you. Do you prefer music in the background or complete silence? Sitting on a bed or couch, or at a desk? Do you work better late at night, or in the afternoon? It may take some time, but knowing yourself is the best way to know how to study best.

6. Find a study spot—and GO THERE!

Once you’ve figured out how you work best, find a spot that will allow you to study productively. Does your bedroom suit you, or does it make you want to fall asleep? Can you block out other people hanging in the lounge? (Here’s a hint: Not many can.) Maybe there’s a desk in the stacks of the library that works well for you. Once you find your spot, here’s the hard part: go there! Try to resist the urge to hang out with your friends, and put yourself in the zone.

7. Utilize your resources.

Rutgers offers a huge number of ways for students to get academic support. There’s the Learning Centers, the Writing Centers, and many student tutors. Talk to academic advisors. There are lots of people around who want to see you do well.

8. Do your research.

Ask around campus to find out what professors are like. Search department web pages to see if there is a sample syllabus online. Always remember, however, to keep your own preferences in mind. For example, if another student disliked the class because the professor required group work, but you do well working in groups, it could still be a great class for you.

9. Try to get inside the mind of your professor.

It’s no easy feat. But while studying, try to picture what your professor wants you to get out of the material. What is the point the professor is trying to get across? What are the important aspects of what you’re reading? What essay or multiple choice questions might they ask you?


This means that the night before the midterm, you may have to miss the outdoor movie being shown at the student center. Or maybe you have to catch up on the reading you missed last week, forcing you to miss the new episode of Grey’s Anatomy. Wait. Miss a new Grey’s Anatomy?? Maybe not. And that’s the point. Do the things you want to do and have fun. Just try to strike a balance between putting work aside and actually getting it done. Knowing when you can get away with not doing your work, and when you really do need to get it done, will allow you to have fun and focus on academics. Just remember: too much of either one is a dangerous thing.
Rutgers Safety Tips

Grab your Life Preserver!

Rutgers is a large campus, with over 26,000 undergraduate students on the New Brunswick/Piscataway campus alone. No campus is free of crime; therefore every precaution must be taken to help keep you safe. So how can you keep yourself safe while calming your parents’ fears?

1. **Look for Blue Lights**

   Every campus is outfitted with blue light emergency boxes. These are placed all over campus in case an emergency should arise. If you find yourself in a dangerous situation, find the closest blue light, hit the red button or lift the receiver and the police will be notified.

2. **Call for a Community Service Officer (CSO)**

   CSOs are full-time Rutgers students usually working towards a career in law enforcement. They are paid and uniformed employees of the RUPD who receive training before being allowed to participate in the program. They patrol Rutgers while acting as escorts for students who may feel unsafe while walking back from class, to their residence hall, or other places. They can be called at 732.932.7211.

3. **Use the Knight Mover**

   If you find yourself stranded and it’s late at night, call the Knight Mover, a bus that runs after the main ones stop. No students should have to walk back to their residence hall late at night and feel unsafe doing so. This service can be requested by calling 732.932.RIDE (7433).

4. **Don’t Share Your ID Card**

   Your university ID card is a unique fit to you and only you. It allows access to your residence hall, meal plan and other private information. Many Rutgers facilities, such as the recreation centers, learning centers, etc. also require an ID swipe. If you misplace your ID card, you should immediately deactivate it at http://food.rutgers.edu/knightexpress so no one else can use it. Your ID card can then be replaced by visiting an RU Connection Card Office.

5. **Keep Your Residence Hall Safe**

   Entrances to all residence halls are locked at all times and access is restricted to residents of that building and their guests. You are responsible for the behavior of your guests at all times. Only those who live there will be able to access the building with an electronic card swipe or key. Don’t hold open the door or allow others to enter your building behind you.

6. **Protect Your Belongings**

   The easiest way to protect your belongings is to lock your door and avoid leaving your belongings unattended. Leaving your book bag, iPod, or cell phone lying around in student centers, libraries, or classroom buildings is an invitation for theft. RUPD also has a program that allows you to register your bicycle. Doing so discourages theft and increases the chance of getting your bike back if it is stolen. For more information, visit http://publicsafety.rutgers.edu/rupd/.

Finally, don’t hesitate to contact the RUPD—they are here for your protection.

Carolyn Endick
Public Relations Chair
Communication and Women and Gender Studies Major
Class of 2008
East Brunswick, NJ
Laundry 101

Doing your own laundry can be one of the most daunting chores in college. Before that pile of dirty clothes takes over your entire room, follow these simple instructions to ensure a tie-dyed, bleach-free wardrobe!!

1. Open a Knight Express account to avoid having to use quarters.

2. Separate the pile of dirty clothes into separate piles of whites, bright colors, and dark colors. Also remove those hand-washables and separate lint producing items (towels, sweaters) from lint catching items (perm-pressed clothes). Check the label of the item if there is doubt.

3. Be sure to empty your pockets, especially of gum, because the next person to use the machine is not looking forward to a new lovely patch of gum on their sweaters.

4. Pre-treat stains with a stain remover, place clothes into the washer, and add regular detergent, bleach, and/or fabric softener. These washing machines are water efficient; therefore you must use less than the normal amount of soap.

5. Swipe your card and select the machines you are using. Select the water temperature and start the cycle. You can check the progress of your cycle and if machines are available by using http://rutgers.esuds.net.

6. Place the piles of clothes into the respective dryer and add an anti-static cloth. Remove delicates and clothes that must be line-dried. Swipe your card once again and select the temperature settings.

7. After the cycle is complete, fold clothes and remove lint from the lint-catcher in the drier.

8. Enjoy wearing something other than the same outfit you have been wearing all week!

Alyssa Cocchiara
Public Relations Committee

Internet Safety and Facebook.com

Surfing the Online Seas

The incoming Rutgers class already knows a lot about Facebook.com. Whether they realize it or not, the profiles they posted are already being seen by the entire student body of Rutgers University and possibly receiving some unwanted attention. At Rutgers, we want to help protect the safety and privacy of our students, and Facebook.com, while an excellent way to meet people and share ideas, can be a threat to that safety. Facebook.com is already being used as a hiring tool by companies, using profile information as reasons to hire or not to hire a prospective job applicant. In addition to that reality, looking at the website’s user profiles is not considered by companies to be an invasion of privacy. While only members of the university can see students’ public profiles, that still has the potential to include a number of unwanted visitors.

Facebook.com has many benefits, which include making friends, planning events on campus, starting clubs, and finding others who share ideas and interests in common. We suggest a few safety tips in order to keep your profile safe and still fun to use.

* Keep your profile to a private setting where only friends can view your information.
* Reduce the amount of personal information given in your profile. It’s not necessary to include the exact residence and room in which you live.
* Be aware of the photos that are posted of you on the website, both those tagged by you and others. Do you really want to be linked to a picture that shows illegal substances or underage drinking?
* Make sure your profile is presentable to the general public, if you choose not to use a privacy setting.
* Friend requests are a great way to meet new people, but make sure this person is familiar in some way in order to prevent unwanted people viewing your profile.

Krista Kohlmann
Busch Campus Coordinator

RU Info

Literally anything about everything at Rutgers can be found extremely easily using RU Info. Either online at http://ruinfo.rutgers.edu/247 or over the phone at 732.932.INFO Monday through Friday, 8:30 am–8:30 pm and Saturday and Sunday, 10 am–4 pm during the academic year.

myRutgers

MyRutgers is a great tool for all Rutgers students. The website, found at http://my.rutgers.edu, hosts your Rutgers profile and all of your student information. It also contains your e-mail inbox and academic schedule. You can personalize myRutgers to alert you about on-campus events, bus schedules, and even daily dining hall menus!
Do I need a computer? Laptop or desktop?
Rutgers does not require all students to own a computer. We have computer labs available for students to use, with convenient hours and locations. We also offer free internet access on campus with a Rutgers e-mail address to keep you up-to-date. Specific computing information for new students is available at http://www.nbcs.rutgers.edu/ or http://oit.rutgers.edu/studentguide.pdf. Whether you get a laptop or a desktop is up to you and your personal preference. If you get a laptop, we recommend also getting a wireless interface card. Wireless internet is available in all student centers, most larger libraries, many dining halls, and some academic and administrative buildings. We also recommend getting a security device. Laptops can be stolen, even from residence halls.

Do I need a car to get back and forth between campuses?
While switching campuses for classes may sound intimidating at first, it really isn't that bad. It's actually easier and faster to catch one of the regularly scheduled buses, rather than dealing with traffic and finding a parking spot. Each campus also has food services and convenience stores to make daily living a little easier. As for the times you want to leave campus, don't fret. You can always hop on a bus. For more information on the transportation system at Rutgers, you can check out the Department of Transportation Services website, http://rudots.rutgers.edu.

Where can I find resources for students with disabilities?
If you have a disability that you would like to make us aware of and are interested in support services, please visit Disability Support Resources at http://disabilityservices.rutgers.edu.

What if I need some spending money? Are there banks near campus?
Automatic teller machines (ATMs) are conveniently located at all student centers on campus. Several large banks have branches in New Brunswick, including Bank of America, Commerce, Wachovia, and PNC. The Rutgers Federal Credit Union in the Rutgers Student Center is also available for all of your checking needs.

How do I put money in my Knight Express account and what can I use it for?
This can be done at any University Cashier’s Office with cash or check or online with a credit card at Knight Express Online. Funds roll over from semester to semester. The Knight Express card can be used at any University bookstore, in the student center food courts, on-campus laundry facilities, the Department of Transportation Services, many Rutgers athletic venues, and a number of off-campus merchants which can be found on the Knight Express website, http://food.rutgers.edu.

How can I find a job on campus?
A good place to find on-campus jobs is the Office of Student Employment, located in Records Hall on the College Avenue Campus. There are jobs in libraries, student centers, gyms, computer centers, academic offices, administrative offices, visual arts departments, and museums, just to name a few.

When do I move in? When do classes begin?
Move-in for most new residential students is Saturday, September 1. Orientation will take place on September 1, 2, and 3. Classes begin on September 4, 2007. Students who are part of the SAS Honors Program, Douglass Residential College and Discovery Houses at Livingston will have additional events on August 31 (see page 3).

Will I be academically advised during New Student Orientation?
On the third day of orientation, you will meet with deans or advisors from your school to learn more about your class schedule, how to make changes to your schedule, and what you need to know about academics for the fall semester. Especially as a new student, you should consult an advisor from your school before making any changes to your schedule. You should also visit our website at http://runso.rutgers.edu, where you will find letters from the deans that work with new students at each school. These letters will give you more information specific to your school.

How do I receive University announcements?
Official University announcements are sent to students’ eden e-mail accounts so you should check this e-mail on a regular basis or forward it to an account you do read on a regular basis. There are several ways you can check this e-mail, one of which is by logging on at http://webmail.eden.rutgers.edu. For more information on eden e-mail accounts, visit http://www.eden.rutgers.edu/.

How are room assignments made and when will we be notified?
Room assignments are made based on the order in which the housing application is received and what is available. The Housing Office will try and honor all housing location requests the best they can. You will be able to access your assignment information online. You will be notified via e-mail of how to access it once the information is available.
What if I don’t get along with my roommate?
Living in the residence halls can be a wonderful experience where you get the opportunity to meet a diverse group of students, many of whom may share your interests. If for some reason you and your roommate don’t have much in common it is important that you spend time talking and getting to know one another, you may find out that you have more in common than you previously thought. Remember, the people you live with are going through similar experiences and emotions and may in turn be your best friends. Please take the time to get to know your roommate and others who live in your community and be patient as things may work themselves out. It is very important to always communicate with your roommate and if you feel you have exhausted all of your options please consult your RA and he or she will assist you in finding a solution that will benefit all.

I am a transfer student and already went to orientation at my old school. Why do I have to go again?
Through the orientation program, we hope to make Rutgers feel like home to you. We understand that college itself may not be new for you; however the traditions, programs, and services at Rutgers are probably very different from the ones you are used to. Orientation is designed to provide you with the maximum interaction with your peers and to get you more acquainted with life here at Rutgers. Orientation Leaders (many of whom are transfer students themselves) are always available to answer any questions about our community. You’ll learn more about Rutgers, meet a wide range of people, participate in many fun-filled activities, and so much more!

What do I do if I am sick?
One of the Health Centers will be there to help you! Located on Busch/Livingston, College Avenue, and Cook/Douglass campuses, Health Services offers everything from treatment of illnesses, to women’s health, to allergy shots and vaccines. For more information, visit the Health Services website, http://health.rutgers.edu/. After hours, call the RUHS Advice Nurse Line, 1.800.890.5882, for urgent medical problems or the Rutgers Police, 732.932.7211 or 911 from an outside line, for life-threatening emergencies.

What if college stresses me out?
School work can be stressful, as can relationships with others. Anxiety and depression is common among college students, and help is readily available to all who want it. Counseling and Psychological Services provides a variety of counseling services for all students of Rutgers University in New Brunswick/Piscataway. Services are free and there are locations on Cook/Douglass, Livingston, and College Avenue campuses.

How do I get involved in Greek life?
Fraternities and sororities have maintained a visible presence at Rutgers since 1845. In addition to "traditional" fraternities and sororities, students have the opportunity to join historically African-American, Asian, Latino/a, and multicultural fraternities and sororities. New students must wait until their second semester to participate in recruitment and join a fraternity or sorority. Recruitment events for these organizations typically take place within the first three weeks of a semester. Getting involved on campus helps promote scholarship, community service, and leadership and can help you find your niche at Rutgers. For more information, you can check out the Office of Fraternity and Sorority Affairs website at http://ofsa.rutgers.edu.

How do dining plans work?
Students at Rutgers have their choice of several options for dining on campus, including where they eat, what they eat, and the number of meals they can have. Students can use their meal plans by providing their Rutgers ID at any of the following dining halls: Brower Commons (College Avenue), Busch Dining Hall (Busch), Tillett Dining Hall (Livingston), and Neilson Dining Hall (Cook/Douglass). When deciding on a meal plan, consider the fact that all meal plans operate on a “block” system, which means you are choosing the number of meals you will eat for the entire semester. First-year students living on campus must choose a minimum of 210 meals and can also select the 255 or 285 meal plans. For more information about meal plans, visit the Division of Dining Services at http://food.rutgers.edu.

I’m worried that I will not be able to pass all of my classes. What if the subject is just too hard and I can’t learn it?
Many students have difficulties with different subjects during their time here, and there are resources to help you. If you are having difficulty with a class, try talking to your professor. If you need extra help, contact the Learning Centers available on College Avenue, Cook/Douglass and Livingston campuses. They offer workshops to help with academic skills like test preparation and time management, as well as tutoring. More information can be found at the Learning Centers website, http://lcrc.rutgers.edu/.
As the summer passes by and your first day at Rutgers approaches, I imagine many of you are eager to begin your career as college students. Perhaps you’re picking out the perfect decor for your new room in the residence hall, or you’re wondering what kind of notebooks to buy. Maybe you’re enjoying time with friends and family before this new phase of your life starts, wondering what the next year will be like.

Or, if you’re anything like me, perhaps you’re a nervous wreck. Unlike most of my friends, I spent the summer before my first year at Rutgers in a state of uncertainty. Instead of feeling like I was about to start something new and exciting, I felt like I was losing everything I knew. My hometown is only about thirty minutes from New Brunswick, but that distance was enough to separate me from my family, my friends, my boyfriend, my dance team, my job, my dog (yes, leaving my dog was extremely difficult). Essentially, I felt like my entire identity was being taken away from me.

So what was my first year at Rutgers like? I’d love to say it was a ball from the time I stepped foot on campus, and that I was transformed into a happy person immediately. Unfortunately, I wasn’t ready for that. But despite all the negative feelings I had going in, my first year did end up being the incredible experience I had wished for. It included some meals by myself in my room for the first few weeks, before I was comfortable enough to ask someone if they wanted to go to the dining hall with me. By the end of the year, however, my friends and I would remain at our table long after we had finished eating, coming up with new (secret) nicknames for the people we always saw in Brower Commons. My year included several weekend nights of moping because I didn’t have anything to do. By my second semester, I knew who to go to for all the nightlife info I could possibly want, and managed to find my perfect balance between partying and staying in to watch a movie. (More than this, it didn’t bother me when I declined a night out to watch a movie.)

My year included being jealous of all my fellow residents who were hanging out happily in the floor lounge. But by March, I was right in there with the rest of them. It included crying on the phone in the hallway outside my room for the first few weeks, as I tried to sort out the relationships I had left behind. By the end of the year, my friends and I reminisced about those nights, laughing at them, and at all the new, hysterical memories we’d formed since then.

My first year at Rutgers included a fair amount of boredom in the first couple months, since I, the extra-curricular queen in high school, no longer “had anything to do.” By spring, I was a member of the Emerging Leaders Institute, a sister in a Panhellenic sorority, and a volunteer for Dance Marathon. My year included an application to transfer to another school, sent in November. Fortunately for me, it also included the support and encouragement of a campus staff member who persuaded me to give things a chance until the end of the year. I have never been able to repay her for that amazing advice.

Who am I to tell you what your first year at Rutgers will be like? No one in particular. But I’m willing to bet that the stories you will tell a year from now might, in some way, resemble parts of mine. It’s not always a perfect party, the life of a new student. Even for those who constantly seem to be having the time of their lives, being a new student has its ups and downs. But this is what makes the experience so unique.

Did I lose my life, my identity? Maybe a little. But I learned to change the idea of “losing” my old life to one of “gaining” this incredibly new one, even if it included some not-so-great moments. I learned to make an effort to have a good experience. Will your first year at Rutgers be the time of your life? Of course— if you let it. Embrace the downs just as much as the ups. Make an effort. You’ll have some great stories to tell.

Casey Morizio (Rutgers Alum ’07)
Stuff Your Suitcases!

If you’re moving to campus or anywhere away from home, study this list carefully. You don’t want to be waving goodbye to your parents, thinking of all the good times you will be having at Rutgers and all of a sudden remember that you left your deodorant at home!

**Important Papers…**
- Housing assignment information
- Social Security Card (you will need this if you decide to get a job)
- Driver’s license or other identification
- Checkbook & bank information
- Insurance policy (medical, dental, auto, etc.) information, including policy name and number, and contact with phone number

**Personal Hygiene and Health Care Supplies…**
- Hair dryer, brush, and comb
- Contact lenses and solution and/or eyeglasses
- Deodorant
- First aid kit
- Prescription and over-the-counter medicine
- Soap, shaving cream, razor, shampoo, etc.
- Tissues, cotton balls and swabs
- Toothbrush, toothpaste, and floss
- Vitamins and supplements
- Shower shoes
- Towels and wash cloths
- A “shower caddy” or bucket of some sort to carry your stuff to the bathroom

**School and Desk Supplies…**
- Backpack
- Calculator
- Ruler
- Calendar
- Computer and printer
- Desk lamp (non–halogen)
- Dictionary, thesaurus, writer’s guide
- Envelopes and stamps
- Scissors
- Highlighters, pens, and pencils
- Notebooks (or lined paper) and binders
- Pencil sharpener
- Stapler and staples

**What Else?**
- Bicycle
- CD’s and movies
- Basic tools (hammer, screwdriver, etc.) and a flashlight
- Snacks
- Umbrella
- Watch

**For Your Room…**
- Bedding supplies: comforter or bedspread, pillow, extra long twin sheets, egg crate, and mattress pad
- Alarm clock
- Can opener
- Cleaning supplies
- Clothes hangers
- Cups, plates, utensils, and napkins
- Extension cord (less than six feet long) with surge protector and power strip
- Fan
- Iron
- Laundry bag/basket and detergent
- Posters, room decorations, fun tack
- Under-bed storage boxes

**You only need one of these…**
*(call your roommate to figure out who’s bringing what)*
- Phone & Answering Machine
- Stereo
- TV & DVD

**Leave these at home…**
All those extra clothes you know you are never going to wear
- Air conditioner
- Candles and incense
- Extra furniture
- Hot pots that don’t automatically shut off when empty
- Microfridge and microwave (these are provided in all rooms)
- Pets
- Halogen lamps
- Amplifiers
- Weapons (including paintball and BB guns)
Congratulations on your acceptance to Rutgers University and welcome!

YOU ARE JOINING A UNIVERSITY COMMUNITY rich in tradition, spirit, and Scarlet pride. Rutgers University New Student Orientation (NSO) 2007 will introduce you to life “on the Banks” and will foster community within your class. Planning your orientation has been underway since last fall, and RUNSO 2007 hopes to be the best orientation yet!

Our theme this year is “Islands of Possibilities.” Each campus “island” has its own opportunities for you to integrate into and participate in the Rutgers community. During orientation, you can expect to participate in activities both on your home campus and with the larger university community on other campuses. If you are a commuter student, you will be with other commuter students and will visit multiple campuses for programs over the course of orientation.

On campus you will be faced with newfound freedoms, social interactions, and academic challenges. Our goal is to leave you with a map that will help guide your future college years. Orientation will give you the resources that you will need to make informed choices and succeed during your time at Rutgers.

Enjoy the rest of the summer newsletter – it will give you a lot of insight on what to expect during the upcoming year and will have important information you may need to reference later.

We look forward to seeing you this fall!

T.J., Jackie, Jessica, Kehkeshan, Krista, Amytza, and Katie
Executive Orientation Council

T.J. Berardo
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Cresskill, NJ

Jackie Deitz
Class of 2008
East Brunswick, NJ

Jessica Ha
Class of 2008
Millburn, NJ

Kehkeshan Haque
Class of 2008
Forest Hills, NY

Krista Kohlmann
Class of 2008
Manalapan, NJ

Amytza Maskati
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Katie Yoder
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Collingswood, NJ