

Welcome Week
2011



CSULA HOUSING PRESENTS:

Breaking Down the Walls

Find out how to win a **Kindle** and other prizes!!!

Luau

Saturday, September 17. Phase II Quad. 9pm.

Welcome to Cal State LA and welcome to Housing!

Join us in the Phase II Lounge and let's kick off the year CSULA style, with food and entertainment brought to you by the Spirit Squad! Enjoy some barbeque while watching some live performances.



Get to meet your Residence Life Staff, Student Athletes, Residence Hall Association, and Associated Students, Inc. members. Prizes! Prizes! And Prizes! Learn how to win a Kindle and gift cards!

Make sure you check out the volleyball game on campus. Cheer on the CSULA Women's Volleyball team while they play against UC San Diego! Meet at the Phase II Quad in housing to walk up with some housing staff!

Golden Rules of Welcome Week

- *Only CSULA Housing Residents are allowed to attend the events*
- *Attend all events*
- *You must stay until the session is over to receive a stamp for your Golden Eagle Card*
- *In order to be eligible for the grand prize, you must have all boxes on your Golden Eagle Card stamped.*
- *Keep an open mind and be respectful to others*
- *HAVE FUN!*

Housing Block 1: Get to Know your Roommates

Monday, September 19. 10:30 am-12pm

Lay Your Head on my Pillow

Phase II Conference Room

Show your sense of style by making an accent pillow to throw on your bed or anywhere in your apartment.

Home Décor

Grassy Area between Buildings 3, 4

Is your apartment looking a little plain? Want to add something stylish to your living space? Come on by to make your own decorations.

O-wimp-ics Relay Race

Phase II Quad

Jump through hoops and over hurdles to get to the finish line in this relay race competition! The top contender gets a prize!

Roommate Scavenger Hunt

Meet at Phase II Quad

Get to know your campus with the people you live with while hunting for our Cal State landmarks

Game Night

Phase II Lounge

Join us to play one of the most watched game shows, presented to you right here in housing.

What! No More Mommy and Daddy!

Meet outside of Phase II mailboxes

Want to learn some basic survival skills? Let's get you out of the dark! From laundry to cleaning tips, from hygiene to diet. Come on by for some take home tips.

Basketball Tournament

Phase 2 Basket Ball Courts

We're playing basketball. Come join us on the courts for a friendly competition between First Year Residents.

Soccer

Meet at Phase II Parking Lot

Show us what you got, your skills on the field, and be one of the first to play on our new field

Lunch: Get to Know your RA

Monday, September 19. 12:30pm *Meet at the courtyard of your building*

Get to know your Resident Advisor over some snacks and drinks.

Housing Block 2: Get to Know your Roommates

Monday, September 19. 2:00pm– 3:30pm

Learn to Be an Iron Chef

Meet outside Phase II Mailboxes

We are opening our doors to teach you the basic of cooking,, teach you how to make a meal in 30 minutes and give you some take home cooking tips.

Jeopardy Game Night

Phase II Lounge

Join us in playing one of the most watched game show! Test your knowledge and see if you have what it takes to be the top contestant.

O-wimp-ics Relay Race

Phase II Quad

Jump through hoops and over hurdles to get to the finish line in this relay race competition! The top contender gets a prize!

Pimp Your Dorm!

Phase II Conference Room

Add some color to your bed by creating your own blanket, decorating on a budget. We will provide the materials, you take home your very own blanket for your apartment.

Eagle's Hunt

Meet at Phase 2 Quad

Get to know your campus with the people you live, while hunting for our Cal State landmarks ! One person in your group must have a cameraphone or camera with you.

Home Décor

Grassy area between buildings 3 and 4

Is your apartment looking a little plain? Want to add something stylish to your living space? Come on by to make your own decorations.

Basket Ball Tournament

Phase 2 Basket Ball Courts

Were playing basketball. come join us on the courts for a friendly competition between freshmen.

Ultimate Frisbee

Meet at Phase II Parking Lot

Get outside, throw the Frisbee around and be one of the first to play on our new field

Town Hall Meeting

Monday, September 19. Meeting start at 5pm Phase II Lounge.

Building 2 meets at 5:00 pm; Building 4 meets at 6:30 pm; Building 5 meets at 8pm

Sit down for a chat with your resident community leaders including housing staff and Residence Hall Association members. You will get a chance to voice your expectations and receive tips on how to succeed as a student and resident.

The New U! : Check-In and Keynote Address

Tuesday, September 20, 10:00am-11:00am.

Welcome to the University-Student Union *University-Student Union Plaza*

Meet at the Phase II Quad at 9:00am to walk up with your RAs.

Welcome to the Student Union at Cal State LA! Let's start the day with an introduction from the University-Student Union's Executive Director, Joseph M. Aguirre, to hear what the U has to offer.

The New U: Super Tour

11:10am-11:40am.

Separate into tour groups with your designated Tour guides. Explore high and low. Remember the locations of the resource centers on your tour. They will be useful in the near future.

The New U: Blocks 1 and 2: The Cross Cultural Centers (CCC) and Associated Students, Inc. (ASI)

Session 1/ 11:45am.- 12:20pm. Session 2/ 12:25pm.-1:00pm.

Asian/Pacific Islander Resource Center *Alhambra, 3rd floor U-SU*

The Asian Pacific Islander Student Resource Center (APISRC) was founded in 1993. The APISRC provides services and support for students who identify as, or are interested in, API community and cultural issues. The APISRC also develops long and short term programs and events focusing on issues of importance to the Asian Pacific community in the U.S., the Pacific, Asia, and worldwide.

Chicana/o, Latina/o Resource Center *Los Angeles Room B, 3rd floor U-SU*

The Chicana/o Latina/o Student Resource Center (CLSRC) was founded in 1993. The CLSRC provides services and support for students who identify as, or are interested in, Chicana/o and/or Latina/o community and cultural issues. The CLSRC also develops long and short term programs and events focusing on issues of importance to the Chicana/o Latina/o community in the U.S., Central and South America, the Caribbean and

Pan African Resource Center *Los Angeles Room A, 3rd floor U-SU*

The Pan African Student Resource Center (PASRC) was founded in 1990. The PASRC provides services and support for students who identify as, or are interested in, Pan African community and cultural issues. The PASRC also develops long and short term programs and events focusing on issues of importance to the Pan African community in the U.S., Caribbean, Africa and Central/South America and worldwide.

Gender Sexuality Resource Center *Board Room North, 3rd floor U-SU*

The Gender & Sexuality Resource Center at CSULA is dedicated to creating safe and respectful learning spaces, catering specifically to the empowerment of Women, Men, and the Lesbian, Gay, Bisexual, Transgender, and Questioning/Queer (LGBTQ) community. We pride ourselves in challenging societal norms that have been used historically to oppress and marginalize, while raising awareness on contemporary issues we face.

Associated Student, Inc. (ASI) *San Gabriel, 3rd floor U-SU*

The purpose of Associated Students, Inc. is to promote the establishment of, and provide the means for, effective avenues of student input into the governance of the campus; provide an official voice through which student opinion may be expressed; provide an opportunity where students may gain experience and training in responsible political participation and community leadership; assist in the protection of the rights and interests of individual students; and to stimulate the educational, social, physical and cultural well being of the university community.

Cross Cultural Centers (CCC) *Los Angeles Room C, 3rd floor U-SU*

The mission of the Cross Cultural Centers at California State University, Los Angeles is to encourage student learning as well as foster an inclusive campus environment that challenges racism, sexism, heterosexism, and other forms of oppression. With a commitment to increasing cross-cultural awareness, we offer a wide variety of programs and services that explore both the shared and unique experiences, histories, and heritages of our diverse community.

Short Film Fest *Theatre, 1st floor U-SU (All Drinks and Food Prohibited)*

Come and watch some short films that will broaden your horizon. These award winning films encompass thought provoking issues which will increase your awareness on diverse issues.

Lunch Break

1:00pm-2:00pm Golden Eagle Ballroom, 3rd Floor Golden Eagle

Talk a walk to the third floor of the Student Union, take a connecting bridge to the third floor of the Golden Eagle to eat some lunch.

The New U: Blocks 3 and 4 Get Involved

Session 3/ 2:10pm.- 2:45pm. Session 4/ 2:50pm.-3:25pm.

Center for Student Involvement (CSI) *Los Angeles Room A, 3rd Floor U-SU*

The Center for Student Involvement serves as a hub for involvement, recreation and leadership, adding to the value of campus life at Cal State L.A.

The Pit *The Pit-Basement Level, U-SU*

Located in the Basement Level of U-SU, the Pit invites you to relax or hang-out during the downtime between your classes. The Pit is a recreation lounge with billiard tables, table tennis, fuse ball, gaming corner with an Xbox 360 and big screen television. Our Pool sticks are ranging from 19 to 21 ounces. Billiard table and table tennis are free of charge to CSULA students. The Pit offers a fun, diverse recreational and social opportunity in a safe environment for our University community. Our courteous and well trained staff is ready to welcome you with a big smile.

Weight Training 101 *Xtreme Fitness Center-Basement Level, U-SU*

The Xtreme Fitness Center invites you to participate in fitness and wellness activities in its facilities. We will give you pointers and tips backed by research and theories to how to increase strength, muscle size, or stamina. You will also learn what is myth and fact. We also give you a complete breakdown on how to work out your muscle groups.

Fraternity/ Sorority Life *San Gabriel, 3rd floor U-SU*

Like to learn more about Fraternity and Sorority Life? What does it mean to Rush? Pledge? What do fraternities and sororities do and how does this come to play

Plan. Promote. Participate (P3) *Los Angeles Room C, 3rd floor U-SU*

The Center for Student Involvement invites you to be a part of our squad of elite agents who PLAN, PROMOTE, and PARTICIPATE in all of our great events and activities. Meet new people! Learn new skills! Earn volunteer hours! Get free gear! Whether you're brand new to Cal State LA, or just looking to get more involved, P3 is the place for you.

Fight the Freshman 15 *Pasadena, 3rd Floor, U-SU*

Parties, late night snacks, fast food, and a decrease in activity can lead to the unwanted freshman 15. Learn how to avoid gaining the unwanted weight. We will provide tips on effective cardio training backed by research and theories on how to burn more. We will get you started by introducing you to effective cardio training which includes machines and free weights.

Leadership (L.E.A.P.) *Alhambra, 3rd Floor, U-SU*

The Leadership Exploration and Advancement Program (L.E.A.P.) aims to engage students in the discovery of personal leadership identities through a variety of seven interactive sessions during the fall quarter. Participants will be exposed to the Social Change Model and explore its application for the settings CSULA leaders will encounter; the classroom, clubs and organizations, the workplace, and the larger community. Students participating in L.E.A.P will also be able to participate in off campus developmental opportunities that will challenge them mentally and physically.

Closing Remarks 3:30 pm Student Union Plaza

Let's wrap up our trip, U-SU style! Meet outside on the Plaza.

Housing Block 3: Grub with the Greeks and Orgs.

Wednesday, September 21. Phase 2 Quad 12pm-1pm

Here's your chance to meet some club members from campus. Thinking about joining a fraternity or sorority? How about seeing what other clubs are on campus? Come on by for some snacks and get to find out what these organizations have to offer.

Housing Block 4: Apartment Meeting with your RA

Wednesday, September 21. At your own residence. 2pm-7pm

Come together with your roommates and RA to clarify any questions about Housing policies. Times will be pre-assigned and posted with this schedule.

Talent Show!

Wednesday, September 21. Phase 2 Quad. 8pm

Let's wrap up Welcome Week with some performances by the residents of Cal State, LA Housing!!!! Your Residence Life Staff will kick off the night, but we need you to show us what you've got! Prizes will be handed out to the top three performances. Sign ups start on Move-in day! Let your RA know, follow the rules below and you are in!

Would you like to perform? Do you have talent?

Talent Show Guidelines:

1. All residents are welcomed to participate (8 person max per group).
2. A description of the performance must be given to a Resident Life Staff member prior to the performance.
3. No profanity or obscene language.
4. Performances are to be no more than 5 minutes in length.
5. Performances are subject to be terminated by a Residence Life Staff member if any of the guidelines are violated.

These events were designed with you in mind! Take full advantage of the activities, build your community, and make new friends. CSULA Housing wishes you the very best!