



COLLEGE OF THE NORTH ATLANTIC

Corner Brook Campus
FALL 2021 ORIENTATION

Monday September 6 th	Tuesday September 7 th	Wednesday September 8 th	Thursday September 9 th	Friday September 10 th
<p>LABOUR DAY HOLIDAY</p> <p>Mill Whistler Train Rides</p>	<p>TAKEOFF TUESDAY</p> <p>Program meetings for 1st year students</p> <p>Mill Whistler Train Rides</p> <p>Virtual Event: Orientation for Online Students 1:00pm</p>	<p>WHAT'S WHAT WEDNESDAY</p> <p>Program meetings for 2nd & 3rd year Students</p> <p>*Info Sessions*</p> <p>*Mini Info Fair*</p>	<p>TAKE CARE THURSDAY</p> <p>Start of classes</p> <p>*Wellness Sessions*</p> <p>*Mini Wellness Fair*</p> <p>Virtual Event: Guidance Counsellors 7:00pm</p>	<p>INTERNATIONAL STUDENTS DAY</p> <p>*Info Sessions*</p> <p>*VIRTUAL BINGO* (for online programs) 12:00pm – 1:00pm</p>
Monday September 13 th	Tuesday September 14 th	Wednesday September 15 th	Thursday September 16 th	Friday September 17 th
<p>PRIDE WEEK BEGINS</p> <p>*Banner Signing*</p> <p>*Flag Raising*</p> <p>*Thumbprint Tree*</p> <p>Virtual Event: ASC/RF Team 7:00pm</p>	<p>INDIGENOUS CULTURES DAY</p> <p>*Drumming Circle*</p> <p>*Moose Hide Campaign*</p> <p>*Qalipu Presentations*</p> <p>Virtual Event: SDO – Trivia 7:00pm</p>	<p>CNA SIGNATURE EVENT 11:30am – 2:00pm</p> <p>*Pizza*</p> <p>*Music*</p> <p>*Games*</p> <p>*Prizes*</p> <p>Virtual Event: Study & Stay Program 7:00pm</p>	<p>*PHOTO SCAVENGER HUNT*</p> <p>Virtual Event: Library Services 7:00pm</p>	



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<p>Monday Sept 6</p>	<p>LABOUR DAY HOLIDAY (A day dedicated to the calm before the storm)</p> <p>1:00pm – 3:00pm – Mill Whistler Train Rides</p> <ul style="list-style-type: none">- Departure point: Margaret Bowater Park- Pre-register with your SDO
<p>Tuesday Sept 7</p>	<p>TAKEOFF TUESDAY (A day dedicated to getting your feet wet)</p> <p>Program meetings for 1st year students - includes tour of building (check schedule for times and locations)</p> <p>1:00pm - Virtual Orientation for Online Programs (Microsoft Teams)</p> <ul style="list-style-type: none">• Services Provided by CNA• Scholarships 101 <p>9:00am – 1:00pm – Mill Whistler Train Rides</p> <ul style="list-style-type: none">- Departure point: Margaret Bowater Park- Pre-register with your SDO
<p>Wednesday Sept 8</p>	<p>WHAT'S WHAT WEDNESDAY (A day dedicated to the things you should know)</p> <p>Program meetings for 2nd & 3rd year students (check schedule for times and locations)</p> <p>Info Sessions (lecture theatre):</p> <ul style="list-style-type: none">10:00am - Services Provided by CNA11:00am - Labour Standards at Work: Do You Know Your Rights?12:00pm - Each One, Teach One – An Intro to Basic Budgeting1:00pm - 10 Tips to Succeed at College2:00pm - Overview of Co-Op3:00pm - Scholarships 101 <p>11:00am – Coffee Break in Atrium Sponsored by RBC</p> <p>Mini Info Fair (11am – 2pm):</p> <ul style="list-style-type: none">• Royal Bank of Canada• Leading Edge Credit Union• Student Aid• Association for New Canadians• Corner Brook Public Library• YMCA – Employment Supports

Thursday
Sept 9

TAKE CARE THURSDAY

(A day dedicated to feelin' good)

Wellness Sessions (lecture theatre):

- 10:00am** - The CMHI and the Services Offered
- 10:30am** - The CMHA and the Services Offered
- 11:00am** – Western Regional BIPOC Support
- 12:00pm** - Party Safer
- 1:00pm** - Healthy Eating on a Budget

Yoga sessions with Megan Humphrey! (student success center)

- 11:00am** – session 1
- 11:30am** – session 2
- 12:00pm** – session 3

Meditation sessions with Robyn Love! (student success center)

- 12:00pm** – session 1
- 12:30pm** – session 2

Mini Wellness Fair (11am – 2pm):

- Community Mental Health Initiative
- Canadian Mental Health Association
- Humber Community YMCA
- West Coast Family Dental
- Western Health
- Violence Prevention West

7:00pm - Virtual Evening Session:

- Guidance Counsellor Event

Friday
Sept 10

INTERNATIONAL STUDENTS DAY

(A day dedicated to our friends from faraway)

Info Sessions (lecture theatre):

- 10:00am** - International Student Services
- 10:30am** – Supports for Newcomers in Corner Brook and the Western Region

12:00pm – 1:00pm - Virtual BINGO for Online Programs (Microsoft Teams)

- Hosted by Bay St. George Campus

<p>Monday Sept 13</p>	<p>PRIDE DAY! (A day dedicated to inclusivity)</p> <p>9:00am – Flag Raising and Banner Signing</p> <p>Free Pride Bracelets for Everyone!</p> <p>Thumbprint Tree Activity</p> <p>7:00pm - Virtual Evening Session:</p> <ul style="list-style-type: none"> • Accessibility Services Coordinators/Resource Facilitators Event
<p>Tuesday Sept 14</p>	<p>INDIGENOUS CULTURES DAY (A day dedicated to honouring indigenous cultures)</p> <p>8:00am - Morning Drumming Circle</p> <p>Moose Hide Campaign – free pins for everyone! (Wearing the moose hide pin signifies your commitment to honour, respect, and protect the women and children in your life and to work to end violence against women and children.)</p> <p>Info Sessions:</p> <p>9:30am - Experience Qalipu! 10:30am - Programs & Services Available to Qalipu Members</p> <p>7:00pm - Virtual Evening Session:</p> <ul style="list-style-type: none"> • SDO Trivia Event
<p>Wednesday Sept 15</p>	<p>CNA SIGNATURE EVENT DAY (A day dedicated to pizza and music!)</p> <p>11:30am – 2:00pm</p> <ul style="list-style-type: none"> - Pizza - Music - Games - Prizes
<p>Thursday Sept 16</p>	<p>REGULAR CLASSES</p> <p>Photo Scavenger Hunt</p> <ul style="list-style-type: none"> • Explore the beautiful city of Corner Brook by participating in CNA’s Photo Scavenger Hunt! You could win some great prizes! <p>7:00pm - Virtual Evening Session:</p> <ul style="list-style-type: none"> • How to Find and Evaluate Information – Library Services Team



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PROGRAM MEETINGS FOR 1st YEAR STUDENTS

Tuesday, September 7th

Program	Program Orientation Room	Time
Agriculture Technician I	108	9:00am
Business Administration I	Virtual Invite	10:00am
Comprehensive Arts & Science Transition	207	9:00am
Computer Systems & Networking I	Virtual Invite	9:30am
Construction/Industrial Electrical I	116	9:00am
Early Childhood Education I	201	9:00am
Electronic Systems Engineering Technology I	2005	10:00am
Environmental Engineering Technology I	1007	9:30am
Executive Office Management	Virtual Invite	10:00am
First Year Engineering Technology	Virtual Invite	9:00am
Fish & Wildlife Technology I	122	9:00am
Forest Resources Technology I	2018	10:30am
GIS Applications Specialist	Virtual Invite	9:00am
Industrial Mechanic (Millwright) I	114	9:30am
Personal Care Attendant	206	9:00am
Power Engineering Technology I (4 th class)	165	9:30am
Practical Nursing I	119	8:30am
Practical Nursing II	TBD	10:30am
Software Development	Virtual Invite	10:00am
Welding	171	10:00am



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PROGRAM MEETINGS FOR 2nd & 3rd YEAR STUDENTS

Wednesday, September 8th

Program	Program Orientation Room	Time
Agriculture Technician II	1006	9:00am
Business Administration II - Accounting	Virtual Invite	9:30am
Civil Engineering Technology II	2033	9:30am
Civil Engineering Technology III	2031	10:00am
Computer Systems & Networking II	Virtual Invite	10:00am
Early Childhood Education II	210	9:30am
Electronic Systems Engineering Technology II	2011	9:00am
Executive Office Management II	Virtual Invite	9:30am
Fish and Wildlife II	1005	9:00am
Forest Resource Technology II	1015	9:30am
Power Engineering Technology I (3 rd class)	168D	9:00am
Software Development II	Virtual Invite	10:30am



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SESSION DETAILS:

Mill Whistler Train Rides (FREE)

Compliments of the City of Corner Brook, Mill Whistler Train rides will be free of charge to CNA students on September 6th and September 7th.

Space is limited so you must email your chosen time slot to your SDO (cathy.regular@cna.nl.ca) to reserve a seat.

September 6th time slots: 1:00pm, 1:30pm, 2:00pm, 2:30pm

September 7th time slots: 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 11:30am, 12:00pm, 12:30pm

Services Provided by CNA – Cathy Regular (SDO)

Join your Student Development Officer, Cathy Regular, to learn about all the awesome services available to you at the Corner Brook Campus. You'll find out not only what we offer but also where to go and who to speak with when you need something. You're not going to want to miss this presentation!

Scholarships 101

Join your Student Development Officer, Cathy Regular, to learn just how much money is available through scholarships and awards and find out how you can get your hands on some!

Labour Standards at Work: Do you Know Your Rights?

Do you currently have a job? Do you plan on having one in the future? If you fall into either of these categories, you're going to want to check out this presentation. Join Janice Holden and Minnetta Matchem, from the Government of NL, as they go through what rights you have as a worker in this province.

Each One, Teach One – An Intro to Basic Budgeting

One's financial well-being depends on their ability to understand and use financial information in a way to help them make good decisions. Whether you are a seasoned saver or enjoy spending on the pleasures of life, join Geneva from Leading Edge Credit Union to learn some great budgeting tips and advice.

10 Tips to Succeed at College

Join Julia McDonald, one of the Guidance Counsellors at Corner Brook Campus, to get some helpful advice and tips to show you how to manage your time, take good notes, do well on tests, and more! If you want to be a success this semester, you'll want to hear what Julia has to say!

Overview of Co-Op

Join Marla Riehl, for a brief overview of what a co-op program is and the benefits of such a program.

The Community Mental Health Initiative (CMHI) and the Services Offered

Join Quinn Jesso, Mental Health Promotions Coordinator, for a brief overview of what Community Mental Health Initiative does and how they aim to help the community with regards to Mental Health and Stigma Awareness.

The Canadian Mental Health Association (CMHA) and the Services Offered

Join Mary Burt, Western Regional Program Coordinator, to discover the different types of programs and educational training the Canadian Mental Health Association offers as well as how to access these supports and services.

Western Regional BIPOC Support – Bethany George

Join Bethany George, BIPOC Support Worker for CMHA, to learn how she's planning to build a community around the BIPOC (Black, Indigenous, People of Colour) population in Western NL. Bethany's presentation will cover what her role is as BIPOC Support Worker, what her role is in the community, and how she plans to organize the BIPOC community events throughout the semester.

Party Safer

Join David Jones, Youth Early Intervention and Outreach Worker with Western Health, for a presentation on how to party safer. This presentation will provide tips for safer partying and will correct common myths and misconceptions about alcohol/drug use and safety.

Healthy Eating on a Budget

Join Angie Knee, Registered Dietitian with Veitch Wellness Centre for tips and advice on how to eat healthy on a budget.

YOGA

Join Megan Humphrey, certified yoga teacher, for a short 25-minute session focused on mindful movement and breath work. It'll leave you feeling energized and restored! Sign-up sheets will be on the door of the Student Success Centre. Please arrive 5 minutes before the start time and bring a yoga mat!

Mindful Meditation

Meditation is the habitual process of training your mind to focus and redirect your thoughts. There are numerous benefits of meditation including reduced stress, increased focus, improved memory, and many more! Join Robyn Love to learn not only how to meditate but also how it can help you be a more successful in college, and in life. If you struggle with stress and anxiety as a student, you won't want to miss this session!

Counselling Services Session

Join members of the Counselling Team for a panel discussion on available services. Also, Julia McDonald, Counsellor from Corner Brook campus will be highlighting 10-steps to success for Post-Secondary students.

International Student Services

Join Jeff Patry, Guidance Counsellor at Corner Brook Campus, for a brief presentation about the services available to our international students.

Supports for Newcomers in Corner Brook and the Western Region

Join Ken Walsh from the Association for New Canadians as he provides an overview of their programs and services, including settlement services, volunteer programming, employment and career supports, and English as a Second Language programs. If you're new to Canada, you're not going to want to miss this session!

Virtual BINGO (for online students)

Students in online programs will receive an email invite to Virtual BINGO! Join host Jonathan Bennett, SDO for Bay St. George Campus, for a fun game of virtual BINGO! You could win some great prizes!

Accessibility Services Session

All the changes that come with entering a new phase in your life can leave you feeling overwhelmed. We encourage students who have diagnosed learning challenges, or those who may be coping with mental health issues to reach out. Our Accessibility Services team can assist in alleviating the extra stress through support, guidance, and practical tools. In this presentation, we provide a comprehensive tour of our supports, explain how to acquire accommodations and who to contact at your specific campus to get the accommodations in place for your upcoming semester. Support is never far, and your success is our priority. We are here for you!

Experience Qalipu!

Curious about Qalipu culture? Whether you're a member of Qalipu or just wondering what it's all about, join Kristen Pittman, Manager of Education and Training with Qalipu First Nations for an in depth look at what it means to be Qalipu.

Programs & Services Available to Qalipu Members

If you're a member of the Qalipu First Nations band, you'll want to join Kirsten Pittman for this presentation outlining the programs and services available to members.

SDO Trivia

Join the Student Development Officer team on Teams for a fun evening of CNA knowledge, fun facts, and the random tidbits of information you never thought you would need to know! Come as an individual, or as a team, and play along. There are some great prizes to be won!

You're a Natural: How to Find and Evaluate Information – Library Services Team

Have you ever been overwhelmed by all the information out there? Are you concerned about "fake news" and misinformation on social media? Would you like to be someone who is "informed" on a topic? Want to get ahead of your research projects this year? This presentation can help. We will explore the concept of information literacy by breaking it down into four manageable steps. Then discuss how, with practice using CNA's library resources, you can fit this skill into your life.

Photo Scavenger Hunt

Details will be emailed.