



UNIVERSITY OF
OREGON

INTRO DUCK TION

TWO-DAY
FRESHMAN
PROGRAM
2019



8:15-8:40 a.m.	<p>You're the First Student Recreation Center (Rec) First-generation students and their families are invited to connect with current first-generation Ducks as well as learn about campus resources and opportunities available that can help on their flight towards college success.</p>	4:30-5:00 p.m.	<p>Flock Meeting Three Follow your SOSer to another flock meeting. You'll debrief the <i>It Can't Be Rape</i> presentation and discuss safe resources and activities.</p>
8:45-9:45 a.m.	<p>Opening Session Student Recreation Center During this session you'll be welcomed by university leadership and meet the Student Orientation staff (SOSers). Orientation staff will let you know what to expect during your IntroDUCKtion experience.</p>	5:00-7:30 p.m.	<p>Dinner Rotations Carson Dining Hall Join us in Carson Dining for an all-you-care-to-eat buffet. Dinner rotations are designated by the label on your namebadge.</p> <p>Families are invited to eat alongside their students during their designated times. You'll have some free time to relax, change into comfortable clothes for the following activities, and chill with new friends.</p>
9:45-10:15 a.m.	<p>Flock Meeting One Join your flock and follow your SOSer from the opening session to this initial meeting. You will be with this flock throughout IntroDUCKtion, so get to know each other!</p>	6:00-7:30 p.m.	<p>Drop-in Placement Assessments EMU Computer Lab If you did not complete your placement assessments online before IntroDUCKtion, you can do so during the evening free time. You must complete your math placement assessment prior to your academic advising appointment on Day Two.</p>
10:15-10:45 a.m.	<p>Faculty Perspectives Learn about everyday university life as UO faculty members deliver engaging lectures and tell you what to expect from academic life at the UO. After this, SOSers will lead you by major to your academic workshop.</p>	7:30-8:00 p.m.	<p>Flock Meeting Four This is your last flock meeting of the day. Use this time to ask your SOSer questions student-to-student. You'll also hear important information that you will need for tomorrow.</p>
10:55 a.m.-12:10 p.m.	<p>Academic Workshops Academic advisors will help you get familiar with the UO's general education requirements and show you the basic path to complete your degree. Advisors can also help you explore potential course selections before tomorrow's individual advising appointment.</p>	8:00-9:00 p.m.	<p>Quack Like a Duck! EMU Amphitheater This is a special spirit surprise for our new Ducks. All we'll say is that it involves game day chants, friendly competition, and tons of hype.</p>
12:15-12:45 p.m.	<p>Lunch Women's Memorial Quadrangle Meet your family and flock for lunch on the lawn. This is a busy day, so take some time to relax, get to know your classmates, and perhaps discuss academic options with your family and SOSer.</p>	9:00-11:00 p.m.	<p>Rec Night Student Recreation Center The Student Recreation Center is open and privately reserved for you during this time. Dance around at Zumba, play basketball or other sports, rock climb, exercise with Rec equipment, watch a movie, and more.</p>
1:00-2:45 p.m.	<p>You will rotate through each of the following events based on your flock.</p> <p>You've Got This! EMU Crater Lake Rooms You are already resilient. This session will help you identify how to use your resiliency to flourish at college. Interact with current Ducks to hear about challenges they faced, how they worked through them, and thrived in the UO community.</p> <p>Flock Meeting Two Meet back up with your flock and SOSer to discuss the day's events and get answers to any questions or concerns you may have. You'll also check in to your IntroDUCKtion residence hall room.</p> <p>Your Story, Our Story EMU 214 Redwood We all have a story, individually and collectively. This session is an opportunity for you to think about your own identities, see the diverse identities of UO students, and find solidarity in a community of individuals.</p>	11:00 p.m.-midnight	<p>Haunted Tour of Campus Student Recreation Center Meet a UO Ambassador in the lobby of the Rec to learn about the spooky myths of the UO campus.</p>
3:15-4:15 p.m.	<p><i>It Can't Be Rape</i> EMU Ballroom A group of current UO students will give a performance about consent, sexual wellness, and being an effective bystander. Attendance is mandatory and a hold will be placed on your class registration if you do not attend.</p>		

- 8:45-9:45 a.m. Opening Session | Student Recreation Center**
 During this session you'll be welcomed by university leadership and meet the Student Orientation staff (SOSers). Orientation staff will let you know what to expect during your IntroDUCKtion experience.
- 10:00-10:55 a.m. Next Steps at IntroDUCKtion | Straub 156**
 Learn what you will be doing during IntroDUCKtion as parents and family members. Students and family members spend some parts of the experience together and others apart.
- 11:00 a.m.-12:15 p.m. Introduction to Academics at the UO | Straub 156**
 Learn about the UO's first-year courses, academic advising, and academic resources available to your student. Family members of Clark Honors College students will be escorted to a separate session focusing on honors academics.
- 12:15-12:45 p.m. Lunch | Women's Memorial Quadrangle**
 Students, parents, family members, faculty, and staff come together to have lunch on the lawn. You can join your student's flock and chat with their SOSer (a current UO student).
- 1:15-2:45 p.m. Holding On and Letting Go | Straub 156**
 Learn how leaving home for the UO affects students and family members. Whether this is your first or fourth child leaving for college, this presentation by Student Life will let you know what to expect and how you can support your student.
- 3:00-4:00 p.m. What's After IntroDUCKtion | Straub 156**
 Wondering what happens between orientation and the first day of classes? The director for Student Orientation Programs will fill you in on all these details.
- 4:00-4:30 p.m. Parent and Family Letter Writing | Straub 156**
 Write your student an encouraging letter, and we'll deliver it to them during the third week of classes, in the midst of midterms when stress can be high. A hand-written note reminding them how proud you are and how confident you are that they belong at the university will inspire them right when they need it.
- 5:00-7:30 p.m. Dinner Rotations | Carson Dining Hall**
 Join us in Carson Dining for an all-you-care-to-eat buffet. Dinner rotations are designated by the label on your student's namebadge.
 You are invited to eat alongside your student during their designated time.
- 5:00-7:00 p.m. No-Host Social | Falling Sky Pizzeria and Public House**
 Parents and family members are invited to Falling Sky on the ground floor of the Erb Memorial Union to socialize with one another. No formal presentation is scheduled.

	Student Rec Center	EMU Amphitheater	Straub 156	Various Locations	Living-Learning Center North Courtyard	Living-Learning Center Service Center
7:00 a.m.	7:00-8:00 a.m. Early Morning Yoga					
8:00 a.m.		8:00-8:30 a.m. Student Breakfast				
9:00 a.m.		8:30-9:00 a.m. Flock Meeting Five				
10:00 a.m.			9:00-10:00 a.m. Protecting the Flock: Safety on Campus			
11:00 a.m.			10:00-10:50 a.m. Money Matters			9:00 a.m.-noon Return Your Housing Key
noon			11:00-11:50 a.m. Keeping Your Student Healthy		9:00 a.m.-1:30 p.m. University Housing	
1:00 p.m.				9:00 a.m.-5:00 p.m. Academic Advising Appointments (see your name badge for time and location)		
2:00 p.m.						
3:00 p.m.						
4:00 p.m.						
5:00 p.m.						

Students only
 Open to everyone
 Family members only

MORE OPTIONS

← MORE OPTIONS	Knight Library, 4th Floor	EMU 047 Holden Center	EMU 041 Duck Nest	EMU 011 Lightning	EMU M102 Mills International Center	EMU 119 Diamond Lake	EMU 104 Coquille	EMU Stadium Stairs	EMU 230 Swindells	EMU 145 Crater Lake South	EMU 146 Crater Lake North
8:00 a.m.								7:00-8:00 a.m. Running Tour (Meet at Guest Services)			
9:00 a.m.											
10:00 a.m.											
11:00 a.m.					10:00-10:45 a.m. GEO Study Abroad	10:00-10:50 a.m. Accessible Education Center	10:00-10:40 a.m. University Career Center				
noon					11:00-11:45 A.m. GEO Study Abroad		10:40-11:20 a.m. University Career Center			11:00-11:25 a.m. Financial Aid and Scholarships	11:00-11:50 a.m. PathwayOregon Financial Meeting
1:00 p.m.	10:00 a.m.-2:30 p.m. Tutoring and Academic Engagement	10:00 a.m.-2:30 p.m. Holden Center for Leadership and Community Engagement	10:00 a.m.-2:30 p.m. Duck Nest Wellness Center	10:00 a.m.-2:30 p.m. University Health Center	noon-12:45 a.m. GEO Study Abroad	noon-12:50 p.m. Accessible Education Center		10:30 a.m.-1:30 p.m. Have a Little Pot!		11:30-11:55 a.m. Financial Aid and Scholarships	noon-12:50 p.m. PathwayOregon Financial Meeting
2:00 p.m.										11:00 a.m.-3:00 p.m. Financial Aid and Scholarships Drop-in Counseling	1:00-1:50 p.m. PathwayOregon Financial Meeting
3:00 p.m.							2:00-2:30 p.m. Campus Technology		1:00-2:00 p.m. Campus Tour		
4:00 p.m.							2:30-3:00 p.m. Campus Technology				
5:00 p.m.											

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↓ MORE OPTIONS ↓

← MORE OPTIONS	EMU 008 Outdoor Program	EMU Green	Outdoor Program Barn	Straub Lobby		EMU Falling Sky Pizzeria	Ford Alumni Center Welcome Desk	EMU 132 Metolius
8:00 a.m.								
9:00 a.m.								
10:00 a.m.								
11:00 a.m.	11:00 a.m.–noon Bike Tour							
noon		11:30 a.m.–1:30 p.m. Information and Student Services Fair						
1:00 p.m.					1:00–1:30 p.m. Check Out of IntroDUCKtion	1:00–2:00 p.m. ¡BienvidOs!		
2:00 p.m.			noon–4:00 p.m. Outdoor Program		1:30–2:00 p.m. Check Out of IntroDUCKtion			
				1:00–4:00 p.m. Parent and Family Lounge	2:00–2:30 p.m. Check Out of IntroDUCKtion			2:00–3:00 p.m. Black Student Cultural Experience
3:00 p.m.					2:30–3:00 p.m. Check Out of IntroDUCKtion		3:00–3:30 p.m. Sports 101	
4:00 p.m.					3:00–3:30 p.m. Check Out of IntroDUCKtion		3:30–4:00 p.m. Sports 101	
					3:30–4:00 p.m. Check Out of IntroDUCKtion			
5:00 p.m.					4:00–4:30 p.m. Check Out of IntroDUCKtion			
					4:30–5:00 p.m. Check Out of IntroDUCKtion			

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FLOCK TALK PODCAST

Want more helpful tips, tricks, and information throughout your student's first year? Download Flock Talk—our podcast for parents and families— beginning July 24! Available in your podcast store.

7:00–8:00 a.m.	<p>Early Morning Yoga Student Recreation Center Start the morning off right with a free yoga session led by our PE and Rec Group X yoga instructors. Go to the Welcome Desk in the Rec Center to receive free entrance and to be directed to the yoga studio. A yoga mat will be provided if you do not have one.</p> <p>Running Tour EMU Guest Services (“O” Desk) Experience the rich tradition of running at the University of Oregon! You are invited on a running tour around campus and the surrounding trails. The distance is approximately 3.4 miles and led at a comfortable 10-minute mile pace.</p>
S 8:00–8:30 a.m.	<p>Breakfast for Students EMU Amphitheater Enjoy some coffee and pastries before starting your last day of IntroDUCKtion.</p>
S 8:30–9:00 a.m.	<p>Flock Meeting Five EMU Amphitheater Learn about today’s events including your academic advising appointment.</p>
F 9:00–10:00 a.m.	<p>Protecting the Flock: Safety on Campus Straub 156 Staff members from the Office of the Dean of Students and the UO Police Department will discuss safety at the UO.</p>
S 9:00 a.m.–noon	<p>Return Your Housing Key Living-Learning Center North Service Center Be sure to check out of your room before noon on day two.</p>
9:00 a.m.–1:30 p.m.	<p>University Housing Living-Learning Center North Courtyard Have your questions answered as you prepare to move into the residence halls. Tours of some residence hall showrooms are also available.</p>
9:00 a.m.–4:00 p.m.	<p>Trek Through the Trees Go on a campus-wide scavenger hunt to dive deeper into your passions and discover all the resources the UO has to offer. A map will be given during Flock Meeting Five and will have to be completed in order to check out of IntroDUCKtion.</p>
S 9:00 a.m.–5:00 p.m.	<p>Academic Advising Appointments See your name badge All students have their advising appointment time and location printed on the back of their name badge. Be sure to arrive 15 minutes before your appointment to check in. Your advising appointment is mandatory. You must attend in order to register for classes.</p> <p>FIG Table EMU Ballroom Lobby Interested in adding, dropping, or changing your First-Year Interest Group? First Year Programs staff can help.</p>
10:00–10:40 a.m.	<p>University Career Center EMU 104 Coquille Learn how coaches at the University Career Center help you develop a plan, make meaning out of your college experiences, and support you in getting jobs and internships.</p>
10:00–10:45 a.m.	<p>GEO Study Abroad EMU M102 Mills International Center Welcome to Global Education Oregon (GEO), your first step on the path to studying abroad as a University of Oregon student. Whether you want to study sustainability in a modern capital or explore the urban landscape of an ancient one, we offer more than 250 global education programs in 90 countries that thrill, challenge, and inform.</p>

10:00–10:50 a.m.	<p>Accessible Education Center EMU 119 Diamond Lake Students who experience disability-related challenges are encouraged to come to this overview session (families welcome). You will learn about available support and how to get started. Interested students can schedule an individual appointment for later in the day.</p>
F	<p>-----></p>
10:00 a.m.–2:30 p.m.	<p>Money Matters Straub 156 The Business Affairs Office and the Office of Student Financial Aid and Scholarships will guide you through estimates of various UO costs, billing, financial aid, scholarships, and resources. Refer to the handout in your parent and family calendar for this session.</p> <p>Holden Center for Leadership and Community Engagement EMU 047 Holden Center (near the EMU Amphitheater) Stop by the Holden Center for Leadership and Community Engagement to engage with other change-makers as we create a collective vision for our community. While you’re here, we’ll share the programs and services based in leadership, community building, social justice, and personal development that could aid you in your UO journey.</p> <p>Duck Nest Wellness Center EMU 041 Duck Nest Take charge of your own health and wellbeing and come explore the Duck Nest wellness center to identify some relaxation and self-care strategies for you! We’ll give you some new, fun ways to destress and relax.</p> <p>Tutoring and Academic Engagement Knight Library, 4th floor Play a custom card game that helps build time management skills. Learn about tutoring, classes, workshops, and other resources to help you succeed.</p> <p>University Health Center EMU 011 Lightning Meet with staff to complete immunization requirements and health history forms, register for health insurance, and have your questions answered.</p>
10:30 a.m.–1:30 p.m.	<p>Have a Little Pot! EMU Stadium Stairs Learn about the UO approach to substance use and how it is influenced by perceptions, reality, and expectations. Come with questions; leave with resources to help you stay in the green (and a little potted succulent of your choice!)</p>
10:40–11:20 a.m.	<p>University Career Center EMU 104 Coquille Learn how coaches at the University Career Center help you develop a plan, make meaning out of your college experiences, and support you in getting jobs and internships.</p>
S 11:00–11:25 a.m.	<p>Financial Aid and Scholarships EMU 230 Swindells Find out the steps to take today to ensure your loans, grants, work study, and scholarships are ready at the start of fall term. This session will not include information about student billing.</p>
11:00–11:45 a.m.	<p>GEO Study Abroad EMU M102 Mills International Center Welcome to Global Education Oregon (GEO), your first step on the path to studying abroad as a University of Oregon student. Whether you want to study sustainability in a modern capital or explore the urban landscape of an ancient one, we offer more than 250 global education programs in 90 countries that thrill, challenge, and inform.</p>

11:00–11:50 a.m.	<p>PathwayOregon Financial Meeting EMU 146 Crater Lake North If you are a part of the PathwayOregon program, you will need to attend one of the three financial workshops specifically for PathwayOregon students. Follow the schedule on the label on your name badge, and you will hear from staff of the PathwayOregon program on managing your financial award package.</p>
F →	<p>Keeping Your Student Healthy Straub 156 Join us for a presentation on best practices and resources to help your student stay healthy while at the UO.</p>
11:00 a.m.–noon	<p>Bike Tour EMU 008 Outdoor Program Explore campus while riding a bike from the UO Bike Program.</p> <p>Campus Tour EMU Stadium Stairs Take a guided tour with one of our Student Orientation staff members to learn about the history, traditions, services, and programs on the UO’s beautiful campus.</p>
11:00 a.m.–3:00 p.m.	<p>Drop-in Financial Aid Counseling EMU 145 Crater Lake Drop in and speak with a counselor from the Office of Student Financial Aid and Scholarships to ensure that all of your questions are answered.</p>
S	<p>11:30–11:55 a.m. Financial Aid and Scholarships EMU 230 Swindells Find out the steps to take today to ensure your loans, grants, work study, and scholarships are ready at the start of fall term. This session will not include information about student billing.</p>
11:30 a.m.–1:30 p.m.	<p>Information and Student Services Fair EMU Green Use this opportunity to sign up for clubs and student organizations. Learn about the best ways to get connected on campus</p>
noon–12:45 a.m.	<p>GEO Study Abroad EMU M102 Mills International Center Welcome to Global Education Oregon (GEO), your first step on the path to studying abroad as a University of Oregon student. Whether you want to study sustainability in a modern capital or explore the urban landscape of an ancient one, we offer more than 250 global education programs in 90 countries that thrill, challenge, and inform.</p>
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noon–4:00 p.m.	<p>Outdoor Program Outdoor Program Barn (18th St. and University Ave.) Take a short walk past historic MacArthur Court to the Outdoor Program Barn and check out the gear and trips we have for all your future UO outdoor adventures!</p>

1:00–1:50 p.m.	<p>PathwayOregon Financial Meeting EMU 146 Crater Lake North If you are a part of the PathwayOregon program, you will need to attend one of the three financial workshops specifically for PathwayOregon students. Follow the schedule on the label on your name badge, and you will hear from staff of the PathwayOregon program on managing your financial award package.</p>
1:00–2:00 p.m.	<p>Campus Tour EMU Stadium Stairs Take a guided tour with one of our Student Orientation staff members to learn about the history, traditions, services, and programs on the UO’s beautiful campus.</p> <p>¡Bienvenidos! EMU Falling Sky Pizza Pizzeria and Public House ¡Bienvenidos a la UO! Acompáñenos a una comida y sesión informativa donde pueden conocer a estudiantes y profesionales en diferentes departamentos. Esperamos ver a su familia.</p>
F	<p>1:00–4:00 p.m. Parent and Family Lounge Straub Lobby Relax and connect with other Duck families while your student attends their individual academic advising appointment and registers for classes. Parent and Family Programs staff will be available for questions. Please note academic advising appointments and registration are restricted to students only.</p>
1:00–5:00 p.m.	<p>Check Out of IntroDUCKtion Straub Lobby Before leaving IntroDUCKtion, staff will meet with students to make sure they’ve completed everything for fall term and talk about events and opportunities happening after IntroDUCKtion. Students must attend one of the sessions to complete IntroDUCKtion. Check-out sessions happen every half hour between 1:00–4:30 p.m.</p>
2:00–2:30 p.m.	<p>Technology on Campus EMU 104 Coquille Learn about technology on campus including which computer to buy, how to connect to campus Wi-Fi, how to set up your uoregon email account, where to get tech help, and more.</p>
2:00–3:00 p.m.	<p>Black Student Cultural Experience EMU 132 Metolius This session is dedicated to incoming self-identified black students and family members connecting with current black students on their experience with accessing resources, communicating with professors, self-care, hair, and community. Meet a new community!</p>
2:30–3:00 p.m.	<p>Technology on Campus EMU 104 Coquille Learn about technology on campus including which computer to buy, how to connect to campus Wi-Fi, how to set up your uoregon email account, where to get tech help, and more.</p>
3:00–3:30 p.m.	<p>Sports 101 Ford Alumni Center Welcome Desk Learn what you’ll need to know about sports with Sports 101—an information session about student tickets and what it’s like to go to Duck sporting events.</p>
3:30–4:00 p.m.	<p>Sports 101 Ford Alumni Center Welcome Desk Learn what you’ll need to know about sports with Sports 101—an information session about student tickets and what it’s like to go to Duck sporting events.</p>



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