

Student Services Workshops

Resources for Students

Campus Career Centre	B310	740-6420
Gymnasium	B190	740-6418
Western Student Housing		754-6338
VIU Bookstore	B305	740-6200
VIU Students Union	B193	754-8866
VIU Library	B305	
Math Centre	B360 R303	
Writing Centre	B305 R474	

Campus Tours

Tours of the Nanaimo campus will be departing from the Welcome Centre (in bldg 300) at 10:30 am Monday, Tuesday, and Wednesday, **August 30, 31, and September 1.**

September Workshops

Free Workshops for Everyone

12 noon – 1 pm

Bring a friend • Bring a lunch • Seating Limited

Monday, September 13

Calm Under Pressure: Stress Management
Bldg 200 Rm 238

Tuesday, September 14 & Tuesday, September 21

Note Taking & Mind Mapping
Bldg 200 Rm 237

Wednesday, September 15 & Thursday, September 23

24 Hours in a Day: Time Management
Bldg 200 Rm 238

Friday, September 18 & Wednesday, September 22

Reading Textbooks: Efficiently & Effectively
Bldg 200 Rm 238

Monday, September 20 & Tuesday, September 28

Exam Prep – Start Now
Bldg 200 Rm 238

Wednesday, September 29

Procrastination: How Not To
Bldg 200 Rm 238

No registration required.

Presented by:

Student Services, Counselling Department

For more information call 740-6416 or visit our website viu.ca/counselling



Register for New Student Orientation 2010: viu.ca/orientation

Do it all @ New Student Orientation
Thursday, September 2, 2010



Get the jump on your first year at VIU!



New Student Orientation 2010

Explore the campus and learn tips and tricks from experienced VIU students that will help make your university experience one to remember!

Become familiar with people in your faculty, have a chance to purchase your parking pass and textbooks, as well as set up your student ID and student IT account.

Fun activities going on throughout the day include minute-to-win-it challenges, wacky photo shoots, and a chance to become the next VIU YouTube sensation! Best of all you will have the chance to win new students' prize packs, and enjoy a free BBQ sponsored by the Vancouver Island University Students' Union (VIUSU)!

Nanaimo Thursday, September 2, 2010

Register in the Royal Bank Plaza in front of building 200
CHOOSE ONE SESSION

Sign-in begins at 8:45 am for the morning session

▶ **ORIENT 100 • F10N01: 9 am – 12 noon**

FREE BBQ 12 noon – 2 pm

Sign-in begins at 1:45 pm for the afternoon session

▶ **ORIENT 100 • F10N02: 2 – 5 pm**

PLAN TO STAY THE DAY. WEAR GOOD WALKING SHOES!

Cowichan Wednesday, September 1, 2010

Explore the campus, make new friends, and meet your classmates!

Meet in the Cafeteria, Cowichan Campus

▶ **ORIENT 100 • F10D01: 10:30 am – 12:30 pm**

Enjoy a FREE BBQ following Orientation

Introduction to VIU For Parents or Guardians of VIU Students

As families are an integral part of the VIU community, we've developed a special information session targeted specifically for you. This event will provide you with an opportunity to learn everything you need to know about VIU.

1 – 3 pm
Thursday, September 2, 2010
Royal Arbutus Room, Building 300
(above upper cafeteria)
Nanaimo campus

Recommended Parking:
Lots E or C, via
Main Entrance (Fifth St.)

Register at:
viu.ca/familyregistration

September 2
COURTESY PARKING
at select locations!
See map inside...

For more information on New Student Orientation 2010 and how to register visit: viu.ca/orientation



Destination
VIU

Check out what's going on!

September

MARK YOUR CALENDARS!

September 3 – 6

Residence Welcome Weekend

Free activities for students in residence including BBQ's, free grocery/school supply shuttles, city tours, a walk-in movie night, games and more! For more information email reslife@viuresidences.ca

September 7

Students' Union Pub ReOpens

Open from 11:30 am – 7:30 pm, must have 2 pieces of valid ID at all times.

September 7

Intramural & Outdoor Rec Registration Starts

Lots of fun, and a great way to meet new friends! For more info go to www.viu.ca/campusrec

September 7 – 8

Campus Rec Orientation Activities

Fun-filled events promoting Campus Rec programs from 11:30 am – 1:30 pm in the upper campus. Get active; be involved!

September 7 – 15

Info Tables

Get your questions answered! Information tables in the quad between Library and Upper Cafeteria.

September 15

Rock the Boat

One of the most exciting places on campus...the BOAT (GYM – Bldg. 190). From 6 – 8 pm enjoy exciting activities, music, food, new friends, and lots of prizes.

September 15

VIUSU Free Walk-in Movie

Includes popcorn & hot chocolate, bring your own mug and blanket. Starts at dusk outside Bldg. 200 in Royal Bank Plaza.

September 16

FROSH 2010!

Free outdoor concert, yummy vendors fair, fun games, beverage garden, and FROSH giveaways in the Royal Bank Plaza outside Bldg. 200.

September 16

All Nations Welcome Back Feast

Held from 11 am – 1 pm; location TBA.

September 17

Annual Pancake Breakfast

Free Pancake Breakfast! Bonus karma points for everyone who brings their own plate! In Royal Bank Plaza from 9 – 11:30 am.

ALL STUDENTS WELCOME

International Education at VIU sponsors many events for domestic and international students to meet and interact.

For information on upcoming events visit the International activity calendar at:

viu.ca/international/studentactivity.asp

Find your way to the September Events

- 180 ASTEC
- 185 Lower Cafeteria
- 190 Gymnasium
- 193 Students' Union/Pub
- 200 Student Services
- 205 Career & Academic Preparation
- 250 Faculty of Management
- 255 International Education
- 300 Administration/Main Cafeteria
- 305 Library/IT/Bookstore
- 310 Drama & Theatre
- 320 Music
- 350 Malaspina High School
- 355 Arts & Sciences
- 356 Education/Social Sciences
- 373 Centre for Shellfish Research



- Building Main Entrance
- Emergency Phones
- Food & Drink
- Shower Facilities
- Parking Lot & Designation
- Campus Entrance Number
- Short-Term Pay Parking
- Employee Parking
- General Parking
- Bicycle Parking
- Welcome Centre
- ATM Machine
- Bus Stop

September 9, 12, 19

Open Mic Night at the Pub

Showcase your talents and support other students at VIUSU's weekly Open Mic Night. Fun starts at 9 pm, must have 2 pieces of valid ID at all times.

September 13 – 17

Fitness Drop-In Week

Come down and try out what your gym has to offer!

September 24

VIUSU presents Kings Without!

Tickets \$5 in advance at the Pub; proceeds go to VIUSU bursary fund! Students' Union Pub doors open at 8 pm, must have 2 pieces of valid ID at all times.

September 29

Club Fair

Find out which clubs are active on campus and how to get involved! Join us in the upper cafeteria 11 am – 1:30 pm.

REMEMBER

You'll need to register for

ORIENTATION

Register online or in person

SEPTEMBER 2 ONLY

* COURTESY PARKING IN PARKING LOTS A, B, C, E, U, S