UNIVERSITY OF THE PACIFIC

TIGER TRACKS

TRANSFER STUDENT ORIENTATION SCHEDULE 2015

AUGUST 17th-18th
A MESSAGE FROM OUR VICE PRESIDENT FOR STUDENT LIFE

On behalf of our entire family of dedicated faculty, staff, and students, Welcome to Pacific! We are excited for you to join our community of scholars in our pursuit of academic and personal excellence. It is with great pride that we offer you a glimpse of student life at Pacific during orientation.

The staff has been busy preparing for your arrival for months and is genuinely looking forward to getting to know you and your family over the next two days. They have planned a busy schedule of programs and activities that are designed to help you meet other new students and learn more about your academic schedule and classes and campus programs and services. We have also planned sessions specifically for family members to help ease their transition with you and explain a variety of subjects related to your college experience.

We know that you will find your experiences over these next months and years to be both stimulating and rewarding. We hope that you will come to know the value of a student-centered education and appreciate the many opportunities for involvement experiences that will help shape your personal and professional passions.

The orientation staff is ready and willing to help answer your questions and attend to your needs. Please don't be shy about asking for help or clarification. Enjoy your time with us and please pause to soak in the faces and places of our beautiful campus. We are so excited you are here. It is our pleasure to welcome you on this adventure as you join us for the beginning of a new life experience.

Warm Regards,
Patrick K. Day
Vice President for Student Life

Not quite sure where to go? Find an orientation leader in an Orange or Black polo, and they'll be more than happy to lend a hand!

WELCOME TO PACIFIC!
We hope that your time with us will be informational, fun and motivating. We encourage you to familiarize yourself with this program so that you can be fully prepared for the day. Above all, keep an open mind, meet other new and current students, and ask the questions that are on your mind.

DAY ONE
7:30AM-8:30AM

CHECK IN
DeRosa University Center Ballroom A
Students & Families will check into the Orientation program in the DeRosa University Center Ballroom. At this time you will receive your Orientation backpack that is full of information specifically for you, our newest student. Be sure to bring this information with you both days of Orientation!

PACIFIC ONE CARD
One Card Office-McCaffrey Center
Once you have checked in, it's time to get your University of the Pacific photo ID card. This card serves as your student ID, meal card, and will provide access to your residence hall if you are living on campus.

CHECK YOUR TECH
Library
Your next stop is the University Library where you'll check your username and password. You'll need this important information for registration confirmation on Day 2 of Orientation.

BREAKFAST
DeRosa University Center Marketplace
Once you have completed the check in process, grab a bite to eat in the DeRosa University Center Marketplace before your busy day begins.
**2015 New Student Orientation**

### 8:45AM-9:15AM

**Welcome**
DeRosa University Center  
Ballroom B
University Administrators, Student Advisors, and Pacific Ambassadors will officially welcome you and your families to University of the Pacific.

### 9:30AM-10:00AM

**Meet & Greet**
DeRosa University Center Lawn
Meet your Pacific Ambassador and Student Advisor where you will join with your group in some fun ways for you to get to know each other.

### 10:15AM-11:45AM

**Campus Presentations**
DeRosa University Center  
Ballroom B
Presentations from Public Safety, Student Conduct and Community Standards, and Pacific Health Services. Also, hear from the Finance Center, One Card office, and the University Bookstore.

### 11:45AM-1:00PM

**Lunch**
DeRosa University Center  
Marketplace
Enjoy lunch in the Marketplace with your Student Advisor and Pacific Ambassador to find out what college is like from a student perspective.

### 1:15PM-2:30PM

**Special Interest Sessions**
Choose two of the following sessions, each session is offered during both times:
Session 1 from 1:15pm-1:45pm  
Session 2 from 2:00pm-2:30pm

### Commuter Students
**Presidents’ Room**
This presentation is for our commuting students to hear tips from current students on how to be a successful commuting student. Find out where to eat, who are your supports, and how to navigate Pacific!

### Staying Well at Pacific
**DeRosa University Center 211**
Want some hints on avoiding the Freshman 15? Curious how not to become stressed out? Information about wellness, health, education, insurance, healthcare and counseling services will be provided at this fun-filled session.

### Student Veterans
**DeRosa University Center 215**
Join our Student Veteran Organization for information on the benefits and opportunities available to you, our Student Veteran!

### InfoTracks
**DeRosa University Center**
Stroll through the Information Fair, and meet representatives from various campus organizations and departments to learn about what services are available to you and all Pacific students.

### Education Abroad
**Wendell Phillips Center 140**
In this session, we will explain the different types of education abroad opportunities available to Pacific students, discuss the eligibility and application process, talk about credit transfer, and give you tips on how to plan ahead—academically, financially and personally. This is also a great opportunity for you to ask questions.

### Get Plugged into Pacific’s Multicultural Center
**Multicultural Center**
Join MC staff for a tour of the Multicultural Center that houses the Pride Resource Center, African, Latino, Asian Pacific Islander, Native American (ALANA) Center, and Women’s Resource Center.

Special Interest Sessions continued on next page.
2015 New Student Orientation

Student Involvement
Janet Leigh Theater
Interested in becoming involved on campus? Come join us to learn all about student clubs & organizations on campus. Interested in going Greek? Join us to find out what Greek Life is all about.

Federal Work Study & On-Campus Jobs: What You Need to Know
DeRosa University Center Ballroom A
Need an on-campus job? Want to know how to use your federal work-study award? Come to the Career Resource Center's presentation to learn how to secure on-campus employment and how to use the Tiger Jobs database to identify job possibilities.

Don’t Let Your Grades Slip, Take a Trip to . . .
General Academic Tutoring Center - McCaffrey Center
Join the staff from Services for Students with Disabilities, General Academic Tutoring Center, and Student Academic Support Services to learn about the resources and services available that will help students successfully transition into Pacific.

D1 Student Athletes
DeRosa University Center Ballroom B
Are you a D1 athlete at Pacific? If so this session is for you! This session takes place from 1:15pm-2:30pm.

2:45PM–3:15PM
Registration Tutorial
Various Locations
Learn about the registration process and how to navigate InsidePacific and other helpful websites.

3:30PM–4:30PM
Academic Expectations
Various Locations (See Below)
Learn about the college requirements from your school or college Dean.
College of the Pacific
Janet Leigh Theatre
Conservatory of Music
Buck 100
Eberhardt School of Business
Presidents’ Room
Gladys L. Benerd School of Education
Education 110B
School of Engineering & Computer Science
Weber 102
Speech Language Pathology
DeRosa University Center 215
School of International Studies
George Wilson Hall

4:30PM
Meet Your Faculty Advisor
Various Locations
Meet your Faculty Advisor and other students in your college or school. Get tips for academic success from your Faculty and Student Advisors.

Day Two
8:30AM–9:15AM
Breakfast
DeRosa University Center Marketplace
Join your Student Advisor, Pacific Ambassador and other new students for breakfast before your busy day begins.

9:30AM
Registration
Various Locations
You will confirm your registration and complete the Check Out Process including agreeing to Financial Responsibility, printing your schedule, signing up for Pacific Connect & OrgSync, and completing the Orientation Evaluation.

Win Prizes!!
Turn in your Tiger Tracks Scorecard at the Library after Check-Out. Prize winners will be announced at Family Farewell at 4:00pm on Thursday on Knoles Lawn.
University of the Pacific is committed to your development as a whole person. Our model of wellness includes eight dimensions, all of which we believe are integral to your success in college and post graduation. The eight wellness dimensions include emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual.

As you begin your college experience, it is important for you to understand wellness as an active process through which you become aware of and make choices that support your potential for overall wholeness, happiness, and well-being. This process begins with an awareness of your abilities, accomplishments, limitations, and goals. It also involves the recognition that you have physical, psychological, social and spiritual needs. Wellness is a positive approach to living. Finally, it is a process of taking responsibility for choices that impact well being for yourself and others.

Here at New Student Orientation you’ll begin your journey to understanding wellness!

The emotional dimension of wellness emphasizes an awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one's feelings and related behaviors including the ability to cope effectively with stress. The emotionally well person maintains satisfying relationships with others.

Environmental wellness is leading a life that is respectful of our environment. This includes respecting nature and ALL species. It also involves understanding the relationship between personal decisions and social consequences. Be aware of the limits of the earth's natural resources and enjoy, appreciate and spend time in the outdoors. Develop a reverence for the natural world and commit to protecting it for current and future generations.

The occupational dimension of wellness involves preparing for work in which one will gain personal satisfaction and find enrichment in one's life. Develop skills to manage career goals as they shift or change throughout your life. The choice of profession, job satisfaction, fulfillment of your values and purpose, as well as personal performance are all important components of your career ambitions.

The physical dimension involves maintaining a healthy quality of life that allows one to perform daily activities without undue fatigue or physical stress. It is developed through a combination of beneficial physical activity/exercise, healthy eating habits and avoiding harmful habits such as tobacco, drugs and excessive alcohol consumption. It entails understanding and respecting the relationship between sound nutrition and the functioning and uniqueness of each human body. Responsibility and self-care for minor illnesses and appropriate use of the medical system is key for optimal physical wellness.

Financial wellness is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes. It also consists of understanding how money management can prepare you for future financial success, including establishing and maintaining good credit.

The intellectual dimension of wellness encourages creative, stimulating mental activities. Explore problem solving, creativity, and learning. Spend time appreciating and thinking about personal interests by reading books, magazines, and newspapers. Be curious and challenge your mind to be creative. See problems and challenges as stepping stones, not stumbling blocks.

Spiritual wellness involves seeking meaning and purpose in human existence, often through prayer, meditation, and reflection, or through various activities and practices associated with a religious tradition. It includes understanding “who am I?” and “what is meaningful in my life?” The spiritually well person seeks to use one's deeper understanding about purpose and meaning to live a life in which actions are consistent with one's beliefs, and to make the most of every day experiences with people and nature.

Social wellness is having positive interactions with and enjoying being with others. It is having comfort and ease during work and leisure situations and communicating feelings and needs to others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the common good, and allowing others to care for you. It is recognizing the need for leisure and recreation, and budgeting time for those activities.
Pacific Fight Song

Written in 1922 by Bob Couchman '22 and composed by Russ Bodley '23. The original title of the fight song we know today was "Hungry Tigers."

Come on you hungry tigers - fight - fight - fight
Let's win the game you tigers - fight - fight - fight
See the tigers breaking through,
After goals, we'll get them too
Fighting for UOP, we're after victory
So hail, oh hail the orange and the black
See those banners gleam
We'll shout for fame, cause we'll win the game!
We're the fighting tiger
We're the fighting tiger
We're the fighting tiger team!!

Win PacificCash™ prizes during WOW by using #TigerTracks and #PacificWOW and completing the photo challenge!

Tiger Tracks Photo Challenge
1. screenshot with a Pacific geofilter
2. with your Orientation leaders
3. lunch @ the DUC
4. at InfoTracks
5. Burns Tower
6. Tiger Pause Lounge
7. selfie @ the entrance arch
8. 2 WOW events
9. selfie @ Black Party
10. wearing your TigerTracks backpack

#TigerTracks #PacificWOW

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Follow Tiger Tracks on Pinterest

Use the QR code to download the OrgSync App!
Pacific's student activities hub!
Join using your upacific.edu email.