

ORIENTATION WEEK SCHEDULE



PJILASSI | BIENVENUE | WELCOME



ST. FRANCIS XAVIER UNIVERSITY

We welcome you with open arms to our campus community. This is only the beginning in a chapter of your life and your time here will prove to be incredibly meaningful. This booklet will provide you with a guide to the orientation events, locations, and times for the month of September.

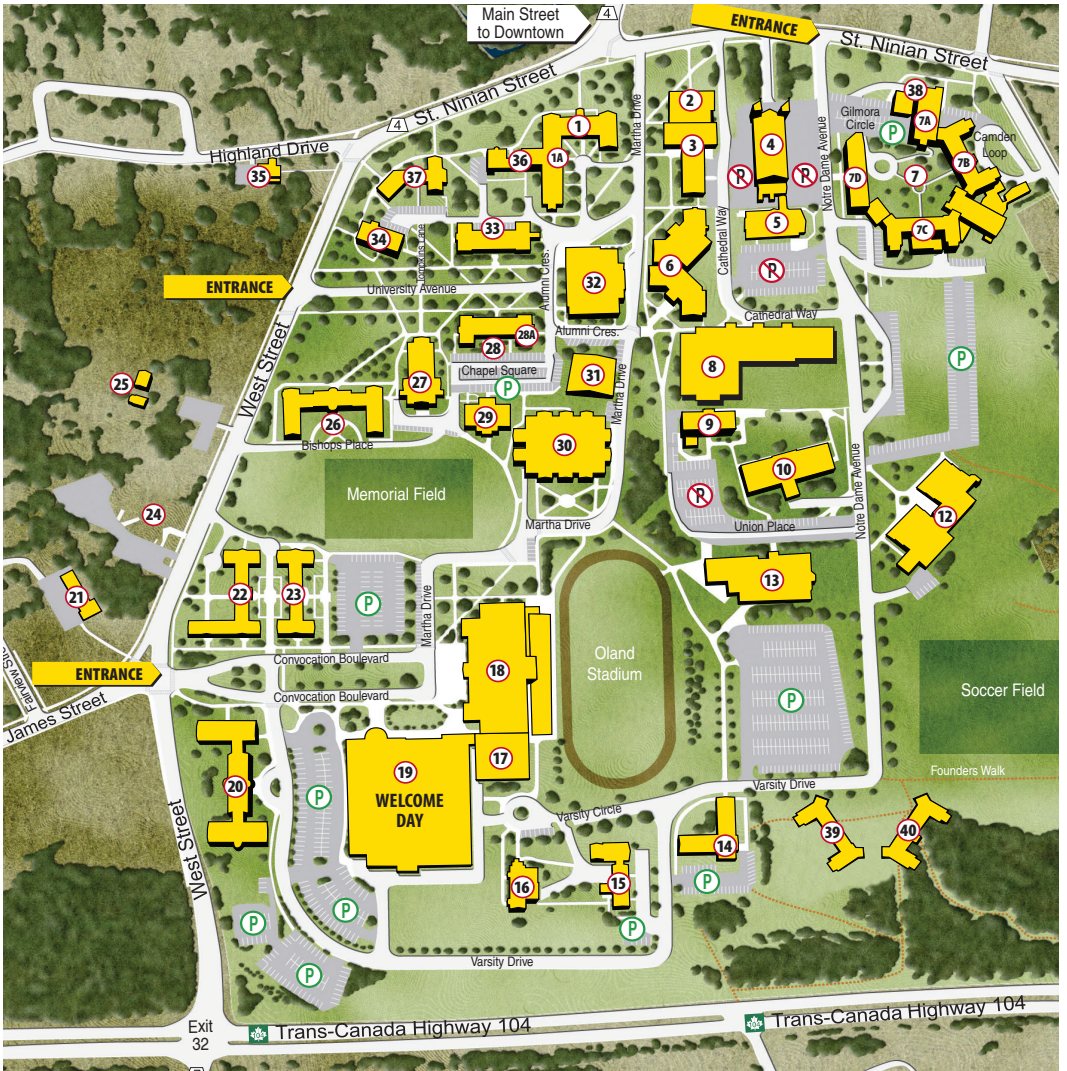
We strongly encourage that you attend these activities as it will allow you the chance to meet your fellow classmates, professors, Community Advisors, and the staff here at the University.

Welcome to StFX

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ST. FRANCIS XAVIER
UNIVERSITY

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ACADEMIC BUILDINGS

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Xavier Hall (XH) and Alumni House <ol style="list-style-type: none"> A) Alumni House 2. McKenna Centre (north entrance) 3. Schwartz School (SCHW) 5. St. Ninian's Place (SNP) 6. Angus L. Macdonald Library 7. Mount Saint Bernard (MSB) <ol style="list-style-type: none"> A) Immaculata Hall B) Camden Hall C) Marguerite Hall D) Gilmora Hall | <ol style="list-style-type: none"> 8. Mulroney Hall 9. Nicholson Tower (NT) 10. Annex 12. J. Bruce Brown Hall (JBB) 30. Physical Sciences Centre (PSC) 36. Coady International Institute 37. Markin Global Complex 38. Fine Arts Building |
|---|---|

RESIDENCES

- | | |
|-------------------------------|--------------------|
| 7. Mount Saint Bernard (MSB) | 26. Bishops Hall |
| 14. MacIsaac Hall | 28. MacKinnon Hall |
| 16. MacNeil Hall | 32. Morrison Hall |
| 20. Governors Hall | 33. Cameron Hall |
| 21. Coady International House | 39. O'Regan Hall |
| 22. Somers Hall | 40. Riley Hall |
| 23. Power Hall | |

ADMINISTRATION & OTHER

- | | |
|--|--|
| 4. St. Ninian's Cathedral | 25. StFX Observatory |
| 5. St. Ninian's Place (SNP) | 27. University Chapel |
| 8. Prayer Space (First Floor Mulroney Hall) | 28. MacKinnon Hall |
| 9. Nicholson Tower (NT)
Recruitment and Admissions Office | a) Business Office |
| 13. Bloomfield Centre | 31. Services Building (5005 Chapel Square)
Safety & Security Services |
| 15. MacDonald Hall | 34. Mockler Hall |
| 24. 42 West Street Building | 35. Aberlard House |

SPORTS AND RECREATION

- | | |
|---|-------------------------------|
| 17. Alumni Aquatic Centre | 19. Charles V. Keating Centre |
| 18. Amelia Saputo Centre for Healthy Living | 29. Bauer Theatre |

DINING SERVICES

32. Morrison Hall

In your timetable the buildings are referenced by acronyms

 Denotes parking available

 Denotes no parking available



AUGUST 31

Keating Centre, Relaxed Start, International, and Community Connections Check-In

8:00am-1:00pm

Students registered for the Relaxed Start or Community Connections will check-in at the Keating Centre between 8am and 1pm. Check-in begins with meeting the President, Dr. Andy Hakin and his wife Linda Hakin.

At the check-in you will confirm your arrival with the Registrar's office, pick up your Student ID, check-in with Housing (if you are living in residence), and register for easy access to the Health and Counselling Centre.

Once you have checked in, you can make payments or inquiries about your Student Account and purchase a parking pass, if needed.

After you have checked in, you will go through the Student Services Showcase where you can see and meet all of the different services and supports at StFX. You can do the photo booth, try our famous Seafood Chowder, talk to the dietician about your dietary needs, pick an XFEST kit which you need for orientation week activities, take note of some advisors you might benefit from meeting, and more. There is also a zone just for friends and family at the Showcase.

1:00pm - 3:00pm Rest and Connect

During this time, you can access free transportation to places like the banks, WalMart, and Superstore to pick up things for residence, school supplies, phone SIM card, or anything needed to get set up. Pick up information will be provided closer to the event.

3:00pm-4:00pm

The Community Connections Peer Leaders will host some fun activities before heading to the Street Fair. The locations will be confirmed closer to the event.

4:00pm-7:00pm

This is an exclusive event for students who arrived early. The Coady Gardens area, between Cameron Hall and Coady International Institute will be set up with fun and games, music, a community art project, and more.

**Check-In Before Going
to Residence!**

SEPTEMBER 1

Keating Centre, New Student Check-In

8:00am-4:00pm On Campus Check-In

Students moving into residence will be given a check-in time in advance.

Check-in begins with meeting the President, Dr. Andy Hakin and his wife Linda Hakin.

At the check-in you will confirm your arrival with the Registrar's office, pick up your Student ID, check-in with Housing (if you are living in residence), and register for easy access to the Health and Counselling Centre.

Once you have checked in, you can make payments or inquiries about your Student Account and purchase a parking pass, if needed.

After you have checked in, you will go through the Student Services Showcase where you can see and meet all of the different services and supports at StFX. You can do the photo booth, try our famous Seafood Chowder, talk to the dietician about your dietary needs, pick an X-Fest kit which you need for orientation week activities, take note of some advisors you might benefit from meeting, and more. There is also a zone just for friends and family at the Showcase.

1:00pm - 4:00pm Off Campus Check-In

The same check-in as residence students, minus the keys!

4:00pm - 5:15pm First Community Meeting (Residence)

Hosted by your Community Advisors in residence, and Off Campus Leaders for off campus students, the first community meeting is to meet your peers and learn a little bit about the student leaders and what to expect for Welcome Week.

- Residents, Your CA will tell you where you are meeting.
- Off Campus students, we will meet in the Bloomfield Centre, MacKay Lounge on the 3rd floor.

5:15pm - 7:00pm Dinner with Your Floor (Morrison Hall)

After the community meeting, residence students will head over to Morrison Hall, the main dining, to have your first dinner together.

7:00pm - 11:00pm Residence Orientation

Residence orientation and fun activities. Your CA will tell you about what is happening in your building and across campus.

SEPTEMBER 2

8:30am - 11:00am X-Fest Kick Off (Saputo Football Field)

Residences will be lead by the Student Leaders to the Saputo turf, where we will kick off X FEST, a week of orientation activities to help you navigate campus, services, and connect with other students. Bring your cheering voice! And wear your house shirt because you will be part of the annual Giant X Photo!

11:30am - 12:45pm Welcome BBQ

A Huge BBQ will be served on Memorial Field for all students, staff and faculty to welcome the new academic year.

1:00pm - 4:00pm Academic Orientation

Check the Academic Day detailed schedule for your specific program. If you are not sure, ask an O-Crew member, your CA, or any staff or faculty member.



4:00pm - 5:00pm Find Your Classes Tour

O-Crew and Tour Guides will be available to help you find your classes and any other spot on campus you want to locate so you are ready for your first day of classes on Tuesday.

5:00pm - 7:00pm Dinner at Meal Hall

6:00pm - 8:00pm Haven't Done Your Xaverian Community Foundations Modules?

If you haven't yet completed the mandatory Xaverian Community Foundations Modules, we have arranged this time and a classroom with computer access to finish them. Your RLC will contact you to make sure you complete them and help you if you have trouble with finding the modules in Moodle.

Important – you will not be able to participate in X-Fest Playfair and Indoor Carnival if you have not completed them!

8:00pm Playfair and Indoor Carnival (Keating Main Arena)

Your Student Leaders will take you from residence to the Keating Centre for Playfair, an o-week tradition for the past 31 years, where students participate in comedy routines, non-competitive games, and newly created group dynamic exercises. The goal is to encourage incoming students to get out of their shells a bit and interact with a wide range of new people from other residences and off campus and make new friends. **This event is only open to incoming students who have bought an X-FEST Kit/Wristband and have their wristband.**

WHAT IS ACADEMIC DAY?

Academic day will focus on setting you up for success in the first few weeks of school. You will be provided with what you need to know to transition into university including how to find your classes, what support services are available, how to get your books, what our Academic Integrity policy is, and more. Your Dean will provide an overview of typical course patterns and choices, introduce the academic calendar and important dates, the first day of classes, and ways to set up for success. They will share ways to get involved in university life.

Panel presentations will include students, faculty, lab instructors, academic advisors, and representatives of Academic Success Centre. After each panel, there will be a chance to ask your questions. Plus, everyone in attendance will be entered into a draw for some great prize packs!

For the detailed schedule, please refer to pages 12-18.

Room Abbreviations

KC: Keating Centre (Conference Rooms)

SCH: Gerald Schwartz School of Business

MSB: Mount Saint Bernard

BB: J. Bruce Brown

MULH: Mulroney Hall

IM: Immaculata Hall

ARTS

Music, PGOV, Aquatic
Resources, Social
Justice & Humanities,
CLEN

Time	Event
1:00	Dean: Arts Room: KC 300
1:30	
2:00	Panel Room: KC 300 Faculty: Students: Staff: Moderator
2:30	
3:00	
3:30	
4:00	Find your classrooms tour
4:30	

FORENSIC PSYCHOLOGY

Room Abbreviations

*KC: Keating Centre
 (Conference Rooms)
 SCH: Gerald Schwartz
 School of Business
 MSB: Mount Saint
 Bernard
 BB: J. Bruce Brown
 MULH: Mulroney Hall
 IM: Immaculata Hall*

Time	Event
1:00	Dean: Arts Room: KC 300
1:30	
2:00	Panel Room: KC 300 Faculty: Students: Staff: Moderator
2:30	
3:00	
3:30	
4:00	Tour
4:30	

HEALTH

Room Abbreviations

*KC: Keating Centre
 (Conference Rooms)
 SCH: Gerald Schwartz
 School of Business
 MSB: Mount Saint
 Bernard
 BB: J. Bruce Brown
 MULH: Mulroney Hall
 IM: Immaculata Hall*

Time	Event
1:00	Panel Room: SCH 156 Faculty: Students: Staff: Moderator
1:30	
2:00	
2:30	
3:00	Dean: Arts Room: SCH 156
3:30	
4:00	Tour
4:30	

BUSINESS

Room Abbreviations

*KC: Keating Centre
 (Conference Rooms)
 SCH: Gerald Schwartz
 School of Business
 MSB: Mount Saint
 Bernard
 BB: J. Bruce Brown
 MULH: Mulroney Hall
 IM: Immaculata Hall*

Time	Event
1:00	Dean: Business Room: SCH 110
1:30	
2:00	Panel Room: SCH 110 Faculty: Students: Staff: Moderator
2:30	
3:00	
3:30	
4:00	Tour
4:30	

SCIENCE

BSc with ENGR & Diploma
in Engineering

Room Abbreviations

KC: Keating Centre

(Conference Rooms)

SCH: Gerald Schwartz

School of Business

MSB: Mount Saint

Bernard

BB: J. Bruce Brown

MULH: Mulroney Hall

IM: Immaculata Hall

Time	Event
1:00	Dean: Science Room: MSB 225
1:30	
2:00	Panel Room: MSB 225 Faculty: Students: Staff: Moderator
2:30	
3:00	
3:30	
4:00	Tour
4:30	

HKIN & HUMAN NUTRITION

Room Abbreviations

KC: Keating Centre

(Conference Rooms)

SCH: Gerald Schwartz

School of Business

*MSB: Mount Saint
Bernard*

BB: J. Bruce Brown

MULH: Mulroney Hall

IM: Immaculata Hall

Time	Event
1:00	Panel Room: BB 237 Faculty: Students: Staff: Moderator
1:30	
2:00	
2:30	
3:00	Dean: Science Room: MULH 2070
3:30	
4:00	Tour
4:30	

NURSING

Room Abbreviations

*KC: Keating Centre
 (Conference Rooms)
 SCH: Gerald Schwartz
 School of Business
 MSB: Mount Saint
 Bernard
 BB: J. Bruce Brown
 MULH: Mulroney Hall
 IM: Immaculata Hall*

Time	Event
1:00	Panel Room: IM 114 Faculty: Students: Staff: Moderator
1:30	
2:00	
2:30	
3:00	Dean: Science Room: MULH 2070
3:30	
4:00	Tour
4:30	

SEPTEMBER 3

The BLITZ! Brings three amazing training workshops to every single new student at StFX. You will rotate between the three workshops – Positive Space, Waves of Change, and Substances and naloxone Awareness.

Your O-Week leader will give you the schedule for your residence.

Waves of Change: This training module introduces participants to the issue of sexualized violence on campus. Participants will learn about the law and sexualized violence in Nova Scotia. Participants will also be introduced to the concept of bystander intervention and will be taught various intervention techniques.

Positive Space: 2SLGBTQIA+ Terms and Concepts - this module will provide foundational terms and concepts used to understand gender and sexual diversity, for ALL students, whether you identify as part of the queer community or as an ally.

Substances and Naloxone: This fun and engaging workshop will provide you with information about the kinds of substances you might encounter and what you need to know to make informed decision about whether or not to drink or use other substances. StFX is a registered Naloxone distribution site in Nova Scotia, which means all students have easy access to a free Naloxone kit. Even if you do not use substances, knowing how to recognize and respond to a potential overdose could save a life.

9:00am - 10:30am Session 1

10:45am - 12:15pm Session 2

12:15pm - 1:15pm Picnic Lunch (Mulroney East Lawn)

Take a break before the third session and grab a picnic lunch on the lawn outside Mulroney Hall. Music and lawn games to unwind during the BLITZ!

1:15pm - 3:00pm Session 3

2:00pm - 5:00pm Yard Party & Ice Cream Treat (Mulroney East Lawn)

Come back to the Mulroney lawn for more games, music, Spike ball, Frisbee, giant Yahtzee, bocce, and more. Plus, ice cream treats to celebrate completing the BLITZ!

8:00pm Headphone Disco

At Headphone Disco everyone is given a pair of noise cancelling headphones that are connected to two DJs. Students have the option of listening to any one of three channels at any given moment so if there is a song they do not like playing on one channel they can simply switch to another and keep the fun going! Students are supplied with neon lights, beach balls, pool noodles etc. in order to wave around in their own-clustered groups or by themselves. Headphone Disco is being held in a large Tent outside in the Lower Bloomfield Parking Lot!

This event is only open to **incoming students who have bought an X-FEST Kit/Wristband and have their wristband.**

SEPTEMBER 4

8:30am - 11:00am Pancake Breakfast and What it Means to Be Xaverian (Keating Main Arena)

Later this evening, we will have the Xaverian Welcome ceremony to formally welcome you to the Xaverian community. What it Means to be Xaverian will prepare you with what to expect for the ceremony and why it is significant to your overall academic journey. Then, we will have a panel of services you have met throughout the weekend where you can text your anonymous questions about anything at all that is on your mind on the last day before classes begin.

11:00am - 5:00pm International Student Orientation (Mulroney Hall 2030)

International Student Orientation is a mandatory program for all new international students as it covers essential information such as: on/off campus resources, how to use your health insurance, working in Canada, and much more. This is also a great opportunity to make friends and meet the students and staff here to support you throughout your first year. Lunch is included!



12:00pm - 4:00pm X-Fest Waterpark Day and Jell-o Slide (Memorial Field)

Waterpark Day is a wet day activity where students come to Memorial Field and get to play some water-based group games like Water Balloon Fights, Spikeball, and Water Gun Laser Tags. As well as have some fun on some water-based rides including; riding a Mechanical Shark, sliding down a Vertical Rush Slip n' Slide, racing friends through an inflatable Treasure Island, and getting their photos taken as they are going down the X-FEST's staple, the Jell-O Slide! It is a midday event where students get to blow off some steam and have lots of fun together with their houses before going to the Xaverian Welcome Ceremony later that night. This event is only open to **incoming students who have bought an X-FEST Kit/Wristband and have their wristband.**

6:00pm Xaverian Welcome Ceremony (Keating Main Arena)

The Xaverian Welcome is a tradition to mark the beginning of your academic journey and becoming a Xaverian. It is a formal event and you will be provided academic robes for the ceremony. We recommend business casual and sensible shoes.

Faculty and senior administration will welcome you and witness as you pledge your commitment to the Xaverian community values and write a note to your future self to be recovered at your Xaverian Farewell at the end of your journey.

Procession line up is at 6pm. Your orientation leaders will have the details for your residence /off campus.

SEPTEMBER 5

First Day of Classes!!

8:00pm X-Fest Drag Queen Sex Toy Bingo (Keating Centre)

Drag Queen Sex Toy Bingo (Formerly known as Not Your Grandma's Bingo) is championed by StFX's 2SLGBTQIA+ (Queer and Trans) Community and is a mainstay in the X-FEST catalogue due to how popular, entertaining, and educational the event is. This is an event where students sit down and play bingo using virtual cards that they can pull up on their phones to win Sex Toys! During rounds, the hosts inform the audience about the toys up for grabs including how to use them, how to take care of them, and how to store them, as well as many sexual health facts. In between rounds, Drag Queens dazzle the audience with performances and comedy routines, often bringing the audience to tears. It is a high energy but a relaxed sit-down night to wrap up the first day of classes.

There is a low-key Bingo area sponsored by the Bloomfield Hub for those who want to play Bingo in a quieter setting, located on the 2nd Floor Balcony of the Keating Centre! This event is open to **incoming students who have bought an X-FEST Kit/Wristband and have their wristband**, as well as **all returning students IF they purchase a separate ticket**.

pro-ac-tive
adjective

1. (of a person, policy, or action) creating or controlling a situation by causing something to happen rather than responding to it after it has happened. "Be proactive in your academic success by signing up for X-ACT." "Learn what your professors expect from you, in X-ACT."

Register for your X-ACT sessions:

<https://stfx-success.libcal.com/calendar/xact>

X-ACT

Academic Transition



SEPTEMBER 7

9:00pm - 11:00pm Wayne Hoffman (Keating)

Wayne Hoffman is one of the top illusionists in Canada who will perform his magic and mind tricks for all students to sit in awe of! Wayne has performed for X-FEST many times and each time people who go to see him again still have no clue how he did any of it! He has traveled around the world to over 74 countries showing off his mind reading abilities. Often, audience members are called to the stage to participate and be a part of the show! It is a night full of amazement, mystery, and entertainment.

There is a low-key relaxation area sponsored by the Bloomfield Hub for those who want to watch the show in a quieter setting, located on the 2nd Floor Balcony of the Keating Centre!

This event is open to **incoming students who have bought an X-FEST Kit/Wristband and have their wristband**, as well as **all returning students IF they purchase a separate ticket**.



SEPTEMBER 8

4:00pm – 6:00pm BBQueer (Alumni Plaza - Flag Plaza)

The BBQueer is a free BBQ hosted by the Gender and Sexual Diversity Advisor and X Pride Society.

9v:00pm X-Fest Concert

Every year X-FEST builds up and culminates with the Closing Concert by a Headliner Performer whose identity is kept secret until right before X-FEST kicks off! Held at the end of the week, this event is the perfect finisher after a long week of change, meeting new people, learning new things, and settling into a new environment. Students come together for one final night of safe partying and fun before being able to rest over the weekend and start their StFX University experience with hopefully some amazing memories, new friends, and a sense of belonging!

There is a low-sensory listening area sponsored by the Bloomfield Hub for those who want to watch the show in a quieter setting, located on the 2nd Floor Balcony of the Keating Centre!

This event is open to **incoming students who have bought an X-FEST Kit/Wristband and have their wristband**, as well as **all returning students IF they purchase a separate ticket**.





SEPTEMBER 9

1:00pm - 4:00pm Wellness Crawl

The Wellness Crawl will give you the opportunity to go and see a number of different wellness and health providers in Antigonish that are available to you. Many are covered in your student Health Benefits plan or other insurance policies you might have. Services such as holistic wellness, chiropractic, physiotherapy, dieticians, psychological services, counselling, fitness advising, and more will be open for drop in tours or just to take a peak at the place. There will be giveaways, draws, and prizes for participating. Transportation will be available. Ask your CA or email studentlife@stfx.ca for more details.

SEPTEMBER 14

6:00pm - 9:00pm Societies Night (Mulroney Scholar's Walk)

Society Night, held in Mulroney Hall, is a time for all students to come and see what clubs we have to offer for students to join, we will showcase our over 50 Societies, Clubs, and Student Union services!

SEPTEMBER 16

9:00am – 2:00pm Charity Day (Town of Antigonish)

The U encourages a campus of students that give back to their community hence why Charity Day is an integral part of the X-FEST experience. It is a day where students in residence learn about a local Charity, set up stations around town, and raise money for said Charities from early morning to midday! Partners around town help facilitate the students and the event is advertised well beforehand in order to draw the most attention and funds to the students raising money! This is only the first of many charity initiatives that students and House Councils in residences will be encouraged to carry out.

This event is open to **all incoming students**.

THE U

StFX Students' Union
For Students, By Students.



XREC