

ORIENTATION 2022 - CENTRAL MICHIGAN UNIVERSITY



# Fire Up @ CMU



**YOUR GUIDE TO  
LIFE AT CMU!**

Written by students for students!

CENTRAL MICHIGAN  
**LIFE**  
cm-life.com

# 1 in 3 college students experience food insecurity.



The Student Food Pantry is open and free to any currently enrolled CMU student to promote academic success and has produce, meat, hygiene products, school supplies, & more!

Open for Distribution: Tues 5-7 p.m, Wed 3-5 p.m, Fri 12-3 p.m

Register online at the Student Food Pantry Engage Central Page



## Confidently Pursue Your Degree with a Financial Plan

The Financial Wellness Collaborative is available to CMU students with peer coaching, presentations, and iGrad, a self-paced online financial wellness tool. Visit [cmich.igrad.com](http://cmich.igrad.com) to learn more.



Contact us:  
Bovee UC 116  
[finwell@cmich.edu](mailto:finwell@cmich.edu)

## »» We Do community

- Engage local community to address social justice issues
- Discover your personal & career passions
- Long & short term service opportunities
- Leadership & employment opportunities
- Check-out Engage Central using the QR-Code





Warriner Hall is one of the most iconic locations on campus.

# WELCOME TO CENTRAL!

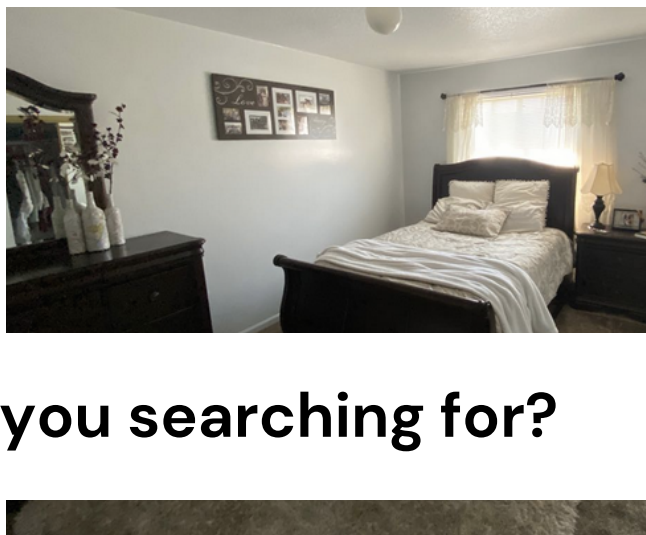
Welcome to life at Central Michigan University! Being a Chippewa doesn't disappoint. You'll hear time and time again that college is the place to make mistakes, which is very true, but we Chippewas like to help each other out.

This publication was created by the students at Central Michigan Life, one of the nation's top student media companies, to help you navigate your first year here.

**So here's to you.  
Welcome to life at CMU!**  
Trust us, the best is yet to come!

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What are you searching for?



**THE PLACE** to find YOUR PLACE.

[www.CentralMichiganLiving.com](http://www.CentralMichiganLiving.com)

# Don't expect perfection. Expect growth instead.

Dear incoming freshmen: Don't expect perfection. Expect growth instead.

In 2018, I came to Central Michigan University with my entire future planned out. I wanted to be a teacher, which was the entire reason I chose CMU. My plan was to graduate as a secondary education major and then go on to teach German and English Literature. I wanted to stay in Michigan and live a quiet life. Maybe even return to the Upper Peninsula. This was my "perfect" plan.

After four years here, however, all of that has flown out the window. To tell you the truth, I couldn't be happier.

You may be coming to CMU with your major planned out and with RSOs picked to join. You, like me, came with a "perfect" plan. But if you find that what you chose isn't working out, don't panic or be afraid. This is an opportunity to change your mind and grow.

I used the fall semester of sophomore year to explore majors. Journalism was



**McKenna Golat**

—  
Staff reporter

one of them. To be honest, I took that first journalism course for a writing credit. I didn't expect to enjoy that class as much as I did. But this class re-awakened my childhood love of telling stories. Thankfully, my professor saw my potential and said I should consider signing journalism as my major. Her belief in me, and the inspiration I felt during this class, caused me to change my mind.

Changing my mind about what I wanted to do was the best thing I could have done. Even though it wasn't perfect

right away, I was happier than ever. My advice to everyone at CMU, not just the incoming freshmen, is to not expect perfection, from the university or from yourself.

If I hadn't changed paths, I would not have found Central Michigan Life. I wouldn't have met the incredible, like-minded people who I now call family. I don't know where I would be without them. They are, without a doubt, the reason I became a journalist. So, when I look back on my time at CMU, I will think of CM Life and the people who helped me become the person I am today. Even though I'm graduating and will no longer be on this campus, I can confidently say CM Life will always be my home.

As we say in the newsroom, "CM Life for life."

CMU has its own phrase echoing this sentiment. Across this campus, we say 'Fire Up'. This phrase is a call for community for everyone who has

attended this university. It means you will always be a part of this campus, wherever it is you end up. Seriously, say 'Fire Up' anywhere in public and someone will answer your call. Better yet, just wear anything with CMU on it, and someone will shout 'Fire Up' at you. It's happened to me so many times.

The phrase 'Fire Up' is a reminder that you will always have a home on this campus.

CMU is not a perfect university by any means. But then again, what college campus is? Anyway, I wouldn't change anything from my four years here. CMU is where I found my passions and community. I grew into a better student, person and journalist.

So no, my time at CMU wasn't perfect. But it's my alma mater. It's a place I'm proud to have called my home for the past four years.

Now, it's your home. Welcome and Fire Up!

CENTRAL MICHIGAN  
**LIFE**

**"There is nothing that beats experience with real world clients."**

Central Michigan University Professor,  
Michael Marn

## JOIN Our Team

- WRITERS
- VIDEOGRAPHERS
- PHOTOGRAPHERS
- DIGITAL ANALYSTS
- CONTENT CREATORS
- PODCAST PRODUCERS
- ADVERTISING ACCOUNT MANAGERS

# EXPLORE YOUR NEW HOME

Discover interesting, new places to relax from the stress of campus

By Hope Delgado  
Staff Reporter

So you've made the adjustment of being a freshman at CMU and you've got the groove of things. Now what? Don't stay locked up in your dorm all day. It's time to explore your campus and Mount Pleasant for activities to fill up your free time with friends. Get out and visit these eight locations in town!



**Layla Blahnik-Thoune | Photo Editor**

Cats sit together on a wall Monday, Jan. 24 at Karma Kat Cafe.

**Dog Central** - Just walking distance from campus and in the heart of downtown is Dog Central. Here, you can find affordable and great quality hot dogs. Dog Central stays open until 2 a.m. on the weekends for when you're craving a late night snack.

**Island Park** - For nature folks, Island Park is a great place to go on trails next to the Chippewa River. The park also has a playground and skatepark.



**Abby Jenkins | Staff Photographer**

Howell senior Katie Sowell laughs while skating at the American Chemical Society CMU Affiliates skate event Sunday Feb. 20, at the Martin Ice Arena.

**Green house** - Tired of the cold weather? Visit the CMU Greenhouse! Located between the Dow Science Building and Brooks Hall, the greenhouse is home to a variety of plants from different climates and regions around the world.

**Ponder Coffee Company** - Lucky for you, Ponder has three locations— one downtown, one on Franklin St. and one at the Park Library! The shop has a variety of coffee, tea, and waffles to offer while you bury your nose into those books.

**Karma Kat Cafe** - If you're a fan of felines, check out Karma Kat Cafe, a downtown cat rescue shelter. Spend your weekends painting, doing yoga, or playing bingo among cats! For college students, one standard visiting pass is \$8. Or better yet, you can volunteer with cleaning and organizing around the shop!

**Student Activity Center** - At the SAC, you can enjoy a variety of perks they have to offer. The SAC includes a fitness center, billiards, hot tub and pool, racquetball courts and an eSports Center. Entry is free for all CMU students with a student ID.

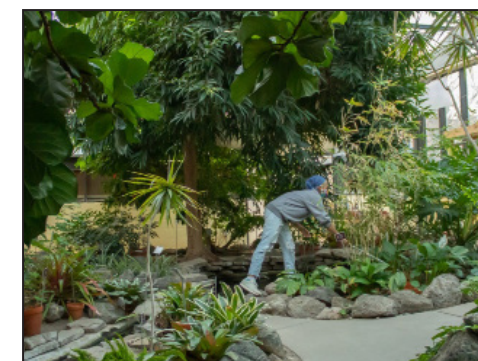


**Andrew Mullin | Staff Photographer**

Dog Central worker and Commerce senior Dominic Pyrros hands food to a customer on Friday, Oct. 2, 2020.

**Bovee University Center** - The UC is not only where you can find several services and offices for all your needs, but it is also a popular gathering place for students to study with friends. The UC has a variety of food choices as well from pizza to chicken. It even has a Starbucks!

**Martin Ice Rink Arena** - Located at the Isabella Community Sportsplex, the ice rink arena is the perfect getaway from studies. The rink provides a variety of activities including figure skating, hockey, and skating lessons.



**Layla Blahnik-Thoune | Photo Editor**

Student worker Sienna Rogers tends to the plants Wednesday, March 17 in the Brooks Greenhouse.

# Five events and activities to expect attending your college orientation

By McKenna Golat  
Staff Reporter

Orientation is a student's introduction to university. It helps students understand their future course load, network with other students and get acquainted with campus culture. Student Activities and Involvements (SAI), Program Board and University Recreation at Central Michigan University do their best to ensure orientation will be beneficial to freshmen.

"You're getting to meet a lot of different people and that's what orientation is," SAI Director Jennifer Nottingham said. "It's connecting you to campus via people, via services and via engagement opportunities."

CMU provides different programs

for freshmen to engage in during the first couple of weeks of the semester. Here are five events and activities to expect on campus.

## Welcome Tents

CMU will have white tents set up across campus for the first couple weeks of the semester. Faculty members will be stationed at these tents to help students find buildings on campus.

## Get Acquainted Day

On the first Wednesday of the fall semester culturally based RSOs will be stationed in Warriner Mall. Get Acquainted Day is to connect students to multicultural groups on campus.

## Program Board Events

Program Board is a student-led campus group that organizes art and entertainment based events.



**Addy Wachter | Staff Photographer**

Students, staff and faculty watch performances and participate in activities Sept. 1 in the Warriner Mall at Get Acquainted Day.

These include events like concerts, movies and more. They typically plan six to seven programs and

events every month during the semester.

## Leadership Safari

This three-day orientation program is designed to help new students learn about Central Michigan University and leadership. Students are placed in small groups of 10 led by student guides. These student guides will accompany participants through various events like team building exercise, leadership activities and campus resource exploration.

## Campus 101

Campus 101 is a series of three presentations that typically takes place during the first weekend of the fall semester. These presentations are required for students. The purpose of the presentations are to get students acclimated to campus culture. The presentations will cover diversity and inclusion, campus safety and sexual aggression and prevention education.

# Student Activities Involvement, Program Board offers entertainment

By McKenna Golat  
Staff Reporter

Student Activities and Involvement (SAI) and Program Board organize events, give access to entertainment and provide information to registered student organizations (RSOs) on campus.

Director of Recreation and Student Involvement Jen Nottingham said there are two aspects of SAI. The first covers the activities and events at Central Michigan University. Everything from homecoming to Siblings Weekend is organized by SAI. Additionally, SAI is connected with the Program Board, a student led group that organizes student-focused events on campus.

"They do the concerts, the comedians, the painting events - the arts and

entertainment side of the activities," Nottingham said.

SAI also covers the nearly 300 RSOs on CMU's campus. The department provides training for the RSO leaders, ensures a place for the group to meet and assists with recruitment and funding.

Incoming students can find out about events and programs through different means. One way is by going on Engage Central's website. Here, students can find information about RSOs and campus events. SAI also sends out emails every month detailing future events and activities. Additionally, students can participate in the RSO fair, otherwise known as Main Stage.

"I always feel like RSOs are where students come to life and what makes campus lively," Nottingham said.



**Nate Pappas | Staff Photographer**

Alec Lewis sings on Monday, March 28, in Plachta Auditorium

Nottingham said the connections students make through campus activities and RSOs are important. Incoming students should expect a fun and energetic campus. She said whether they are introverted or extroverted, students should find a way to

get involved at CMU.

"We do a lot of things for free and they are cool events," she said. "Sometimes you have to take a deep breath, take that first step and go."

SAI is looking at the future of programs now that CMU is operating

in person again after being virtual for two years. Nottingham said outdoor events will always be around since they allow for safe distancing. As for indoor events, SAI is looking for ways to keep them both fun and safe for students.

"I think hyflex is still going to be a part of our program delivery," she said. "We've had to modify a lot of our programming for many different reasons."

SAI is where students can find ways to connect to others during their time at college. Creating new relationships and discovering new things is what students can expect from this department.

"Let's live and let's do something amazing. Find your people," Nottingham said.

# WHAT'S YOUR MAJOR?

*Helping to navigate through CMU's many departments and programs*

By Zipporah Abarca  
Staff Reporter

Central Michigan University can be overwhelming at first glance. However, the campus offers seven different colleges with 300 academic programs at your fingertips.

When you split up the campus by each college and the departments within them — navigating around campus is a breeze.

## What is a University?

A university is the larger overall picture; the entire campus which offers both undergrad and graduate degree programs.

## What is a college?

A college is a specific study under a department in which a student may pursue a career in.

The colleges are listed as follows:

### College of Business Administration

The College of Business Administration has many opportunities that prepares students for “a variety of careers in the ever-changing world of business.” The college offers undergraduate and graduate degrees as well as certificate programs.

“I was looking for something that was broad and could cover a lot of different things, and I found sales through a mentor of mine,” Jake Kapusansky, a Marketing major with a professional sales concentration, said. “Then I got connected to one of the most amazing professors here, Rebecca Dingus — giving me opportunities within the sales field, bringing me to competitions — basically if you want it, you can have it.”

Departments within the College of Business Administration are listed under the following:

- School of Accounting
- Business Information Systems
- Economics
- Entrepreneurship
- Finance and Law
- Management
- Marketing and Hospitality Services Administration

### College of Education and Human Services

According to its website, the College of Education and Human Services “leads the way in educator preparation and human services programs.” Students are gathering



Zipporah Abarca | Staff Reporter

On March 30 in the Health Professions building, exercise science major Allison Lange, a sophomore, is headed to an open lab.

knowledge about their specified field through evidence-based lessons and applied learning opportunities. In addition, the College of Education's Early Childhood Development and Learning majors were the first bachelor's programs in Michigan to earn accreditation by the National Association for the Education of Young Children. This college offers students over 100 scholarships.

“The College of Education and Human Services has done a really nice job providing me opportunities throughout my educational career,” Bailey Birman, a Secondary Education for Integrative Sciences major, said. “I've been able to work with students starting my first semester on campus, which was a really great experience.”

Departments within the College of Education and Human Services are listed under the following:

- Counseling and Special Education
- Educational Leadership
- Fashion, Interior Design, and Merchandising
- Human Development and Family Studies
- Master of Science in Administration
- Recreation, Parks and Leisure Services Administration
- Teacher Education and Professional Development

### The Herbert H. And Grace A. Dow Col-

### lege of Health Professions

The Herbert H. and Grace A. Dow College of Health Professions offers undergraduate and graduate degrees as well as certificate programs. Its programs are said to help “prepare [students] for clinical, academic and administrative careers, or graduate and professional school.” One of the college's main priorities is to ensure students are experiencing collaborative clinical/professional practice while also indulging in research and learning with provided access to latest technologies.

“Working with students with speech difficulties and adults with speech difficulties I can see that there is a lot of need for [workers in that field] and the students seem to really enjoy it, and I am enjoying getting to meet students and their parents,” Maxine Davis, Secretary of the Speech Language and Pathology Clinic, said. “It's been kind of an eye opener.”

Departments within the Herbert H. And Grace A. Dow College of Health Professions are listed under the following:

- Department of Communication Sciences and Disorders
- School of Health Sciences
- Department of Physical Education and Sport
- Department of Physical Therapy
- School of Rehabilitation and Medical Sci-

ences

- Environmental Health and Safety

### College of Liberal Arts and Social Sciences

The College of Liberal Arts and Sciences website says students will “study people and cultures, communities, the human mind, and the fundamental questions of human life.” Students will also have the ability to select from learning opportunities such as: in classroom instruction, research laboratories, schools, community organizations, government offices, libraries, historical sites, hands-on field assignments, internships, service-learning projects, or study abroad programs. The College of Liberal Arts and Social Sciences offers undergraduate and graduate degrees as well as certificate programs.

“If you want to know the world, this is where you come to know the world,” Maureen Eke, an English Literature professor, said. “In this one college we have sociology, anthropology, ethics, religion, culture and global studies, English literature and history. It's really a microcosm of the world.”

Departments within the College of Liberal Arts and Social Sciences are listed under the following:

- Cultural and Global Studies Program
- Department of English Language and Literature
- English as a Second Language Program
- Department of History
- Department of Military Science and Leadership
- Museum Studies Program
- Department of Philosophy and Religion
- Department of Political Science and Public Administration
- Department of Psychology
- Department of Sociology, Anthropology, and Social Work
- Social Work Program
- Women and Gender Studies Program
- Department of World Languages and Cultures

### College of Medicine

The College of Medicine educates and trains students to become the next generation of

## MAJOR |

CONTINUED FROM 7

physicians. The college's main goal is to "provide health care to underserved populations in Michigan and beyond." Its faculty and staff seek to achieve this through research, quality patient care and strategic collaborations. The college offers hands-on and real-world training for students to gain patient care techniques and medical decision-making."

The College of Medicine has a selection of programs for students to choose from as listed below:

- Doctor of Medicine (MD) Program
- Residency Program
- Research
- Patient Care

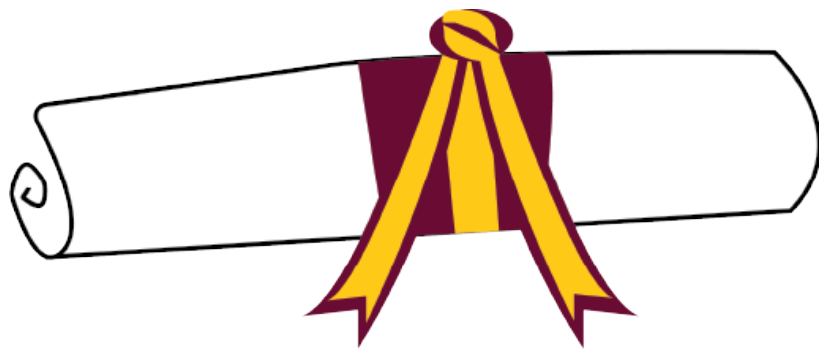
### College of Science and Engineering

The College of Science and Engineering

- Earth and Ecosystem Science
- Geography and Environmental Studies
- Interdisciplinary Science Education Programs
- Mathematics
- Neuroscience
- Physics
- Pre-Professional Programs
- School of Engineering and Technology
- Science of Advanced Materials
- Statistics, Actuarial and Data Sciences

### College of the Arts and Media

The College of the Arts & Media offers programs that include close faculty mentorship and real-world learning opportunities. The college says students will learn in an interactive environment, gaining practical experience and knowledge of the latest technology and methods used in their chosen field. Students will have opportunities to "perform in concerts or theatrical productions, put on film festivals, exhibit their



provides programs that try to incorporate classroom instruction with hands-on training and real-world opportunities in order for students to gain real-world experience for their future careers. Students will not only have the opportunity to participate in hands-on research, but also design projects, internships, and study abroad in locations such as "Ireland, South Africa and the Galapagos Islands." The College of Science and Engineering offers undergraduate and graduate degrees as well as certificate programs.

"My biggest takeaway from being in the College of Science and Engineering is that it's about the connections you make with professors and your peers — talking with professors and taking advantage of their office hours helps you to further your education, your degree and help you do better within your program," Peyton Holma, a Biology major, said.

Departments within the College of Science and Engineering are listed under the following:

- Department of Biology
- Biochemistry, Cellular and Molecular Biology
- Chemistry and Biochemistry
- Department of Computer Science
- Earth and Atmospheric Sciences

artwork, or deliver news and entertainment through CMU's award-winning student-run newspaper or television and radio stations." The College of the Arts and Media offers undergraduate and graduate degrees as well as certificate programs.

"...[This] college is [about] communication using various tools and across different media platforms whether it's news stories, visual storytelling, advertising, public relations, films, theater, dance, art, music, or organizational or interpersonal communication," Jiafei Yin, a Journalism Professor said. "Many of our students say, 'I've loved to write since I was very young,' or 'I love to perform,' or 'I love to talk about sports.' If you're one of those students, I believe this is the college for you."

Departments within the College of Arts and Media are listed under the following:

- Department of Art and Design
- Department of Communication
- Integrative Public Relations
- Department of Journalism
- School of Music
- School of Broadcast and Cinematic Arts
- Department of Theatre and Dance



Abby Jenkins | Staff Photographer

On March 30 in the Health Professions building, exercise science major Allison Lange, a sophomore, is headed to an open lab.



Addy Wachter | Staff Photographer

Katie McClung, Marion senior, rides her bike through the spring snow on Monday, April 18 past the Dow Science building.

# CMU CARES

College students may experience a variety of difficult situations from depression and anxiety to academic and financial challenges. CMU Cares coordinates helpful resources for students, families, faculty and staff to provide the necessary resources to support students during their time of need. The CMU Care Team is comprised of professionals from across campus such as the Counseling Center, Student Disability Services and Sexual Aggression Services.



## *Know a student in need?*



Concerned individuals can submit a Care report at [cmich.edu/cmucares](https://cmich.edu/cmucares)



A follow-up with the reporter is made to confirm receipt of the report & discuss a Care Team response.



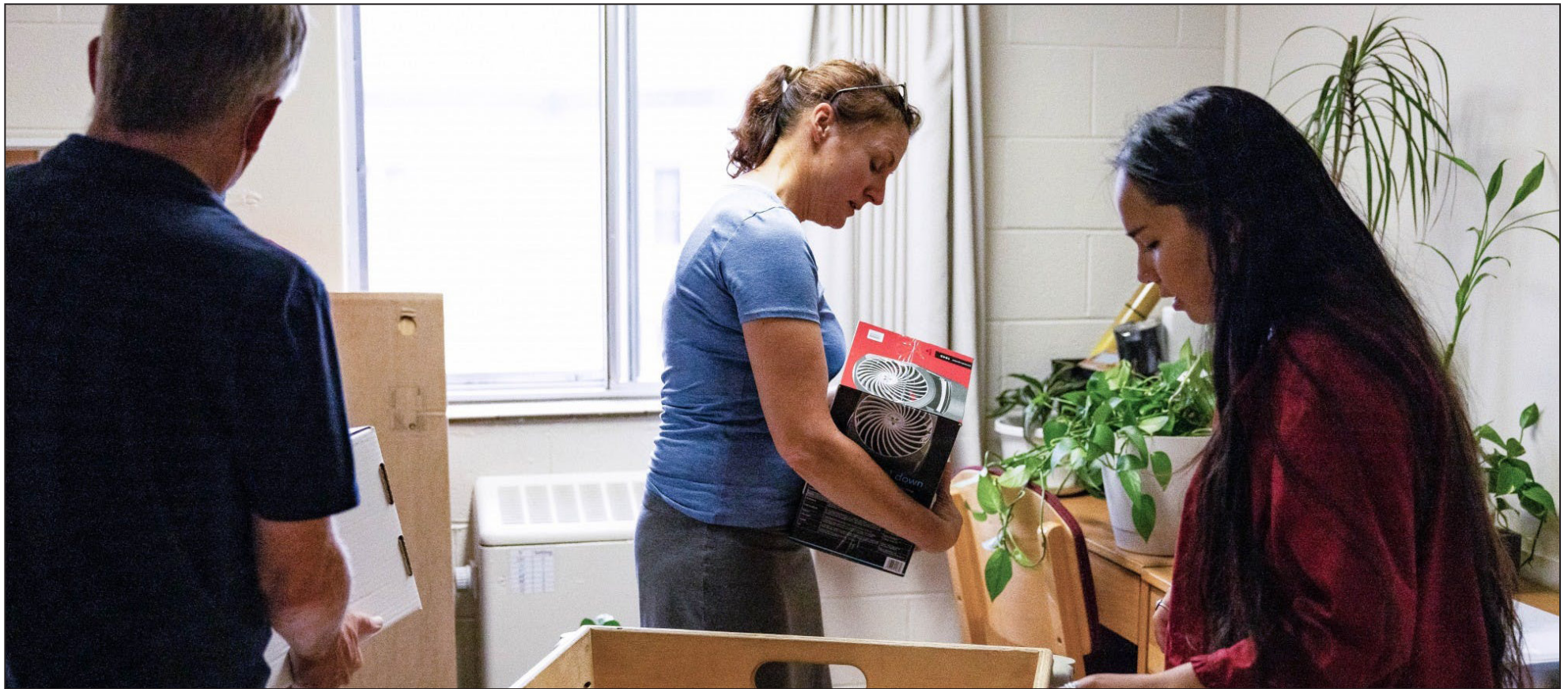
Once the student has been identified, the Care Team will reach out to the student and create an inclusive individualized response plan with them.



STUDENT AFFAIRS

**CMU CARES**

CENTRAL MICHIGAN UNIVERSITY



Aurora Rae | Editor-In-Chief

Incoming Grand Haven freshman Ke'bah Wilson, right, her mother Jennifer, center, and her stepdad Hans, left, all pitch in to get her moved into her dorm in the Towers, Aug. 22.

# STARTING A NEW CHAPTER

Find out what it's like living and connecting with the community on CMU's campus

By Gabriel Ohngren  
Staff Reporter

When freshman Katherine Brown moved into her dorm room in Calkins Hall, she was faced with the fact she would have to live with two people she had only met once before.

Brown, like many incoming college students, didn't know many people coming to Central Michigan University and decided to turn to Facebook to find a roommate. Together she and the roommate she found decided to go in blind with the third roommate.

What seemed like something that could have turned out disastrous instead turned into a healthy and successful living environment with important boundaries set in place to ensure it stays that way.

"I feel like both relationships are different because one roommate I share a room with and the other has her own room, but in both ways I have an equal relationship with them." Brown said.

"It's kind of hard with three people balancing, but we have a good balance between the three of us."

Brown's situation isn't unique. Many CMU students don't know at least one of the people they are assigned to live with, and with the college's recent decision to once again increase room occupancy standards to four people, many students are grappling with the prospect of living with someone they have never met.

For Brown, this meant ensuring her and her roommates had set rules around important issues that often arise amongst roommates, such as by setting a cleaning schedule and ensuring everyone has personal space, which she attributes to her and her roommates success.

Living in the dorms goes beyond learning important social and boundary-setting skills. It also provides something that many other housing environments can't compete with - more immediate access to campus resources like the

success center, counseling center and a diverse range of academic initiatives designed to assist students.

This in turn creates an environment that encourages student success at CMU.

"Students who live on campus have higher grade point averages, are more satisfied with their college experience, are more engaged in co-curricular experiences, and are more likely to graduate than students who live off-campus," CMU's website states. "When you live on campus, you belong to a community that supports and encourages your success."

These resources can be essential to student success on campus, and those who live in the dorms are able to talk to residence hall staff, about how to get connected with them.

Living in the dorm also provides plenty of exclusive non-academic related events that are both educational and fun.

Events in the residence halls vary from

community to community, but generally consist of a wide variety of events anywhere from game nights to special guest speakers or painting nights.

"I think the events are important to get to know people," said Brown. "Not a lot of people show up to those but I think those who do you can tell really care and it's just a great way to get to know new people."

Many communities also put on bigger campus wide events that focus on a variety of topics including issues on campus and events that focus on cultural diversity.

One such event was the Black Hair Care event hosted by North Campus during Black History Month in which Black hair care products were given away for free, as there are no Black hair care shops in Mount Pleasant.

CMU's dorms also give students the opportunity to have some level of control over policies in their residence hall through community

**Gabriel Ohngren | Staff Reporter**

Central Michigan University freshmen Katherine Brown and Kaylyne Costello work on homework together in their dorm room in Calkins Hall

council.

Each council is student run with a variety of positions focusing on different important aspects of daily life in the dorm such as sustainability or diversity equity and inclusion.

“Community council is a group of people in that community who come together to run the meetings we have once a week and planning events,” Brown said. “It’s a great way to get involved.”

Brown serves as the sustainability advocate in Calkins and Robinson halls and has implemented a number of policies to decrease waste, such as by encouraging residents to bring their own mugs to events that have drinks.

Even if students don’t want to get involved to the level of serving on the E-Board, they are still able to show up and play an active role at meetings by voting on funding requests made by resident assistants in that community or voting on who the council wants to endorse for Student Government Association elections.

The dorms also have a number of places for students to study, destress, or take part in leisure activities. These places include study rooms, basketball courts, volleyball courts and fitness rooms available to students at no cost. Places like these can be helpful if a student needs to

get away, doesn’t want to walk all the way to the Student Activity Center or have to search for a place to study.

“There’s a study room on each floor, which is nice,” Brown said. “I go there a lot because I can get stuff done, especially if I don’t want to go to the library.”

Several dorms also offer programs known as living and learning communities. These communities found in specific residence halls around campus offer students the opportunity live with others who are in the same major or scholarship programs as them, which can offer a great way to meet new people, or offer opportunities to learn in a different way from just professors.

This year, Brown lives with the Leader Advancement Scholarship residential community in Calkins Hall where she is surrounded by people who share the same passion for leadership as her.

“It’s nice to be around a lot of people who are maybe majoring in the same thing as me or at least doing similar assignments so I can work with them,” Brown said.

Other living and learning communities around campus include the Business Residential College in Beddow Hall, the Education and Human Services Residential College in Sweeney Hall, the Honors Program Residen-

**Andrew Mullin | Staff Photographer**

Students play volleyball outside Emmons Hall, March 23, 2021.

tial Community in Thorpe Hall, the Health Professions Residential College in Emmons Hall, the Multicultural Advancement and Cofer Scholarship Residential College in Troutman Hall, the Public Service Residential College in Troutman Hall, the School of Music Residential College in Herrig Hall and the Science and Engineering Residential College in Woldt Hall.

Students who are interested in living in one of these communities are encouraged to visit the CMU housing website to learn more about eligibility requirements and how to apply.

Many of the dorms are also close to most of the academic buildings on campus, which can be helpful when going to classes.

“It’s also nice to live close, everything is just a five minute walk, whereas if someone lives off-campus they have to commute in,” Brown said. “Being close to everything is super helpful.”

While at first the dorms may seem like a somewhat daunting place to new students, for many it turns into a place that has shaped many new friendships, opportunities to get involved, and even plays a pivotal role in their success. It is a universal CMU experience, and one that many people will look back on for years to come.



# Seven things to do your first week

By McKenna Golat  
Staff Reporter

Welcome to Central Michigan University! The first week of college will go by quickly as you adjust to the new environment. Getting adjusted means more than finding where your classes are and getting used to your semester schedule.

Here are seven must-dos for your first week on CMU's campus.

## Take a walk around campus

A tour can only show you so much of campus. Taking a walk around campus will help you to familiarize yourself with your new home for the next couple of years. Other than finding your classes and dining halls, walking around will show you cool things around campus. While you're walking, you might come across an interesting event, a nice place to relax or a your new favorite study spot. So grab your roommates or friends and take a trip around our campus.

## Join an RSO

What kind of things interest you? From recreational sports to multicultural organizations, CMU has plenty of RSOs to offer its students. Joining an RSO can help you make friends, gain professional experience and gain new skills. It's also just another way to have fun outside of your class schedule. You can find more information about RSOs on Engage Central's website.

## Have a roommate bonding night

Whether you came to CMU with roommates or you went in blind, these are the people who you will be living with for at least a year. Get to know each other by planning a night out, playing games and having movie night. Or keep it simple and hang out in the dorm room. Whatever you and your roommates decide to do, make sure you have fun.



**Ashley Morse | Staff Photographer**

Roommates laughing and singing together the opening scene of the movie event.



**Courtney Pedersen | Staff Reporter**

Foust Hall holds the Student Health Services and Counseling Center.

## Meet your academic advisor

Your academic advisor is here to help you figure out your class schedule and plan your major. They are there to guide you as you explore and progress your academic goals. All students at CMU are assigned a group of advisors based on their interest areas or declared programs. You can make an appointment with your advisor anytime you have a question about your academic progress. Remember, these people are here to help you. Meet them when you need help.

## Go to an on-campus event

After doing things virtually for nearly two years, CMU is back to in-person operations. There are many events that happen throughout the Fall and Spring semesters that are fun to see. In the fall, you can cheer on the Chippewas football team in Kelly Shorts Stadium. In the spring, get tickets to the Music and Theatre Department's spring production or dance showcase. On-campus events are a fun way to break up your schedule and do more than going to classes every day.



**Aurora Rae | Editor-In-Chief**

Members of the Central Michigan University Marching Band cheer for the Chippewas football team during the 2021 Sun Bowl in El Paso, Texas on Dec. 31.



**Andrew Travis | Staff Photographer**

An aerial view of Franklin Street as Mainstage gets underway, Aug. 29.

## Go to Mainstage

Interested in joining a campus club but don't know where to find information about them? That's where Main Stage comes in. At Main Stage, you can meet the many RSOs you can join at CMU. This includes everything from the fraternities and sororities to the improv groups. Even if you leave the event without joining an RSO, it's okay. Main Stage is also a way to meet new people and get out of your dorm for a couple of hours. Also, you will probably leave with some free stuff anyway.

## Explore downtown Mount Pleasant

CMU is more than what's on campus. Downtown Mount Pleasant has much to offer to the average college student. In the warmer months, the center street of downtown is blocked off and turned into a walking district. Businesses will set up mini booths, racks and outside eating accommodations. If you're more interested in nature, Mount Pleasant has many parks you can hike, bike and picnic. Chipp-A-Waters Park is a nice place for kayaking as well.



**Aurora Rae | Editor-In-Chief**

Water moves along the Chippewa River Sept. 14 Chipp-a-Waters Park..



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Layla Blahnik-Thoune | Photo Editor

Running back Lew Nichols III reaches for a touchdown during CMU's 54-30 win against Kent State Nov. 10 at the Kelly/Shorts Stadium.

## Connect with fellow students and sports fans at CMU

Welcome to Central Michigan University, home of 16 NCAA Division I-accredited athletic programs and many other DII and DIII teams.

When you step on campus, there's no shortage of opportunities to get out and enjoy a sporting event. Whether it's tailgating a noon kickoff at Kelly/Shorts Stadium or burning the midnight oil late on a Wednesday at McQuirk Arena, options are aplenty.

The best part of all is that there's no cost to go support. That's right, as a student at CMU, you'll never have to spend a dime on your tickets.

With 16 Division I teams, there's non-stop action throughout the school year for the Chippewas. The action kicks off in the fall, when football, soccer, field hockey and volleyball roll into action.

The football team has perhaps its best roster in several years lined up and is coming off a five-game winning streak to close the 2021 season.



**Christian Booher**  
*Sports Editor*

This impressive effort was capped off by a 24-21 nationally televised win over Washington State in the Sun Bowl.

With all this momentum, the Chippewas will be a captivating watch in their six home games this upcoming season. While their games will hold serve on Saturdays, there's plenty to see midweek with the volleyball, soccer and field hockey teams take to their respective playing surfaces.

The volleyball program is two seasons re-

moved from a MAC West championship, while soccer made the conference tournament for the first time since 2019 last season. Meanwhile, the field hockey program is beginning a new era under first-year head coach Jennifer Johnstone.

There's also men's golf, which will compete for the first time since being reinstated as a program.

The winter boasts basketball (both men's and women's), wrestling and gymnastics. When spring rolls around, you'll be treated to baseball, softball, lacrosse and women's golf.

While the on-field product for all of these sports is enticing, what truly makes attending these events memorable is the experience. It's important to enjoy college and make the most out of all opportunities, and the sports teams create a plethora of these opportunities.

Sports truly are the greatest unscripted drama, as absolutely anything can happen at any

given moment. Yet, watching these games create chances to make lifelong memories.

Those who stayed remember last year's thrilling comeback by the football team against Florida International, scoring three fourth quarter touchdowns to steal a win from the jaws of defeat.

Fans in McQuirk Arena can recall the show-stopping 10-point win by the men's basketball team over Western Michigan in February. Wins like that are impossible without creating a raucous atmosphere that only students can provide.

So be a part of that environment. Sometimes, the best medicine for a case of exam nerves or assignment struggles is to step away from textbooks for a few hours and enjoy the world of Chippewa sports.

Who knows? Your next best friend may just be the person standing next to you as you cheer on your new school.

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