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Orientation 2023 High School Summer Program

Saturday, July 8th, 2023

9:00 a.m. - 12:00 p.m.Registration/Move into Residence Halls

Location: Click Family Athletic Center, Coach John Wood Gymnasium

Complete any remaining paperwork, and receive student ID, keys, and directions to Residence Hall for move-in. Following move-in and lunch, families are encouraged to attend our afternoon presentations.

11:00 a.m. – 1:15 p.m. **Lunch**

Location: Alumni Hall, Dining Hall

Students, please remember to bring the ID you received at registration, you will need it for every meal. Families are welcome to join us for lunch!

All sessions after lunch are required for students and optional (though strongly encouraged!) for families.

1:30 p.m. – 2:00 p.m. Student and Family Welcome

Location: <u>Fine Arts Building</u>, Greenhoe Theater **Presenters:** Carroll Paré, Senior Director of Intersession and Online Programs, Michael Luciani, Vice President for Student Affairs, Kate Wilson, Academic Program Director, and Andy Donahue, Director of Social Pragmatic Programs and Services

Meet the program administration and receive an academic and residential program overview.

2:00 p.m. – 2:30 p.m. Break: Students and Families Exchange Final Information & Say Goodbye

Students and families will have distinct schedules from this point forward.

STUDENT SESSIONS

2:30 p.m.	Gather Your Tech Devices Location: Alumni Hall: Common Room & TV Lounge Davis Hall: Common Room & TV Lounge Stone Hall: Common Room & TV Lounge
	Grab all your tech gear from your room (laptop, tablet, Chromebook, phone, etc.) and meet your RA in your hall.
2:40 p.m 3:30 p.m.	Unleash Your Digital Potential Location: <u>Alumni Hall</u> , Dining Hall Presenters: Tina LaFlam, Director of Information Technology Services, Maria Nespolo, IT Help Desk Manager, Glenn Powers, Educational Technologist and Academic Specialist
	Our training session will help you effortlessly connect your devices and conquer the digital world! The team will guide you through proper computer and device setup, ensuring you're equipped to access coursework with ease.
3:30 p.m. – 5:00 p.m.	Journey Together: Forging Bonds, Exploring Futures

Locations: Depart from <u>Alumni Hall</u>, Dining Hall

Break into groups for group activities and a campus tour!

Saturday, July 8th, 2023

	FAMILY SESSIONS
2:30 p.m. – 3:30 p.m.	Family Workshop Location: <u>Fine Arts Building</u> , Greenhoe Theater Presenters: Carroll Paré, Senior Director of Intersession and Online Programs, Michael Luciani, Vice President for Student Affairs, Kate Wilson, Academic Program Director, and Andy Donahue, Director of Social Pragmatic Programs and Services
	This program provides a brief program overview, answers questions about how to support your rising junior or senior in preparation for college, an overview of the Social Pragmatics track, and an opportunity for families to ask questions.
3:40 p.m 5:00 p.m.	Meet & Greet Family Reception Location: <u>Nicole Goodner MacFarlane Science, Technology, and Innovation Center,</u> Atrium
	Please join college leadership for a reception and opportunity to connect with parents and families of other students in the program. Light refreshments will be served.
	Families depart campus following the reception
5:00 p.m. – 6:15 p.m.	Dinner Location: <u>Alumni Hall</u> , Dining Hall – Remember to bring your ID
6:30 p.m. – 7:00 p.m.	Community Guidelines Location: <u>Lewis Academic Building</u> , Brooks O'Brien Auditorium Presenters: Michael Luciani, Vice President for Student Affairs
	Meet the Student Affairs Staff and learn about our community standards, rules & regulations.
7:00 p.m. – 7:30 p.m.	Wing Meeting Location: Your Residence Hall, Wing Hallway
	Nightly check-in and reflection with Residential Staff preparing for the following day.
7:30 p.m. – 9:00 p.m.	TechConnect Location: <u>Alumni Hall</u> , Dining Hall Foyer
	Extra drop-in, one-on-one assistance if you still need help navigating software, hardware, and general technology usage. We offer expertise in a wide range of assistive technologies, guiding students on their effective usage to enhance their learning experience. Drop-in help is available from 5 to 9 p.m. daily through Friday.
7:30 p.m. – 9:45 p.m.	Evening Activities
	Join your residential life team for a series of social programming events. Options will be reviewed in your specific wing meetings and posted in your residence halls.
10:00 p.m.	Curfew In the building by 10:00 p.m. and your room & lights out by 11:00 p.m. Don't forget to set an alarm for the morning!

Sunday, July 9th, 2023

8:30 a.m. – 10:00 a.m. Breakfast in Bed & Old School Cartoons

Location: Alumni Hall: Common Room & TV Lounge Davis Hall: Common Room & TV Lounge Stone Hall: Common Room & TV Lounge

Enjoy a continental breakfast in your residence hall!

10:00 a.m. – 10:30 a.m.Weekday Activities: How You Pick an Activity and How it Works

Location: <u>Lewis Academic Building</u>, Brooks O'Brien Auditorium **Presenters:** Emily North, Director of Student Activities

You will participate in afternoon activities each weekday from 3:30-5:00 p.m. Each day, there will be different activities to choose from. You will sign up for these activities one day at a time. In this session, we will review the activities and the sign-up procedures.

10:45 a.m. – 11:45 a.m.The Gut: Our Second Brain

Location: <u>Lewis Academic Building</u>, Brooks O'Brien Auditorium Presenters: Jeff Huyett, Director of Health Services

Serotonin is a neurotransmitter that modulates mood, thought, sleep, learning, memory, and numerous other functions. Many medications for anxiety and depression work by regulating serotonin. Eighty-five percent of serotonin is produced in our guts. Hence, a healthy diet and gut biome are critically important for neurodivergent students who struggle to manage their mood. This talk will look at the research on neurodivergent teens' diets and how to improve gut health.

12:00 p.m. – 1:00 p.m. Lunch

Location: Alumni Hall, Dining Hall – Remember to bring your ID

1:30 p.m. – 3:00 p.m. EmpowerED: Unlocking Your Potential

Location: Lewis Academic Building, Brooks O'Brien Auditorium Presenters: Liza Burns, Associate Professor, Thomas "TK" Kuzma, Coordinator of Student Affairs Online Programs and Support, and Eric Gobel-Lynch, Director of Transition Programs

Three brief 20-minute presentations. Topics will include:

- Welcome to your Brain
- Spoons Theory
- How to start strong

3:00 p.m. – 5:00 p.m. Community Building

Location: Alumni Hall: Common Room & TV Lounge Davis Hall: Common Room & TV Lounge Stone Hall: Common Room & TV Lounge

Spend time getting to know other students in your residence hall to set up your community for success!

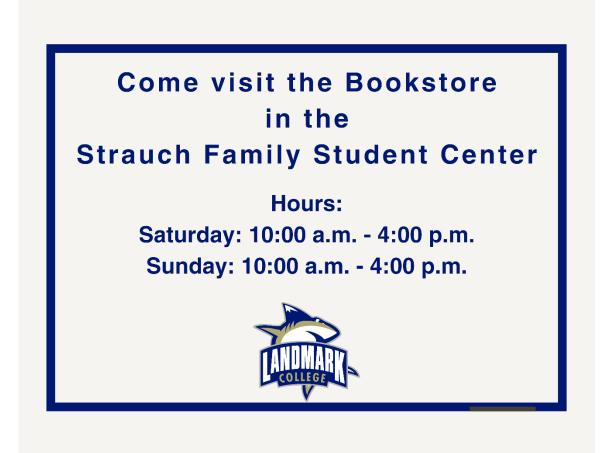
5:00 p.m. - 6:45 p.m. Dinner

Location: <u>Alumni Hall</u>, Dining Hall – Remember to bring your ID

Sunday, July 9th, 2023

5:00 p.m. – 9:00 p.m.	TechConnect Location: <u>Alumni Hall</u> , Dining Hall Foyer
	Extra drop-in, one-on-one assistance if you still need help navigating software, hardware, and general technology usage. We offer expertise in a wide range of assistive technologies, guiding students on their effective usage to enhance their learning experience. Drop-in help is available from 5 to 9 p.m. daily through Friday.
7:00 p.m. – 7:30 p.m.	Wing Meeting Location: Your Residence Hall, Wing Hallway
	Nightly check-in and reflection with Residential Staff preparing for the following day.
8:00 p.m. – 9:45 p.m.	Free Time Location: Staff will release you for free time once your wing meeting is complete.
10:00 p.m.	Curfew In the building by 10:00 p.m. and your room & lights out by 11:00 p.m. Don't forget to set an alarm for the morning!

CLASSES BEGIN on Monday, July 10, 2023

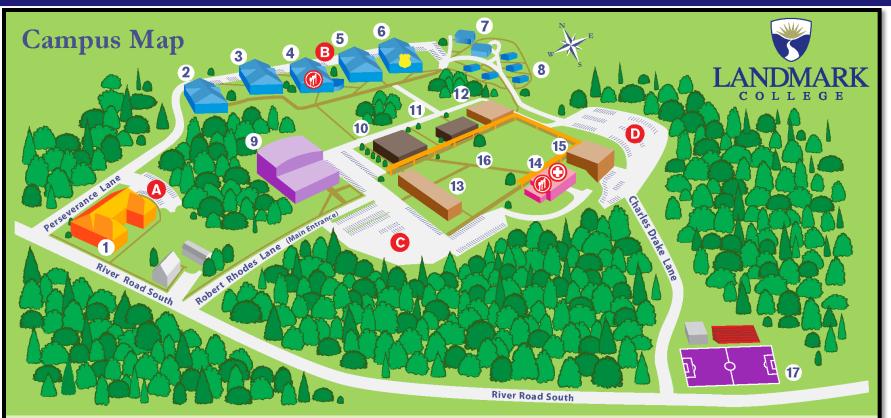




CONTACT INFORMATION

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*In case of an after-hours emergency, please contact Campus Safety to connect with someone. Emails should expect a response within one business day to address concerns.



LEGEND

Academics

Fine Arts Building (FAB)...15 Art Gallery Greenhoe Theater Lewis Academic Building (LAB)......12 Brooks O'Brien Auditorium Drake Center • Voices TV Studio MacFarlane Science, Technology & Innovation Center......13 • LCIRT Lewis Auditorium

Admiss	sions	
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Administration and Other
Administration Building
Package Room Library
Athletics, Fitness & Recreation
Charles Drake Field17 Click Family Sports Center9

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4	Strauch Family Student Center 14
	SILANCH LAUNIA SUMEIN PENIEL

- Bookstore
- Café Court
- Fireside Café
- Game Room
- · Health, Counseling & Wellness
- Mailboxes
- WLMC Radio Station

Residence Halls & Services Aller Hall

Aiken Hall
Alumni Hall 4
• Dining Hall
Bridges Residences
Davis Hall
 Campus Safety
 Social Pragmatics
Chumley Apartments7
Frost Hall
 Center for Women and Gender
 Pa'lante Center
• Rise Up Center
Stonewall Center
Stone Hall
• Coffee House
 Interfaith Cases

Interfaith Space