



**SALVE REGINA  
UNIVERSITY**

# **NSO**

**NEW  
SEAHAWK  
ORIENTATION**

**YOUR JOURNEY STARTS HERE.**

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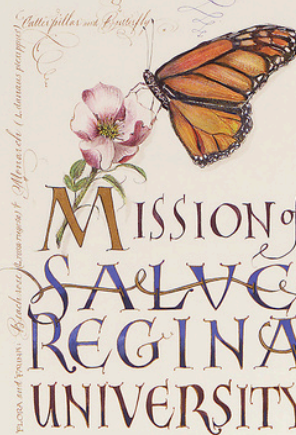
## SALVE REGINA UNIVERSITY MISSION

**A**S A COMMUNITY THAT WELCOMES PEOPLE OF ALL BELIEFS, SALVE REGINA UNIVERSITY, a Catholic institution founded by the SISTERS OF MERCY, seeks wisdom and promotes universal justice.

**T**HE UNIVERSITY THROUGH TEACHING AND RESEARCH prepares men and women for responsible lives by imparting and expanding knowledge, developing skills, and cultivating enduring values. Through liberal arts and professional programs, students develop their abilities for thinking clearly and creatively, enhance their capacity for sound judgment, and prepare for the challenge of learning throughout their lives.

In keeping with the traditions of the Sisters of Mercy, and recognizing that all people are stewards of God's creation, the University encourages students to work for a world that is harmonious, just, and merciful.

**M**ISSION OF  
**S**ALVE  
**R**EGINA  
**U**NIVERSITY



# SALVE REGINA UNIVERSITY

## New Seahawk Orientation Guide August 31 - September 4

### WELCOME TO SALVE!

We are so excited to finally have you join our amazing community. In preparation for your arrival and transition, we have planned numerous activities through our New Seahawk Orientation (NSO) program. This booklet consists of your schedule for the next few days. Please refer to this to know where you should be each day and what to bring. **You are expected to attend all sessions unless otherwise noted.** If you will not be able to attend a session, please be sure to alert your orientation leader. Should you have any questions or concerns, our professional staff and student leaders are a trusted resource to help you along the way. Do not hesitate to reach out. We are here for you. Welcome, once again!

### ARE YOU READY?

The New Seahawk Orientation program is designed to help you establish new foundations to strengthen your sense of belonging at Salve Regina University. Through participation and engagement in the orientation program, participants will:

- Develop Salve affinity and campus pride.
- Learn about our Mercy mission and community values.
- Identify available academic support and campus resources.
- Make connections with classmates, staff, and faculty.
- Experience community culture and explore Newport.
- Engage with a service partner and identify ways to continue service beyond NSO.

# MEET THE TEAM

## LEAD ORIENTATION STAFF



### Associate Vice President and Dean of Students

Dr. Tracey Cameron  
*(she/her)*



### Lead Orientation Team Coordinator

Gabriella Cafiero '26  
*(she/her)*



### Lead Logistics Coordinator

Stephanie Wills '25  
*(she/her)*



### Group 1

Jazly Alcantara '25  
*(she/her)*



### Group 2

Kaylee Cahill '27  
*(she/her)*



### Group 3

Amelia Coe '25  
*(she/her)*



### Group 4

Sean Dever '25  
*(he/him)*



### Group 5

Johanna Dullahan '26  
*(she/her)*



### Group 6

Da'kodah Girardin '27  
*(she/her)*



### Group 7

Andie Infantino '25  
*(she/her)*



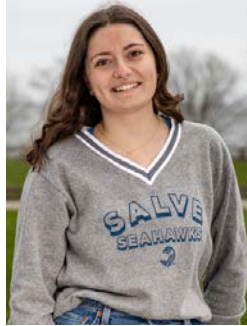
### Group 8

Erika Khennavong '25  
*(she/her)*

# MEET THE TEAM



**Group 9**  
Paige Money '26  
*(she/her)*



**Group 10**  
Casey Motta '25  
*(she/her)*



**Group 11**  
Abigail Paradis '25  
*(she/they)*



**Group 12**  
Audrey Pilotte '25  
*(she/her)*



**Group 13**  
Amelia Rice '27  
*(she/her)*



**Group 14**  
Emma Rothrock '26  
*(she/her)*



**Group 15**  
Ayva Satanoski '27  
*(she/her)*



**Group 16**  
Cadence Stawiecki '26  
*(she/her)*



**Group 17**  
Natalie Tolman '26  
*(she/her)*



**Group 18**  
Panayiota Veronis '25  
*(she/her)*



**Group 19**  
Skylar Wicklund '26  
*(she/her)*



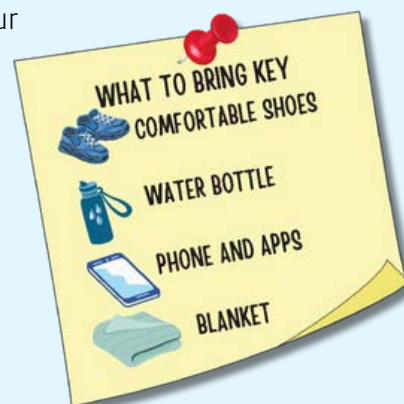
**Group 20**  
Salena Zhang '25  
*(she/her)*

# ORIENTATION DAY 1 • SATURDAY, AUGUST 31

8:00 a.m. - 2:00 p.m.

## **Residential Student Move-In and Commuter Student Check-in**

Please arrive during your selected two-hour move-in time block. Check-in will take place at your assigned Residence Hall. If you did not complete previous forms and submissions (e.g. Student ID, health), you will be directed to the Miley Hall Starbucks Lounge to complete the onboarding process. Commuters check-in at Miley Hall from 11am - 2pm.



11:00 a.m. - 1:30 p.m.

## **Community Connections** (Optional) **Stonor Hall/Drexel Hall**

Join members of the Salve Regina and greater Newport communities to learn about the many resources available to you.

11:30 a.m. - 1:30 p.m.

## **Lunch** **Miley Dining Hall**

Come grab a bite and energize yourself after moving into your Residence Hall.

2:00 - 3:00 p.m.

## **Residential Student Floor Meeting #1** **Your Residence Hall**

Attend this important gathering to meet your Resident Advisor (RA) and floor mates. This meeting will take place at your assigned residence hall in a space determined by your RA. During the meeting, your RA will discuss essential information to include but not limited to how to access the building, submitting work orders, safety features, emergency plans, and unique facts about your residence hall. RAs will escort students to Rodgers Recreational Center after this meeting.

2:00 - 3:00 p.m.

## **Commuter Student Meet - Up** **WellNest- Gerety Hall**

Build your network at this gathering of commuter students. OLS will escort students to Rodgers Recreational Center after this meeting.

# ORIENTATION DAY 1 • SATURDAY, AUGUST 31

3:10 - 4:40 p.m.

## **Playfair**

### **Rodgers Recreational Center**

Get acquainted with your fellow Seahawks during this interactive team-building experience. Students are asked to wear their Salve Regina Orientation t-shirt received at check-in.

4:45 - 5:00 p.m.

## **Class Picture**

### **Gerety Lawn**

Get ready for one of our Salve Orientation traditions - your class picture! Students are asked to wear their Salve Regina Orientation t-shirt received at check-in.

5:00 - 5:20 p.m.

## **Orientation Group Meet - Up #1**

### **Gerety Hall Lawn**

Connect with your Orientation Leader and group in preparation for the Welcome and Blessing.

5:30 - 6:30 p.m.

## **President's Welcome and Blessing**

### **Orientation Tent (O'Hare Lawn)**

Join us in the spirit of Mercy and tradition as students and families come together for an official welcome and blessing from Dr. Kelli J. Armstrong, President of Salve Regina University.

6:30 - 8:30 p.m.

## **Dinner**

### **Miley Dining Hall or Local Restaurants**

Enjoy a farewell dinner with family in our dining hall or one of our partnering local Newport Restaurants.

8:30 - 10:30 p.m.

## **Late Nights at Orientation presents:**

### **First Night Salve**

### **Miley Hall, Walgreen Hall & Reefer Hall**

Join the Residence Life team for a variety of activities in and around the Residence Halls as you settle into your first night at Salve!

Make new friends, explore campus, and create decorations for your space.



# ORIENTATION DAY 2 • SUNDAY, SEPTEMBER 1

9:30 - 10:30 a.m.

**Welcome Mass** (Optional)  
**Our Lady of Mercy Chapel**

10:30 - 11:15 a.m.

**Wellness Morning**  
**WellNest - Gerety Hall**

Join the Peer Wellness Educators (PWEs) for a morning activity to promote wellness and productivity.

10:30 - Noon

**Jazz Brunch**  
**Orientation Tent (O'Hare Lawn)**

Enjoy live music led by our faculty band with Peter Davis. Food offerings will include both breakfast and lunch options.



Noon - 1:15 p.m.

**Living the Mercy Mission**  
**Orientation Tent (O'Hare Lawn)**

Learn about Salve's mercy mission and Catholic values. How do you live mercy? Led by the Office of Mission Integration and the Center for Spiritual Life.

1:15 - 1:30 p.m.

**Break**

1:40 - 2:40 p.m.

**Community Expectations: Support and Accountability**  
**Orientation Tent (O'Hare Lawn)**

Get to know the work of the Dean of Students team through this informative presentation that highlights our community standards and collective responsibilities.

3:20 - 4:50 p.m.

**Building An Inclusive Salve Regina University:  
What is My Part?**  
**Orientation Tent (O'Hare Lawn)**

We are excited to welcome back Dr. Jamie Washington, President and Founder of the Washington Consulting Group, as he engages the first year community in an interactive conversation about inclusion and our collective responsibilities.



# ORIENTATION DAY 2 • SUNDAY, SEPTEMBER 1

5:00 - 6:20 p.m.

## **Open Houses and Community Socials/Campus Tour**

### **Gerety Lawn Meet-up Location**

Join your Orientation Leader and Peer Mentor group as you explore campus.

### **Block 1 (5:00 - 5:40)**

#### **Campus Tour Groups 1 - 10**

Open Houses and Community Socials Groups 11 - 20

LGBTQ+ Center, Gerety Hall

WellNest, Gerety Hall

Multicultural Center, Gerety Hall

E-Sports Lab, Gerety Hall

Student Government Association, Gerety Hall

Campus Activities Board, Gerety Hall

Mercy Commons, Our Lady of Mercy Chapel

Multifaith Prayer Space, Walgreen Annex

Rodgers Recreational Center

### **Block 2 (5:40-6:20)**

#### **Campus Tour Groups 11 - 20**

Open Houses and Community Socials Groups 1 - 10

*Spaces listed above*

6:30 - 8:30 p.m.

## **Dinner with your Orientation Leader**

### **Miley Dining Hall**

Dinner block 1 (6:30 - 7:30 p.m.) - Group 1-10

Dinner block 2 (7:30 - 8:30 p.m.) - Group 11-20

8:30 - 10:30 p.m.

## **Late Nights at Orientation presents:**

### **The Seahawk Carnival**

#### **Gerety Lawn**

What's better than having a carnival in your own backyard? Come enjoy a night with games, prizes, and treats!



# ORIENTATION DAY 3 • MONDAY, SEPTEMBER 2

7:30 - 8:30 a.m.

**Breakfast**  
**Miley Dining Hall**

8:30 - 9:30 a.m.

**Wellness Morning**  
**WellNest - Gerety Hall**

Join the Peer Wellness Educators (PWEs) for a morning activity to promote wellness and productivity.

9:30 - 10:30 a.m.

**Public Safety and PAWS Program Presentation**  
**Orientation Tent (McAuley Lawn)**

Meet the legend himself - Ruggles, from the PAWS Program!  
Presented by the Office of Public Safety.

10:30 a.m. - 12:35 p.m.

**What Students Need to Know for a Successful First Week - Academic Affairs**  
**O'Hare Academic Building (Multiple Locations)**

Students will rotate in assigned groups through two sessions to learn more about tips and tools to help them thrive during their first week at Salve and beyond.

12:40 - 1:40 p.m.

**Lunch or Meet-Up with your Orientation Group**  
**Miley Dining Hall/OL Meet-Up Location**

Block 1 (12:40- 1:40)

Lunch Groups 1-10

Meet-Up with OL Groups 11 - 20

Block 2 (1:40-2:40)

Lunch Groups 11 - 20

Meet-Up with OL Groups 1 - 10

2:40 - 3:50 p.m.

**Navigating Your Experience Workshops**  
**(Choose two. Each topic runs a 25-minute session.)**

- 1) Getting Involved at Salve (Orientation Tent - McAuley Lawn)
- 2) Prep for Success with the Registrar and Technology Services Center (O'Hare 160)
- 3) Time Management & Study Skills with the Academic Center for Excellence (McKillop Library - ACE)
- 4) First Generation College Students (McKillop Library Atrium)

# ORIENTATION DAY 3 • MONDAY, SEPTEMBER 2

3:50 - 4:45 p.m.

## **Navigating Your Experience Workshops**

**(Choose two. Each topic runs a 25-minute session.)**

- 1) Getting Involved at Salve (Orientation Tent - McAuley Lawn)
- 2) Prep for Success with the Registrar and Technology Services Center (O'Hare 160)
- 3) Maintaining Your Physical and Mental Health in College (O'Hare 260)
- 4) Fitness at Salve with a Strength and Conditioning Coach (Rodgers Recreation Center Room 031 )
- 5) Nutrition at Salve (O'Hare Room 107)

5:00 - 6:00 p.m.

## **Hour to Empower**

**(Orientation Tent - McAuley Lawn)**

Listen to upperclass students shares their personal stories of triumph and success.

6:00 - 7:00 p.m.

## **I Believe I Can Mentorship Celebration (Optional)**

**(Orientation Tent - McAuley Lawn)**

Meet the staff and students of the Office of Multicultural Programs and Retention.

6:00 - 8:00 p.m.

## **Dinner with your Orientation Leader**

### **Miley Dining Hall**

Dinner block 1 (6:00 - 7:00 p.m.) - Group 1-10

Dinner block 2 (7:00 - 8:00 p.m.) - Group 11-20

8:00 - 9:00 p.m.

## **Residence Hall Meeting #2**

**Your Residence Hall**

9:00 - 10:30 p.m.

## **Late Nights at Orientation presents:**

### **The Seahawk Bonfire**

#### **Gerety Lawn**

The Seahawk Bonfire is a signature orientation event. Enjoy some delicious sweets, food trucks and fellowship.



# ORIENTATION DAY 4 • TUESDAY, SEPTEMBER 3

7:30 - 8:30 a.m.

**Breakfast**  
**Miley Dining Hall**

8:45 - 9:20 a.m.

**Day of Service - Welcome**  
**Orientation Tent (O'Hare Lawn)**

Welcome from the Center for Community Engagement and Service.

9:20 a.m. - 12:15 p.m.

**Day of Service**

Make a difference in the Newport community by engaging in this meaningful day of service and reflection.

12:15 - 2:15 p.m.

**Lunch or Orientation Leader Group**  
**Miley Dining Hall or Orientation Leader Indoor Location**

Block 1 (12:15- 1:15)  
Lunch Groups 1-10  
Meet-Up with OL Groups 11 - 20

Block 2 (1:15 - 2:15)  
Lunch Groups 11 - 20  
Meet-Up with OL Groups 1 - 10

2:30 - 2:50 p.m.

**Newport Day Excursion Send Off Meeting**  
**Orientation Tent (O'Hare Lawn)**

2:50 - 5:00 p.m.

**Newport Day Excursions**  
**Multiple Newport Locations**

Meet with your Orientation Leaders for Newport Excursions.

5:30 - 7:30 p.m.

**Dinner**  
**Miley Dining Hall**

Block 1 (5:30-6:30 p.m.) - Group 11-20  
Block 2 (6:30-7:30 p.m.) - Group 1-10

8:00 - 10:00 p.m.

**Late Nights at Orientation presents:**  
**Walmart Shopping Trip or Open Mic Night at Gerety Hall**  
**Gerety Hall**



# ORIENTATION DAY 5 • WEDNESDAY, SEPTEMBER 4

8:30 - 9:30 a.m.

**Breakfast**  
**Miley Dining Hall**

10:00 - 10:40 a.m.

**Orientation Leader Last Meet-up**  
**Line-up for Convocation**  
**Rodgers Recreation Center**

Meet your Peer Mentor group and classmates in your First Year Studios.

10:45 - 11:00 a.m.

**Student and Student Leader Procession to Convocation**  
**Rodgers Recreation Center**

Meet your Peer Mentor group and classmates in your First Year Studios.

11:00 a.m. - Noon

**Convocation**  
**Orientation Tent**  
**(O'Hare Lawn)**

Academic Convocation is a tradition that welcomes new students into our academic community. President Kelli J. Armstrong and others from our community will speak with new students.



# NOTES





## LEGEND

- |   |                                     |                                   |                                       |  |
|---|-------------------------------------|-----------------------------------|---------------------------------------|--|
| 1. Ochre Court  | 13. Tobin Hall<br>(Security Office) | 25. Conley Hall                   | 39. William Watts<br>Sherman House*   | * student residences   |
| 2. Our Lady of Mercy<br>Chapel and<br>Spiritual Life Center | 14. Rodgers Recreation<br>Center    | 26. Office of Facilities          | 40. President's House                 | ** classrooms and/or<br>faculty offices  |
| 3. Marian Hall  | 15. Gerety Hall**                   | 27. Grounds Garage<br>and Offices | 41. The Hedges*                       | • Freestanding<br>Blue Light<br>emergency<br>call boxes and<br>Residence Hall<br>Entrance<br>emergency<br>call boxes |
| 4. Angelus Hall**   | 16. McKillop Library**              | 28. Narragansett I*               | 42. Founders Hall*                    |  |
| 5. McAuley Hall**   | 17. Munroe Center                   | 29. Narragansett Hall*            | 43. Wallace Hall*                     |  |
| 6. Misto Gatehouse  | 18. Hunt/Reefe Halls*               | 30. Narragansett II*              | 44. 204 Ruggles*                      |  |
| 7. O'Hare Academic<br>Building **                           | 19. Moore Hall*                     | 31. 134 Webster Street*           | 45. Stoneacre*                        |  |
| 8. Walgreen Hall*   | 20. McLean House                    | 32. Antone Academic<br>Center     | 46. Fairlawn*                         |  |
| 9. Miley Hall*  | 21. Ochre Lodge*                    | 33. Reynolds Field                | 47. French Cottage                    |  |
| 10. 162 Webster Street*                                     | 21a. Carolyn House                  | 34. 26 Lawrence Avenue*           | 48. Young Building*/<br>Pell Center** |  |
| 11. Stonor Hall   | 22. Nethercliffe*                   | 35. 51 Shepard Avenue             |                                       |  |
| 12. Drexel Hall   | 23. 87 Victoria Avenue              | 36. 80 Victoria Avenue*           |                                       |  |
|   | 24. Graystone<br>Cottages           | 37. Carnlough Cottage*            |                                       |  |
|   |                                     | 38. 74 Victoria Avenue*           |                                       |  |

 Orientation Tent



**SALVE REGINA  
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