



# Welcome + Welcome Back!

## MSVU Winter 2025 Orientation Schedule

We've partnered with the Mount Saint Vincent University Students' Union to deliver a program full of fun and informative social events and sessions. Join us for a chance to meet other students and connect with people in your program and across campus. Events are open to all new and returning MSVU students! Find the full schedule below. All times are in Atlantic Standard Time (AST).

Please note that all events are subject to change.

### January 6-13

#### Same-Day Academic Advising

9:00 a.m. – 3:30 p.m., Monday to Friday

Seton 303 or Online

Need help with course selection and registration for Winter 2025 courses? To accommodate the January 13 add/drop deadline for Winter 2025 courses, the Academic Advisors will be holding same-day appointments from January 6 to January 13 (excluding weekends). To secure a same-day appointment, visit the Office Assistant in SAC 303, phone 902 457 6657, or email [advising@msvu.ca](mailto:advising@msvu.ca). Appointments are booked in the order they're requested and must be booked on the same day as the appointment so reach out early!

### Thursday, January 2

#### Residence Early Move-in

9:30 a.m. – 5:30 p.m.

If you have secured a room in residence and are arriving early to campus to attend Winter Orientation, please click on the link to arrange for early move-in.

[Early Move-in Request Form](#)

## What You Need to Know about MSVU: Online Orientation

10:00 a.m. – 4:00 p.m.

Online only

Get a head start and learn what you need to know about being a student at MSVU in our early arrival online orientation series. These webinars will help prepare you for life at MSVU and ensure you are ready for your classes on Monday, January 6. Stop by for any session that interests you!

Online orientation schedule:

1. 10:00 – 10:50 a.m.: Welcome to MSVU 101

Talk with Nicolle, a long-time Student Services employee at MSVU, and hear her tips and tricks of what supports and services all first year MSVU students should really know!

[Welcome to MSVU 101 Teams Link](#)

2. 11:15 a.m. – 12:00 p.m.: Studying Online at MSVU

Hear from students who have taken online courses at MSVU and learn what it takes to be a successful virtual student. You will also be introduced to all things technology to support you to this virtual transition.

[Studying Online at MSVU Teams Link](#)

3. 12:15 – 1:00 p.m.: Meet Your MSVU Students' Union

MSVU Students' Union is here to support students in a variety of ways. Meet MSVU SU President Union President Carson Cameron and learn what the Union can do for you!

[Meet Your MSVU Students' Union Teams Link](#)

4. 1:10 – 1:50 p.m.: 5 Tips for Success in the Canadian Classroom

Learn how to set yourself up for success for a successful first semester with five helpful tips!

[5 Tips for Success in the Canadian Classroom Teams Link](#)

5. 2:00 – 3:00 p.m.: Fees and Finances

Get to know your payment and fees before you arrive! This webinar will help you learn all the fees, your payment options, and the deadline. This session will focus mainly on international students' needs but all are welcome.

[Fees and Finances Teams Link](#)

6. 3:15 – 4:00 p.m.: Ask Me Anything

Mount Mentors are here to answer all your questions - even the ones you didn't know you had! Stop by to ask questions or submit them ahead of time and we'll answer during the session.

[Ask Me Anything Teams Link](#)

## Friday, January 3: Winter Orientation Day

### New International Student Orientation

9:30 a.m. – 12:30 p.m.

Rosaria Multi-Purpose Room (MPR)

Staff from the International Education Centre are looking forward to welcoming you to MSVU. New International Student Orientation (NISO) is a great way to prepare yourself for university life in Canada as well as meet other students from across the world. NISO will continue after 12:30 with New Student Orientation. **Registration is required to attend NISO.**

[Register for New International Student Orientation](#)

### New Student Orientation

12:30 p.m. – 4:30 p.m.

Rosaria Multi-Purpose Room (MPR)

The Orientation fun continues with events open to all #newtoMSVU students. This is your chance to get to know your fellow Mystics, find your way around campus, learn tips and tricks about being a student at MSVU, and set yourself up for a successful first semester!

Presidents' Welcome Lunch, 12:30 – 1:30 p.m.

Campus Tour, 1:45 – 2:45 p.m.

Presentation: Classroom Expectations, 3:00 – 3:30 p.m.

Trivia Challenge: 3:30 – 4:30 p.m.

## Saturday, January 4: Residence Move-in Day

### Residence Move-in

9:30 a.m. – 5:30 p.m.

Get settled back into your residence room or move in for the first time! Move-in day is happening all day Saturday starting at 9:30 a.m. [Apply for residence](#) if you haven't done so yet.

## Sunday, January 5

### Residence Games Night

7:00 p.m. – 11:00 p.m.

Rosaria Multi-Purpose Room (MPR)

Hang out with your fellow residence students at a games night in the MPR! We'll have all kinds of games to choose from.

## Monday, January 6: First Day of Class

### Ask Me Anything

9:00 a.m. – 2:30 p.m.

Library Learning Commons, McCain Atrium, Rosaria Terrace

New to MSVU? Keep an eye out for the “Ask Me Anything” signs to ask any general questions and learn how to find your classes on campus.

### Frost Week Winter Carnival

4:30 p.m. – 7:30 p.m.

Rosaria Multi-Purpose Room (MPR)

MSVU’s Students’ Union and Residence Life team invite you to join them for a FREE afternoon of carnival fun. Come, meet new people, and enjoy bouncy castles, games, prizes, and carnival snacks!

## Tuesday, January 7

### Hemlock Ravine Hike

1:00 p.m. – 3:00 p.m.

Seton Lobby (taking Halifax Transit to Hemlock Ravine Park)

Take a break within Halifax as we explore the beautiful Hemlock Ravine Park Trails. We will be meeting in the Seton lobby at 1:00 p.m. to take the bus to Hemlock Ravine. You can also meet us at the heart-shaped pond at 1:30 p.m.

### Trivia Night

7:00 p.m. – 9:00 p.m.

The Rook Campus Pub (Rosaria)

Join Mount Campus Rec for an evening of trivia with a chance to win some MSVU swag!

## Wednesday, January 8

### Student Services Fair

11:30 a.m. – 1:30 p.m.

McCain Atrium

Get to know the different services on campus and support that’s available to you as an MSVU student. Stop by, connect, and participate to score some great swag!

### Speed Friending

7:00 p.m. – 9:00 p.m.

The Rook Campus Pub (Rosaria)

Speed Friending is exactly what it sounds like! This is a fun, low-pressure, easy way to meet other MSVU students. Here you can meet a lot of people quickly and form lasting friendships.

## Thursday, January 9

### Student Societies Fair

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

Rosaria Terrace (outside the Dining Hall)

Looking to gain valuable experience for future career goals or education program applications? Attend the Student Societies Fair and sign up on-the-spot to volunteer with MSVU societies on campus or community organizations off campus. It's a great way to build your Co-Curricular Record (CCR), a digital certificate that validates the competencies you earn during extra-curricular activities, giving you third party support that employers and admissions committees notice.

### Study & Snack at the IEC

12:00 p.m. – 2:00 p.m.

International Education Centre (IEC), Seton Annex

Bring your school work over to the IEC and get some work done in a comfortable, productive environment. Sarah will be available to help. Enjoy free snacks and get help with ANY kind of assignment!

### Crafternoon

3:00 p.m. – 5:00 p.m.

Library Learning Commons

### “Happy Two-Years!” Silent Disco

9:00 p.m. – 12:00 a.m.

The Rook Campus Pub (Rosaria)

Free Admission with Student ID! MSVU's Students' Union and Residence Life team invite you to join them for another fun ("silent") night this winter orientation as a second New Year's Eve celebration! Just pop on your headphones, choose your channel and dance the night away!

## Friday, January 10

### Sex Toy BINGO

7:00 p.m. – 9:00 p.m.

The Rook Campus Pub (Rosaria)

Looking for a fun night of bingo to connect and maybe even win some cool prizes? Join us for Sex Toy Bingo in the Rook!

## Monday, January 13

### Approaches to Generative AI

12:00 p.m. – 1:00 p.m.

McCain 302 and Microsoft Teams (hybrid)

Together with Emily Ballantyne, a member of MSVU's Teaching and Learning Centre, you will explore how to approach generative AI during your studies at MSVU in a fun interactive session.

[Approaches to Generative AI Teams link](#)

## Mount Fitness Centre (MFC) Demo Days

Monday, January 13 to Wednesday, January 22

Mount Fitness Centre (Rosaria)

This week the Fitness Centre will be offering free orientations and recreation demo classes! Demo classes such as Aikido, Hip Hop, and Dancefit will be ONLY \$5 each during this period! Descriptions and registration on our website: [msvu.ca/rec](http://msvu.ca/rec)

### PSYC Society BINGO

5:00 p.m. – 7:00 p.m.

The Rook Campus Pub (Rosaria)

### DanceFit with Melissa (MFC Demo)

7:10 p.m. – 8:00 p.m.

Mount Fitness Centre (MFC)

DanceFit is 50 minutes of fun and fitness! And most of all, burning off stress with energetic music, and movements that are designed for ALL people. From Disco to Latin to Musical Theatre and much more, your workout can turn into a trip around the world and a welcoming environment means that no-one is left behind!

## Tuesday, January 14

### Mafia with the Students' Union

2:30 p.m. – 4:00 p.m.

The Rook Campus Pub (Rosaria)

Mafia is a thrilling party game where players dive into a world of mystery and deception. Assigned as sneaky Mafia, clever Police, protective Bodyguards, or unsuspecting Villagers, everyone has a secret role. By day, the town debates and votes to eliminate suspects, but by night, the Mafia plots, the Police investigate, and the Bodyguard shields others from harm. Can the Villagers outwit the Mafia before they take over the town? Get ready for suspense, strategy, and lots of finger-pointing in this ultimate game of bluff!

## Wednesday, January 15

### Big Picture Mapping with Learning Strategist James Jollymore

12:00 p.m. – 1:00 p.m.

Seton 337

Stay on top of your semester with Big Picture Mapping, a hands-on workshop designed to help you organize your academic, personal, and free time effectively. This workshop will guide you in creating a comprehensive, visually engaging semester calendar to manage your commitments, deadlines, and self-care moments. By the end of this workshop, you'll walk away with a personalized semester calendar and actionable strategies to stay ahead, stay balanced, and achieve your goals for the semester!

## SHIFT Career Development – Day 1

1:00 p.m. – 4:00 p.m. (drop-in)

Rosaria Multi-Purpose Room (MPR)

Wondering what career help will be available after you graduate? Thinking about starting your summer job search? It's never too soon to access resources. Drop by SHIFT Career Development anytime between 1:00-4:00 p.m., January 15-16 in the MPR, for resume review, community exhibitors, practice speed interviews, and more! Find more details on the [SHIFT website](#).

## Swifties' Night

6:30 p.m. – 8:30 p.m.

The Rook Campus Pub

Calling all Swifties! Join us for the ultimate Taylor Swift party - we will have trivia, games, photo booth, dance fitness and much, much more.

## Aikido Club (MFC Demo)

7:30 p.m. – 9:00 p.m.

Mount Fitness Centre (MFC)

Aikido is a Japanese martial art and a form of practical non-violence. It is performed by blending with the motion of the attacker and redirecting the force of the attack, rather than opposing it head-on. Aikido requires very little physical strength. The techniques are completed with various throws or joint locks.

## Thursday, January 16

### Study & Snack at the IEC

12:00 p.m. – 2:00 p.m.

International Education Centre (IEC), Seton Annex

Bring your school work over to the IEC and get some work done in a comfortable, productive environment. Sarah will be available to help. Enjoy free snacks and get help with ANY kind of assignment!

## SHIFT Career Development – Day 2

1:00 p.m. – 4:00 p.m. (drop-in)

Rosaria Multi-Purpose Room (MPR)

Wondering what career help will be available after you graduate? Thinking about starting your summer job search? It's never too soon to access resources. Drop by SHIFT Career Development anytime between 1:00-4:00 p.m., January 15-16 in the MPR, for resume review, community exhibitors, practice speed interviews, and more! Find more details on the [SHIFT website](#).

## Crafternoon

3:00 p.m. – 5:00 p.m.

Library Learning Commons

## MFC Demo Days – Super Sampler

6:15 p.m. – 7:15 p.m.

Mount Fitness Centre (Rosaria)

Join us for an hour of introductions to some of our most fun and best strength building classes. Experience Boot Camp, Power & Stability and Yoga with 3 different instructors. For MSVU students ONLY so bring a friend or two and feel the burn!

## Open Mic Pub Night

8:00 p.m. - 12:00 a.m.

The Rook Campus Pub

Grab your friends, and get ready for a night of good times, great music and even better fun at our pub night in the Rook. Come relax after classes and meet new people. Play a round of pool, perform a song, or just listen to the music!

## Friday, January 17

### Aikido Club (MFC Demo)

6:30 p.m. – 8:00 p.m.

Mount Fitness Centre (MFC)

Aikido is a Japanese martial art and a form of practical non-violence. It is performed by blending with the motion of the attacker and redirecting the force of the attack, rather than opposing it head-on. Aikido requires very little physical strength. The techniques are completed with various throws or joint locks.

### Mount Mystics Volleyball Home Game

7:00 p.m.

MSVU Gymnasium (Rosaria)

Join us to cheer on the Mystics women's volleyball team in their home game against the Dalhousie Rams! You can wear blue and discover the comradery as you cheer on your varsity teams.

MSVU students get free admission to all Mystics regular season home games.

### Croweoke

9:00 p.m. – 12:00 a.m.

The Rook Campus Pub

Ready to hit the stage and unleash your inner superstar? Join us for CROWeoke, where you can sing your heart out to your favourite songs, and maybe discover a hidden talent you never knew you had!

## Saturday, January 18

### DanceFit with Cynthia (MFC Demo)

11:10 a.m. – 12:00 p.m.

Mount Fitness Centre (MFC)



This DanceFit program is where fitness meets fun! A fusion of easy dance moves and aerobics routine designed for all bodies with energizing music. Dance, workout, sweat and smile - all in a 50-minute class!

### Mount Mystics Volleyball Home Game

3:00 p.m.

MSVU Gymnasium (Rosaria)

Join us to cheer on the Mystics women's volleyball team in their home game against the Mount Allison Mounties! You can wear blue and discover the comradery as you cheer on your varsity teams.

MSVU students get free admission to all Mystics regular season home games.

## Monday, January 20

### Graduate Student Social

2:00 p.m. – 4:00 p.m.

The Rook Campus Pub (Rosaria)

The Grad Social is the ultimate mixer where graduate and mature students come together for an evening filled with fun and games. Step away from the books and dive into a lively atmosphere where laughter and friendly competition are on the agenda. Play classic favorites like Cards, Bingo, and Charades, or discover new games that will have everyone on their toes. It's the perfect opportunity to unwind, meet fellow students, and forge new friendships. Join us for an afternoon where fun is the only item on the syllabus!

### Volleyball Cup

9:00 p.m. – 10:30 p.m.

MSVU Gymnasium (Rosaria)

Have fun this winter and compete in the Volleyball Cup starting on January 20! Register online at [msvu.ca/rec](http://msvu.ca/rec) as a team by designating your team captain, or as an individual and we will add you to a team! All MSVU students are welcome.

The game schedule will be emailed out on Friday, January 18. No league play on February 17.

## Tuesday, January 21

### Mount Mentors' Kahoot Pop Music Trivia

6:00 p.m. – 7:30 p.m.

The Rook Campus Pub (Rosaria)

In an exciting Kahoot competition, join the Mount Mentors to show off your 2000s-2010s music knowledge! Prizes to be won!

## Wednesday, January 22

### Bell Let's Talk Day

11:00 a.m. – 1:00 p.m.

Rosaria Dining Hall

Bell partners with MSVU to host Bell Let's Talk Day, an initiative to help promote mental health on campus. Learn more about health and wellness at MSVU with Counselling Services, Peer Support, Athletics & Recreation, and more!

### [Hip Hop with Nicholas \(MFC Demo\)](#)

7:30 p.m. – 8:15 p.m.

Mount Fitness Centre (MFC)

This class will focus on simple choreography that pulls from foundational hip hop movement, grooves, and popular party dance steps. It's perfect for anyone eager to enjoy dancing beginner-friendly choreography to Hip Hop music.

## Thursday, January 23

### [Waves of Change Bystander Intervention Training](#)

9:30 a.m. – 11:30 a.m.

Don MacNeil Room (ROS 401)

[Waves of Change](#) is a free education program designed to address sexual violence on university and college campuses in Nova Scotia. Learn consent skills, bystander intervention skills, and the value of supporting survivors of sexual violence. This program draws on participants' existing skills, knowledge, and creativity to facilitate broader strategies for social change.

Become a student leader by learning ways to address and prevent sexual violence on campus. Waves of Change is also CCR-eligible!

### [Study & Snack at the IEC](#)

12:00 p.m. – 2:00 p.m.

International Education Centre (IEC), Seton Annex

Bring your school work over to the IEC and get some work done in a comfortable, productive environment. Sarah will be available to help. Enjoy free snacks and get help with ANY kind of assignment!

### [Crafternoon](#)

3:00 p.m. – 5:00 p.m.

Library Learning Commons

### [Disney Karaoke](#)

8:30 p.m. – 12:00 a.m.

The Rook Campus Pub (Rosaria)

### [REC Division: 3v3 Basketball Intramurals](#)

9:00 p.m. – 11:00 p.m.

MSVU Gymnasium (Rosaria)

Mount Campus REC's 3v3 basketball league REC division starts on January 23. It's for beginners or participants who are interested in less competitive play. It is meant to be an inclusive space for participants to be active, create community and have fun!

Register online at [msvu.ca/rec](https://msvu.ca/rec) as a team by designating your team captain, or as an individual and we will add you to a team! All MSVU students are welcome.

The game schedule will be emailed out on Tuesday, January 21. No league play on February 20.

### Competitive Division: 3v3 Basketball Intramurals

9:00 p.m. – 11:00 p.m.

MSVU Gymnasium (Rosaria)

Mount Campus REC's 3v3 basketball league competitive division starts on January 23. It's for participants who have experience playing basketball and are looking engage in friendly competition with others. It is meant to be an inclusive space for participants to foster healthy competition in pursuit of the coveted Intramural Champions T-shirt and bragging rights!

Register online at [msvu.ca/rec](https://msvu.ca/rec) as a team by designating your team captain, or as an individual and we will add you to a team! All MSVU students are welcome.

The game schedule will be emailed out on Tuesday, January 21. No league play on February 20.

## Friday, January 24

### Winter REC Series: Skating at the Emera Oval

12:00 p.m. – 1:00 p.m.

Emera Oval, Halifax Commons

Embrace winter with MSVU Athletics & Recreation and International Education Centre! Meet MSVU staff at the Emera Oval entrance for skating at 11:45 a.m. Skate and helmet rentals are available for FREE with a valid government ID.

### Board Game Night

6:00 p.m. – 9:00 p.m.

The Rook Campus Pub (Rosaria)

Get ready for a night of fun, strategy, and friendly competition at board game night. Whether you're a seasoned board game enthusiast or just looking for a great way to spend the evening with friends, come and join us!

### Mount Mystics Basketball Home Games

Women's Game: 6:00 p.m.

Men's Game: 8:00 p.m.

MSVU Gymnasium (Rosaria)

Join us to cheer on the Mystics women's and men's basketball teams in their home games against the UKC Blue Devils! You can wear blue and discover the comradery as you cheer on your varsity teams.

MSVU students get free admission to all Mystics regular season home games.

### Goth Night

9:00 p.m. – 12:00 a.m.

The Rook Campus Pub (Rosaria)

## Saturday, January 25

### Mount Mystics Volleyball Home Game

2:00 p.m.

MSVU Gymnasium (Rosaria)

Join us to cheer on the Mystics women's volleyball team in their home game against the STU Tommies! You can wear blue and discover the comradery as you cheer on your varsity teams.

MSVU students get free admission to all Mystics regular season home games.

### Mount Mystics Basketball Home Games

Women's Game: 6:00 p.m.

Men's Game: 8:00 p.m.

MSVU Gymnasium (Rosaria)

Join us to cheer on the Mystics women's and men's basketball teams in their home games against the Mount Allison Mounties! You can wear blue and discover the comradery as you cheer on your varsity teams.

MSVU students get free admission to all Mystics regular season home games.

## Sunday, January 26

### Mount Mystics Volleyball Home Game

1:00 p.m.

MSVU Gymnasium (Rosaria)

Join us to cheer on the Mystics women's volleyball team in their home game against the UNBSJ Seawolves! You can wear blue and discover the comradery as you cheer on your varsity teams.

MSVU students get free admission to all Mystics regular season home games.

## Tuesday, January 28

### Knowledge Fair

1:30 p.m. – 3:30 p.m.

McCain Atrium

Knowledge Fair is your go-to event to explore the array of services available on campus. Join us to connect with representatives from different campus services, discover tools and support systems to enhance your student experience. Whether you're an undergrad or a grad student, this is a perfect

opportunity to gather information, ask questions, and make the most of your university journey. Dive into a world of resources at your fingertips!

### PSYC Society Craft Night

5:00 p.m. – 8:00 p.m.

The Rook Campus Pub (Rosaria)

## Wednesday, January 29

### Martock Ski Trip

9:00 a.m. - 6:00 p.m.

Ski Martock – Windsor, NS

Embrace winter and join us for a fun-filled day at Ski Martock! All skill levels are welcome. Must be an MSVU student, or guest of an MSVU student.

Brought to you by Campus Recreation and the Residence Life Office.

## Thursday, January 30

### Study & Snack at the IEC

12:00 p.m. – 2:00 p.m.

International Education Centre (IEC), Seton Annex

Bring your school work over to the IEC and get some work done in a comfortable, productive environment. Sarah will be available to help. Enjoy free snacks and get help with ANY kind of assignment!

### Crafternoon

3:00 p.m. – 5:00 p.m.

Library Learning Commons

### Drag Show

7:30 p.m. – 11:30 p.m.

The Rook Campus Pub (Rosaria)