

# ORIENTATION WEEK SCHEDULE



Pjilas'si | Bienvenue | Welcome



## ST. FRANCIS XAVIER UNIVERSITY

We would like to begin by acknowledging that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the "Treaties of Peace and Friendship" which Mi'kmaq and Wolastoqiyik (Maliseet) Peoples first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations.

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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Denotes parking available



Denotes no parking available

In your timetable the buildings are referenced by acronyms

## ACADEMIC BUILDINGS

- |   |   |  |
|---|---|--|
| 1. Xavier Hall (XH) and Alumni House<br>A) Alumni House | 7. Mount Saint Bernard (MSB)<br>A) Immaculata Hall<br>B) Camden Hall<br>C) Marguerite Hall<br>D) Gilmora Hall | 9. Nicholson Tower (NT)<br>10. Annex<br>12. J. Bruce Brown Hall (JBB)<br>30. Nasso Family Science Center<br>36. Coady International Institute<br>37. Markin Global Complex<br>38. Fine Arts Building |
| 2. McKenna Centre (north entrance)                      |   |  |
| 3. Schwartz School (SCHW)                               |   |  |
| 5. St. Ninian's Place (SNP)                             |   |  |
| 6. Angus L. Macdonald Library                           |   |  |
| 8. Mulroney Hall  |   |  |

## RESIDENCES

- 7. Mount Saint Bernard (MSB)
- 14. Macsaac Hall
- 16. FX Hall
- 20. Governors Hall
- 22. Somers Hall
- 23. Power Hall
- 26. Bishops Hall
- 28. MacKinnon Hall
- 32. Morrison Hall
- 33. Cameron Hall
- 39. O'Regan Hall
- 40. Riley Hall

## ADMINISTRATION & OTHER

- 4. St. Ninian's Cathedral
- 5. St. Ninian's Place (SNP)
- 8. Prayer Space (First Floor Mulroneu Hall)
- 9. Nicholson Tower (NT)  
Recruitment and Admissions Office
- 13. Bloomfield Centre
- 15. MacDonald Hall
- 24. Exercise Science Centre
- 25. StFX Observatory
- 27. University Chapel
- 28. MacKinnon Hall  
A) Business Office
- 31. Services Building (5005 Chapel Square)  
Safety and Security Services

## SPORTS AND RECREATION

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

## DINING SERVICES

- 32. Morrison Hall





# AUGUST 29

## International Student Orientation

International Student Orientation (ISO) is a mandatory program for all new international students. 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!

### **9:00am Breakfast and Mingle (Morrison Meal Hall)**

Get the day started strong with breakfast and a chance to meet fellow new international students, student leaders, and StFX President and Vice-Chancellor Andrew Hakin and Mrs. Linda Hakin

### **10:00am Indigenous Welcome**

A formal welcome to Mi'kma'ki, the traditional and unceded territory of the Mi'kmaw, with our Indigenous Student Affairs Coordinator, Terena Francis.

### **10:30am-4:30pm International Student Orientation (Barrick Auditorium)**

This session will cover essential information such as: on/off campus resources, how to use your health insurance, working in Canada, and much more.

### **7:30pm-9:00pm Evening Activities (Golden X Inn)**



# AUGUST 30

## Community Connections

### **8:00am-12:00pm Community Connections Check-In and Mingle**

Students registered for the Community Connections will check-in at the Bloomfield Centre between 8am and 12pm. Check-in begins with meeting the President, Dr. Andy Hakin and Mrs. Linda Hakin. Parents and family are welcome to connect and mingle during this time!

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.

### **12:30pm - 3:30pm Rest and Get Organized**

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.





## **4:00pm-5:00pm Activate and Connect**

The Peer Mentors will be hosting different activities for students. Your Advisors will update you on specific locations in the morning.

## **5:00pm-8:00pm Dinner Activity at the Golden X Inn**

Make long lasting connections over a meal with other Community Connections participants. Mingle with faculty, staff, leadership, and community members! This night will be filled with music, activities, and a light meal to give you the opportunity for students to get to know key members of our StFX and Antigonish Community.

# **AUGUST 30**

Relaxed Start, LLC, and Select Residences Check-In

## **1:00pm - 7:00pm Residence Check-In**

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

Check-in at the Keating Centre begins with meeting the President, Dr. Andy Hakin and Mrs. 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.

*Check-In Before Going  
to Residence!*

# **AUGUST 31**

## **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 at the Keating Centre begins with meeting the President, Dr. Andy Hakin and Mrs. 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.

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

The same check-in as residence students, minus the keys! Attend the Keating Centre meeting to pick up your St.FX swag.





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

Hosted by your Community Advisors in residence, 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. Your CA will tell you where you are meeting.

### **4:00pm - 5:15pm First Community Meeting (Off-Campus)**

Meet in the Bloomfield Centre, MacKay Lounge on the 3rd floor with the student leaders who will guide you during the weekend's activities. From there we will head as a group to Wellspring which will be the central hub and meeting space just for off-campus students throughout the weekend!

### **5:30pm - 7:00pm Welcome BBQ**

A Huge BBQ will be served on Memorial Field for everyone to welcome the new academic year.

### **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 1

## **9:00am - 10:00am 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!

## **10:00am - 12:30pm Xaverian Pancake Breakfast (Keating Main Arena)**

Later this week, 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 before classes begin.





**12:30pm - 5:00pm 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 Headphone Disco later that night. **This event is only open to incoming students who have bought an X-FEST Kit/Wristband and have their wristband.**





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

After the Waterpark Day, residence students will head over to Morrison Hall, the main dining, to have dinner together.

## 9:00pm Headphone Disco (Keating Main Area)

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



## SEPTEMBER 2

The BLITZ! Brings three amazing training workshops to every single new student at StFX. You will rotate between the three workshops – Waves of Change, Understanding Equity Through an Anti-Oppressive Lens, and Healthy Socializing.

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

**Waves of Change:** This workshop is designed for post-secondary students across Nova Scotia and introduces participants to the issue of sexual violence on campus. Participants will learn consent skills – recognizing a no, consent and the law, consent and intoxication, as well as an introduction to sexual violence in Nova Scotia. Participants will also be introduced to the concept of bystander intervention and will be taught various intervention techniques.

**X-cited about Equity:** Through an Anti-Oppressive Lens we will open our perspective through examining the systems of oppressions, 5 faces of oppression, equity groups and marginalization, and intersectionality. We will also explore the language and tools to be able to advance the decolonization of our spaces and conversations to be more inclusive and respectful of all identities in our Xaverian community.

**Healthy Socializing:** This session provides education on safer consumption, the new Canadian Guidelines on Drinking as well as an understanding of Naloxone and how to access it in case of an emergency. We focus on understanding the resources and supports available to students in order to reduce the harms while working to dismantle the oppressive ways that language, advertising and media enforce substance use on university campuses.

**9:00am - 10:30am Blitz! Session 1**

**10:45am - 12:15pm Blitz! Session 2**

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

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

**1:30pm - 3:00pm Blitz! Session 3**



## 9:00pm X-Fest Drag Queen Sex Toy Bingo (Keating Centre)

Drag Queen Sex Toy Bingo is championed by StFX's 2SLGBTQIA+ (Queer and Trans) Community. 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 and other prizes! Between rounds, the Drag Queen hosts will dazzle the audience with performances and comedy routines, often bringing the audience to tears (of laughter). **This event is open to incoming students who have bought an X-FEST Kit/Wristband and have their wristband.**





# SEPTEMBER 3

## 12:30pm - 5:00pm 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.

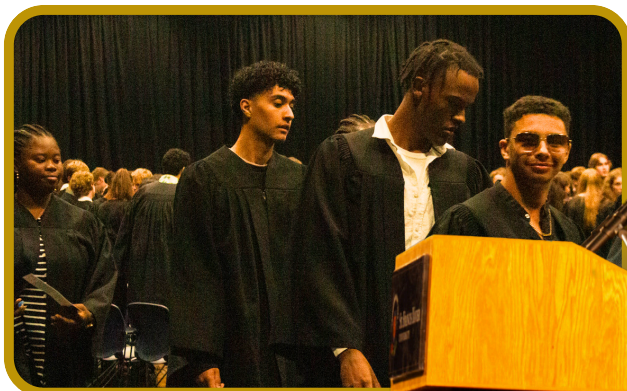
## 5:00pm - 7:00pm Dinner at Meal Hall





## 7:00pm 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.



# 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!

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.

For the detailed schedule, please refer to pages 19-25.

## **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	Location
12:30 - 1:00PM	Dean of Arts Presentation	KC Conference Rm A/B/C
1:00 - 3:00PM	Panel	KC Conference Rm A/B
3:00 - 5:00PM	Find-Your-Classrooms Tour Professor/Lab Instructors Meet & Greet	Select Classrooms

## Room Abbreviations

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# FORENSIC PSYCHOLOGY

Time	Event	Location
12:30 - 1:00PM	Dean of Arts Presentation	KC Conference Rm A/B/C
1:00 - 3:00PM	Panel	KC Conference Rm C
3:00 - 5:00PM	Find-Your-Classrooms Tour  Professor/Lab Instructors Meet & Greet	Select Classrooms

## Room Abbreviations

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# HEALTH

Time	Event	Location
12:30 - 2:30PM	Panel	SCHW 156
2:30 - 3:00PM	Dean of Arts Presentation	SCHW 156
3:00 - 5:00PM	Find-Your-Classrooms Tour Professor/Lab Instructors Meet & Greet	Select Classrooms

## Room Abbreviations

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# BUSINESS

Time	Event	Location
12:30 - 1:00PM	Dean of Business Presentation	SCHW 110
1:00 - 3:00PM	Panel	SCHW 110
3:00 - 5:00PM	Find-Your-Classrooms Tour  Professor/Lab Instructors Meet & Greet	Select Classrooms

**Room Abbreviations**

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# SCIENCE

BSc with ENGR & Diploma in Engineering

Time	Event	Location
12:30 - 1:00PM	Dean of Science Presentation	IM 114
1:00 - 3:00PM	Panel	IM 114
3:00 - 5:00PM	Find-Your-Classrooms Tour Professor/Lab Instructors Meet & Greet	Select Classrooms

## Room Abbreviations

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# HKIN & HUMAN NUTRITION

Time	Event	Location
12:30 - 2:30PM	Panel	MULH 2070
2:30 - 3:00PM	Dean of Science Presentation	MULH 2070
3:00 - 5:00PM	Find-Your-Classrooms Tour  Professor/Lab Instructors Meet & Greet	Select Classrooms

## Room Abbreviations

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# NURSING

Time	Event	Location
12:30 - 2:30PM	Panel	MSB 225
2:30 - 3:00PM	Dean of Science Presentation	MULH 2070
3:00 - 5:00PM	Find-Your-Classrooms Tour  Professor/Lab Instructors Meet & Greet	Select Classrooms

## Room Abbreviations

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# SEPTEMBER 4

## First Day of Classes!!

### 2:00pm - 5:00pm Academic Success and Support Services Showcase - (Mulroney Atrium)

- Academic Success Centre
- Library
- Tramble Centre
- Financial Aid
- The Students' Union
- Career Services
- Coop
- StFX Online
- RCMP
- Wellspring
- Black Student Advising
- Indigenous Student Advising
- International Advising
- Gender and Sexual Diversity Advisor



## 8:00pm - 9:30pm 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 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.**



# SEPTEMBER 5

## **2:00pm - 5:00pm Health and Wellness Services Showcase (Mulroney Atrium)**

- Health and Counselling Centre
- Visible @ X
- Flourish @ X
- Campus Recreation
- Varsity sports
- Chaplaincy (all faith centers)
- Sodexo Dietician
- Antigonish Women's Resource Centre
- Naomi Society
- Keep It Social
- Mindhaus
- Wellness Collective
- Teasdale Apothecary
- Keppoch
- County Recreation

## **6:00pm - 9:00pm SUB Showcase (Bloomfield Centre)**

The SUB Showcase is the Student Union Building's time to shine! Join us on September 5th from 6 PM to 9 PM for a building-wide extravaganza featuring the services, resources, and fun available on each floor. This event is open to ALL students, so come and explore everything the SUB has to offer. To make your visit even more exciting, the Students' Union will be providing a Bloomfield Passport to all attendees. As you visit different locations within Bloomfield, get your passport stamped by participating groups. Once your passport is complete, you can submit it for a chance to win fantastic prizes. Don't miss out on this opportunity to discover all the amazing things happening at the SUB!

# SEPTEMBER 6

## 2:00pm - 5:00pm Academic Success and Support Services Showcase - (Mulroney Atrium)

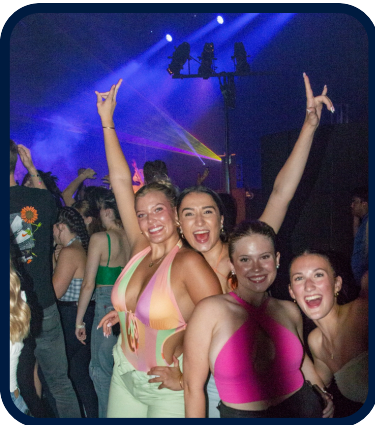
- Academic Success Centre
- Library
- Tramble Centre
- Financial Aid
- The Students' Union
- Career Services
- Coop
- StFX Online
- People's Place Library
- RCMP
- Wellspring
- Black Student Advising
- Indigenous Student Advising
- International Advising
- Gender and Sexual Diversity Advisor





## 9:00pm X-Fest Super SUB (Keating Main Area)

Every year X-FEST builds up and culminates with the Closing Concert by a Headliner Performer. This year's headliner is PINEO & LOEB, a Canadian electronic Producer/DJ duo known for their uplifting, funky, high-energy performances that radiate good vibes. 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. Get ready to dance and end your X-FEST experience on a high note! **Open to new and returning students. Please note that this concert is not included in the X-FEST passes. A separate ticket is required to attend.**



## SEPTEMBER 7

### **9:00am – 2:00pm Charity Day**

The U wants to encourage the students on campus to 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 band together, set up stations around town, and raise money for the selected Charities from early morning to midday! Partners around town help facilitate the students and the event is advertised well before hand 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.

## SEPTEMBER 8

### **5:00pm Opening Mass (Catholic Service, StFX Chapel)**

We gather at this celebration seeking inspiration and guidance as we embark on our journey together and asking for success and fulfillment in all that we do.

There are many other faith services offered in Antigonish. Click [here](#) for a more complete list or go to:

<https://www.stfx.ca/student-services/support-services/chaplaincy/places-worship-stfx/worship-antigonish>

# SEPTEMBER 10

## **2:00pm - 5:00pm Health and Wellness Services Showcase (Mulroney Atrium)**

- Health and Counselling Centre
- Visible @ X
- Flourish @ X
- Campus Recreation
- Sports
- Chaplaincy
- Sodexo
- Antigonish Women's Resource Centre
- Naomi Society
- Keep It Social
- Keppoch
- Community Wellness Services



# SEPTEMBER 11

## 2:00pm - 5:00pm Academic Success and Support Services Showcase - (Mulroney Atrium)

- Academic Success Centre
- Library
- Tramble Centre
- Financial Aid
- The Students' Union
- Career Services
- Coop
- StFX Online
- People's Place Library
- RCMP
- Wellspring
- Black Student Advising
- Indigenous Student Advising
- International Advising
- Gender and Sexual Diversity Advisor





## SEPTEMBER 12

### **2:00pm - 5:00pm Health and Wellness Services Showcase (Mulroney Atrium)**

- Health and Counselling Centre
- Visible @ X
- Flourish @ X
- Campus Recreation
- Varsity sports
- Chaplaincy (all faith centers)
- Sodexo Dietician
- Antigonish Women's Resource Centre
- Naomi Society
- Keep It Social
- Mindhaus
- Wellness Collective
- Teasdale Apothecary
- Keppoch
- County Recreation

## SEPTEMBER 16

### **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!



THE U

StFX Students' Union  
For Students, By Students.