

La Roche College

LR C *Orientation '06*

Learning • Respect • Community

Dear New Student,

You are beginning a new phase in your life; one that will help you lay the foundation for your future. We are thrilled that you have decided to pursue your education at La Roche College, and we want to welcome you into the La Roche family.

Please take advantage of every opportunity that comes your way during Orientation and the weeks to come! Our orientation program is designed to help you meet new friends, get to know staff and faculty and learn more about La Roche College. Friday's programs are designed for both you and your parents, and we hope you'll persuade them to attend.

As a new student, you are expected to participate in the events planned during Welcome Days. **Some of the events are mandatory and are marked on the schedule (with an *).** Take advantage of Welcome Days, and become acquainted with your new home. If you have questions, don't hesitate to ask the orientation leaders, who will be very visible on campus during Orientation. You can also call the Office of College Activities at 412-536-1044.

Again, welcome to La Roche College. We look forward to getting to know you in the coming days and months.

Sincerely,

Colleen Ruefle
Vice President for Student Life &
Dean of Students

David Day
Director of College Activities

Earn Your La Roche Loot During Welcome Days!!

What is La Roche Loot?

La Roche Loot is a special kind of currency given to deserving new students during Welcome Days events.

How do I earn La Roche Loot?

You can earn it by showing up early for events, answering questions, meeting College administrators and generally getting involved. Welcome Days orientation leaders will hand out the “bucks” at their discretion.

What can I use it for?

You can use La Roche Loot to purchase items like an Xbox 360, a DVD player, a CD player, soda, sweatshirts and much more at a Casino Night scheduled for Tuesday, August 29.



Friday, August 25

Resident Student Check-In • 8:00 a.m. - 1:00 p.m.

Kerr Fitness and Sports Center

Meet with staff members from the Office of Residence Life. At this time, you will sign a room and board contract. You will also receive a key to your room and your mailbox. In addition, representatives from our Health Services staff, our counseling staff, and many other areas of the College will be available to answer questions.

Phone Service

A campus telephone is available for any resident student who chooses to use one in his/her room. Any student choosing to use this campus telephone service will receive an individual telephone access code. The code gives students local/long distance access which links all their calls to their individual account. Additionally, each resident choosing to use the campus telephone service will have voice-mail to retrieve any messages. You can request this service and pick up your telephone at this time.

E-mail Access

During registration, you will receive a set of College policies regarding computer use, and you will be required to sign a contract indicating that you will abide by these regulations. Once you do so, you will receive your La Roche e-mail account information and password. You can also direct any questions to staff members from the Office of Information Technology, especially if you plan to bring a computer onto campus.

Local Business

Several local businesses (including First Commonwealth Bank) will be on hand during check-in should you need to open accounts, receive information, or want to speak to someone.

Parking/IDs
Bold Hall

After going through all the necessary steps in the Kerr Center, students should proceed to Bold Hall to receive their College ID and parking permit. All students are required to have a college photo ID card. For residents, this doubles as an electronic security card that will provide you with access to your residence hall. If you are planning to have a car on campus, you will need a parking permit, which can be obtained anytime during the semester. General parking is free on campus. We do offer “preferred parking” outside the residence halls for \$100.00 a year. Preferred parking is limited and is offered on a first-come, first-serve basis. You may also pick up information on safety and security issues on campus at this time.

Move-In

Once you have finished checking in, it's time to move into your new room. Student orientation leaders will be available to help you move your belongings into your rooms.

Lunch with the President • 11:30 a.m. – 1:30 p.m.

Cantellops Art Gallery (located in the Zappala College Center)

You and your family are invited to a complimentary lunch with Sister Candace Introcaso, CDP, Ph.D., president of La Roche College, and a number of College officials, including: Colleen Ruefle, vice president of student life; Howard J. Ishiyama, Ph.D., vice president for academic affairs and dean of graduate studies; and DJ Trischler, president of the La Roche College Student Government Association (SGA).

Commuter Student Check-In • 11:00 a.m. - 1:00 p.m.

Kerr Fitness and Sports Center / Bold Hall

Commuter students will receive photo ID cards, parking permits and computer passwords. You can also get more details about meal plans and lockers. Stop in the Kerr Fitness and Sports Center first to receive your check-in packet.

Academic Convocation* • 2:00 p.m.

Kerr Fitness and Sports Center

Sister Candace Introcaso, CDP, Ph.D., president of La Roche College, will address students, staff, faculty and parents to mark the official beginning of the academic year. DJ Trischler, president of the Student Government Association, will also recite the College's honor code.

It's Time to Get Started* • immediately following Convocation

Kerr Fitness and Sports Center

This session will give you and your family the opportunity to review the details of the Welcome Days Program. You and your parents will be able to meet with orientation leaders and hear more about college life at La Roche.

Cookout with Live Music • 5:00 p.m.

Bold Thruway (Rain site: Cantellops Dining Hall)

Say goodbye to your family and then come and join us for dinner. Here, you'll get acquainted with other new students! As a special treat, we'll have a local performer to entertain you.

Resident Student Floor Meetings* • 6:30 p.m.

All Residence Halls (see you RA for the specific location)

Resident advisors on each floor of each residence hall on campus will meet with all students on their floor.

Commuter Student Meeting* • 6:30 p.m.

Ryan Room (located in the Zappala College Center)

Commuter students will get an overview of the services available at La Roche College. This is a great time to meet other commuter students, both freshmen and upperclassmen.

La Roche Luau • 8:00 p.m.

Outside Mahler Hall

We may not have an ocean, but we do have sand and tiki torches! Come and pretend that you're on a tropical vacation. No Shoes Necessary.

Saturday, August 26

Continental Breakfast • 9:00 a.m.

Cantellops Dining Hall

Student ID required.

Gamesapalooza* • 10:00 a.m.

Arnold Baseball Field (rain site: Kerr Fitness and Sports Center)

Meet on the baseball field for a morning of games and team-building exercises. Plenty of silly string. Plenty of prizes!

Lunch • 12:00 p.m.

Cantellops Dining Hall

Student ID required.

Making College Count* • 1:00 p.m.

Zappala College Center Square

This informative session will provide college freshmen with an inside look at the decisions and choices that await them in college. Take this early opportunity to recognize your potential.

The College Experience* • 2:00 p.m. – 5:00 p.m.

Various locations (see below)

These are a series of workshops that run concurrently throughout the afternoon and address various areas of college life. They are all being held in the Annex Building (AB). The College Activities Office developed these sessions based on suggestions from upperclassmen who were able to reflect on their experiences at their freshman orientation. PLEASE NOTE: You are required to attend three of these seven sessions.

Don't be an Advising Accident! • 2:00 p.m., 3:00 p.m. & 4:00 p.m. • AB 311
Learn about the services that the Academic and Career Advising offices have to offer to help you be a successful student and to help you prepare for your future!

Understanding Drugs and Alcohol: Use & Abuse • 2:00 p.m. & 3:00 p.m.
• AB 314 Get some important information about the dangers of alcohol and drug use from La Roche College counselor Don Treser.

No Piggy-backers Allowed! • 3:00 p.m. & 4:00 p.m. • AB 313
Security issues are important for anyone who attends college. Come find out what a "piggy-backer" is, and hear some important tips that will keep you safe on campus.

Freshman Reading Program: "Persepolis" • 2:00 p.m. 3:00 p.m., & 4:00 p.m.
• AB 312 Even if you haven't started the book that is part of the College's summer reading program, you can still learn what you need to do to be a part of the semester-long discussion on this fascinating book.

Project EASE • 2:00 p.m., 3:00 p.m., & 4:00 p.m. • AB 310
Learn about La Roche College's on-line resource for scheduling, transcripts and more! No doubt, you'll use this any time you want to check your grades. This session will give you an intro on the general use of Project EASE.

Spirituality 101 • 2:00 p.m. & 3:00 p.m. • AB 316
This thought-provoking discussion, led by Fr. Peter Horton, our campus minister, is about religion and its role in college life.

International Students • 4:00 p.m. • AB 316
This important session is designed for our International Students. You'll meet Natasha Garrett, the Director of International Student Services, and gain valuable information on your transition to La Roche College and the American Culture.

Dinner • 5:00 p.m.
Cantellops Dining Hall
Student ID required.

Target Shopping Trip • 6:00 p.m.
Van leaves from Wright Library Circle

Now that you're getting settled in your room, you've probably discovered a few things that you still need. Catch a shuttle to Target to pick up a few of those necessities! The last return trip leaves Target at 7:45pm sharp!

Drive-In Movie • 9:00 p.m.

Bold Lawn (*rain site SC103*)

As the sun sets, we'll turn the Bold Thruway into our very own cinema! You bring the blankets, we'll provide the popcorn.

Sunday, August 27

Morning Mass • 9:00 a.m. and 11:00 a.m.

Magdalen Chapel

Brunch • 11:30 a.m. - 1:00 p.m.

Cantellops Dining Hall

Orientation 2010* • 1:00 p.m.

Zappala College Center Square

During this session, we'll discuss campus life at La Roche, cover important safety issues, and gain an understanding of the College policies. It's also a chance for you to ask all the questions you've accumulated over the past two days.

Motherhouse Tours* • 2:00p.m. & 3:00p.m.

Sisters of Divine Providence Motherhouse

Learn about the history of La Roche and the College's relationship with our founders, the Sisters of Divine Providence. Take a tour of the Motherhouse.

Pittsburgh Action Against Rape* • 2:00 p.m. & 3:00 p.m.

Science Center 103

Pittsburgh Action Against Rape (PAAR) is a private non-profit organization founded in 1972 by the Pittsburgh Chapter of the National Organization of Women (NOW) in response to a series of rapes and growing public concern. This educational program will help you understand and reduce the risk of sexual violence.

Tour of Pittsburgh • 4:00 p.m.

Bus leaves from the Wright Library Circle

Join us to see the sights and sounds of the Steel City!

Dinner • 4:00 p.m. – 6:30 p.m.

Cantellops Dining Hall

Student ID Required.

Welcome Back Foam Dance Party • 6:00 p.m.

Outside Bold Hall

Mingle with upperclassmen as they return to campus, and join in the fun of the foam party! Enjoy free pizza, soda and music. It's sure to be a great time!

Welcome Back Mass • 9:00 p.m.

Magdalen Chapel

Fr. Peter Horton, our campus minister, begins the school year with prayers and his own special blessings during this liturgy.

Monday, August 28 (Classes Begin • 8:00 a.m.)

Back to School Blowout • 11:00 a.m. – 2:00 p.m.

Bold Thruway (Rain site: Kerr Fitness & Sports Center)

Join faculty, staff and students for a welcome back cookout lunch! We'll have games and music, too!

Say What Karaoke • 9:30 p.m.

Bold Union Room

Get those vocal chords in shape for one of La Roche's most popular events. Judges will be on hand to vote for the top performance. A cash prize will be awarded to the finalist!

Tuesday, August 29

Get A Grip & La Roche Loot Casino Night* • 7:00 p.m.

Zappala College Center Square

Take hold of your college career and learn about various organizations you can join on campus. You will be introduced to campus leaders from clubs, athletic teams and school organizations. Find out what suits you best. Then, use all that La Roche Loot in our Casino to win great prizes like a DVD player, an Xbox 360, La Roche Gear and lots of other items.

Wednesday, August 30

Mass of the Holy Spirit* • 11:00 a.m.

Magdalen Chapel

Fr. Peter Horton will be joined by the Bishop of Pittsburgh. Together, they will celebrate mass and offer a special blessing for the Class of 2010.

Music Mayhem* • 9:30 p.m.

Music Mayhem Live is the wildly fun game show that challenges everyone to guess the artist or title of their favorite music. Prizes will be awarded whether you win or lose!

Thursday, August 31

Work Study Job Fair • 11:00 a.m. – 1:00 p.m.

Zappala College Center Square

If you're work-study eligible, this is one program you won't want to miss! Various La Roche administrative offices will be on hand with their work-study job descriptions. It's the easiest way to find an on campus job!

MOSAIC Welcome Back Bash • 9:30 p.m.

Zappala College Center Square

MOSAIC is La Roche's newest multicultural organization and tonight they are throwing a party! We'll dance to the sounds of a local DJ. Free food will be provided!

Upcoming Events

(please pick up a Fall Activities Calendar during Orientation for a complete listing of College Activities)

Saturday, September 2

Kennywood Park Trip

Today, the roller coaster capital of the world is our destination. Tickets are just \$10.00/person and available in College Activities. Transportation will be provided. The bus leaves at 11:15 a.m. from the Wright Library Circle and leaves the park at 10:00 p.m. You must buy your tickets in advance from the College Activities office. Space is limited. Sign up today!

Wednesday, September 6

Student Government Association Meeting

Stop in and meet the members of SGA at our first regular meeting of the semester! Hear about what SGA has planned for the students this semester starting at 4:00 p.m. in the Ryan Room.

Thursday, September 7

Activities Fair

Stop by the College Center Square today to learn more about all of the clubs and organizations on campus. You'll even get to join a few if you'd like! The event will be held from 11:00 a.m. to 1:00 p.m.

Pittsburgh Steelers vs. Miami Dolphins

We'll kick off the Steelers season with a party in the Bold Union Room. Come and enjoy the game on the big screen, the free food and the start of a new season of the defending World Champions!!! Wear your Black and Gold! The party starts at 8:00 p.m.

Friday, September 15**Pittsburgh Pirates vs. New York Mets**

Tickets are on sale to see the Bucs in action as they play the Mets at PNC Park. Tickets are \$5.00/person and on sale in the College Activities Office. Limited transportation will be provided to and from the game. The van leaves at 6:00 p.m. from the Wright Library Circle. The first pitch is at 7:05 p.m.

Friday, September 29**Gateway Clipper Cruise**

One of the most popular events of the fall semester is the annual cruise on the Gateway Clipper. The event runs from 11:00 p.m. to 2:00 a.m. Tickets will be on sale September 11th in the College Activities Office!

Monday, October 2**Hypnotist Show**

This is one event you definitely don't want to miss! You can watch the show or be a part of the show. Either way, you're guaranteed to have a good time! The fun gets underway at 9:30 p.m. in the College Center Square.

Friday, October 27**Midnight Madness**

Help us kick-off the Redhawks basketball seasons tonight as the men's and women's teams take the court for drills, three-point shot contests and the ever-popular slam-dunk contest! Audience participation required!

Saturday, October 28**Family Day**

Make sure you invite your family to join us for our annual Family Day. Your family will have the opportunity to have breakfast with La Roche's President, Sister Candace Introcaso, and to have a meet and greet with faculty members. Then, we'll tailgate at the men's and women's soccer games. There will be plenty of activities for the entire family throughout the day. More information will be mailed home in September.

Important Information

ATM

The College's ATM is located in the Zappala College Center across from the information desk. It is operated by First Commonwealth Bank.

Bus Transportation

Port Authority Transit (PAT) provides regular bus service to campus. There are stops on Duncan Avenue, Babcock Boulevard and at UPMC Passavant Hospital. For a detailed bus schedule, please check the brochure rack outside the College Activities Office in the Zappala College Center.

Cable TV Service

Basic cable TV is provided in your room. If you would like to upgrade your cable TV package, you can contact Comcast directly at 1-800-576-5330. It is important to consult with your roommates about this upgrade, because you will be responsible for collecting any additional fees for upgrades.

Commuter Meal Plan

This service is provided to commuter students so that they may create their own meal plan. At the beginning of the semester, a commuter student may deposit money into an account to be used at the Cantellops Dining Hall. The College will give you a bonus credit equal to ten percent of whatever you have deposited. For more information, please contact Food Services.

Computer Services

The College is equipped with a host of computer labs. Students have free access to them. Please check class schedules for open times. To use the computer labs, you must have a La Roche College computer login and password. If you did not receive one during orientation registration, you may obtain it at the Office of Information Technology in Providence Hall Room 140. Your college ID doubles as a security key card that will grant you access to the labs.

Health Services

La Roche College has established a partnership with UPMC Passavant Hospital, which provides routine non-emergency care to students at no cost. Regular business hours are Monday through Friday from 8:00 a.m. to 3:30 p.m. If you require medical attention at another time or on the weekends, you should go directly to the emergency room at the hospital. When possible, please utilize the service during regular business hours.

Health care services provided outside of regular business hours must be billed as emergency service to your own insurance provider. For more detailed information on our health services, ask a counselor for a brochure.

Internet Access

The college has a number of computer labs on campus, and you have access to the Internet in your residence hall room. The college has recently teamed with Comcast to provide its broadband Internet service to each residence hall room. There is no fee for this service. If you have questions regarding this service, please contact Comcast directly at 1-800-576-5330.

Mail Services

When you enroll at La Roche College as a new resident student, you will receive a mailbox and a mailbox key. That mailbox will be your student mailbox during your entire time at La Roche College. At the end of each academic year (prior to summer break), you will be required to return your key to one of the following locations:

- Office of Residence Life (located in Bold Hall)
- East Campus Mail Center (located in Wright Library Room 103)
- West Campus Mail Center (located in Providence Hall Room 010)

If you do not return your key at this time and you require a replacement key at the beginning of the fall semester, you will be required to pay a \$25 fee before Mail Services can issue you the replacement key. If you lose your key during the school year, you will be required to pay a \$5 fee for a replacement key. You are not permitted to give or loan your key to any other person for any reason. This is a security violation and will result in disciplinary action.

Resident student mailboxes are located in the lower level of Wright Library. Students may pick up their mail daily after 2:00 p.m. So that all incoming mail will be received and distributed in an efficient manner, personal mail and packages should be addressed in the following manner.

Jane Smith (student's official registered school name)
La Roche College
East Campus Mail Center
BOX # _____ (4-digit mailbox number must be entered)
Pittsburgh, PA 15237

The College maintains a log of all packages or certified mail sent to students. The log includes the recipient's name, telephone number and the date the package or certified letter was received. Upon receipt of such items, Mail Services will call the student to pick up the item. The student must sign for the item at the time of pickup. Postage stamps may be purchased from a postage machine located in the lower level of Wright Library. Outgoing mail may be placed in the mailbox located at the entrance to the College Center.

Prayer Room

For students of the Islamic faith, a prayer room has been established on the third floor of Bold Hall. The room is open 24 hours a day.

Recreation

If you like to play pool, you'll find a pool table in the Zappala College Center Square, in the Union Room in Bold Hall and in Schneider Hall. Sticks and chalk are available in the Office of College Activities.

The Union Room in Bold Hall is designated as a game room. In addition to a TV and the pool table, there are also video games. The Union Room is open to all students.

Residence Hall Access

Resident students have access to residence halls on campus via their College ID, which doubles as an electronic key card. If you are a commuter student and you want to visit a friend in the residence halls, you can gain admittance using the intercom system. Outside each hall is a call box that dials directly to the room. You will need to know your friend's campus extension.

If you are attending an event in the lounges of the halls, you may pick up a temporary pass at the information desk, located in the Zappala College Center (ZCC). To get your temporary pass, you will need to present your College ID. Make sure to obtain your pass before 9:30 p.m.

Security Escort Service

The Office of Public Safety at La Roche College provides security escorts upon request. To request such an escort, call x-1111 from any campus phone or any red emergency phone.

Shuttle Service

During the winter months, the College provides shuttle service between the East and West Campuses. The College will publish a more detailed schedule with times and locations later in the fall.

Vending Machines

Soft drink machines are located in the lower level of Wright Library, the Palumbo Science Center (near the Chapel), the lower level of Providence Hall, Ketteler Hall (ID Department), the Annex Building and all four residence halls. Snack machines are located on the lower level of Wright Library, the lower level of Providence Hall and in the residence halls.

Important Phone Numbers

Academic & Career Advising	412-536-1130
Admissions	412-536-1271
Athletics	412-536-1001
Bookstore.....	412-536-1140
Campus Ministry	412-536-1050
College Activities.....	412-536-1044
Counseling Services	412-536-1051
Finance Office.....	412-536-1029
Financial Aid	412-536-1120
Registrar	412-536-1076
Residence Life	412-536-1195
Security Officer on Duty	412-536-1111
Switchboard	412-367-9300
Wright Library	412-536-1058
Writers' Center	412-536-1230

Hours of Operation

Computer Labs

Monday through Friday: 7:30 a.m. to 1:00 a.m.*

Saturday: 7:30 a.m. to 8:00 p.m.

Sunday: 12:00 p.m. to 1:00 a.m.*

**You must be in by 11:00 p.m. to stay until 1:00 a.m.*

Cantellops Dining Hall

WEEKDAY SCHEDULE

Continental Breakfast

Monday, Tuesday, Thursday & Friday: 7:30 a.m. to 8:00 a.m.

Wednesday: 7:30 a.m. to 11:00 a.m.

Breakfast

Monday through Friday: 8:00 a.m. to 9:00 a.m.

Lunch

Monday through Friday: 11:00 a.m. to 2:00 p.m.

Continental Lunch

Monday through Friday: 2:00 p.m. to 3:00 p.m.

Dinner

Monday through Friday: 4:00 p.m. to 6:00 p.m.

After Dark

Monday through Thursday: 6:00 p.m. to 8:30 p.m.

WEEKEND SCHEDULE

Weekend Brunch: 10:30 a.m. to 1:30 p.m.

Dinner: 4:00 p.m. to 6:00 p.m.

Bookstore

Monday through Thursday: 10:00 a.m. to 6:30 p.m.

Friday: 10:00 a.m. to 4:00 p.m.

Wright Library

Monday through Thursday: 8:30 a.m. to 12:00 a.m.

Friday & Saturday: 8:30 a.m. to 4:30 p.m.

Sunday: 1:00 p.m. to 12:00 a.m.

Kerr Fitness & Sports Center

Monday through Thursday: 8:30 a.m. to 10:00 p.m.

Friday: 8:30 a.m. to 8:00 p.m.

Saturday: 12:00 p.m. to 6:00 p.m.

Sunday: 3:00 p.m. to 9:00 p.m.

Zappala College Center

Monday through Friday: 7:15 a.m. to 10:30 p.m.

Saturday and Sunday: 7:30 a.m. to 10:00 p.m.

Magdalen Chapel Liturgies

Monday through Friday: 12:10 p.m.

Sunday: 9:00am, 11:00 a.m. & 9:00 p.m.