



Carleton University

Fall Orientation 2023 Handbook

Welcome to Carleton University's Fall Orientation!

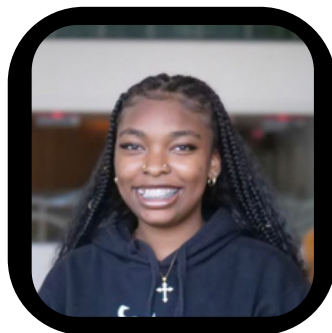
We are thrilled you are joining our vibrant community. Our dedicated orientation planning team has been working all summer to bring you a jam-packed orientation program. An exciting week of activities has been planned to help you get settled and meet fellow Ravens. You are surrounded by dedicated upper year student volunteers who were in your position as a new student not long ago. Get to know the volunteers, ask them questions, and learn about the exciting opportunities that are available to you in and out of the classroom. As you navigate your Carleton journey, you will experience personal growth, form meaningful connections, and build useful skills to prepare you for your future. Our orientation team is looking forward to meeting you at events, and wish you the very best as the academic year begins.

Grace Haime, Director of Student Affairs and Student Life

THE FACES BEHIND FALL ORIENTATION



EMMA DAVIS
Volunteer
Engagement
Orientation
Coordinator



MARIAM WILLIAMS
Community
Engagement
Orientation
Coordinator



ZACK HOBBS
Sprush
Orientation
Coordinator



ALIDA MALLOY
SciFrosh
Orientation
Coordinator



**Carleton
University**

Student
Experience Office



carleton university students' association

The Carleton University Students' Association (CUSA) is an incorporated, not-for-profit, student-run organization that exists to enhance the student experience at Carleton University. All undergraduate students are members of CUSA and are encouraged to take advantage of the services, events, and programming that we offer.

What we're all about



Advocacy & Campaigns



Events



Service Centres



CUSA Clubs



Food & Retail



Resources & Funding



Governance



Health & Dental



401 Nideyinàn



cusa@cusaonline.ca



www.cusaonline.ca



@cusaonline

click for more info



Thirsty Thursday - Silent Disco 2022
OLLIE'S



CUSA Block Party 2022

Student Experience Office



CAMPUS ACTIVITY BOARD

- Student led and directed activity board
- Provides free events to students year round!
- Epic Bingo, Bob Ross Paint Night, Glow Yoga, Pumpkin Decorating



U-PASS

- Tap your card to ride all OC Transpo (Ottawa) and STO Transit (Gatineau)
- Don't throw it away!
- Tap your card at the campus card office to renew it each semester



EVEN MORE PROGRAMMING!

- Alternative Spring Break
- Campus to Community
- First Year Connections Mentorship Program
- Umoja Black Community Engagement Program
- ...and much more!

[Click Here](#)

[Click Here](#)

[Click Here](#)



**Carleton
University**

Student
Experience Office

More Information
www.carleton.ca/seo



Spratt Business Students' Society

YOUR OPPORTUNITY YOUR SUCCESS



The Spratt Business Students' Society represents all undergraduate students at the Spratt School of Business and oversees all other clubs affiliated with Spratt.

Our mission is to facilitate an environment in which students are engaged in the Carleton community and can further develop their social, professional, and academic skills needed to thrive in their future endeavors.

Want to learn more about what we have to offer?
Check us out on our socials!



sbsscouncil



sbsscouncil



Spratt Business Students' Society

LOOKING FOR US?

3060A Nicol Building
1125 Colonel By Drive
Ottawa, ON K1S 5B6
613-520-2600 x. 2708
info@sbssonline.ca

A person in a blue jacket and dark pants is climbing a large, overhanging rock face. The rock is a warm, reddish-brown color with visible cracks and textures. The climber is positioned on the left side of the frame, reaching up. The background shows a vast, hazy landscape with mountains and a valley under a bright sky.

patagonia[®]
ottawa · halifax

**Majoring in adventure
since 1973.**

**119 York Street, Ottawa
Monday–Saturday 11am – 7pm
Sunday 11am – 5pm**

613-241-2424

patagoniaottawa.ca

Co-operative Education: Giving you a head start on your career

Available in over 150 programs, streams, and concentrations, Co-op allows you to:

- ✓ Apply your academic learning
- ✓ Grow your network and gain valuable references
- ✓ Obtain paid, relevant work experience
- ✓ Explore career options
- ✓ Get the Co-op Designation on your degree
- ✓ Increase your chances of a job offer upon graduation

Get the details, including program options, eligibility criteria, and application steps!



1400 CTTC



co-opprogram@carleton.ca



carleton.ca/co-op

Career Services: Connecting you with opportunity

- ✓ Resume, cover letter, job search and interview support
- ✓ Career and employability workshops
- ✓ Assistance with grad and professional school applications
- ✓ Job postings
- ✓ Employer recruitment sessions and career fairs
- ✓ International internships
- ✓ Career support for students with disabilities
- ✓ Career support for alumni

Reach out to Career Services today!



401 Tory



career@carleton.ca



carleton.ca/career



[carletonucareer](https://www.instagram.com/carletonucareer)



[carletonucareer](https://twitter.com/carletonucareer)



Carleton University,
Co-op & Career Services



Carleton
University

Career
Services

Co-operative
Education



OUR VISION

The Innovation Hub supports students interested in **exploring and ensuing entrepreneurship**. Our ecosystem helps participants transform their visions and ideas into tangible solutions, providing them valuable supports to help them reach their goals.



OUR PROGRAMS

Students from all faculties on campus are invited to join any of the Innovation Hub's programs at a time that fits their schedules. In addition to developing their skills and business ideas, participants will receive a certificate upon completion and access to a host of resources and connections within the entrepreneurship ecosystem in Ottawa.

ABOUT US

The Innovation Hub invites **students from all faculties** on campus to join a vibrant community where high-performance, thought-leadership, and entrepreneurial exploration is key. Launch a new venture or high impact initiative, create your own small business, start a new company, or simply learn more about innovation and entrepreneurship. Get inspired by industry experts, mentors, and entrepreneurs who are dedicated to supporting you on your way to your next big idea.



CHANGEMAKER

Empower change by crafting solutions that align with UN SDG goals.



HATCH

Join a cohort of out-of-the-box thinkers searching for ways to turn their big ideas into businesses.



LAUNCH

Propel your incorporated venture forwards alongside a dynamic group of student-founders.



IDEAS

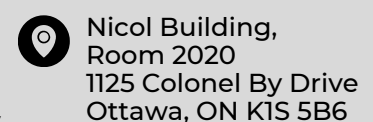
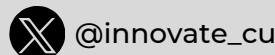
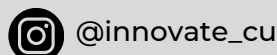
Immerse in a real-world client project, designing and delivering solutions with a multi-disciplinary student team.



BREAKTHROUGH

Utilize a cohort-based group coaching program dedicated to preparing student-founders to scale their businesses.

FOLLOW US ON SOCIALS



**TAKE DEEP BREATHS.
FIND MOMENTS OF STILLNESS.
TAKE A WALK IN NATURE.
TAKE CARE OF YOUR MIND.
MOVE YOUR BODY.**

REDEEM YOUR COMPLIMENTARY CLASS
PROMO CODE: CARLETON2023

RECEIVE 20% STUDENT DISCOUNT WITH VALID STUDENT ID.

298 ELGIN STREET, OTTAWA ON
WWW.ELEVATEYOGA.CA ∞HELLOELEVATE



CARLETON ATHLETICS

- FITNESS
- INTRAMURALS
- AQUATICS
- ADAPTIVE SPORTS
- MUCH MORE



JOIN THE LOUDEST AND PROUDEST FANS IN U SPORTS

EVERY ON-CAMPUS HOME GAME FOR JUST \$40

FRONT OF THE LINE ACCESS TO
RIVALRY SERIES TICKETS

GORAVENS.CA/TICKETS



ATHLETICS WEEK September 12-17

All Week - CUFit Open House
TUE - 6 - 730 - Rec Night

Open Ultimate & Spikeball

WED - 6 - 730 - Pool Night

Intertube Waterpolo, Free Swim & more

THR - 6 - 730 - Adaptive Night

Boccia, Wheelchair Basketball & more

SAT - 1 PM - Ravens Soccer

vs. Nipissing @ TAAG Park

SUN - 1 PM - Ravens Soccer

vs. Laurentian @ TAAG Park

From
\$25

Ottawa to Montreal
Ottawa to Kingston
Ottawa to Toronto



POPARIDE
Carpool for our Planet

\$20 off!

Get your student discount
at poparide.com/carleton



SHINE DAY 2023

DATE: FRIDAY SEPTEMBER 8TH

DATE: 8AM - 11AM

LOCATION: TORY QUAD

Shinerama is a fundraiser for Cystic Fibrosis Canada, all money raised will go towards cystic fibrosis research, patient care, and support

SOULSPEAKYOGA.CA
@SOULSPEAKSTUDIO



YOGA, MOVEMENT, PILATES

Download the SoulSpeak Mobile App and use code: **WELCOMECU20** for 20% off all services.

📍 **1179 BANK**

📍 **1226 WELLINGTON WEST**