



Carleton University

FALL ORIENTATION



2026

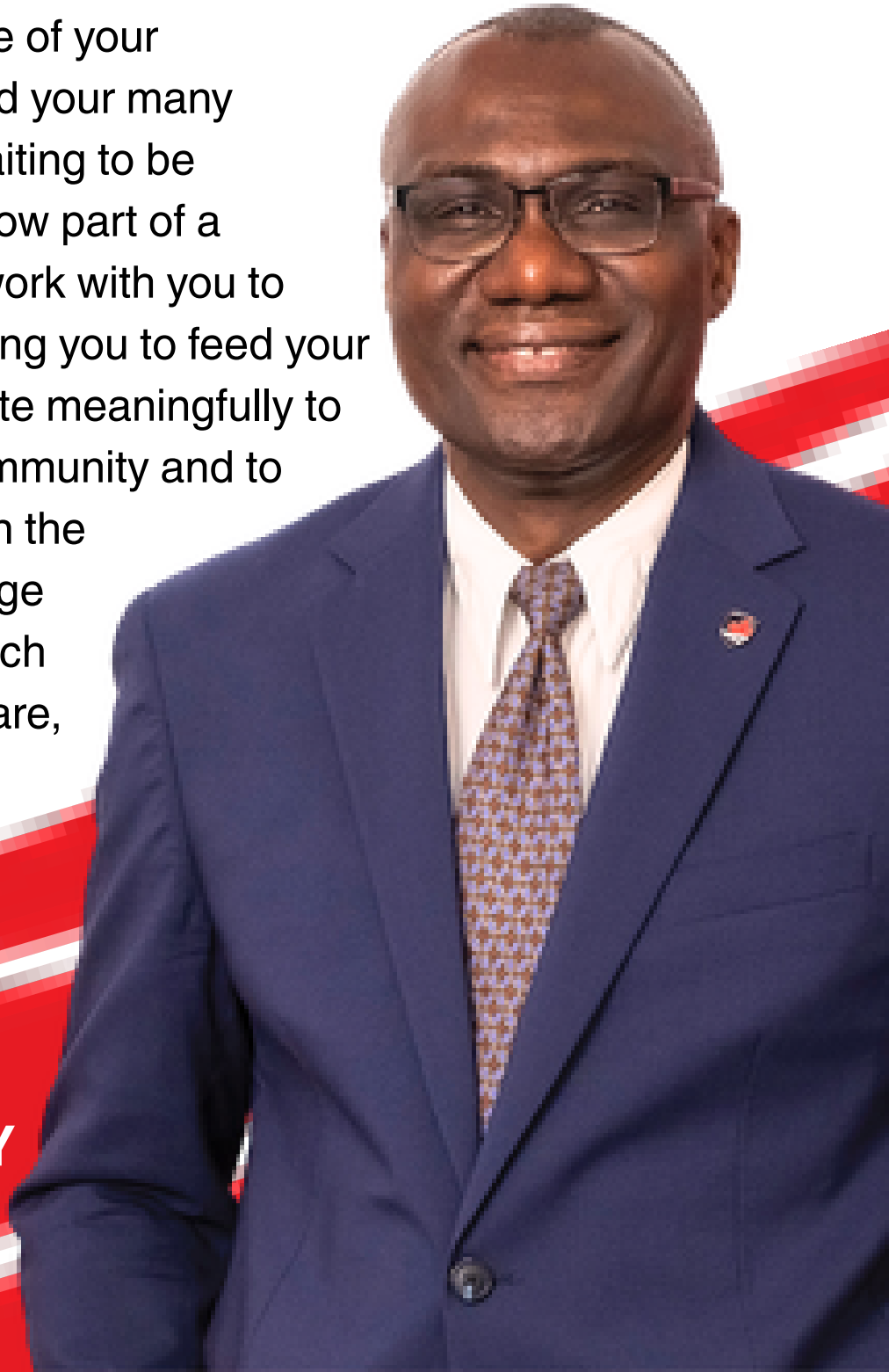
HANDBOOK

WELCOME

Starting university is a significant moment — one filled with possibility, curiosity and change.

You are here because of your accomplishments and your many potentials that are waiting to be unleashed. You are now part of a community that will work with you to harness them, enabling you to feed your passion and contribute meaningfully to your field, to your community and to the world beyond it. In the same vein, I encourage you to share and enrich others with who you are, your talents and your experiences.

**PRESIDENT
WISDOM TETTEY**



THE FALL O TEAM

Fall Orientation is planned and executed by our Orientation Coordinators



Zahra – Volunteer Engagement

Since first year, I have taken on many volunteer roles, met new students and staff, developed new skills, and learned that the key to success is having a social life besides Academics.

Aldis – External Partnerships

Don't miss CUFest. Bring a friend, play bubble soccer, rock climb, be a hungry hippo, make catapults, get free stuff, and more!! Look and you will find fun at Uni!



Maira – Internal Partnerships

Use the plethora of support services - from academic help, clubs, to exchange opportunities. Each step builds confidence and expands your network. Stay curious, support is always within reach.

Riley's Independent

Your Independent Grocer

Sun: 9am - 7pm
Mon - Fri: 8am - 9pm
Sat: 8am - 7pm

3 Reasons why students score big

1.

Students

get
10%
back in points

Tuesday

Students score 10% back in points **EVERY TUESDAY**

Present your student card at checkout to receive 10% back in points on almost every dollar when you shop in store. You can save and earn more as a student and redeem your points for free groceries. Plus don't miss out on weekly PC Optimum offers to get even more points!



2.

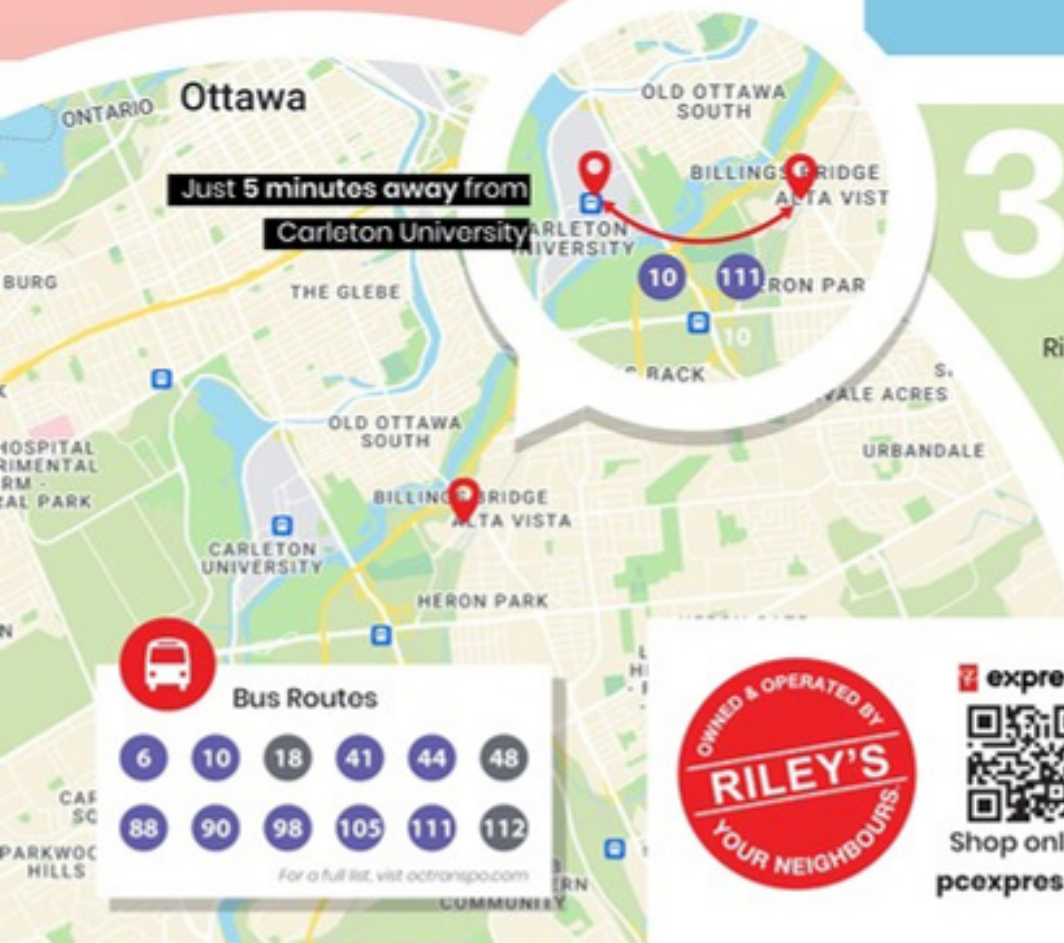
SHOP ONLINE from your sofa! Pick up or Delivery

With PC Express™ you can order groceries from the comfort of your home while still finding the same great deals you'd find in store. We shop on your schedule, just book a timeslot and add or remove items throughout the week. Only \$1 fee for pick-up and \$9.99 for delivery. Shop online at pcexpress.ca

3.

Just MINUTES AWAY from Carleton U

Riley's Independent is just a short 5-minute drive from campus, making it easy to pop in for groceries. Being right next to a key transit hub, with buses that go directly through campus, grocery runs at Riley's are quick and easy, whether traveling by car or bus.



Just 5 minutes away from
Carleton University



Bus Routes

6 10 18 41 44 48
88 90 98 105 111 112

For a full list, visit otranspo.com



pc express™



Shop online
pcexpress.ca

Or visit us at
2241 Riverside Dr.,
Ottawa, ON K1H 7X5
Or call
(613) 733-1590



Fall Orientation is designed to ease first year students' academic and social transitions into university life and the Carleton community.

A lineup of informational, social, and most of all fun events have been planned to start your first week off great!

The Fall Orientation volunteers are ready to answer your questions about university. If you loved this Fall Orientation, you can re-live it next year as a volunteer!

Volunteers wear this logo on bright shirts.



Go off and explore our campus!

Great Style

On a Student Budget.

Now with 3 locations in Ottawa!

or shop online →



restoregoshop.ca



ORIENTATION SCHEDULE

INFORMATION

SOCIAL

ENTERTAINMENT

HIGH
IMPACT



LOW
IMPACT



SUNDAY, SEPTEMBER 6TH

- | | | |
|---|--|---|
|  | Orientation for Off Campus Students | 4pm – 6pm KMT Theatre in Southam |
|  | Opening Ceremony | 7pm – 8pm Norm Fenn Gym in Ice House |
|  | Relay Paint Night | 8:30pm – 10pm Activity Room in Ice House |
|  | DJ Dance Party | 8:30pm – 11:30pm Norm Fenn Gym in Ice House |

MONDAY, SEPTEMBER 7TH

- | | | |
|---|-----------------------------------|---|
|  | Ravens Rising Pep Rally | 10am – 10:30am Alumni Park (Fieldhouse) |
|  | Ace Rivals | 10:30am – 12pm Alumni Park (Fieldhouse) |
|  | Student Success Strategies | 1:30pm – 3pm Azrieli Theatres & Tory 360 |
|  | CUFest | 3pm – 6pm Ravens Field & Parking 3 |
|   | Last Raven Standing | 8pm – 10pm Kailash Mital Theatre in Southam |
|  | Ravens Laugh Lounge | 8pm - 10pm Richcraft 2200 |
|  | CUSA Board Game Bash | 7pm – 11pm The Wing in Nideyinan |

Frosh4All



carleton university
students' association

We are *your* students' association

The Carleton University Students' Association (CUSA) is your go-to, **student-run organization** that's here to enhance your entire Carleton experience! Our passionate team of student leaders and staff are dedicated to making your time here unforgettable.



Clubs



Events



Health +
Dental



Services &
Support



Governance



OLLIE'S

Student
Businesses



Advocacy



Student
Discount Card



Silent Disco



CUSA Inferno

@cusaonline cusaonline.ca 401 nideyinàn



WHAT ROOSTER'S IS KNOWN FOR

- most customizable menu on campus
- dairy free options for no extra charge
- gluten free / vegan / halal options
- under \$5 grilled cheese
- staffed by students, for students

follow us on insta for
promos and seasonal menus!

@roosters_cusa

come find us on the 4th
floor of Nideyinàn



carleton university
students' association

TUESDAY, SEPTEMBER 8TH

	Academic Orientation Day	Location and time based on faculty & program
	CUSA Club Expo	Frosh4All 1pm – 4pm Fieldhouse
	Epic Bingo	Frosh4All 7:30pm – 9pm Food Court in Nideyinan
	CUSA Silent Disco	Frosh4All 8pm – 11pm Ollie's Pub in Nideyinan

WEDNESDAY, SEPTEMBER 9TH

	CUSA Welcome Tents	Around campus
	Athletics Night	6pm – 9pm Norm Fenn Gym, Fieldhouse, Ravens Field
	Dueling Magicians	8pm – 10pm Kailash Mital Theatre





Write for the campus newspaper!

VOLUNTEER FOR *THE CHARLATAN*, CARLETON'S AWARD-WINNING INDEPENDENT STUDENT NEWSPAPER

DOES THIS SOUND LIKE YOU?

- Passionate about writing, photography, or journalism
- Interested in covering news, arts, sports or culture or writing features or opinions
- Interested in having your work published
- Curious about working with a team of students and editors

If that's you... check us out!
charlatan.ca/volunteer

@thecharlatan
Carleton's independent student newspaper since 1945

Sign up to volunteer at charlatan.ca
No experience necessary!

CARLETON UNIVERSITY'S SEXUAL ASSAULT SUPPORT CENTRE

presents

Consent AWARENESS WEEK

SEPTEMBER 21 - 25, 2026

CARLETON.CA/EQUITY

 @CUSASC



THURSDAY, SEPTEMBER 10TH



CUSA Breakfast4All

Frosh4All

8am – 11am Ollie's Pub in Nideyinan



Crafts of Chance

6:30pm – 8pm The Wing in Nideyinan



Outdoor Movie

8:30pm – 10:30pm Alumni Park

FRIDAY, SEPTEMBER 11TH



CUSA Inferno

Frosh4All

4pm – 7pm Parking 3 beside the Ice House



Closing Ceremony & Concert

7:30pm – 11pm Norm Fenn Gym in Ice House

CU IN CLASS!



**Carleton
University**

Student
Experience Office

FALL ORIENTATION 2026

**CRASH
ADAMS**

SEPTEMBER 11TH



PREPARE FOR THE YEAR!

Here are some Fall Orientation certified tips and tricks to help you throughout the year!

1

When struggling, Carleton offers services to prioritize your work and yourself

2

Have a plan and schedule to tackle group work, try not to wing it!

3

Visit our Paul Menton Centre for disability accommodations

4

Reach out to your classmates for help, you are all in the same boat

5

Plan ahead: Set personal deadlines and keep an eye on your schedule

6

Take notes in your own words. You can explain it to future you!

7

The MacOdrum library and Campus Store offer textbooks relevant to your classes

8

You can use office hours to get to know your professor



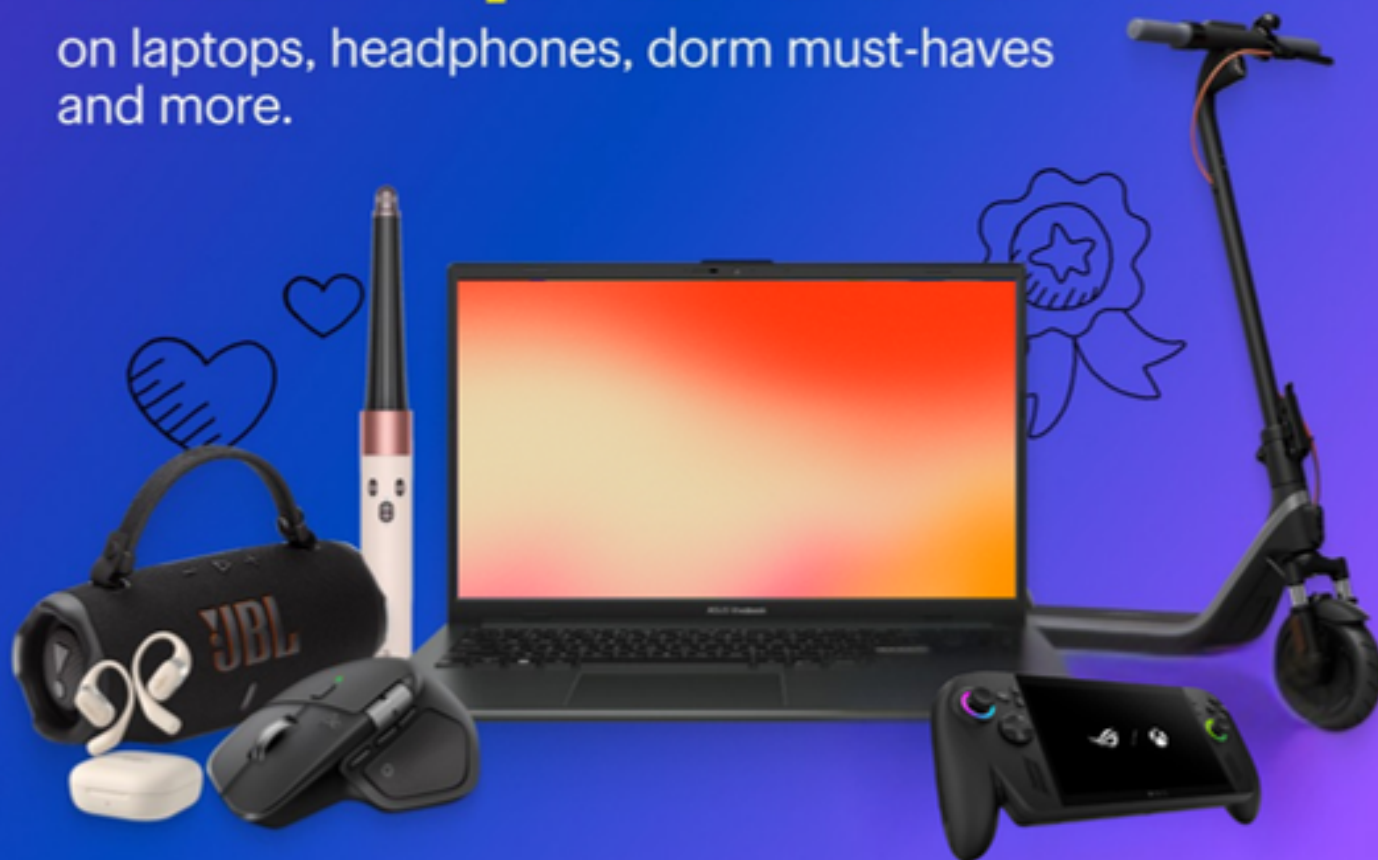
Campus Exclusive



**start
strong**

Save up to 50%

on laptops, headphones, dorm must-haves
and more.



Shop the Brands You Love



ENDS SOON

STUDENT RESOURCES

CARLETON CENTRAL

A centralized hub for tuition payment, registration, academic records and more

BRIGHTSPACE

All of your course information. View lectures, take tests and submit work here

MYSUCCESS

Register for appointments, search for jobs, update your Co-Curricular Record

CARLETON MOBILE

View your schedule, upcoming exams, receive alerts, all on the go

CAMPUS CARD

Proves student status for exams and other services and functions as a U-Pass



Carleton University
Alumni Association

199,000+ RAVENS AND COUNTING.
168 countries. One connected global community.

**RAVENS
STUDENT
LIFE**



campus activity board

Make New Friends!!

A student-led group that provides innovative and engaging programming for Carleton students!

- Epic Bingo
- Paint Night
- Karaoke
- Plus, So Much More!



Win Prizes!!

For more information visit www.carleton.ca/seo/cab

**RAVENS
STUDENT
LIFE**

**CONNECT WITH US
ON SOCIALS**

**#CONTESTS
#GIVEAWAYS
#EVENTS**

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RAVENS STUDENT LIFE

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