



**Carleton
University**

**Fall Orientation
2024
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.

Karen Speers, Director of Student Affairs and Student Life

THE FACES BEHIND FALL ORIENTATION



Alessia Solano

Volunteer Engagement
Orientation Coordinator



Sakin Gurung

Sprosh Orientation
Coordinator



Raven Miller

SciFrosh Orientation
Coordinator



Carleton
University

Student
Experience Office

Student Experience Office



CAMPUS ACTIVITY BOARD

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



U-PASS

- Tap your card to ride all OC Transpo (Ottawa) and STO Transit (Gatineau)
- Don't throw it away!



EVEN MORE PROGRAMMING!

- Alternative Spring Break
- Campus to Community
- First Year Connections Mentorship Program
- Umoja Black Community Engagement Program



**Carleton
University**

Student
Experience Office



MORE INFORMATION
carleton.ca/se0



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**
-  **Clubs & Societies**
-  **Food & Retail**
-  **Resources & Funding**
-  **Governance**
-  **Health & Dental Plan**

 401 Nideyinàn

 cusa@cusaonline.ca

 www.cusaonline.ca

 @cusaonline

click for more info



Fall-O: Silent Disco 2023
OLLIE'S



Frost Week
Winter Wonderland 2024



CUSA Gala 2024

WHO IS RRRA?

Representing over 3,600 students, the Rideau River Residence Association (RRRA) is one of Canada's oldest and largest residence associations. RRRA takes pride in setting standards for leadership as it serves as the students' voice in residence.

WHAT DOES RRRA DO?

COMMITTEES

- CONSTITUTION AND POLICY REVIEW
- FINANCIAL REVIEW
- FOOD SERVICES
- POLITICAL ACTION AND SUSTAINABILITY
- RESIDENCE ISSUES
- SPECIAL EVENTS
- AND MORE



PROGRAMMING

- STUDY HALLS
- CREATE NIGHTS
- RESIDENCE FORMAL
- THE RRRACCOONS
- AND MANY MORE EVENTS

SERVICES

- PARLIAMENT HILL PROGRAM
- BIKE SHARING
- ABSTENTIONS
- AND MORE





Sprott Business Students' Society

By Students. For Students.

The Sprott Business Students' Society is comprised of and represents all undergraduate students at the Sprott School of Business.

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.

Connect with us today!



www.sbssonline.ca



[@sbsscouncil](https://www.tiktok.com/@sbsscouncil)



[@sbsscouncil](https://www.instagram.com/sbsscouncil)



[@sprottbusinessstudentsociety](https://www.linkedin.com/company/sprottbusinessstudentsociety)



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

Meet *the* SciSoc

Join the Carleton University Science Society and unlock a world of possibilities! From dynamic study groups to electrifying social events, we provide endless opportunities to connect, learn, and grow.

And that's not all—we're thrilled to offer free services like printing, lab coat rentals, lab goggle rentals, and calculator rentals.

Whether you're diving into your studies or expanding your network, we've got you covered. Get involved, and make your university experience truly unforgettable! ✨



Located in 3413 Herzberg Labs



Science Winter Formal



Exec Team



President: Aya



UP Comms: Vassmin



UP Internal: Matthew



UP Program: Farah



UP Academic: Richard



UP External: Sulena



UP Operation: Nathan

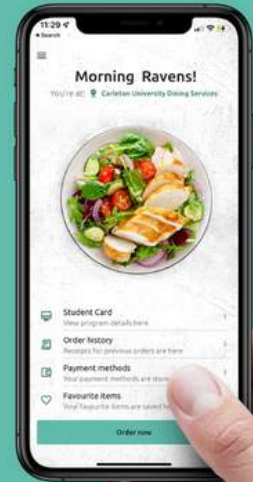


UP Wellness: Asfiya

OUR HEY CHEF MOBILE APP PROVIDES A CONVENIENT WAY FOR YOU TO

**ORDER AND PAY. SKIP THE LINE.
PICK UP FOOD.**

UPON DOWNLOADING, USE ACCESS CODE: RAVEN
TO ORDER FROM ALL OF YOUR FAVOURITES ON CAMPUS!



Carleton
University

The Print Shop

**Carleton's one-stop
shop for full-service
printing!**

theprintshop@carleton.ca

carleton.ca/theprintshop

613-520-3625

We can print:

- Poster boards
- Portfolios
- Theses
- Posters
- Banners
- Window Decals
- Class assignments
- Stickers
- And more!

If you can design it, we can print it!

Visit us at 102 Pigiarvik

HOW TO PRINT ON CAMPUS

1. USE YOUR PERSONAL DEVICE

YOU CAN PRINT FROM YOUR PERSONAL PHONE, LAPTOP, DESKTOP OR TABLET USING MOBILITY PRINT!

LEARN HOW TO SET UP MOBILITY PRINT AT CARLETON.CA/CUONTHEGO/PRINT

STARTING
AT JUST 8
CENTS PER
PAGE!

2. USE A CARLETON PC

YOU CAN PRINT FROM ANY CARLETON PC BY SELECTING "PRINT" FROM THE FILE MENU OR HITTING CONTROL+P

30+ LOCATIONS | PRINT IN B&W OR COLOUR
SINGLE OR DOUBLE SIDED | 3 PAPER SIZES AVAILABLE

SCAN THIS QR TO
LEARN MORE!



CU on the GO
Print - Copy - Scan



Carleton
University

The Bookstore

3 Great Ways to Save on Textbooks!

#1 Rent

Save up to
80% when
you rent!

#2: Used

Save up to
25% when
you buy used!

#3: Price Match

Find a lower
price? We'll
match it!*

carletonshop.ca | 613-520-3832 | thebookstore@carleton.ca

*Conditions apply, see store for details

City & Folk

SEPTEMBER 11-15, 2024
THE GREAT LAWN AT LANSDOWNE PARK

SEPT. 11

THE BEACHES
PAUL KELLY | PÄTER

SEPT. 12

GRETA VAN FLEET
CROWN LANDS | FRED EAGLESMITH | CHARLIE EDWARD
JACOB RIVER MILNES | THE TENNESSEE CREE

SEPT. 13

RISE AGAINST
EXPLOSIONS IN THE SKY
CAT POWER SINGS DYLAN '66
SOEN | KELLIE LODER
AMANDA LOWE WARNAKULASURIYA | CINNO

SEPT. 14

MILKY CHANCE
HALF MOON RUN
JAMIE FINE | KATIE TUPPER
ALANNA STERLING
ALMYR JULES | JOHN MUIRHEAD

SEPT. 15

JASON ISBELL AND THE 400 UNIT
MAREN MORRIS | ALEJANDRO ESCOVEDO | BILLIANNE | SONIA.G | CITYFOLK SLAM

LINE-UP SUBJECT TO CHANGE

TICKETS & INFO: CITYFOLKFESTIVAL.COM

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

everyday

Students score 10% back in points EVERYDAY

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.

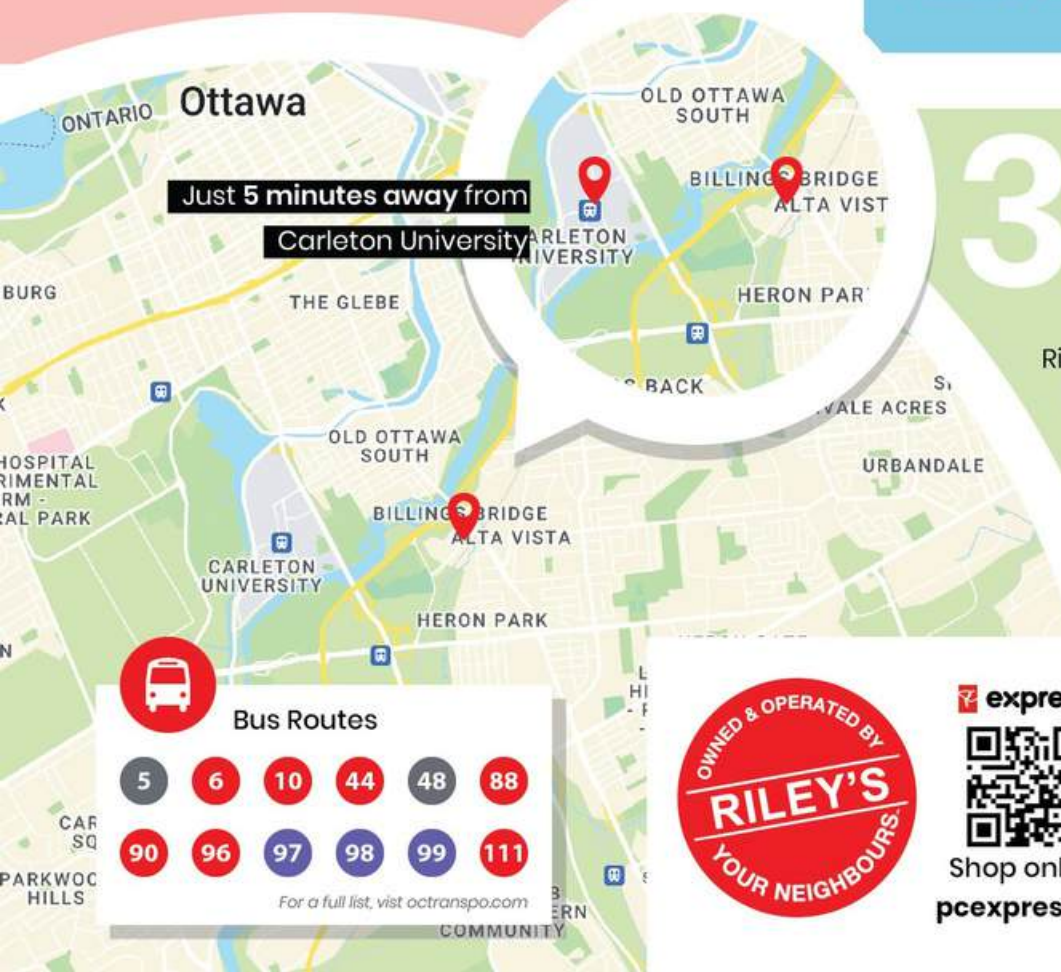
SHOP ONLINE from your sofa! Pick up or Delivery

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.



Bus Routes

5	6	10	44	48	88
90	96	97	98	99	111

For a full list, visit octranspo.com



pc express™

Shop online
pcexpress.ca

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

FOOD MUSIC AND DANCING

Get your tickets at latinsparks.ca
Use Promo code: CARLETON and SAVE 20%!

LeBreton Flats Park
Saturday,
September 7th
3pm - 11pm

@latinsparksfestival

LATIN
SPARKS
FESTIVAL



STARTING AT
À PARTIR DE
19 99\$

ON  QC

**INTER
ZIP**

 zibi

[Sign up now!](#)



**RAVENS
STUDENT
LIFE**

CONNECT WITH US
ON SOCIALS

#CONTESTS
#GIVEAWAYS
#EVENTS



RAVENS STUDENT LIFE

 @SL_RAVENS

 @SLRAVENS

 @SLRAVENS