



150 Welcomes for 150 Years

MSVU Fall 2023 Orientation Schedule

We've partnered with the Mount Saint Vincent University Students' Union to deliver a program full of fun and informative social events and sessions. Join us for a chance to meet other students and connect with people in your program and across campus. Events are open to all new and returning MSVU students! Find the full schedule below and be sure to [register online for all Orientation events](#). All times are in Atlantic Daylight Time (ADT).

Please note that all events are subject to change.

Monday, August 28

Online and Distance Student Orientation

10:00 a.m. – 2:30 p.m.

Online

Join us for a day of information sessions and fun-filled events designed specifically for distance students. You'll get a chance to learn how to be an effective online student and how you can engage at a distance. You'll also have a chance to meet other students who are studying online at MSVU.

Thursday, August 31

New International Student Orientation Day One

9:30 a.m. – 5:30 p.m.

Rosaria Multi-Purpose Room (MPR)

We are so excited to meet you as you begin your university life no matter where you come from in the world! International Student Orientation is a great way to prepare yourself for university life in Canada as well as meet other students from across the world.

Register for the New International Student Orientation

Friday, September 1

New International Student Orientation Day Two

9:30 a.m. – 5:30 p.m.

Rosaria Multi-Purpose Room (MPR)

International Student Orientation continues. International Student Orientation is a great way to prepare yourself for university life in Canada as well as meet other students from across the world.

Indigenous Student Orientation

10:00 a.m. – 3:00 p.m.

Indigenous Student Centre, 46 Melody Drive

P'jilasi! New and returning self-identifying Indigenous students are invited to participate in MSVU's Indigenous Student Orientation (ISO) hosted by the Indigenous Student Centre (ISC). The ISO aims to give students the chance to: Get familiar with the – MSVU's Indigenous student Centre – Kin'masuti Aqq Apognamasuti; meet other Indigenous students, faculty and staff from across campus; Meet the Auntie-in-Residence, Indigenous Student Union Rep and ISC staff; connect with Indigenous student supports on campus; participate in Indigenous cultural programming and other fun activities; get a free lunch!

Please note: This orientation is for Indigenous students only; but formal self-identification is optional. We have used the term Indigenous to refer inclusively to members of First Nations, status and non-status, treaty and non-treaty Indians, Métis, and Inuit peoples in Canada. Regardless of where you are in your personal journey, you are welcome. If you have any questions, please contact coordinator.isc@msvu.ca.

Sunday, September 3

Residence Move-in Day

9:30 a.m. – 4:30 p.m.

MSVU Residences

Welcome to Residence at MSVU! Residence and other University staff and leaders will welcome you onto campus! Music, snacks and leaders will be all over residences to welcome you and help you get settled into your room.

Residence Area Meet & Greet

4:30 p.m. – 5:30 p.m.

Residence Common Areas

Students will meet with the others in their areas and their RA to go over expectations and opportunities on campus. Great way to meet the people you will be living with for the next year and find people to connect with!

Residence Dinner

5:30 p.m. – 7:30 p.m.

Rosaria Dining Hall

Welcome Dinner for Residence Students. Enjoy your first exploration of the amazing food that is offered on campus and meet more of the students living in residence.

Movie Night

8:00 p.m. – 10:00 p.m.

Seton Auditorium B/C

Welcome Movie Night in the Seton Auditorium (sections B and C). Come and meet the people on campus and enjoy snacks, a movie, and great company!

Monday, September 4: Welcome to MSVU!

MSVUSU BBQ & Orientation Kickoff

12:00 p.m. – 1:30 p.m.

Rosaria Multi-Purpose Room (MPR)

It's time to officially kick off Orientation! Join the incoming class of 2023, meet your orientation team, and get started on becoming a Mystic! We can't wait to meet you at our annual MSVUSU BBQ and Orientation Kickoff!

Supporting Your MSVU Student

12:30 p.m. – 1:30 p.m.

Campus Pub (Rosaria)

Are you a parent, guardian, or supporter of a new MSVU student? Learn more about what to expect and how you can support your MSVU student during their first year.

Student Essentials Expedition

1:30 p.m. – 3:30 p.m.

Campus-wide

Join your orientation team as you explore campus and get the inside scoop on all the services on campus. You'll have a chance to pick up all the essentials like your student ID, UPass, and meal cards!

Mount Mentor Games

4:00 p.m. – 5:00 p.m.

Rosaria Multi-Purpose Room (MPR)

Join your Mount Mentors for some fun and friendly competition. You'll have the chance to show off your board game and hide and seek skills while connecting with other students at MSVU.

Orientation Welcome Dinner

5:00 p.m. – 7:00 p.m.

Rosaria Dining Hall

A welcome to new and returning students with a special dinner from Chartwell's.

Casino Night

8:00 p.m. – 11:00 p.m.

Rosaria Multi-Purpose Room (MPR)

Get dressed up and join the MSVUSU for a night full of casino games, nonalcoholic cocktails, and more!

Crow's Nest Quiet Area

11:30 a.m. – 11:00 p.m.

Crow's Nest (Rosaria 203)

Drop in, decompress, and take a break. The Crow's Nest is a quiet area with stress balls, stim toys, blankets, and snacks.

Commuter Student Lounge

11:30 a.m. – 11:00 p.m.

Don MacNeil Room (Rosaria 401)

Need a chance to take a break between events? The Commuter Student Lounge is space set aside for students who live off campus to take a break, connect with other students, and grab a quick snack.

Tuesday, September 5: Academic Day

B.Ed. Orientation

8:45 a.m. – 1:00 p.m.

Rosaria Multi-Purpose Room (MPR)

Join the B.Ed. department to learn more about your program and MSVU. Please note that the B.Ed. Orientation is mandatory for all new B.Ed. students.

Same-Day Academic Advising

9:00 a.m. – 5:00 p.m.

Centre for Academic Advising & Student Success (Seton 303)

Reserve your same-day appointment with an advisor for help with courses selection or scheduling. Drop by Seton 303, email advising@msvu.ca or call 902 457 6657 to select your appointment time. Reach out early, limited appointments available each day.

Department of Communication Studies Undergraduate Orientation (In-Person)

9:00 a.m. – 10:00 a.m.

McCain 302

This in-person orientation session is for new students joining the Bachelor of Public Relations or Bachelor of Arts (Communication) programs who will be taking some or all of their courses on campus. We will cover the most important information that you need to ensure your academic journey with us gets off to a good start.

Student Parent Social

10:00 a.m. – 11:00 a.m.

Don MacNeil Room (Rosaria 401)

Connect with other students at MSVU who are also parents. Learn about the different supports available on campus for student parents. There will be games, ice cream, and so much more! It's fun for the whole family sponsored by the Fountain Play Centre.

Department of Communication Studies Undergraduate Orientation (Online)

10:30 a.m. – 11:30 a.m.

Microsoft Teams

This online orientation session is for new students joining the Bachelor of Public Relations degree via distance, and for any students joining the BA Communication degree who will be taking distance courses for their first year. We will cover the most important information that you need to ensure your academic journey with us gets off to a good start. A link will be shared with your MSVU email closer to the date.

Becoming a Mystic

11:00 a.m. – 12:00 p.m.
McCain 105 & 106

Learn the tips and tricks about being an MSVU student from upper-year MSVU students. This essential MSVU introduction is your chance to ask questions, find out everything you ever wanted to know about classes, what to expect, and how to get involved.

Academic Welcome and Campus Tours

12:00 p.m. – 2:00 p.m.
McCain Atrium

Join the incoming class of 2023 for lunch and a special welcome from our VP Academic, Dr. Lori Francis. Be sure to have your class schedules with you to receive a program-based tour of your classrooms.

If you require any accessibility accommodations or would prefer a one-on-one tour with a staff member from Accessibility Services, please contact accessibilityservices@msvu.ca.

Dean & Degree Meet & Greet

2:00 p.m. – 3:15 p.m.
Arts & Science: Seton Auditorium (4th and 5th floor)
Professional Studies: Rosaria Multi-Purpose Room (MPR)

An official academic welcome from the deans and faculty. Get to know your professors and learn more about what to expect in your degree.

Ice Cream Social for Off-Campus Students

3:30 p.m. – 4:30 p.m.
Rosaria Terrace

Join the Mount Mentors to learn the inside scoop on being a commuter student at MSVU. You'll also have a chance to meet other students who live off-campus while enjoying some ice cream and frozen treats.

Applied Human Nutrition Graduate Student Welcome and Orientation

4:00 p.m. – 5:30 p.m.
McCain 302

Calling all graduate students in the Applied Human Nutrition department! Join members of the Department of Applied Human Nutrition faculty, staff, and student body for refreshments and a chance to learn more about our program. We will review program details, including timelines, milestones, and expectations, provide information on the internship education program, and student resources, and have outgoing students share lessons learned and what they wish they'd known when they started their program. Both MAHN and MSc students welcome!

Mature & Transfer Student Social

4:30 p.m. – 6:30 p.m.
Campus Pub (Rosaria)

Drop by to meet other transfer, 2+2, and mature students. Enjoy some beverages and pub food, ask questions, and join in the Mature and Transfer Student Trivia challenge.

Graduate Student Orientation

6:00 p.m. – 8:30 p.m.

McCain 105 & 106, or Online via Microsoft Teams

Join the Graduate Studies faculty and Dean of Graduate Studies as they welcome you to MSVU's graduate family! After you learn important information about being a graduate student at MSVU you'll have a chance to engage and network with your professors and other graduate students.

Sex, Healthy Relationships, & Sex Toy BINGO

7:30 p.m. – 9:30 p.m.

Rosaria Multi-Purpose Room (MPR)

A candid talk about sex, consent, and communication. Your chance to ask Venus Envy your questions about hooking up! Venus Envy is an award-winning, education-based sex shop, and bookstore. We've been around since 1998 selling sex toys, debunking myths, and offering the sex education we never got in high school. Join the MSVUSU for a fun-filled evening of BINGO and trivia, for the chance to win some sensational sex toy prizes!

Crow's Nest Quiet Area

9:30 a.m. – 9:30 p.m.

Crow's Nest (Rosaria 203)

Drop in, decompress, and take a break. The Crow's Nest is a quiet area with stress balls, stim toys, blankets, and snacks.

Commuter Student Lounge

9:30 a.m. – 9:30 p.m.

Crow's Nest (Rosaria 203)

Need a chance to take a break between events? The Commuter Student Lounge is space set aside for students who live off campus to take a break, connect with other students, and grab a quick snack.

Wednesday, September 6: First Day of Class

Ask Me Anything

9:00 a.m. – 3:00 p.m.

Campus-wide

New to MSVU? Keep an eye out for the "Ask Me Anything" signs to ask any general questions and learn how to find your classes on campus.

Same-day Academic Advising

9:00 a.m. – 5:00 p.m.

Centre for Academic Advising & Student Success (Seton 303)

Reserve your same-day appointment with an advisor for help with courses selection or scheduling. Drop by Seton 303, email advising@msvu.ca or call 902 457 6657 to select your appointment time. Reach out early, limited appointments available each day.

Family Studies & Gerontology (FSGN) Graduate Orientation

12:00 p.m. – 1:30 p.m.

Evaristus C305

Welcome to the Department of Family Studies and Gerontology! New and returning graduate students are invited to join us for our FSGN Graduate Orientation. Meet new and returning students, faculty, and staff. Learn about important resources for graduate students. Get acquainted with the graduate policies, processes, and regulations that you'll need to know and understand. Enjoy the informal conversation to get to know your peers and your professors. New students are requested to join us at 12:00 p.m. Returning students should join at 1:00 p.m.

Please RSVP to shannon.fisher@msvu.ca before August 26. In-person attendance is desired, but please let us know if you are not in Halifax and plan on attending virtually.

REC Fest

2:00 p.m. – 4:00 p.m.

Rosaria Lawn (below the McCain Link)

This Athletics and Recreation showcase event is FREE and open to all MSVU students. Come see all that Mount Campus Rec has to offer, sign up for your All-Access Pass, join a club, make friends and have some fun!

Graduate Student Resource Fair

4:00 p.m. – 6:00 p.m.

McCain Atrium

Come learn more about services, resources, and ways to get involved as a graduate student at MSVU.

Graduate Student Speed Friending

6:00 p.m. – 7:30 p.m.

Campus Pub (Rosaria)

Get to know your fellow graduate students and make friends in this fast-paced and fun speed-friending event.

Stim Toy BINGO

7:00 p.m. – 8:00 p.m.

Rosaria 401

Join the MSVUSU for a quiet game of BINGO with stim toy prizes that will help you feel grounded and relaxed.

Cultural Trivia Night

8:00 p.m. – 10:00 p.m.

Campus Pub (Rosaria)

Test your worldly knowledge and win prizes at this trivia night co-hosted by the MSVUSU and the International Education Centre (IEC).

Crow's Nest Quiet Area

9:00 a.m. – 9:30 p.m.

Crow's Nest (Rosaria 203)

Drop in, decompress, and take a break. The Crow's Nest is a quiet area with stress balls, stim toys, blankets, and snacks.

Thursday, September 7

Ask Me Anything

9:00 a.m. – 3:00 p.m.

Campus-wide

New to MSVU? Keep an eye out for the “Ask Me Anything” signs to ask any general questions and learn how to find your classes on campus.

Same-day Academic Advising

9:00 a.m. – 5:00 p.m.

Centre for Academic Advising & Student Success (Seton 303)

Reserve your same-day appointment with an advisor for help with courses selection or scheduling. Drop by Seton 303, email advising@msvu.ca or call 902 457 6657 to select your appointment time. Reach out early, limited appointments available each day.

Wellness with Wendell

9:30 a.m. – 11:30 a.m.

McCain Atrium

Join Wendell – MSVU's registered therapy dog – and his friends in the McCain Atrium to learn more about supporting your mental and physical health at MSVU.

Nova Scotia ID Clinic

9:30 a.m. – 3:30 p.m.

McCain 103 & 104

The NS ID Clinic will be on a first come, first served basis. If you cannot make it on this day, you will need to apply for your NS ID at an Access Nova Scotia office. Required documents: your passport (must be original) and a second piece of ID (any of the following: MSVU student ID, credit or debit card with your full name and signature, government issued ID in English with your photo and full name, health card with name and signature). Be sure to print, fill out, and bring a hard copy of the Photo Identification Card Form. Fee: \$17.70 (pay with credit card or Canadian debit card on site. No cash).

Societies & Volunteer Day

11:30 a.m. – 1:30 p.m.

Rosaria Terrace

Students, looking to gain valuable experience for future career goals or education program applications? Attend the Societies and Volunteer Day and sign up on-the-spot to volunteer with MSVU societies on campus or community organizations off campus. It's a great way to build your Co-curricular Record, a digital certificate that validates the competencies you earn during extra-curricular activities, giving you third party support employers and admissions committees notice.

Eat & Art Inclusive Social

5:00 p.m. – 7:00 p.m.

MSVU Art Gallery (1st floor, Seton)

We invite you to take a break from the busyness of Orientation for a fun and friendly gathering! Create art, eat snacks, and meet likeminded peers at our inclusive social. Participate in different art

stations with community organizations through guided and independent activities, or rest in our break zones. Activities include painting, making beaded jewelry, felting guided by Megan Pegg, and monotype printing guided by David Dahms. All students and alumni are invited! We just ask that you are kind and considerate of other people's needs. Special thanks to TD Insurance Meloche Monnex, Planet*21, Team Possibles, the MSVU Art Gallery, Accessibility Services, and Mount Ability for supporting this event.

If you have any questions or accessibility needs, please email Cheyenne at tdfellow@msvu.ca.

Silent Disco

8:00 p.m. – 12:00 a.m.

Campus Pub (Rosaria)

Pop on your headphones, choose your channel, and dance the night away at our glow in the dark themed disco!

Crow's Nest Quiet Area

9:00 a.m. – 9:30 p.m.

Crow's Nest (Rosaria 203) Drop in, decompress, and take a break. The Crow's Nest is a quiet area with stress balls, stim toys, blankets, and snacks.

Friday, September 8

Same-day Academic Advising

9:00 a.m. – 5:00 p.m.

Centre for Academic Advising & Student Success (Seton 303)

Reserve your same-day appointment with an advisor for help with courses selection or scheduling. Drop by Seton 303, email advising@msvu.ca or call 902 457 6657 to select your appointment time. Reach out early, limited appointments available each day.

Social Insurance Number (SIN) Clinic

9:00 a.m. – 4:45 p.m.

McCain 104

To apply for your SIN card, bring your passport (original), your MSVU student ID, and your Study Permit & Co-op Work Permit. (If you have both, bring both. But if you don't have a Co-op Work Permit, please only bring your Study Permit). Note: [This service requires registration](#). If you don't register or you miss the time slot you booked, you will need to apply for your SIN card either at a Service Canada Centre or online.

[Register for the SIN Clinic](#)

MSVUSU Halifax Adventure

1:30 p.m. – 5:30 p.m.

After a fun-filled week of events, come explore the various hotspots downtown Halifax has to offer!

Saturday, September 9

Mystics Spirit Day: Soccer Home Opener

1:00 p.m.

Meet at Rosaria Lobby to travel together to Mainland Commons

Join the Mystics Blue Crew to cheer on the Mystics soccer (football) teams in their home opener games at the Halifax Mainland Commons. You can wear blue and discover the camaraderie as you cheer on your varsity teams. The excitement will begin with a pep rally in Rosaria Lobby before we travel together to the field.

Monday, September 11

CYS Graduate Student Orientation & Welcome Event

12:30 p.m. – 1:30 p.m.

Evaristus 123

Bringing all CYS graduate students together for a meet and greet with CYS faculty and fellow students. A light lunch will be served.

Tuesday, September 12

Job Search On Campus and Off Campus

12:00 p.m. – 1:00 p.m.

McCain 302 and [Microsoft Teams](#)

A practical workshop with everything you need to know about applying to work on campus or off campus.

[Join the workshop online](#)

Wednesday, September 13

Graduate Student “Appy” Time

2:00 p.m. – 4:00 p.m.

Campus Pub (Rosaria)

Stop by the Campus Pub for some appetizers and a chance to connect with your fellow graduate students!

Thursday, September 14

Pop-Up Job Search Help

11:00 p.m. – 1:00 p.m.

McCain Atrium

Drop by the McCain Atrium to ask Career Services anything about your job search process. We’re here to help!

Black Student Support Office 10th Anniversary Celebration and Welcome for New Students of African Descent

12:30 p.m. – 1:45 p.m.

McCain Atrium

A celebration of the achievements of the Black Student Support Office through its 10 years at

MSVU. An opportunity to meet people in the community and to welcome the new students of African Descent joining it. Meet Randy Headley, the Black Student Advisor, as well as black student leaders and volunteers who are here to help and support you as fellow black people at MSVU.

Chat Session with New Students of African Descent

2:00 p.m. – 3:00 p.m.

Black Student Support Office Lounge, Seton 314

An informal conversation with new students of African descent in the BSSO lounge. An opportunity to connect with other Black students and to share life experiences, fun moments, and some snacks.

To request accommodations for any event, please email orientation@msvu.ca.