



MSVU Fall 2025 Orientation

Land Acknowledgement

MSVU etek Kjiptuk, Mi'kma'ki, Mi'kmaq wmitkiwew ta'n mna'q ikmuetasinuk. Ula maqamikew wiaqtek Wantaqo'tie'l aq qlla'matultimkewe'l Ankukamkewe'l kisutasikipn 1725ek aq 1779ek. Ula ankukamkewe'l ketlewife'tasikipn Mawi-espe'k IIsutekemkewey Kanata aq keknuite'tasik Teli-alsutmi'tij ula Maqamikew L'nu'k (wiaqwikasik kitk 1763ewey Eleke'witewey Teplutasik aq elt ankukamkewe'l weja'tekemek aq Pkesikn35(1) 1982ewey Wi'katikn Teplutasik Tel-pukuik Kanata). Ankukamkewe'l na keknu'e'kl kisa'matimkl ta'n wettaqne'wasikl tplutaqnn wjit Te'sunemiksijik tel-wije'wmi'titl Ankukamkewe'l tela'matulti'tij. Kepmite'tmek kjijitaqnwesko'tmi'tij Mi'kmaq wjit teli-anko'tasik maqamikew aq sam'qwan aq elt teli-kina'muksi'k kisiku'k wejkwat'atnik, kiskuk aq elmi'knik.

MSVU is located in Kjiptuk (Halifax), part of Mi'kma'ki, the unceded ancestral territory which remains the homeland of the Mi'kmaq Nation. This territory is covered by the Covenant Chain of Treaties of Peace and Friendship signed between 1725 and 1779. These treaties are affirmed by the Supreme Court of Canada and recognize Aboriginal Title (which is embedded in both the 1763 Royal Proclamation and in section 35(1) of the 1982 Constitution Act). The treaties are living agreements that establish the rules for an ongoing Treaty relationship between nations. We pay respect to the knowledge embedded in the Mi'kmaw custodians of the lands and waters and to the Elders, past, present, and future.

Fall 2025 Orientation

No matter where you're coming from, or how you found your way here, there's a place for you at MSVU! Orientation is your chance to learn more about your new university, connect with people, make friends, and learn what it means to be a Mystic!

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! **No registration is required except where indicated under specific events.**

Find the full schedule below. All times are in Atlantic Daylight Time (ADT). Please note that all events are subject to change.

If you have any concerns about accessibility or your ability to participate in any events, please email us at orientation@msvu.ca. Accessibility and inclusion information can be found online at msvu.ca/orientation.

Fall 2025 Orientation Schedule

Monday, August 25

Online Orientation

- Low-sensory
- Captioning available through Teams
- Slides, recordings, and/or transcripts made available afterwards

Time: 10 a.m. – 4 p.m. (Atlantic Daylight Time)

Location: Microsoft Teams

Get a head start and learn what you need to know about being a student at MSVU in our early arrival online orientation series. These webinars will help prepare you for life at MSVU and ensure you are ready for your classes on Wednesday, September 3. Stop by for any session that interests you!

Online Orientation Schedule

10 a.m. – 11 a.m.: Fees & Finances

Get to know your payment and fees before you arrive! This webinar will help you learn all the fees, your payment options, and the deadline. This session will focus mainly on international students' needs but all are welcome.

11:15 a.m. – 12 p.m.: MSVU Students' union

MSVU Students' Union is here to support students in a variety of ways. Meet MSVUSU President Carson Cameron and learn what the Union can do for you!

12:15 p.m. – 1 p.m.: What to Expect in your First Week of Classes

Excited to start classes at MSVU but feeling a little nervous about what to expect? Join the Mount Mentors as they walk you through what to expect during your first week of classes and discuss how you can prepare for the semester.

1:15 p.m. – 2 p.m.: 5 Tips for Success in the Canadian Classroom

Learn how to set yourself up for success for a successful first semester with five helpful tips from MSVU Learning Strategist James Jollymore!

2:15 p.m. – 2:45 p.m.: What You Need to Know About Educational Technology

Learn about all of the electronic technology you need to be a successful student at MSVU. Topics include: myMount, Office 365, Moodle, Blackboard Collaborate and more!

3 p.m. – 4 p.m.: Ask Me Anything

Mount Mentors are here to answer all your questions – even the ones you didn't know you had! Stop by to ask questions or submit them ahead of time and we'll answer during the session.

Wednesday, August 27

Accessibility Services Virtual Orientation

- Low-sensory
- Captioning available on Teams
- ASP interpreter available on request

Time: 1 p.m. – 3 p.m.

Location: Microsoft Teams

Are you a new MSVU student with a disability? Are you wondering how your accommodations work? Questions about what you have access to in the online learning environment? Come discuss and learn all about Accessibility Services at MSVU!

[Teams link for Accessibility Services Virtual Orientation](#)

Thursday, August 28

International Student Days: Day 1

- Low- to mid-sensory
- Captioning available
- Wheelchair accessible

Time: 9 a.m. – 4 p.m.

Location: Rosaria Multi-Purpose Room (MPR)

We are so excited to welcome you to Halifax and to your new MSVU community! No matter where you come from in the world, International Student Days of Orientation are a great way to prepare yourself for university life in Canada as well as meet other students from around the world.

[Register and Prepare for International Days](#)

Friday, August 29

International Student Days: Day 2

Time: 9 a.m. – 4 p.m.

Location: Rosaria Multi-Purpose Room (MPR)

International Student Days continue with more information sessions to help you prepare yourself for university life here at MSVU as well as more social activities to help you meet other students and make new friends.

[Register and Prepare for International Student Days](#)

Indigenous Student Orientation

- Low- to mid-sensory

Time: 10 a.m. – 3 p.m.

Location: Indigenous Student Centre, 46 Melody Drive, lower level

Pjila'si! New and returning Indigenous students are invited to participate in MSVU's Indigenous Student Orientation hosted by the Indigenous Student Centre. This event will give students a chance to:

- Get familiar with the MSVU Indigenous Student Centre – Kina'masuti Aqq Apognamasuti
- Meet other Indigenous students
- Chat with the Indigenous Student Centre Staff and Students' Union service managers

- Connect with on-campus supports
- Pick up their student ID
- Enjoy a free lunch!

Please note: This orientation is for Indigenous students only; 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. If you have any questions, please contact indigenousservice@msvu.ca.

[Register for Indigenous Student Orientation](#)

Sunday, August 31: Residence Day

Residence Move-in Day

- Mid- to high-sensory
- Accessible rooms are available: contact residence@msvu.ca for information

Time: 9:30 a.m. – 4:30 p.m.

Location: Rosaria Parking Lot + 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.

Parents/Supporters Discussion

- Low-sensory
- Wheelchair accessible

Time: 12:30 p.m. – 1:30 p.m.

Location: The Rook Campus Pub

This is the time that parents can meet with Residence Life Staff (plus others) and have their questions answered as they bring their students to Residence!

Residence Area Meet & Greet

- Mid-sensory

Time: 4:30 p.m. – 5:30 p.m.

Location: Residence Common Areas

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

Residence Welcome Dinner

- Mid- to high-sensory
- Wheelchair accessible

Time: 5:30 p.m. – 7:30 p.m.

Location: 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.

Games Night

- Mid-sensory

Time: 7:30 p.m. – 10 p.m.

Location: The lawn between Evaristus and Rosaria

Games night for residence students! Come for your first night of residence to meet new people, play some games, get some snacks and settle in for a fun-filled orientation week!

Monday, September 1: Welcome to MSVU!

Orientation Day

- Mid- to high-sensory
- Wheelchair accessible

Time: 9 a.m. – 5 p.m.

Location: Bill Morris Square between Rosaria and Evaristus (#19 and #12 on the [campus map](#)) (rain plan: Rosaria Multi-Purpose Room MPR)

Welcome to MSVU Fall 2025 Orientation! Registration is from 9-10 a.m. when we will assign you to Orientation leader and team. Get ready to bring the energy and the teamwork! Join us for a day of epic team-building games featuring Tug of War, Obstacle Courses, Flip Cup Relays, and more. Whether you're racing to the finish or flipping your way to victory, it's all about collaboration, competition, and tons of laughs. Bring your game face and comfortable shoes—and maybe a change of clothes—and let's see which team takes the crown!

Supporting Your MSVU Student

- Low- to mid-sensory
- Wheelchair accessible

Time: 10 a.m. – 11 a.m.

Location: The Rook Campus Pub

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.

Orientation Welcome Dinner

- Mid- to high-sensory
- Wheelchair accessible

Time: 5 p.m. – 7 p.m.

Location: Rosaria Dining Hall

A welcome to new and returning students with a special dinner from Chartwell's. Don't have a meal plan? We've got you covered!

Casino Night

- High-sensory
- Wheelchair accessible

Time: 7 p.m. – 10 p.m.

Location: McCain Atrium

Step into the excitement of Vegas right here on campus! Join us for Casino Night, a thrilling evening filled with classic games like blackjack, roulette, poker, and more. Whether you're a seasoned player or just in it for the fun, there's something for everyone. Dress to impress and get ready to roll the dice!

Smudging

- Low-sensory

Staff from MSVU's Indigenous Student Centre will be on campus offering quiet smudging stations throughout Orientation. Ask your Orientation leaders about their locations.

Crows' Nest Rest Area

Time: 9 a.m. – 10 p.m.

Location: Crows' Nest, 1st floor Rosaria

Remember to take a break at the Crows' Nest Rest Area! It's open to all students and offers light refreshments from the MSVUSU Captain Crow's Café as well as low-key activities. You can also get information on upcoming events there.

Fountain Play Centre for ages 0-5

- Wheelchair accessible

Time: By appointment between 8 a.m. – 8 p.m.

Location: Fountain Play Centre, 1st floor Rosaria

Need childcare while you attend orientation events? The MSVUSU Fountain Play Centre is here for you. Email suplayce@msvu.ca to book your childcare for up to age 5. Availability is first come first served so please book early.

Quiet Area

- Low-sensory
- Wheelchair accessible

Do you need to step away from the fray for a few minutes? Here is where you can rest in peace and quiet today:

- Don MacNeil Room, Rosaria 401, from 9 a.m. – 10 p.m.

Tuesday, September 2: Academic Day

B.Ed. Orientation

- Low- to mid-sensory
- Wheelchair accessible
- Captioning available

Time: 8:45 a.m. – 1 p.m.

Location: 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

- Low-sensory
- Wheelchair accessible if meeting in person
- Captioning available on Teams if meeting online

Time: 9 a.m. – 4 p.m.

Location: Centre for Academic Advising & Student Success, Seton 303

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

Student Parent Social

- Mid-sensory
- Wheelchair accessible

Time: 10 a.m. – 11 a.m.

Location: Athletics & Recreation Gymnasium, 2nd floor Rosaria

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.

Becoming a Mystic

- Low-sensory
- Wheelchair accessible

Time: 11 a.m. – 12 p.m.

Location: 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 Lunch

- Low- to mid-sensory

- Wheelchair accessible

Time: 12 p.m. – 1 p.m.

Location: McCain Atrium

Join the incoming class of 2025 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.

Campus Tours by Program

- Low- to mid-sensory
- Route taken is wheelchair accessible

Time: 1 p.m. – 2 p.m.

Location: Campus-wide, starting at McCain Atrium

Take a guided tour of MSVU with others in your program. 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.

Meet Your Department

- Low- to mid-sensory
- Wheelchair accessible

Time: 2 p.m. – 3 p.m.

Location for Arts & Sciences: Seton Auditorium B/C

Location for 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.

Approaches to Generative AI at MSVU

- Low- to mid-sensory
- Wheelchair accessible

Time: 3 p.m. – 3:30 p.m.

Location for Arts & Sciences: Seton Auditorium B/C

Location for Professional Studies: Rosaria Multi-Purpose Room (MPR)

Together with MSVU's Teaching and Learning Centre, a member of MSVU's Teaching and Learning Centre, you will explore how to approach generative AI during your studies at MSVU in a fun interactive session.

Lawn Games

- Low- to mid-sensory

Time: 3:30 p.m. – 5:30 p.m.

Location: Seton Lawn

Enjoy some lawn games, kick a soccer ball around, or just hang out on the grass with your new friends and the Mount Mentors!

Graduate Student Orientation

- Low- to mid-sensory
- Wheelchair accessible
- Hybrid option available (captioning available through Teams)

Time: 6 p.m. – 8 p.m.

Location: McCain 105 & 106

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.

If you would like to attend virtually, please request the Teams link by emailing graduate@msvu.ca.

Sex, Healthy Relationships, & Sex Toy BINGO

- Mid- to high-sensory
- Wheelchair accessible

Time: 8 p.m. – 10 p.m.

Location: 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!

Smudging

- Low-sensory

Staff from MSVU's Indigenous Student Centre will be on campus offering quiet smudging stations throughout Orientation. Ask your Orientation leaders about their locations.

Crows' Nest Rest Area

- Low- to mid-sensory

Time: 9 a.m. – 10 p.m.

Location: Crows' Nest, 1st floor Rosaria

Remember to take a break at the Crows' Nest Rest Area! It's open to all students and offers light refreshments from the MSVUSU Captain Crow's Café as well as low-key activities. You can also get information on upcoming events there.

Fountain Play Centre for ages 0-5

- Wheelchair accessible

Time: By appointment between 8 a.m. – 8 p.m.

Location: Fountain Play Centre, 1st floor Rosaria

Need childcare while you attend orientation events? The MSVUSU Fountain Play Centre is here for you. Email suplayce@msvu.ca to book your childcare for up to age 5. Availability is first come first served so please book early.

Quiet Area

- Low-sensory
- Wheelchair accessible

Do you need to step away from the fray for a few minutes? Here is where you can rest in peace and quiet today:

- Don MacNeil Room, Rosaria 401, from 9 a.m. – 10 p.m.
- Library quiet area, 1st floor EMF, from 8:30 a.m. – 5 p.m.
- International Education Centre, Seton Annex, from 9 a.m. – 5 p.m.
- Peace Room, Evaristus level 4C, from 8:30 a.m. – 5 p.m.
- Indigenous Student Centre, 46 Melody Drive, from 8:30 a.m. – 5 p.m. (exterior entrance is not accessible)

Wednesday, September 3: First Day of Class

Ask Me Anything

- Low-sensory
- Wheelchair accessible

Time: 9 a.m. – 3 p.m.

Locations: Seton Café, Library Learning Commons, McCain Atrium, Rosaria Terrace, Evaristus Main Entrance

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

- Low-sensory
- Wheelchair accessible if meeting in person
- Captioning available on Teams if meeting online

Time: 9 a.m. – 4 p.m.

Location: Centre for Academic Advising & Student Success, Seton 303

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

Foam Party

- High-sensory

Time: 4 p.m. – 6 p.m.

Location: TBD

Slide into foamy fun and dance to lively music in a sea of foam, surrounded by friends and laughter. Dress to get wet and enjoy an afternoon of high-energy excitement that promises non-stop fun!

Mature & Transfer Student Social

- Low- to mid-sensory
- Wheelchair accessible

Time: 6 p.m. – 8 p.m.

Location: The Rook Campus Pub

Drop by to meet other transfer, 2+2, and mature students. Enjoy some beverages and food, ask questions, and join in on various games and activities!

Crows' Nest Rest Area

- Low- to mid-sensory
- Wheelchair accessible

Time: 9 a.m. – 10 p.m.

Location: Crows' Nest, 1st floor Rosaria

Remember to take a break at the Crows' Nest Rest Area! It's open to all students and offers light refreshments from the MSVUSU Captain Crow's Café as well as low-key activities. You can also get information on upcoming events there.

Fountain Play Centre for ages 0-5

- Wheelchair accessible

Time: By appointment between 8 a.m. – 8 p.m.

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- Peace Room, Evaristus level 4C, from 8 a.m. – 5 p.m.
- Indigenous Student Centre, 46 Melody Drive, from 8 a.m. – 10 p.m. (exterior entrance is not accessible)

Thursday, September 4

Ask Me Anything

- Low-sensory
- Wheelchair accessible

Time: 9 a.m. – 3 p.m.

Locations: Seton Café, Library Learning Commons, McCain Atrium, Rosaria Terrace, Evaristus Main Entrance

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

- Low-sensory
- Wheelchair accessible if meeting in person
- Captioning available on Teams if meeting online

Time: 9 a.m. – 4 p.m.

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Societies & Volunteer Day

- Mid-sensory
- Wheelchair accessible

Time: 11:30 a.m. – 1:30 p.m.

Location: Rosaria Terrace, outside the Dining Hall

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 (CCR), a digital certificate that validates the competencies you earn during extra-curricular activities, giving you third party support that employers and admissions committees notice.

Black Students Support (Vibe & Connect)

- Mid-sensory
- Wheelchair accessible

Time: 1 p.m. – 3 p.m.

Location: Black Student Support Lounge, Seton 314

This event features networking opportunities, cultural activities, a panel with current students, social events and programs. This is more than a welcome to a space, it is the start toward belonging and success.

Halifax Citadel Ghost Tours

- Mid-sensory

Time: TBD

Location: Halifax Citadel Historic Site

Embark on a spine-chilling journey as we dive into the chilling history of Halifax's Citadel Hill with a ghost tour. Join us as they lead you through shadowy corridors revealing tales of paranormal encounters and eerie legends that have haunted the hill the centuries.

Crows' Nest Rest Area

- Low- to mid-sensory
- Wheelchair accessible

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Location: Crows' Nest, 1st floor Rosaria

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Fountain Play Centre for ages 0-5

- Wheelchair accessible

Time: By appointment between 8 a.m. – 8 p.m.

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- Indigenous Student Centre, 46 Melody Drive, from 8 a.m. – 10 p.m. (exterior entrance is not accessible)

Friday, September 5

Same-Day Academic Advising

- Low-sensory
- Wheelchair accessible if meeting in person

- Captioning available on Teams if meeting online

Time: 9 a.m. – 4 p.m.

Location: Centre for Academic Advising & Student Success, Seton 303

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

Nova Scotia ID Cards & SIN Clinic

- Low-sensory
- Wheelchair accessible

Time: 10:30 a.m. – 2:30 p.m.

Location: McCain 102, 103, 104 (off McCain Atrium)

Representatives will be available to help you apply for a Nova Scotia ID card; no appointment is necessary. Representatives will also be available to help you apply for a Social Insurance Number (SIN); however, booking an appointment is required for this service. A SIN is required to get a job in Canada so don't miss out!

[Register for the SIN Clinic](#)

Sunset Beach Party

Time and location TBD

As the sun dips below the horizon, the party is just getting started! Join us for a Sunset Beach Bash—a dreamy evening of ocean vibes, shimmering bubbles, and nonstop music from our live DJ. Dance in the lights, dress for the occasion, and soak in the golden hour glow. Whether you're there for the beats or the beachy breeze, this is the summer night you won't want to miss!

Crows' Nest Rest Area

- Low- to mid-sensory
- Wheelchair accessible

Time: 9 a.m. – 10 p.m.

Location: Crows' Nest, 1st floor Rosaria

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- Wheelchair accessible

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- Indigenous Student Centre, 46 Melody Drive, from 8 a.m. – 5 p.m. (exterior entrance is not accessible)

Sunday, September 7

Mystics Spirit Day Soccer Home Opener

- Mid- to high-sensory

Women's game time: 1 p.m.,

Men's game time: 3:15 p.m.

Location: Mainland Commons

Come Support the Mount Mystics at the Varsity Soccer Home Opener!

Aside from cheering on the Mystics, you can join in on the sideline action with lawn games, refreshments, contests, and much more! Enjoy a day filled with excitement and community spirit.

Let's make this home opener to remember!

Monday, September 8

Same-Day Academic Advising

- Low-sensory
- Wheelchair accessible if meeting in person
- Captioning available on Teams if meeting online

Time: 9 a.m. – 4 p.m.

Location: Centre for Academic Advising & Student Success, Seton 303

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

Library On-Campus Orientation

- Low-sensory

- Wheelchair accessible

Time: 12:30 p.m. - 1:30 p.m.

Location: Library Learning Commons (main floor EMF)

Meet the Library! From study spots, to printing, to research help, and so much more, the Library has a lot to offer you as an MSVU student. Join MSVU librarian Denyse Rodrigues for an on-site tour of the Library, and learn about the resources, spaces, and supports available.

Glow-in-the-Dark Capture the Flag

- Mid- to high-sensory

Time: 9 p.m. – 10:30 p.m.

Location: Rosaria Gymnasium

Get ready for an electrifying night of adventure and excitement! Join us for a thrilling Glow-in-the-Dark Capture the Flag event, where the classic game takes on a whole new dimension. Whether you're a seasoned player or new to the game, this event promises to be a night of fun, laughter, and glowing memories. Don't miss out on the chance to shine bright and capture the flag! **Registration opens August 21.**

Register for Glow-in-the-Dark Capture the Flag (link available August 21)

Tuesday, September 9

Same-Day Academic Advising

- Low-sensory
- Wheelchair accessible if meeting in person
- Captioning available on Teams if meeting online

Time: 9 a.m. – 4 p.m.

Location: Centre for Academic Advising & Student Success, Seton 303

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

Breaking Down the Course Syllabus

- Low-sensory
- Captioning available through Teams

Time: 12 p.m. – 1 p.m.

Location: Microsoft Teams

The Course Syllabus is a contract between the professor and the student. It holds all the information you need to know about the course. In this workshop we will breakdown the Course Syllabus and highlight key aspects.

[Teams Link for Breaking Down the Course Syllabus](#)

Thursday, September 11

NU-O DAY

- Mid-sensory

Time: 12 p.m. – 1 p.m.

Location: TBD

Nu – O Day (Nutrition Orientation Day) is a fun, hands-on cooking class hosted by the Applied Human Nutrition Department to welcome students with food, connection, and creativity. Open to everyone, the event offers a relaxed space to meet new people, enjoy good vibes, and make a budget-friendly, delicious college meal together. Limited spots are available. RSVP is required!

Register for NU-O Day (available soon)

Library Online Orientation

- Low-sensory
- Captioning available through Teams

Time: 12:30 p.m. – 1:30 p.m.

Location: Microsoft Teams

Learn tips and tricks for using the Library's website and online services to get the most out of what is available to you as an MSVU student. Discover how to book study rooms, how to get personalized help with your research, how to find resources to help you in your classes (and more!) with MSVU librarian Denyse Rodrigues.

Teams link for Library Online Orientation (available soon)

Friday, September 12

Magician

- Mid-sensory

Time and location TBD

Prepare to be amazed! Step into a world of wonder with Vincenzo Ravina, the acclaimed magician known for his mind-bending illusions, offbeat humor, and interactive storytelling. Blending mystery with charm, Vincenzo will take you on a surreal journey filled with impossible moments, unexpected twists, and a touch of the bizarre.

Saturday, September 13

MSVU Colour Chase

- Mid- to high-sensory

Time: 10 a.m. start

Location: Meet in Rosaria Lobby

Get ready for an exhilarating adventure with Colour Chase, an amazing race-style event that combines the thrill of competition with the vibrant fun of powdered paint! Teams will race against the clock and each other, navigating through a series of exciting challenges spread across various checkpoints.

At each challenge, participants will be met with a burst of colorful powdered paint, adding a splash of excitement and a visual spectacle to the event. Whether it's solving puzzles, completing physical tasks, or navigating tricky obstacles, every challenge will test the teams' skills, teamwork, and creativity.

Open to all Mount Students. Wear a white t-shirt, sunglasses or goggles and a change of shoes for after the event. Open to all Mount Students. Wear a white t-shirt, sunglasses or goggles and a change of shoes for after the event. **Registration opens August 21.**

Register for MSVU Colour Chase (link available August 21)

Tuesday, September 16

Big Picture Mapping with Learning Strategist James Jollymore

- Low-sensory
- Captioning available through Teams

Time: 12 p.m. – 1 p.m.

Location: Microsoft Teams

Scheduling and organizing our time are essential skills for academic success. In this workshop we will map out the full semester – capturing all deadlines for assignments, tests, quizzes, etc., so nothing is missed.

[Teams link for Big Picture Mapping](#)

Tradish vs Modern Gaming Tournament at the Indigenous Student Centre

- High-sensory
- Space is accessibility-friendly but not fully accessible. Reach out to kayla.bernard@msvu.ca with any questions.

Time: 4:30 p.m. – 7 p.m.

Location: Indigenous Student Centre, 46 Melody Drive (lower level)

Whether you are modern or traditional gamer come test out your skills in community in our Tradish vs. Modern Gaming tournament. Where students will be playing Mario Kart or the traditional Mi'kmaw game of Waltes. Prizes for our top gamer in each category!

Tuesday, September 23

Single-Tasking: “No More Multi-Tasking!”

- Low-sensory
- Captioning available through Teams

Time: 12 p.m. – 1 p.m.

Location: Microsoft Teams

This workshop will explore the benefits of single-tasking. How to focus on one thing at a time, get more done, and feel less stressed.

[Teams link for Single-Tasking](#)

Biweekly Beading Circle

- Low-sensory
- Space is accessibility-friendly but not fully accessible. Reach out to kayla.bernard@msvu.ca with any questions.

Time: 4:30 p.m. – 7 p.m.

Location: Indigenous Student Centre, 46 Melody Drive (lower level)

A collective space for students to gather to together every other week to learn about different styles of Indigenous beadwork and create different projects. Supplies are provided or bring what you are already working on. The following sessions will be on:

- September 23
- October 7
- October 21
- November 4
- November 18
- December 2

Friday, September 26

Study & Snack

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 3 p.m.

Location: International Education Centre, Seton Annex room 102

Get some school work done in a comfortable, productive environment. Academic assistance will be available and free snacks will be provided. Bring your course outlines, assignments, readings, lab reports, etc. and get 'er done!

Sessions are continuing each Friday throughout the term. No registration needed.

Wednesday, October 1

Academic Reading and Notetaking

- Low-sensory
- Captioning available through Teams

Time: 12 p.m. – 1 p.m.

Location: Microsoft Teams

Do you find yourself reading the same passage over and over but it doesn't stick? Or do you have too much reading to get done in the time you have? Make the most of your reading time – in this workshop you will learn and apply helpful strategies for successful and engaging reading and note-taking.

[Teams link for Academic Reading and Notetaking](#)