



New Student Orientation Schedule

Friday, August 29, 2025 – Monday, September 1, 2025

Friday, August 29 | Welcome MoHome!

8 AM-12 PM: Welcome Tent

Location: Mary Woolley Circle

Room keys, Orientation schedules and a resource fair for new students and families.

10 AM - 4 PM: Talcott Greenhouse Open House

Location: Talcott Greenhouse

Giving each new student a "Firstie Plant" has been a well-loved tradition for over 50 years! We welcome you to pick out your firstie plant during these times at the Botanic Garden's Talcott Greenhouse. This is for all students who are joining Mount Holyoke for the first time (first-year students, transfer students and Frances Perkins Scholars!) Staff will be available for questions on plant care or sharing information about what we do and how students may get involved.

10:30 AM - 11:30 AM: Check-In and Welcome for Frances Perkins Scholars

Location: Jenkins Room, Admissions Center

Gather as a group before the opening day lunch to check in and talk about Orientation programming. Upper-class students will be on hand to answer questions, connect new and returning students and help you make plans that pique your interest and needs for the rest of Orientation. Then, walk over to the Opening Day Lunch to eat together!

11:30 AM - 2:00 PM: Opening Day Lunch for New Students and Families

Location: Pageant Green

Enjoy an opening day picnic!

1 PM-1:30 PM President's Welcome: Welcome to MHC!

Location: Chapin Auditorium

Words of welcome from President Danielle Holley, Vice President of Student Life and Dean of Students Marcella Runell and your Orientation Leaders!

1 PM - 4:30 PM: Mean Squirrels: A LITS (Library, Information, and Technology Services) Scavenger Hunt

Location: Atrium, Williston Library

The campus squirrels are always up to something, but this time they've gone too far! They're causing mischief in the library, and we need you to solve puzzles and follow clues to help us catch them before they get into TOO much trouble!

1:30 PM-2:30 PM: Academic Advising

Location: Faculty Offices

Students meet with their academic advisors.

1:45 PM - 4:30 PM: Parent, Family & Supporters Orientation

Location: Chapin Auditorium

1:45 PM - 3:05 PM: Student Life & Services Panel

Student life and academic professionals discuss your student's transition into college life at MHC. Offices represented will include Residential Life, Student Success and Advising, Community and Belonging, Counseling Service, Public Safety, Health Services and the Dean of Students. Those attending will have the opportunity to have questions answered.

3:15 PM - 4:30 PM: Supporting your student from Afar

Join Kim Parent, Academic Dean for New Students, and Rachel Alldis, Vice President of Student Engagement and Executive Director of Residential Life, for a lively conversation about how you can support your student in transitioning to college.

3:15 PM - 4:30 PM: Supporting your #FearlessFirst student drop-in hours

Location: Unity Center, Blanchard Community Center

Parents, families and supporters of first-generation students have the opportunity to connect with members of the First-Generation College Student Network, composed of administrators, faculty and staff.

2:45 PM - 4:30 PM: Academic Fair

Location: Kendade Hall & surrounding classrooms

Curious about a particular major or minor? Come to the academic fair and meet representatives from the academic departments. Bring your questions!

4:30 PM - 5:45 PM: President's Reception for New Students and Families

*Location: Presidents Garden**

President Danielle Holley welcomes new students and families.

** Rain Location: Willits-Hallowell Conference Center*

5 PM: Kabbalat Shabbat

Location: The Cassani Lounge

Come welcome Shabbat and let the Jewish Student Union welcome you to campus! Sing songs, shmooze with other new Jewish students, and nosh on freshly-baked challah with some of Mount Holyoke's Jewish community leaders. Students and families are all welcome.

5 PM - 6:15 PM: Dinner in the Dining Commons

Location: Dining Commons, Community Center

Enjoy dinner in the dining commons!

6:30 PM - 7:50 PM: First Small Group Meeting

Various Locations | Start at Abbey-Buck Green

Check Embark or your nametag to see your orientation group. This is an opportunity to meet your Orientation Leader and the rest of your small group.

8 PM - 8:50 PM: Meet your Res Life Staff

Location: Your Residence Hall

Students will meet in the common areas of their residence halls to get to know their staff and fellow new students. Then they walk over together to enjoy the movie "Dirty Dancing" under the stars!

9 PM - 11 PM: Movie Under The Stars - "Dirty Dancing"

*Location: Gettell Amphitheater**

Come join your fellow new students and cheer when "nobody puts Baby in the corner" because "Baby's starting Mount Holyoke in the fall"! Planned Parenthood Generation Action, an MHC student organization, will be present to introduce themselves and their activism supporting reproductive justice.

*Quiet Location: Blanchard Community Center, The Great Room

*Rain Location: Chapin Auditorium

Saturday, August 30 | Community & Core Values at MHC

7 AM - 9 AM: Breakfast with Orientation Group

Location: Dining Commons, Community Center

10 AM - 12 PM: Caring Communication for a Gender Inclusive Community

Location: Chapin Auditorium

This engaging, interactive training is for all incoming students that covers "gender 101" content (like terminology, history, basic frameworks and pronouns) and also provides tools for communicating respectfully and effectively to build relationships across differences. It supports students in their transition into the college environment by providing shared knowledge and skills for caring communication in a community that is diverse both in terms of gender identity and in terms of the backgrounds, cultures and expectations around gender that people arrive with.

12 PM - 1 PM: Lunch with Orientation Group

Location: Dining Commons, Community Center

Block 1 | 1:10 PM - 2 PM

Session 1: Talk to the Hand: Navigating Conflict on Campus | Cleveland L-1

Part of being in a residential college community is that both you and your neighbors are bringing your whole selves to campus: from your diverse values, experiences, and social identities to your hair balls, loud music, and dirty shoes. In Res Life, we know living with others in a community can be messy and involve some hurt feelings or awkward moments from time to time. That said, you're never alone in navigating through sticky situations! In this session we'll start to build our campus's common vocabulary and framework for being in conflict or disagreement with each other. From a powerpoint to finger puppets, this workshop will include some presentation-style learning, followed by opt-in opportunities to practice in a low-stress, high-humor environment.

Session 2: A continued Conversation with Davey | Cleveland L-2

Continue the conversation from this morning about caring communication for a gender-inclusive community.

Session 3: Safety on and off campus | Kendade 305

This session provides students with the knowledge and resources to keep them safe on and off campus.

Session 4: Community Engagement Through Restorative Justice Practices: Listening Circle on Community Care | New York Room, Mary Woolley Hall

The Community Engagement Programs Listening Circles are an inclusive community engagement practice that empowers student voice by fostering open dialogue. Circles provide a safe space for students to come together to share experiences, reflect on their truths and build a strong sense of community. Participants will experience a facilitated listening circle and discover how effective it can be in increasing community engagement and a sense of belonging. As preparation for the listening circle, attendees will participate in activities chosen to accommodate a variety of engagement styles around the topic of Community Care such as small group discussion, self-reflection writing, drawing and movement-based activities. This engagement process encourages participants to identify and acknowledge their own feelings, thoughts and ideas. The listening circle then empowers participants to share and listen with empathy and respect, allowing the group to learn from one another through the power of storytelling and diverse perspectives.

Session 5: Get Involved on Campus | Blanchard Community Center, The Great Room

There are so many ways to get involved on campus at MHC! Hear more about the Office of Student Involvement and the opportunities to find involvement through our 100+ student organizations, events and more!

Session 6: Are you Awake, Woke, or Working? | Cleveland L-3

For students who have experience or who have participated in social justice, equity and inclusion initiatives in their high schools or home communities ... Are you pretending to be awake? proclaiming to be woke? or truly working for social change? These are questions you should always ask yourself. This session will challenge students to move from just using the right words at the right time in front of the right people by empowering them to become effective allies by providing practical skills for advocating for marginalized communities, coalition building and speaking up against injustice.

Block 2 | 2:15 PM - 3:05 PM

Session 1: Talk to the Hand: Navigating Conflict on Campus | Cleveland L-1

Part of being in a residential college community is both you and your neighbors are bringing your whole selves to campus: from your diverse values, experiences, and social identities to your hair balls, loud music, and dirty shoes. In Res Life, we know living with others in a community can be messy and involve some hurt feelings or awkward moments from time to time. That said, you're never alone in navigating through sticky situations! In this session we'll start to build our campus's common vocabulary and framework for being in conflict or disagreement with each other. From a PowerPoint to finger puppets, this workshop will include some presentation-style learning, followed by opt-in opportunities to practice in a low-stress, high-humor environment.

Session 2: Discover Your Community: Living-Learning Communities at MHC | Gamble Auditorium

Living-Learning Communities are core to the Mount Holyoke experience. This session will introduce students to MHC's LLCs and their missions, encourage connection based on identity, interests and academic exploration, and highlight leadership opportunities within LLCs.

Session 3: Are You Awake, Woke, Or Working? | Cleveland L-3

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Session 6: Planet, People, Power: Climate Justice and Action at Mount Holyoke | Dwight 101

Learn how social justice is inexplicably connected to climate change and the environment, hear stories about how people and communities have been affected by capitalism and environmental degradation, and change the future of climate justice on campus by getting involved with working groups for Mount Holyoke College Climate Action Planning.

Session 7: Food Waste Reduction Module | Cleveland L-2

In this session, Dining leadership will discuss the culture shift needed in MHC students to reduce our food waste problem. We will share metrics on our current waste levels and what impact small changes in every person's daily decisions can make. There will be a Q&A to ask questions about dining on campus!

Block 3 | 3:20 - 4:45 PM | Non-Discrimination and Title IX

Location: Chapin Auditorium

Being an involved member of our inclusive and diverse community is a pivotal part of the Mount Holyoke experience. In this session, students will learn about the College's Nondiscrimination, Anti-Harassment, and Sexual Harassment policies and procedures, including our Title IX responsibilities. We'll discuss how to navigate interpersonal communication, how to report discrimination, harassment, and the steps that may follow. Attendees should be aware that topics and scenarios concerning civil rights and protected classes will be discussed during this session.

4:45 PM - 5:30 PM: Small Group Meeting

Various Locations

Connect with your orientation leaders & small groups before going to dinner!

5:30 PM - 7 PM: Dinner

Location: Dining Commons, Community Center

Enjoy dinner in the Dining Commons!

6:45 PM - 8:45 PM: Sweet Treats, Snacks, and Chat In Affinity Groups

Various Cultural, Spiritual, Identity and Community Resource Centers

At Mount Holyoke, affinity groups are shared spaces where people with similar backgrounds, identities, and experiences come together in community. During this event, students will have the opportunity to be in community and have conversations with students, based on the affinity groups they choose to identify with, while enjoying delicious desserts and spending time in one of our various centers.

Facilitated by staff or faculty and student leaders who also identify with the affinity group, topics discussed will include exploring how the identities connected to the affinity group shape and will continue to shape their experiences while at MHC while learning about the many resources and services in the MHC and surrounding community that support their identities, values, and lived experiences. **Pre-registration is preferred to participate. To register, fill out this [registration form](#).** *NOTE: This is optional.*

6:45 PM - 8:45 PM: Pot Decorating for Firstie Plants

Location: Great Room, Community Center

Decorate pots for your firstie plants!

7:30 PM - 8:45 PM: Transfer Student Social

Location: Blanchard Community Center, 227

Calling all new transfer students for an evening of fun just for your transfer student cohort! Connect to other entering transfer students before joining your peers at First Saturday!

9 PM - 11 PM: First Saturday - Kendall AfterDark

Location: Kendall Sports Complex

Spend your first Saturday night on campus at Kendall AfterDark! Come check out the Kendall Sports Complex and unwind with snacks, music, games, and a chance to connect with your new community.

Sunday, August 31 | Academic Success & Career at Mount Holyoke

7 AM - 9 AM - Breakfast

Location: Dining Commons, Community Center

10 AM - 12 PM: Beyond The Gates - Crafting a Career with an MHC Education

Location: Chapin Auditorium

How does a liberal arts education translate into a meaningful and impactful career? In this dynamic panel, Mount Holyoke alums will share the real stories behind their professional journeys, from first-year uncertainty to post-grad success. You'll hear how they explored their interests, built career-shaping skills in and out of the classroom and leaned on their MHC community.

12 PM - 1 PM: Lunch

Location: Dining Commons, Community Center

Block 1 | 1:10 PM - 2 PM

Session 1: Managing the Transition to MHC | Cleveland L-1

This session focuses on how we all show up in the many parts of our campus community academically, socially and personally. Through reflective activities and an overview of expectations at MHC, we'll explore what it means to be an engaged and successful student both in and out of the classroom. You will leave this session ready to succeed in all aspects of MHC. Our hope is that by communicating our expectations of our community members, you will be eager to engage in all MHC has to offer.

Session 2: Wander & Wonder: Start Your Career Adventure with the CDC | Gamble Auditorium

Pack your bags and grab your passport, your career adventure starts here! The Career Development Center is excited to be your tour guide as you explore the exciting destinations along your career journey at Mount Holyoke. Chart your course with helpful timelines, uncover hidden gems like internships and alum connections, and get insider tips from fellow adventurers (a.k.a. your peers!). Whether you're just browsing the map or ready to plan your next big move, this interactive session will help you take the first step with curiosity and confidence. Adventure awaits!

Session 3: Disability Services 101 | Blanchard Community Center, The Great Room

An introduction to Disability Services (DS) and their support for d/Disabled students and students with disabilities at MHC. This is hosted by Corwyn Ross, Accommodation Coordinator, and student workers in the DS Peer Fellows position. We'll share information about how to apply for and implement accommodations, and your rights and responsibilities as a student in using them. We'll go over some examples, an FAQ, and helpful policies and procedures to know about. We typically have 5-15 minutes for questions at the end. If you have a personal question or need relating to your access and/or accommodations at MHC, please get in touch with us directly by emailing disability-services@mtholyoke.edu. Open to all students regardless of disability status. Please be in touch with the Orientation Team if you have any accessibility concerns and/or accommodation requests.

Session 4: How LITS Can Help You Succeed in Your First Two Weeks | Cleveland L-2

This session will help familiarize new students with important Library, Information, and Technology Services (LITS) resources/services.

Session 5: Managing Academic Anxiety: How to Build More Confidence as a Student | Cleveland L-3

Do you procrastinate at times? Is it hard to speak in class? Are you worried about approaching professors? Join this workshop to learn how anxiety could be related to academic challenges and what strategies are available to effectively manage fears related to academic performance. Facilitated by Michelle Carbonneau and Shirley Yuanrui Li from the Counseling Service.

Session 6: Everything I am is Everything I need - How to Succeed as an FP | Kendade 305

Being a Frances Perkins Scholar means you bring a unique, rich set of experiences to Mount Holyoke — and those experiences are your strength! In this session, current and alum FPs will share how their life experiences helped them navigate the transition to Mount Holyoke. We will discuss building community across lived experiences and tips for accessing the resources that matter most. By the end of the session, you'll realize that you already have everything it takes to thrive as a Frances Perkins Scholar.

Session 7: Finding Academic Success and Connection in your Residence Hall | Hooker Auditorium

Your residence hall is more than just a place to sleep, it can be a powerful space for academic success and connection. In this session, learn how to make the most of your living space to support your studies, build community with your hallmates, stay engaged and informed, and take advantage of academic resources. You'll also hear how faculty and staff are woven into your residential experience in ways that can support your learning and growth from day one.

Block 2 | 2:15 PM - 3:05PM

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Session 2: Transitions and being d/Disabled in college | Blanchard Community Center, The Great Room

So... how do I tell my faculty about my accommodations? Is there anything I need to do to get or implement accommodations? How do I know when to submit a bias report? What do I do if a professor says they can't support my accommodations? What if I'm asked personal questions about my disability or

needs, do I have to answer? Do I actually need to know what's in the 504 Rehabilitation Act and the American with Disabilities Act (ADA)? Why don't 504 plans and IEPs automatically transfer to colleges and universities from high schools? It's good to have questions, and— it can feel scary to have questions. Join student Disability Services Peer Fellows and C. Ross (DS staff) for answers, an additional Q&A and handouts!

Session 3: What do FPs Need to Know About LITS? | Kendade 305

This is an opportunity for FPs to socialize as they learn about how LITS can support their specific needs and what considerations they might want to keep in mind as they begin to use library and technology resources.

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Session 6: Empower, Engage, Lead: An Introduction to the Weissman Center | Cleveland L-2

Join an engaging orientation session designed to introduce new students to the Weissman Center for Leadership, a vital campus resource dedicated to supporting Mount Holyoke students in developing the skills and strategies they need to become inspiring and effective leaders. We define leadership broadly and inclusively, and know that each student can find their own way to influence and change the world. The Weissman Center supports students through internships, courses, mentoring, and networking opportunities that span our core programs. This interactive session will feature a panel discussion with the Weissman Center Director, Director of Community Engagement, Director of Leadership and Public Service, and current student employees, who will share insights about the center's services, student opportunities, and how they enhance the college experience. Following the panel, students will have the opportunity to ask questions and participate in small group discussions to foster connection, address individual interests, and encourage early engagement with the center's offerings.

Session 7: Student Employment | Hooker Auditorium

Presented by the Student Employment Office, this session will provide incoming first-year students with everything they need to know about working on campus. Learn how to search and apply for student employment opportunities, understand policies and payment practices, and get familiar with hiring expectations, including onboarding and I-9 completion in Workday. This "Workday 101" overview will ensure you're prepared to start your on-campus job with confidence. There will also be time for Q&A, so bring your questions about student employment. Don't miss this opportunity to set yourself up for success!

Block 3 | 3:20 PM - 4:10 PM

Session 1: Managing the Transition to MHC | Cleveland L-1

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Session 2: Transfer & FP Academic Session [Mandatory for Transfers & FPs] | Kendade 305

This session will focus specifically on the transfer and Frances Perkins experience. It will cover academic support resources, keys to transitioning to MHC, general success tips, and more.

Session 3: Disability Services 101 | Blanchard Community Center, The Great Room

An introduction to Disability Services (DS) and their support for d/Disabled students and students with disabilities at MHC. This is hosted by Corwyn Ross, Accommodation Coordinator, and student workers in the DS Peer Fellows position. We'll share information about how to apply for and implement accommodations, and your rights and responsibilities as a student in using them. We'll go over some examples, an FAQ, and helpful policies and procedures to know about. We typically have 5-15 minutes for questions at the end. If you have a personal question or need relating to your access and/or accommodations at MHC, please get in touch with us directly by emailing disability-services@mtholyoke.edu. Open to all students regardless of disability status. Please be in touch with the Orientation Team if you have any accessibility concerns and/or accommodation requests.

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Session 6: Voices of the Journey: Career Exploration in Real Time | Gamble Auditorium

Curious about how college experiences connect to future careers? Hear from a sophomore, junior, and two seniors as they reflect on their own journeys of discovering interests, exploring options, and shaping their goals. These students were in your shoes not long ago—figuring out what excites them and how to make the most of MHC. Come get inspired, ask questions, and see that career exploration is a process that starts now, one step at a time.

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4:20 PM - 5:15 PM: Small Group Meeting

Various Locations

Connect with your orientation leaders & small groups before going to dinner!

5:15 PM - 6:30 PM: Dinner with Orientation Group

Location: Dining Commons, Community Center

6:30 PM - 8 PM: Honor Code Ceremony

Location: Abbey Chapel

The Honor Code Ceremony is one of the most special traditions held during Orientation. Celebrate joining the Mount Holyoke community by hearing from campus leadership and signing the Mount Holyoke Honor Code, followed by your First M&Cs in the Library!

8 PM - 9 PM: Your First M&Cs

Location: Reading Room, Williston Library

Join in on one of the most beloved MHC traditions, Milk and Cookies! (In Mary Lyon's day, it was crackers.) Vegan and gluten/allergen-sensitive options are available! Enjoy some cookies (and other refreshments) as you make new friends, grab a prize, create a button, explore the castle-like Library building, meet our fabulous staff, write on the Ask LITS wall and browse what's on our shelves. Come discover your new favorite study spot!

9 PM - 10:30 PM: DIY Door Stoppers

Location: Your Residence Hall

Join the residential life staff and decorate your own door stoppers! All supplies will be provided. This is a great opportunity to meet your neighbors. No artistic experience needed - just bring your creativity!

Monday, September 1 | Be Well at Mount Holyoke

8:30AM - 9:50AM - Breakfast

Location: Dining Commons, Community Center

10 AM - 12 PM: Hot Topics

Location: Chapin Auditorium

Hot Topics is a dynamic, inclusive session focused on helping students navigate relationships and communication during college. Through a mix of interactive elements, reflection, and real-life scenarios, students will explore topics like consent, healthy relationships, and making informed choices grounded in the unique context of our campus and community. Please note: this session will include discussions of topics such as consent, interpersonal boundaries and relationship dynamics, which may be sensitive for some participants.

12 PM - 1 PM: Lunch

Location: Dining Commons, Community Center

Block 1 | 1:10 PM - 2:00PM

Session 1: GRIT (Growing Resilience Individually & Together) : A Kickstarter Power-Hour | Cleveland L-1

Growing Resilience Individually and Together (GRIT): a Kickstarter Power-Hour is based on a 5-part student workshop series that teaches resilience skills based on the four components of flourishing from positive psychology: Connection, Meaning and Purpose, Self-Acceptance/Mastery, and Autonomy/Self-determination. This session, which is a consolidated/abridged version of that curriculum, is designed to introduce some of these core concepts and skills to incoming students, to establish some foundational strategies to promote flourishing amidst the transition to college.

Session 2: Be Well Tips and Advice for your First Year | Hooker Auditorium

Please join Be Well to learn about resources that will support your wellness journey. We will discuss how you can join our Be Well Be Together program, it will help you cultivate friendships and reduce loneliness your first semester.

Session 3: Thinking About Drinking with the Peer Health Educators | New York Room

Join the Peer Health Educators for a conversation about alcohol, substances and tips for navigating parties and social settings. This session is recommended for anyone at any level of experience or knowledge. Regardless of whether you envision having a substance-free or substance-full college experience (or if you're unsure!), this session will give you key foundational information to help you make the choices that are best for you.

Session 4: Life Skills 101 w/Res Life: Learning how to live at Mount Holyoke | Cleveland L-3

Learn how to navigate daily life in your residence hall, from doing laundry and sorting recycling to sharing common spaces like kitchens and bathrooms. This session will also cover what to do when things go wrong, such as facilities issues or room damages, and introduce key resources to help you respond effectively. A take-home handout with basic life tips and instructions will be provided.

Session 5: How to Health Service at MHC | Cleveland L-2

Health Services aims to be your medical home away from home. We will share the full scope of our primary care services, clarify what health care services are available at Health Services and which are available at Counseling Service, demonstrate different ways to access care and explain a bit about costs, all in a casually competitive game format... Come learn! Have fun!

Session 6: Overcoming Impostor Phenomenon: From Self-Doubt to Self-Definition |

Blanchard Community Center, The Great Room

There's a name for feeling like you don't belong and everyone else is smarter-better-more deserving than you ... and it's IMPOSTER PHENOMENON! In this interactive workshop, we'll define the impostor phenomenon and explore its ties to stereotype threat and perfectionism. There will be opportunities for reflection and connecting with others in small groups to share experiences and develop strategies for moving from self-doubt to self-definition.

Session 7: FP Orientation Trivia | The Cochary Pub

Come test your knowledge and learn more about Mount Holyoke, the Frances Perkins Program and the amazing community you're now a part of! This fun, low-key trivia is a great chance to connect with fellow FP scholars, win small prizes and celebrate the start of your MHC Journey!

Block 2 | 2:15 PM - 3:05PM

Session 1: Be Well Tips and Advice for your First Year | Hooker Auditorium

Please join Be Well to learn about resources that will support your wellness journey. We will discuss how you can join our Be Well Be Together program, which will help you cultivate friendships and reduce loneliness your first semester.

Session 2: Just the Tips: Intro to Sex Ed with the Peer Health Educators | Gamble Auditorium

Let's talk about sex! Join the Peer Health Educators for a conversation about sexuality, sexual health, and healthy communication around consent and preferences. This session will frame sex beyond a cis-heteronormative lens and aims to give participants a foundational knowledge to help them navigate their first few weeks.

Session 3: Life Skills 101 w/Res Life: Learning how to live at Mount Holyoke | Cleveland L-3

Learn how to navigate daily life in your residence hall, from doing laundry and sorting recycling to sharing common spaces like kitchens and bathrooms. This session will also cover what to do when things go wrong, such as facilities issues or room damages, and introduce key resources to help you respond effectively. A take-home handout with basic life tips and instructions will be provided.

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Session 5: Decolonizing Mental Health for BIPOC students | Cleveland L-1

In order to understand and best support the needs of our BIPOC students, we must acknowledge the ways in which colonialism and racism have impacted mental health within marginalized populations. Education is fundamental to adequately serve students of color and indigenous students at a predominantly white institution. This workshop would help students learn about the common traits of settler colonization that lead to inequality and oppression and examine the ways that colonialism, racism, and capitalism impact mental health in BIPOC individuals.

Session 6: Nature Connections: A Meditative Walk. Walk with intention. Discover with presence. | Starting Location: Fimbel Makerspace

Foster a new appreciation of Mount Holyoke's natural landscapes with a guided walk by Angelica Patterson, MWCE's Curator of Education and Outreach. You will be led on a 45-minute mindful walk along our waterways and through Prospect Hill, as you learn about the natural history of these spaces and take time to calm the mind and awaken the senses. This tour will be outdoors and will require proper footwear (sturdy walking shoes) and clothing for appropriate weather. Portions of the tour will involve hiking gradual inclines and over uneven surfaces.

3:15 PM - 5:00 PM: Trots and Treats: Ice cream at the Equestrian Center

Location: The Equestrian Center

A casual orientation event designed to invite new students up to the Equestrian Center for ice cream and optional outdoor activities as well as an introduction to our stables and horses.

5 PM - 8 PM: Dinner

Location: Dining Commons, Community Center

6 PM - 8 PM: New Dining Student Worker Orientation

Location: Gamble Auditorium

8 PM - 9 PM: Orientation 101

Location: Chapin Auditorium

Join in a tradition that helps you get acquainted with the ins and outs of life at MHC. The only prerequisite is a sense of humor. This is a spirited (and loud!) event with a great deal of cheering as the returning students welcome you to the community.

9 PM - 10:30 PM: Party with the PHEs

Location: Ground Floor of Blanchard Hall Community Center

Start your Mount Holyoke journey with a night of connection, community and fun! Hosted by the Peer Health Educators (PHEs), this interactive event brings together music, creative activities and great vibes to help you meet fellow students and explore what it means to have a great time while taking care of yourself and others.

Tuesday, September 2 | Convocation Day

7:15 AM - 9 AM: Breakfast

Location: Dining Commons, Community Center

9 AM - 10 AM: Class of 2029 Photo

Location: Gettell Amphitheater

Join your classmates for a picture before Convocation! Please arrive by 9 am.

10 AM - 11 AM: Convocation

Location: Gettell Amphitheater

Join President Danielle Holley for a ceremony marking the official opening of the academic year.

11:30 AM - 1:30 PM: Convocation Cookout

Location: Pageant Green

1 PM - 4 PM: TB Testing

Location: Pattie Groves Health Center Building

All students who have been identified as needing a Tuberculosis screening are required to do so at the Health Center. Students will have been notified over the summer or upon check-in at orientation. Students needing the screening should sign up for an appointment through MyHealth Connection.

1 PM - 4 PM: Counseling Service Open House

Location: Pattie Groves Health Center Building

The MHC Counseling Service aims to help students achieve their educational and personal goals and be their healthiest selves. "Counseling" though, may not be familiar to all students, as it is not common practice in some countries, cultures or families. Stop by the Pattie Groves Health Center and join the Counseling Service staff for open hours. Meet some of the counselors to learn about their interests, and what languages they speak. This is a great opportunity to discover how the Counseling Service can provide support and guidance to help you succeed at MHC. Tasty treats will be provided.

1 PM - 4 PM: Talcott Greenhouse Open House

Location: Talcott Greenhouse

Giving each new student a "Firstie Plant" has been a well loved tradition for over 50 years! We welcome you to pick out your firstie plant during these times at the Botanic Garden's Talcott Greenhouse. This is for all students who are joining Mount Holyoke for the first time (first-year students, transfer students, and Frances Perkins Scholars!) Staff will be available for questions on plant care or sharing information about what we do and how students may get involved.

1 PM - 4 PM: Archives and Special Collections Open House

Location: Dwight Hall

Stop by the Archives and Special Collections in Dwight Hall to explore Mount Holyoke's rich history! You'll have the chance to learn how to incorporate primary sources into your academic and co-curricular work, while also getting to view original materials featuring Mary Lyon, student organizations, and campus life across the decades.

2 PM - 3 PM: Museum Mania

Location: Mount Holyoke College Art Museum

Explore the Art Museum galleries and try the Scavenger Hunt Challenge! Learn about student opportunities and sign up for a free Student Museum membership. Free poster for all attendees!

3 PM - 5 PM: Campus Tours with Admissions Ambassadors

Starting Location: In front of Blanchard Community Center, on Skinner Green

Join our Admissions Ambassadors for a guided walking tour of campus! This is a great opportunity to explore academic buildings, residence halls and favorite student spaces while hearing personal stories and insights about life at MHC. Feel free to bring your academic schedule to identify where your classes are the next day!

5 PM - 8 PM: Dinner

Location: Dining Commons, Community Center