

LHU TRIO Student Support Services (SSS) Scholars Program Best Foot Forward (BFF) Summer Bridge Program 2021



Sunday, August 15th

Time	Event	Location
12:30 - 2:00 p.m.	Residence Hall Move-In <i>Students living on campus in Fall 2021 move into their academic-year rooms.</i>	Residence Halls
4:00 - 5:00 p.m.	Welcome Ceremony <i>Students may bring up to two family members or supporters each.</i>	Hamblin Hall of Flags, Robinson Hall
5:00 - 5:45 p.m.	Welcome Reception <i>Students and supporters are invited for a light dinner.</i>	Alumni Pavilion
5:45 p.m.	Supporters Depart <i>Students stay for opening activities.</i>	Alumni Pavilion
6:00 - 7:00 p.m.	Getting to Know Each Other <i>with the TRIO SSS Team</i>	Campus Commons/Hall of Flags
7:00 - 8:30 p.m.	Time Management with Your Peer Mentors <i>Students break into small groups for semester planning and activities with their Peer Mentors.</i>	Breakout Locations

***** Be sure to have your ID card and name badge with you at all times during BFF. Please also bring your portfolio and a pen or note-taking device to all BFF sessions. Finally, you are encouraged to bring questions about each session topic. *****

Monday, August 16th

Time	Activity	Location
8:00 - 9:00 a.m.	Breakfast <i>available in Bentley Dining Hall</i>	Bentley Dining Hall
9:00 - 9:15 a.m.	#TRIOworks: TRIO SSS Introduction <i>with Dr. Rachel Epstein, TRIO SSS Director</i>	Hall of Flags
9:15 - 10:15 a.m.	Your Questions, Answered <i>with the TRIO SSS Peer Mentors</i>	Hall of Flags
10:30 - 11:15 a.m.	The Transition to College: Small-Group Discussions <i>with the Peer Mentors</i>	Hall of Flags / Breakouts
11:15 a.m. - 12:00 p.m.	College & Career Compass: College Purpose <i>with Dr. Epstein</i>	Hall of Flags / Breakouts
12:00 - 1:00 p.m.	Lunch <i>with the Peer Mentors</i>	Bentley Dining Hall

1:00 - 2:00 p.m.	Financial Wisdom for College Students <i>with Regis Bingham, Financial Professional</i>	Hall of Flags
2:30 - 3:30 p.m.	Work-Life Balance for College Students <i>with Dr. Lynn Bruner, Director of Counseling Services</i>	Hall of Flags
3:30 - 4:00 p.m.	Learning and Study Strategies Inventory <i>with Dr. Epstein</i>	Hall of Flags / Breakouts
4:00 - 5:00 p.m.	College & Career Compass: Challenges <i>with the TRIO SSS Team</i>	Hall of Flags / Breakouts
5:00 - 6:00 p.m.	Dinner <i>with the Peer Mentors</i>	Bentley Dining Hall
6:15 p.m.	Roxy Movie Night <i>Meet in front of Bentley to walk downtown to the Roxy Movie Theater for a choice of three movies. Tickets provided. As an alternative to walking, rides will be arranged as needed.</i>	Meet in Front of Bentley

Tuesday, August 17th

Time	Activity	Location
8:00 - 9:00 a.m.	Breakfast <i>available in Bentley Dining Hall</i>	Bentley Dining Hall
9:00 - 10:00 a.m.	Understanding How You Learn in College <i>with Tulare Park, Director of Disability Services</i>	Hall of Flags
10:00 - 10:45 a.m.	Tech Tips and Study Strategies <i>with Dr. Carl Sell, TRIO SSS Writing Specialist</i>	Hall of Flags
11:00 a.m. - 12:00 p.m.	Identify Your Strengths <i>with Dr. Sell and the Peer Mentors</i>	Hall of Flags / Breakouts
12:00 - 1:00 p.m.	Lunch <i>with the Peer Mentors. Stop in your room to pick up books, balls, frisbees, etc., to take to the park in the afternoon.</i>	Bentley Dining Hall
1:00 - 2:00 p.m.	Diversity, Microaggressions, and You <i>with Kenny Hall, Director of the Office of Diversity, Equity, and Inclusion, and Mia Swales, Graduate Assistant</i>	Hall of Flags
2:00 p.m.	Walk to Riverview Park <i>We will walk as a group to the park for an afternoon of free activities and a picnic dinner. As an alternative to walking, rides will be arranged as needed. You're encouraged to bring along games, books, balls, frisbees, etc.</i>	Riverview Park, Lock Haven
6:00 p.m.	Return to Campus	
7:00 - 9:00 p.m.	Optional: PUB Hang <i>Peer Mentors will be in the PUB Eagle Wing for games and crafts. You may join there or have free time on your own.</i>	Parsons Union Building (PUB)

Wednesday, August 18th

Time	Activity	Location
8:00 - 9:00 a.m.	Breakfast <i>available in Bentley Dining Hall</i>	Bentley Dining Hall

9:00 - 10:15 a.m.	NextGen Working Professionals <i>with Marianne Guinter, TRIO SSS Program Coordinator</i>	Hall of Flags / Breakouts	
10:30 - 11:15 a.m.	Opportunities with the Center for Career & Professional Development <i>with Nikki Wible, Career & Internship Navigator</i>	Hall of Flags	
11:15 a.m. - 12:00 p.m.	Opportunities for International Education <i>with Rosana Campbell, Center for Global Engagement Director</i>	Hall of Flags	
12:00 - 1:00 p.m.	Lunch <i>with the Peer Mentors</i>	Bentley Dining Hall	
1:00 - 1:45 p.m.	Navigating myHaven <i>with Meisha McDermit, Registrar</i>	Hall of Flags	
1:45 - 2:30 p.m.	Group A: Library Tour <i>with Elsa Winch, Instruction & Reference Coordinator, and Cathy Gessner, Health Sciences Librarian</i>	Group B: Navigating D2L. <i>with Jan Bottorf, D2L Administrator</i>	Stevenson Library, Hall of Flags
2:30 - 3:15 p.m.	Group A: Navigating D2L <i>with Jan Bottorf, D2L Administrator</i>	Group B: Library Tour <i>with Elsa Winch, Instruction & Reference Coordinator, and Cathy Gessner, Health Sciences Librarian</i>	Stevenson Library, Hall of Flags
3:30 - 4:00 p.m.	Take Control of Your Financial Aid <i>with Liza Kopp, Assistant Director of Financial Aid</i>	Hall of Flags	
4:00 - 4:45 p.m.	Mindset <i>with Dr. Epstein</i>	Hall of Flags / Breakouts	
5:00 - 6:00 p.m.	Dinner <i>with the Peer Mentors</i>	Bentley Dining Hall	
7:00 - 9:00 p.m.	Rec Center Hang <i>Your choice of sports or games with the Peer Mentors.</i>	Student Recreation Center	

Thursday, August 19th

Time	Activity	Location
8:00 - 9:00 a.m.	Breakfast <i>available in Bentley Dining Hall</i>	Bentley Dining Hall
9:00 - 9:30 a.m.	The HOPE Center: A Safe Place <i>with Dr. Lisette Schillig, Professor of English</i>	Hall of Flags
9:30 - 10:00 a.m.	Staying Safe on Campus <i>with Robert Hall, Public Safety Officer</i>	Hall of Flags
10:30 a.m. - 12:00 p.m.	BFF Wrap-Up <i>We conclude with awards, an evaluation, and a group photo.</i>	Hall of Flags
12:00 - 4:00 p.m.	Movers & Shakers <i>Pizza provided! As a way of giving back, SSS Scholars will help new students move into Fairview Suites.</i>	Fairview Suites



You did it! Best wishes for the start of classes. We will see you soon!