



New Beginnings

September is arriving quickly and many of you will be starting your classes. How are you feeling? Excited? Scared? Anxious? All of those feelings are valid as this is a big transition in your life whether you are a new to College student or a returning student.

Orientation events are a great opportunity to learn about your new campus, find all the support services that will help you throughout your time with the College, and meet new people.

Can't wait to meet you on September 6!

Reason #4 to attend Okanagan College Orientation

Have some fun before you dive into your classes!

Did you miss Reasons 1, 2 and 3? [Find them all in past issues of the newsletter.](#)

Have you Completed OC 101 and OC Ready Yet?

All incoming students are expected to complete the following orientation courses before beginning classes in September. Access them by logging into Moodle through your myOkanagan account.

Please complete the following:

- [OC Ready](#)
- [Four Seasons of Reconciliation](#)
- [Consent and Sexual Violence](#)
- [Non-academic Misconduct](#)

If you complete the OC Ready course by August 31 you will be entered in a draw to win a \$200 gift voucher!

[Learn more about Moodle at this link.](#)



Orientation Timeline

Get ready for orientation!

Late August/September

✓ Complete your orientation online courses OC 101 and OC Ready

- ✓ Pre-orientation fun event at each campus
- ✓ In-person international orientation
- ✓ Strong Start Library event
- ✓ Kick Off Welcome events at each campus on September 6

Find all the details here:

okanagan.bc.ca/orientation

Dates and Deadlines to Note:

August 30

- [Community BBQ and Scavenger Hunt event](#) in Vernon
- [Strong Start and Courtyard Festival](#) in Salmon Arm

September 2

- [Beach Festival](#) in Kelowna and Penticton
- [Strong Start Library](#) events in Kelowna and Penticton
- [International in-person events](#)

September 6

- [Kick Off to Orientation](#) events

September 7

- First day of classes (academic)

Transition Tips

Here's some help on planning out your first week of College!

- Bring a pen and notebook or laptop to class.
- Plan some time to pick up textbooks. The bookstores on every campus are busy the first week so you may need extra time.
- Get to know your campus and where to find supports and services. There will be many staff members available during orientation activities. Ask them lots of questions!
- Attend as many events as you can to connect with your peers, staff, and community partners.
- Download the OC Safe app on your phone. Gain immediate access to 911, campus security, emergency procedures, work or study alone check-in, campus maps, support services and more.



Get to Know Your Campus

Here's a sneak peek at some of the unique parts of each campus that we think you should know about!

Salmon Arm Campus

Did you know... the duck pond never freezes during the winter. Want to know why? Find out at orientation!

Make sure you check out the Student building on campus where you'll find the OCSU Food Pantry, ping pong, foosball, a piano, coffee and microwaves, vending machines, the bookstore, and the Indigenous Gathering Place - a safe place to go and relax. Grab a walking stick or bike to explore cool trails around the campus.

Vernon Campus

Find two private study rooms in the library that have a view of beautiful Kalamalka Lake. These rooms can be booked by visiting the front counter at the library.



Take in the food and the view at the Kal View Cafe, run by Uprooted Kitchen. Don't miss out on their butternut squash lasagna, burger day specials, the falafel wrap and their fresh chocolate explosion pantry! Be sure to grab a table at the window - the view is incredible!

Need a quiet spot on campus to study? Head down to the end of the hall in the D building. There are comfy chairs set up in the window area just outside room D333. Enjoy the view and the fresh air on the green space just outside the library and cafe.

Kelowna Campus

There are many food options at the Kelowna campus! Marmalade Cat Cafe is down in the Trades building, Kekuli Cafe Indigenous Cuisine is opening this September in the Centre for Learning (CFL building), The Market is a brand new option in the F building which features grab-and-go lunch options and locally sourced products. For coffee and baking options, be sure to check out the Local Chemist in the Student Services building.

Wander through the na'ḡk'wulamən garden, a traditional Indigenous Garden just outside the E building on the north side, or play some ping pong in the Pit, located in the Student Services Building. Visit the Indigenous Centre for fresh coffee, and relax in their comfy chairs in between classes - all are welcome.

The Kelowna campus is also lucky to be within walking distance to trendy shopping, restaurants, and beaches.

Penticton Campus

Where can you find something good to eat on the Penticton campus? Check out the Marmalade Cat Cafe in the Jim Pattison Centre of Excellence - affectionately called the COE by those on campus.

Find a napping pod in the Zen Den in the COE! Or use the Zen Den for breastfeeding, praying, or meditating. The key can be picked up from the Administration Office in the Ashnola Building.

Lots of students meet up in the Courtyard outside for studying, eating, or relaxing! You'll also find indigenous plants, picnic tables, and story poles.

For your physical wellbeing, check out the gymnasium and fitness centre. Rent equipment, shoot some hoops, participate in intramurals, attend a yoga class, and use the fitness room equipment for a quick workout between or after classes. Take a free entry-level exercise series in September to learn basic exercises, get to know the equipment and the fitness centre.

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Salmon Arm: <https://www.facebook.com/groups/17829359039>
 Vernon: <https://www.facebook.com/groups/340682060271473/>
 Kelowna: <https://www.facebook.com/groups/826744374178591>
 Penticton: <https://www.facebook.com/OCPen>