

undergraduateorientation<sup>12</sup>  
**EXPERIENCE Tufts**

**UNDERGRADUATE ORIENTATION**

Tufts University  
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[www.tufts.edu](http://www.tufts.edu)



**Tufts**

Pre-ORIENTATION  
**2012**



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Pre-ORIENTATION  
**2012**



# FIT.FOCUS.IO.TWO

## **What is F.I.T.?**

Incoming students often experience anxiety and uncertainty about moving away from home and making the adjustment to college life. Excelling in the classroom is every student's goal, but there are also resources available to students who want to lead a healthy, balanced life. The Department of Athletics and Physical Education created F.I.T. to educate incoming students about the fitness, wellness, and nutritional programs available to them on campus. Peer leaders, instructors, staff, and faculty will guide students through a non-competitive, active, and fun environment over the four days prior to Undergraduate Orientation. F.I.T. is an innovative program designed to encourage wellness and active citizenship.

## **Who Should Apply?**

Students who are interested in learning and participating in fitness, exercise, nutrition, healthy eating, outdoor adventure, and meeting key fitness and wellness staff on the Medford campus.

## **What Type of Activities?**

Jumbo workouts, stress & time management, relaxation, nutrition guidance, games, kayaking, rock climbing, yoga, pilates, and other social events.

## CONTACT INFORMATION:

Branwen-Smith King  
Department of Athletics  
(617) 627-3782  
branwen.smith-king@tufts.edu  
<http://ase.tufts.edu/physed/fit/freshmanInfo.asp>



### Andrew McHugh, Class of 2013

*F.I.T. is hands down my favorite week of school. It is one of the best ways to get to know both Tufts and your fellow students. It's an incredible way to start off with college life. About half of my friends that I hang out with now, 2½ years later, I met during that first week of F.I.T. I plan to be a part of F.I.T. as long as I possibly can; they'll probably have to kick me out after I graduate because I won't want to leave.*

### Shelby Schulz, Class of 2012

*F.I.T. is a great way to get introduced into the close-knit community that is Tufts. I met many unique, yet like-minded kids through F.I.T. that continue to be my friends today.*

### Ernie Melero, Class of 2014

*F.I.T. was the best decision I could have made before starting school! I met all of my closest friends during F.I.T. and couldn't have asked for a better way to begin college.*

### Amanda Graves, Class of 2015

*F.I.T. was a great start for my college experience. It gave me my best friends, an early grasp of the campus, and allowed me to be comfortable with Tufts even before orientation started!*

### Rebecca DiBiase, Class of 2013

*F.I.T. was the perfect way to kick off a great college career. The days were filled with fun activities, and people I met are still my closest friends today. By the time the other nervous freshmen arrived, I felt so comfortable on campus that I could just sit back and relax.*



# FIT.FOCUS.IO.TWO

**FOCUS** is a community service pre-orientation program that introduces incoming students to a group of their peers and the university while enabling them to serve and explore their new host community. FOCUS gives participants the opportunity to fall in love with Boston and the Medford/Somerville community. It offers students the opportunity to form long-lasting relationships with a diverse group of fellow students.

Participants will work in groups with seven other incoming students and two upperclassmen leaders doing community service projects in the Medford/Somerville area, like cooking in a soup kitchen or participating in urban beautification projects. The five-day service trips are an incredible way for students to launch their new careers as Jumbos. FOCUS is completely organized and run by a staff of 80 student volunteers, most of whom participated in FOCUS their first year at Tufts.

For more information, please visit our website at [www.TuftsFOCUS.org](http://www.TuftsFOCUS.org) or email us at [TuftsFOCUS@gmail.com](mailto:TuftsFOCUS@gmail.com).

**CONTACT INFORMATION:**

tuftsFOCUS@gmail.com

www.TuftsFOCUS.org



**Andrew Nunez, FOCUS 2011 Participant**

*FOCUS was the most defining moment of freshman year for me. It really helped shape who I wanted to be on campus—and the best part was that it all happened before classes even started!*



**Dan Halpert, FOCUS 2010 Coordinator**

*Without a doubt, FOCUS has been the most formative experience of my college career. Through the program, I have created friendships that I will maintain throughout my life.*



**Sarah Tralins, FOCUS 2011 Support Staff**

*I think what FOCUS offers is a great experience for freshmen to meet their peers, make friends, and learn about Tufts before really diving into the academic year.*

**Brendan McBride, FOCUS 2011 Leader**

*Being a part of the FOCUS staff is being a part of something meaningful and powerful in not only the lives of those freshmen who come to Tufts for the first time, but also those in our own backyard.*





# FIIT.FOCUS.10.TWO

**International Orientation (IO)** is a three-day program designed to introduce incoming international and American students to life at Tufts prior to Undergraduate Orientation. Approximately 125 first-year and transfer students participate in the program. Student representation includes international students on U.S. visas; U.S. permanent residents; students from Puerto Rico, Guam, and the U.S. Virgin Islands; Americans who have lived overseas; and a small number of Americans from across the country. Fifteen upper-class students (international & American) lead IO as Host Advisors.

IO has been the cornerstone for many new students to Tufts as the program provides opportunities for these students to befriend a broad range of other students, while assisting all participants as they acclimate to life in the U.S., Boston, and at Tufts. IO has fostered and promoted a diverse and rich intercultural community at Tufts for over twenty-five years!

## CONTACT INFORMATION:

International Center  
20 Sawyer Avenue  
Medford, MA 02155  
(617) 627-3458  
internationalcenter@tufts.edu  
<http://ase.tufts.edu/icenter/enteringUgOrientation.htm>



### Student from England

*The feeling of already knowing one hundred faces on campus when all of the other students moved in gave me a confidence that I was very lucky to have. Three months into the semester the Host Advisors continued to make a point of stopping to say hello and ask how I was if they saw me on campus.*

### Student from Ghana

*International Orientation was not only the first program I attended at Tufts but also the most memorable one during my first year. Being the first time I had traveled outside my country, I was a bit nervous about coming to Tufts but the wonderful welcome I got from the Host Advisors made me feel that I couldn't have been in a better place. I started settling in and made my first friends at Tufts during I.O. and they have been a huge part of my Tufts experience from then on.*

### American Student from Ohio

*I.O. was one of the best experiences of my first year at Tufts. I.O. gave me so much confidence by the time classes started; I knew Boston, the campus, and I had a solid group of friends. This kind of thing is said often, but truly, many of the closest friends I have now are the ones that I met through I.O.*

### Student from Singapore

*In just a few short days, International Orientation provided me—a shy, timid, and clueless student—with the absolute best possible transition to life at Tufts! All the activities were extremely enjoyable, but what impacted me the most was, without a doubt, the people. I'm the kind of person who just can't instantly feel comfortable in large groups, but that's what made I.O. so great for me.*



# TUFTS.FOCUS.IO.TWO

**Tufts Wilderness Orientation (T.W.O.)** Tufts Wilderness Orientation is a five-day student-led experience for incoming students the week before school starts. Each year, over 200 students arrive at Tufts in late August and embark on backpacking, canoeing, hybrid, rock-climbing, or trail crew trips. T.W.O. is a once-in-a-lifetime opportunity that allows incoming students to bond with others and share in an experience that creates lifelong friendships.

The trips are physically demanding but also designed for the beginner. Groups are made up of eight incoming students and two student leaders. They are completely self-sufficient for the duration of the trip; they carry all their own food and equipment, do all their own cooking, and have minimal contact with civilization. Trips normally are sent to remote reaches of the New Hampshire, Maine, or Vermont wilderness.

T.W.O. trips offer you the opportunity to experience the view from a rocky mountaintop, swim in a pristine lake, or gaze at the stars in a clear night sky. There is no better way to start off your college career!

## CONTACT INFORMATION:

Jimmy Voorhis and Rachael Wolber

TWO@tufts.edu

<http://www.tufts.edu/programs/tuftswilderness/>



### Eric Siegel, T.W.O. '09

*Wilderness is one of my favorite memories from my freshman year. It is an incredible program rooted in a very simple idea: giving eight strangers a chance to survive with one another will force them to forge a bond. The harsher the weather conditions, the more difficult the terrain, the closer you become to your group. Wilderness Pre-Orientation provided me with a core group of friends so that by the time orientation started, I already knew who I would be eating with and where people were living. From there, I got to meet everyone else's new friends and this made the transition into school much easier.*



### Cassandra Bannos, T.W.O. '07

*Doing T.W.O. my freshman year was by far the best thing I could have done. My group sort of became my extended family at Tufts with weekly dinners, life chats, and my leaders acting as mentors. I can't imagine going through the first few weeks of college only knowing people from my dorm.*



### Stella Benezra, T.W.O. '09

*T.W.O. was the best thing I could have done as an incoming freshman. I was nervous, at first, that it was going to be really hard and that I'd be surrounded by really advanced hikers and that I'd feel out of place. But it was challenging in the best way because doing anything in the wilderness, whether it be climbing a really tall mountain or getting rained on in your sleep, just brings you so much closer to the people who you do it with. I met amazing people on my wilderness trip and it made it so much easier for me to transition into college life.*

**ARRIVAL DATES:**

FIT: August 25  
 FOCUS: August 23  
 IO: August 26  
 TWO: August 23

**NUMBER OF STUDENTS:**

FIT: 150–200  
 FOCUS: 150–200  
 IO: 125  
 TWO: 216

**COST:**

FIT: \$300  
 FOCUS: \$300  
 IO: \$300  
 TWO: \$300

# GENERAL INFORMATION

## How to Apply

The pre-orientation applications will be available through the online portal for the incoming class, Connection 2016. You will only be able to participate in one of these programs, as they run simultaneously. Applications are due by June 1. Students will be notified of program acceptance by June 15. Please do not make travel plans until you receive your acceptance letter.

## Payment and Financial Aid

Once you have received your acceptance letter into one of the programs, you must pay to secure your spot. We will only be accepting credit card payments to secure spots. Payments are due by July 8. If you do not pay by the deadline, your spot in the program will be given to another interested student. If you are unable to make a credit card payment or have other extenuating circumstances, please contact us immediately to make alternate arrangements.

Financial aid may be available for students based on need. You will be notified of your award at the time of acceptance into a pre-orientation program. We hope that cost will not be a barrier to participation in a pre-orientation program, so please contact us if you have any questions or concerns.

## Timeline

May 2 . . . . . Pre-O Applications Open  
 June 1 . . . . . Pre-O Applications Due  
 June 15 . . . . . Notification of Program Acceptance  
 July 8 . . . . . Payment Deadline  
 August 15 . . . . . No refunds after this date

The University's **Undergraduate Orientation Program** will follow the optional pre-orientation programs and is mandatory for all incoming first-year and transfer students. The Undergraduate Orientation Program is intended to assist students, parents, and families in understanding the goals and expectations of this dynamic university community, and to introduce them to the valuable services and programs available on campus. We strongly believe that the Orientation Program will prepare students well as they begin their academic and co-curricular journey as members of the Tufts University family.

# UNDERGRADUATE ORIENTATION

Students and parents will receive information beginning in mid-May and throughout the summer on Undergraduate Orientation and all that needs to be done prior to arriving in the fall. Students will also be informed through email about **Connection 2016**. Connection 2016 will be your gateway to everything you need to know and complete regarding your entrance to Tufts University.

The Undergraduate Orientation schedule is full of exciting events and mandatory programs, all to assist with your transition to the University. Below is a brief schedule of some of the highlights and important dates. A full schedule will be available at the end of the summer.

Below is a general overview of what to expect in your first few days at Tufts.

## **Wednesday, August 29**

- Arrival/move-in to residence halls, 8:00–11:30 AM
- Morning optional programs for parents
- Luncheon for students, parents, and family members, 12 noon
- Matriculation Ceremony; parents and family members welcome, 1:30 PM
- Afternoon optional programs for parents, 3:00–4:00 PM

**The students' Orientation Program will officially begin following Matriculation. We ask that parents and family members plan to depart campus by 4:00 PM.**

- Meet with advising group to get acquainted
- Residence Hall meetings
- Opening night welcome event and dinner
- Residence Hall activities

## Thursday, August 30

- Language placement exams
- Programs about graduation requirements, majors, and fall courses
- Safety awareness presentations
- If in the School of Engineering, meet with advisor to select fall courses
- If in the School of Arts & Sciences: first-year students meet with advisor as group for academic overview and dinner; transfer students meet with advisor to select fall courses
- Various campus activities and evening social events

## Friday, August 31

- If in the School of Arts & Sciences: first-year students meet with advisor to select fall courses; transfer students register for fall courses
- If in the School of Engineering, register for fall courses
- Annual Celebration on the Hill and Candle-Lighting Ceremony
- Various campus activities and evening social events

## Saturday, September 1

- First-year students in the School of Arts & Sciences register for fall courses
- Various campus activities and evening social events

## Sunday, September 2

- Discover Davis Square
- Target Extravaganza
- Various campus activities and evening social events

## Monday, September 3

- Discover Davis Square
- Various campus activities and evening social events



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