



University of New Haven

# JUMPSTART YOUR JOURNEY AS A CHARGER

Presented by the Division of Student Affairs



# DELIVERING EXCEPTIONAL, DISTINCTIVE, AND TRANSFORMATIVE STUDENT EXPERIENCES!

University of  
New Haven



# STUDENT PARTICIPATION

Why is it important to engage outside of the classroom?



Exciting opportunities can provide purpose and build confidence



Diverse programs to explore



Build connections & strengthen relationships



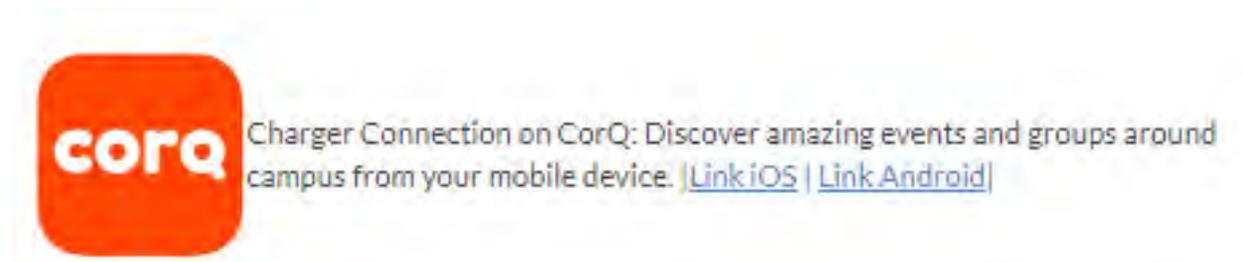
Programs are designed to be educational, challenging & enlightening



**FUN!**

# TYPES OF STUDENT ENGAGEMENT

- **100+ Recognized Student Organizations**
  - Student Government
  - Honor Societies
  - Hobbies & Interest Groups
  - Career Focused, and more!
- **Fraternity and Sorority Life**
- **Civic Engagement (Community Service)**
- **Residential Life Programming**



# ATHLETICS & RECREATION

## ChargerREC @ Beckerman Recreation Center

- All services for commuters and residential students: ID is required!\*\*
- GroupX fitness classes weekly: Yoga, Spinning, Zumba
- Drop in/informal recreation: badminton, basketball, etc.
- Variety of fitness equipment and indoor track
- Intramural Sports: compete against fellow students
- Club Sports: Develop leadership skills while continuing your sport or try a new one. Compete against other colleges & university club teams
- Student Employment

**New Haven Athletics:  
Welcome to Charger Nation!**

@UNewHavenChargers



## Benefits of Movement, Exercise & Play

- Improved sleep
- Reduce stress
- Connect with others
- Increase energy
- Improve memory and creativity
- **Having FUN!**



@chargerREC



# STUDENT HOLISTIC DEVELOPMENT

The University provides a robust support system that connects and empowers all students as they navigate their academic and personal journeys.

We aspire to create welcoming and inclusive environments by helping students navigate their collegiate experience, develop resilience, and make meaning of their unique experiences.

# ESTABLISHING HOLISTIC CARE



University of  
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Athletic Training – Sports Medicine & Rehabilitation  
Counseling & Psychological Services  
Health Services Center

# START YOUR CAREER ADVENTURE

*We bring career information and preparation to you.*



The Career Development Center is THE place for anything internship and career related!



# WOULD YOU WORK THIS JOB?

## Instructions:

- *Stand up or Raise Your Hand.*
- *Listen to the job description as it is read to you.*
- *Remain standing (or hand raised) if you see yourself working this job.*
- *When you no longer want to work this job, take a seat (or lower your hand).*



# BECOMING CAREER READY

Applying skills, competencies, interests, and personality to your career goals



Who you are is connected to what you will do

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Understand your competencies, skills & interests

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Work environments are key to career happiness

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Determine what "success" means to you

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Skills + Personality + Interest = Career Fit

# FIRST YEAR MILESTONES

- Activate and complete your Handshake profile
- Draft a Resume using Resume Guide on Handshake
- Upload your finalized resume into Handshake
- Create a LinkedIn Profile
- Explore our myCharger & Handshake resources
- Join a Recognized Student Organization (RSO) related to your interests
- Build personal development by volunteering at the University or community events
- Get to know your academic advisor and program requirements (internship, capstone, etc.)
- Stay connected
  - Instagram: @unewhavencdc
  - LinkedIn: [University of New Haven Career Connect](#)

[www.newhaven.edu/CDC](http://www.newhaven.edu/CDC)  
[www.newhaven.joinhandshake.com](http://www.newhaven.joinhandshake.com)

 @unewhavencdc



**Job hunt on the go with  
the Handshake app**

Download the app on iPhone or Android to be the first  
to know about new jobs.



# CAMPUS DINING EXPERIENCE

## Charger Pride Meal Plan \*required first year plan\*

- 21 meal swipes per week at dining halls (Marketplace and FoD)
- Food Truck swipes & 6 Guest Meal Passes
- \$200 Dining Dollars, \$50 FLEX Dollars

## Large Array of Dining Options

- 2 resident dining halls
  - The Marketplace – all you care to eat
  - Food On Demand – Made to order
- 11 Retail Dining Locations
- Mobile order-ahead for pickup with GrubHub



## Additional Offerings

- Allergy Aware & Plant-Based offerings
- Reusable To-Go container program
- Feedback opportunities – Dining Committee, Surveys + more!

### Juan Dominguez

General Manager of Dining  
[diningservices@newhaven.edu](mailto:diningservices@newhaven.edu)  
203-479-4893

### Sam Standish MS, RDN, CDN, CIEC

Registered Dietitian  
[sstandish@newhaven.edu](mailto:sstandish@newhaven.edu)  
203-836-4559



## FOLLOW DINING

   [@UNEWHAVENDINING](https://www.instagram.com/UNEWHAVENDINING)

 [WWW.NEWHAVEN.EDU/DINING](http://WWW.NEWHAVEN.EDU/DINING)



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# FIRST-YEAR STUDENT TRANSITION PROGRAMS

Early Arrival & Year-Long Programs

### ***D.R.E.A.M.: Defeating Roadblocks in Education through Awareness and Mentoring***

- Supports students transitioning into the University and beyond
- Students registered for Accessibility Resources Center are eligible to participate
- Early on connections to ARC Staff, Learning Assistants and DREAM Ambassadors
- Application due August 1st
- More information Roadmap and Webpage or email [arc@newhaven.edu](mailto:arc@newhaven.edu)

### ***FIRST: Fostering Intentional Relationships for Successful Transition***

- Collaborative program hosted by CSELO, DOS & the Myatt Center
- Students who are first in their families to attend college, multicultural students, and students who may have difficulty transitioning to college are welcome to apply.
- Program begins with a summer bridge experience in August, and continues with ongoing mentorship, advising, and events throughout the year.
- Application due July 28
- For more information, email [first@newhaven.edu](mailto:first@newhaven.edu)

### ***Men's Collective***

- A mentoring program for male-identifying students supported by faculty & staff.
- Participation includes biweekly mentoring, advising, and monthly supporting programming;
- For more information, email [mc@newhaven.edu](mailto:mc@newhaven.edu)

# BEFORE YOU LEAVE TODAY, THINGS YOU SHOULD KNOW!

## First-Year Transition Programs

- FIRST Program:
  - Early Arrival Program: August 16 – 19
  - Apply to Participate By: July 28
- DREAM Program:
  - Early Arrival Program: August 18 – 19
  - Apply to Participate By: August 1

## Charge In & Residential Move-In

- Charlie's Fast Pass: August 16
- Residential Student Move-In: August 20
- Commuter Return to Campus: August 21
- **Charge In Orientation: August 21 – 24**
  - All incoming students

## The Welcome Experience

**August 25 – September 5, 2025**

- Involvement Fair
- Facebook Live Events for Families
- Residential & Myatt Center Events
- Chargers After Dark – Late Night Events
- Recognized Student Organization Events

## Important Dates

- ARC Accommodations: Apply NOW!
- Health Insurance Waiver: July 31
- Student Health Records: August 1
- Family Day: September 20
- Homecoming: October 4

***Classes Begin: Monday, August 25***

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# Questions & Answers

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# Contact Information

## Office of the Dean of Students

Ashley Dunn, Associate Dean  
[adunn@newhaven.edu](mailto:adunn@newhaven.edu)

Brian Ibarra, Associate Director for Student Support  
[bibarra@newhaven.edu](mailto:bibarra@newhaven.edu)

## Center for Student Engagement, Leadership & Orientation

Chris Cheslog, Assistant Director for RSOs and Operations  
[ccheslog@newhaven.edu](mailto:ccheslog@newhaven.edu)

## Career Development Center

[CDC@newhaven.edu](mailto:CDC@newhaven.edu)

## Accessibility Resources Center

Olivia St. John, Accessibility Specialist  
[ostjohn@newhaven.edu](mailto:ostjohn@newhaven.edu)

## Dining Services

Juan Dominguez, General Manager  
Samantha Standish, Registered Dietitian  
[diningservices@newhaven.edu](mailto:diningservices@newhaven.edu)  
[www.newhaven.edu/dining](http://www.newhaven.edu/dining)

## Myatt Center for Diversity & Inclusion

[cdi@newhaven.edu](mailto:cdi@newhaven.edu)

## Charger Recreation

[chargerrec@newhaven.edu](mailto:chargerrec@newhaven.edu)



**THANK  
YOU**

University of New Haven