



THE L&C BUZZ



Hi, new student!

New Student Orientation (NSO) is coming up in just over two months, and we're so excited about this year's schedule!

NSO will take place from **Thursday, August 28 to Sunday, August 31**. Your first day on campus is a big one: You'll get your room key, meet your roommate(s), and start getting to know your new home.

Don't worry, there is plenty of fun to go around—our **Parents and Family Preview event** is a great opportunity for your biggest supporters to get to know L&C, too!

Here's a preview of some exciting NSO events!

- Academic Fair
- Stargazing
- Silent Disco
- Open Mic Night

NSO Service Day

Another beloved orientation event is our **Service Day**! We partner with L&C's **Center for Social Change and Community Involvement** as a way to connect incoming students with Portlanders working for change.

You and your peers will participate in a massive litter cleanup across three key areas of Portland that are vital for improving our city's waterway health. Stay tuned for more information and how to register later this summer.

Webinar

Join our Health and Wellness webinar featuring experts from the Counseling Center, Health Center, Health Promotion and Wellness, and Case Management on **Tuesday, June 10 from 1-2 pm PDT**. Get your questions answered about campus resources and important summer tasks like immunization dates, wellness modules, and health insurance. A recording of the webinar will be made available for those unable to attend.

Checklist Reminders

- By **NEXT WEEK** (June 16), you must
 - submit a student ID photo to Campus Safety,
 - complete your housing application, and
 - start the residential accommodation process (if applicable).

[New Student Checklist](#)

Advice From a Current Student



“Coming to college is an opportunity to try new things and step outside of your comfort zone, and I encourage everyone to take advantage of it.”

[Anna Ingadottir BA '26](#)

Sneak Peek

Next week we will touch on health and wellness.

We'll connect again soon!

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