

MONDAY MEMOS

...from the Mount

Orientation Reminders:

The June Orientation is next week, and we're excited to host those of you reserved for this date. Be on the lookout for an email later in the week with the day's schedule and what to bring.

Remember: You must complete the Orientation Pre-Advising Form before Orientation and have the Mount Roar app downloaded as well.

A Message From First-Year Programming: Kate Mitchell

The Online Onboarding is open! This Blackboard course is a one-stop shop for you to learn all about academics, programs, services, and more. You can "meet" me atop the Tech Tasks page, and my video gives a preview of the Onboarding course.

- Begin with **Start Here** and work your way through each tab on the menu.
- The **Orientation Pre-Registration Form is due prior to you attending Orientation**. There are instructions and links on how to complete this in Academics and Advising > Task: Orientation Pre-Registration Form (last entry on the page).
- **Tech Tasks:** help you set up your MSJ accounts, bookmarks on your devices, and become familiar with Mount Connect, our student portal. These tasks are all due by August 01.

A Message from Athletics: Melanee Wagener

Hello freshmen student-athletes! This is your first reminder that you will need to bring your Sickle Cell Solubility test results with you to physicals in August! If you are a fall athlete and do not have these results, you will be held out of practice until your results come back! Please contact the MSJ Sports Medicine group if you have questions!

A Message from Residence Life: Chris Sweeney

As you start planning for move-in, one of the most common questions is: *What should I pack?* We've got you covered with a helpful guide of what to bring, what's already provided, and what you should leave at home. The full shopping list is on page 7 of our Residence Life brochure—and the rest of the brochure includes helpful info like room layouts and setup suggestions:

👉 [View the What to Bring/Not to Bring List \(PDF\)](#)[Open this document with ReadSpeaker docReader](#)

Some essentials to consider:

- Twin XL bedding
- Shower supplies and towels
- Laundry detergent
- Power strips (surge-protected)

Some things to leave behind:

- Candles
- Hot plates or other open-flame cooking appliances
- LED light strips (they can damage walls and paint)

Have questions? There is a list of contact information in the "Contact Us With Questions" tab, or you can reply to this email. All previous Monday Memos can be found in the Online Onboarding > Monday Memos.