



# WELCOME TO ORIENTATION!

# LIVING OFF-CAMPUS

WE'RE STILL THINKING ABOUT THE SUBTITLE



University Life  
**CONTEMPORARY  
STUDENT SERVICES**  
George Mason University®

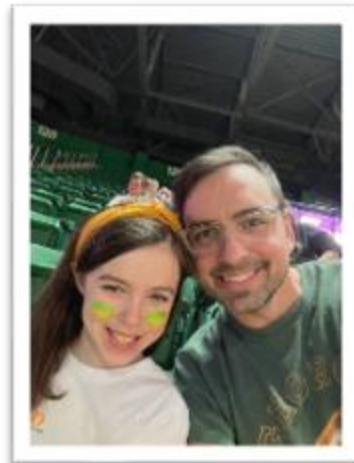


University Life  
**NEW STUDENT AND  
FAMILY PROGRAMS**  
George Mason University®

# HELLO THERE!

## MATT MCLAUGHLIN

He | They  
Assistant Director



### WHAT I DO AT GEORGE MASON

I provide leadership of direct student support services like peer mentorship and our student lounge

### MY FAVORITE CAMPUS ACTIVITIES

Basketball games at EagleBank Arena and the Off-Campus Student Stay & Play

### MY FAVORITE OFF-CAMPUS SPOTS

University Mall and Fairfax Ice Arena

### STUFF I LISTENED TO WHILE MAKING THIS

*Unicorn* (2024) GUNSHIP

*dEd* (2023) Lights

*From Zero* (2024) Linkin Park

*Gag Order* (2023) Kesha

# WHO WE ARE: CONTEMPORARY STUDENT SERVICES

- Off-Campus Students
- Transfer Students
- Adult Learners
- Students Returning to College
- Foster Care Alumni
- Online Learners
- Military Affiliated Students
- Pregnant or Parenting Students & Caregivers
- System-Impacted Students
- Students Who Are Married, Widowed, or Divorced

We provide hands-on guidance in finding and building the resources to support you through graduation.

# **CHALLENGE: STUDENT VS. SUPPORTER**

**WHAT PERCENTAGE OF MASON STUDENTS  
LIVE OFF-CAMPUS?**

# **CHALLENGE: STUDENT VS. SUPPORTER**

**WHAT PERCENTAGE OF MASON STUDENTS  
LIVE OFF-CAMPUS?**

**85%**

# WHY AM I TELLING YOU THIS?

## SO YOU KNOW WHOSE CAMPUS THIS IS... IT'S YOURS



# MAKING CONNECTIONS & GETTING INVOLVED

**IF IT'S FOR MASON  
STUDENTS, IT'S FOR YOU!**

**Including:**

- **Campus events and activities**
- **Student clubs and organizations**





[mason360.gmu.edu](https://mason360.gmu.edu)  
or download the app

# OFF-CAMPUS STUDENT STAY & PLAY

FRIDAY, JANUARY 31 FROM 2 TO 5 PM @ THE CORNER POCKET



JOIN OTHER OFF-CAMPUS  
STUDENTS BEFORE THE  
**HOMEcoming TIP-OFF**  
IN THE HUB AT 7 PM



**SIGN UP NOW!**

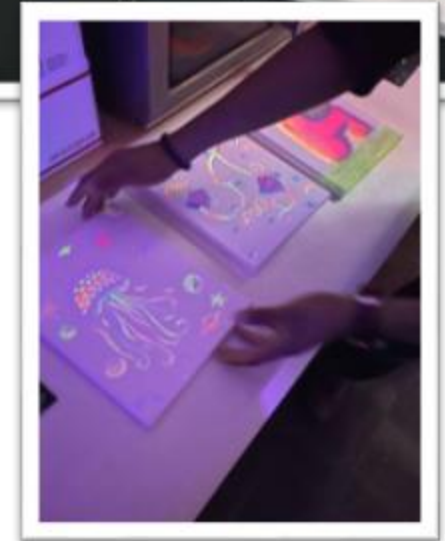
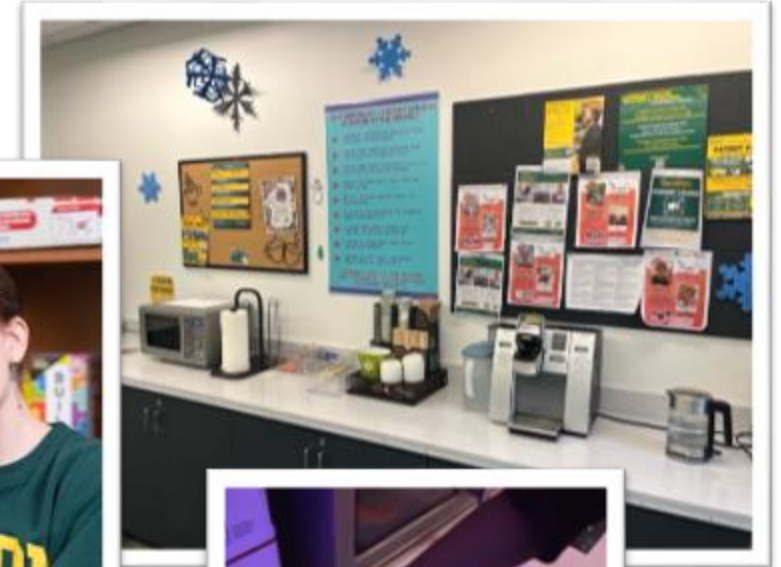
# CONTEMPORARY STUDENT LOUNGE

**Mon - Thu: 10AM - 7 PM**

**Fri: 10 AM - 2 PM**

 **The Hub, Room 1012**

- **MEET OTHER STUDENTS**
  - **FREE HOT DRINKS**
  - **EVENTS & ACTIVITIES**
  - **MICROWAVE & FRIDGE**
    - **KID ZONE**



# CONTEMPORARY STUDENT PEER MENTORS



**APPOINTMENTS AVAILABLE  
AT [gmu.campus.eab.com](https://gmu.campus.eab.com)**

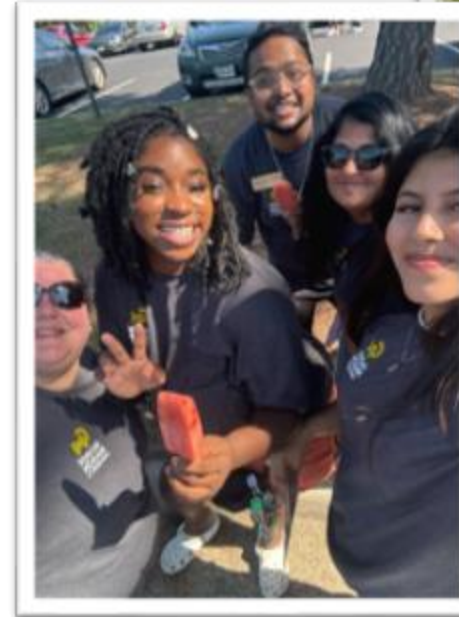
**TALK TO SOMEONE WHO GETS IT**

# STAY IN TOUCH

**EMAIL**  
**masoncss@gmu.edu**

**WEBSITE**  
**contemporary.gmu.edu**

**NEW OFF-CAMPUS STUDENTS WILL BE  
AUTOMATICALLY ENROLLED IN OUR  
MASON 360 GROUP AND NEWSLETTER**



*Instagram*



# CHALLENGE: STUDENT VS. SUPPORTER

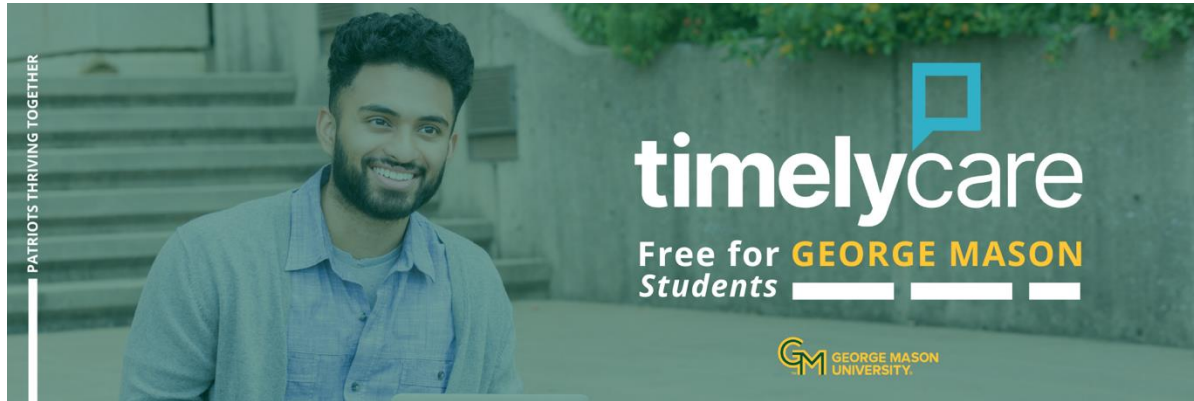
Research shows that students who put time and effort into their \_\_\_\_\_ are more likely to reach their personal and academic goals.

# CHALLENGE: STUDENT VS. SUPPORTER

Research shows that students who put time and effort into their WELLNESS are more likely to reach their personal and academic goals.

# WELLBEING ANYTIME, ANYWHERE

[ulife.gmu.edu/timely-care/](https://ulife.gmu.edu/timely-care/)



**Virtual mental health and wellbeing resources**

- **Free for students**
- **Available 24/7**
- **Available over breaks**

## TALK NOW

On-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.

## HEALTH COACHING

Develop healthy lifestyle behaviors, including nutrition, sleep habits, time management, and mindfulness.

## COUNSELING & PSYCHIATRY

Access to 12 free mental health counseling sessions per year and psychiatry available with a referral.

# WELLBEING ANYTIME, ANYWHERE

[join.burnalong.com/gmu](https://join.burnalong.com/gmu)



**On-demand wellbeing classes and programs**

- **Free for students and up to 4 family members**
- **Available 24/7**
- **Available over breaks**

## FEATURES MORE THAN 70 WELLBEING CATEGORIES

Meditation, stress management, strength training, barre, nutrition, Pilates, boxing, yoga, sleep, kid fitness, dance, and more

# HYBRID WELLBEING

## STUDENT HEALTH SERVICES

Located in SUB 1 and online at [shs.gmu.edu](https://shs.gmu.edu)

In-person and telehealth diagnosis and treatment of illness and minor injuries and health and wellness counseling.

- Free to be seen (fees for supplies, immunizations, medications, lab tests, certain procedures and some services)
- After-hours nurse available at 703-993-2831
- Health insurance available

## CAPS (COUNSELING & PSYCHOLOGICAL SERVICES)

Located in SUB 1 and online at [caps.gmu.edu](https://caps.gmu.edu)

In-person and virtual, free and confidential, mental health services, including group and individual therapy and psychiatry.

- Free for students
- After-hours crisis support is available at 703-993-2380
- After-hours crisis support for deaf and hard-of-hearing students at [suicidepreventionlifeline.org/deaf-hard-of-hearing-hearing-loss](https://suicidepreventionlifeline.org/deaf-hard-of-hearing-hearing-loss)

# MASON RECREATION

[recreation.gmu.edu](https://recreation.gmu.edu)

## 3 FITNESS FACILITIES

A diverse range of fitness opportunities, including swimming, cardio, weightlifting, and more.

## CLUB & INTRAMURAL SPORTS

Club and intramural sports programs offer the chance to play recreationally and competitively.



- **Membership included in fees for full-time students (12 or more credits)**

# **MEMORY CHALLENGE: STUDENT VS. SUPPORTER**

**TRUE OR FALSE, TIMELY CARE IS AVAILABLE  
OVER BREAKS WHEN CLASSES ARE NOT IN  
SESSION.**

# **MEMORY CHALLENGE: STUDENT VS. SUPPORTER**

**TRUE OR FALSE, TIMELY CARE IS AVAILABLE  
OVER BREAKS WHEN CLASSES ARE NOT IN  
SESSION.**

**TRUE**

# MASON ALERT

**REGISTER YOUR CELL NUMBER IF YOU  
HAVE ONE AT [alert.gmu.edu](http://alert.gmu.edu)**

## **MATT, WHY?**

- **Texts are delivered faster than emails**
- **Seriously, who reads emails the same day?**
- **Power outages**
- **Building closures**
- **Inclement weather**

# Parking & Transportation Basics

[transportation.gmu.edu](https://transportation.gmu.edu)

## TRANSPORTATION

- Mason Shuttles are FREE for students with Mason ID
- Fairfax CUE Bus FREE for everybody

## MASON SHUTTLES

- Sandy Creek/Vienna Metro
- Fairfax/Mason Square
- Fairfax/SciTech
- West Campus

## PARKING ON CAMPUS

- Spring permits are available now
- Off-campus students may register up to 2 vehicles to their permit

## Track Your Ride with Ride Systems

You can track Mason Shuttles and the Fairfax CUE bus in one app.



# LET'S TAKE SOME QUESTIONS



And while we do that...

Please complete this  
quick feedback survey  
for this presentation!