NSSI 2019: Student Version

Sun Jun 16, 2019

2:30pm - 4pm  Student Check-In
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

4pm - 4:45pm  Full Group Meeting: Welcome to NSSI!
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

5pm - 5:45pm  Small Team Breakout Meetings
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

5:45pm - 6:45pm  Dinner
Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

7pm - 9pm  Campus Scavenger Hunt
Where: Various Locations
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life
Description:
Rules:
- You MUST take a picture in front of each location for it to count!
- Teams must begin the scavenger hunt at the same time.
- Teams must return to West Hall by 9:00pm.
- The winning team gets 10 points! If there's a tie, both teams get 10 points.

9pm - 10pm  Small Team Reflection
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

Mon Jun 17, 2019

7:30am - 8:30am  Breakfast
Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

8:30am - 9am  Room & Floor Checks!
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
Description:
Counselors log your points and determine the winning team before each morning meeting.

9am - 9:45am  Morning Meeting
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
10am - 11:15am  **Intro to Experiential Seminar (Room 101)**

*Where:* Garland Hall, Vanderbilt University, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com

11:30am - 12:15pm  **Lunch**

*Where:* The Commons Center, & 18th Ave S & Horton Ave, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com

12:30pm - 1:30pm  **Communication Etiquette (Room 101)**

*Where:* Garland Hall, Vanderbilt University, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com

1:45pm - 2:15pm  **Create Iron Chef Shopping List**

*Where:* West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com

2:15pm - 3:45pm  **Non-Shoppers Team Building**

*Where:*Varies: No room reservation needed  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com

2:15pm - 3:45pm  **Walmart Iron Chef Dessert Shopping**

*Where:* 2421 Powell Ave, Nashville, TN 37204, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com  
*Description:*  
2 students from each team go to Walmart with 4 staff drivers: John Cayton, Tammy Day, Jenny Gustafson, Lauren Bethune-Dix. Mark our ingredients and shopping bags as “NSSI” before dropping them off in the Rec Center kitchen's fridge. If there is not room, take it back to West Hall.

4pm - 4:30pm  **Mindfulness Session**

*Where:* West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com

4:30pm - 5:20pm  **Rest Break**

*Where:* West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com

5:20pm - 5:35pm  **Group Photo**

*Where:* West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* Next Steps Campus Life

5:45pm - 6:45pm  **Dinner**

*Where:* The Commons Center, & 18th Ave S & Horton Ave, Nashville, TN 37212, USA  
*Calendar:* NSSI 2019: Student Version  
*Created by:* nextstepsatvanderbilt@gmail.com
 NSSI 2019: Student Version

7pm - 8:45pm  Movie Night (Room 241)
Where: Vanderbilt Kennedy Center, 110 Magnolia Cir, Nashville, TN 37203, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life
Description: The team with the most points from Sunday and Monday morning gets to choose the movie!

9pm - 10pm  Small Team Reflection
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

Tue Jun 18, 2019

7:30am - 8:30am  Breakfast
Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

8:30am - 9am  Room & Floor Checks!
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
Description: Counselors log your points and determine the winning team before each morning meeting.

9am - 9:30am  Load the bus to go volunteer!
Where: 1231 18th Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

9:30am - 11:30am  Service Project
Where: Second Harvest Food Bank Of Middle Tennessee, 331 Great Circle Rd, Nashville, TN 37228, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

11:30am - 12:30pm  Boxed Lunch
Where: Bicentennial Capitol Mall State Park, 600 James Robertson Pkwy, Nashville, TN 37243, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
Description: We will either eat on the bus or at the State Park, weather permitting.

12:30pm - 2:30pm  Country Music Hall of Fame Tour
Where: Country Music Hall of Fame and Museum, 222 5th Ave S, Nashville, TN 37203, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

2:30pm - 3pm  Load Bus: Go back to campus
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
NSSI 2019: Student Version

3pm - 3:30pm  Mindfulness Session
  Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: nextstepsatvanderbilt@gmail.com

3:30pm - 4:55pm  Rest Break
  Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: nextstepsatvanderbilt@gmail.com

5pm - 6pm  Dinner
  Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: nextstepsatvanderbilt@gmail.com

6:30pm - 7:30pm  Iron Chef Dessert Competition
  Where: Vanderbilt Recreation & Wellness Center, 2700 Children's Way, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: Next Steps Campus Life

7:30pm - 8pm  Clean Up Kitchen & Utensils
  Where: Vanderbilt Recreation & Wellness Center, 2700 Children's Way, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: Next Steps Campus Life

9pm - 10pm  Small Team Reflection
  Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: Next Steps Campus Life

Wed Jun 19, 2019

7:30am - 8:30am  Breakfast
  Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: nextstepsatvanderbilt@gmail.com

8:30am - 9am  Room & Floor Checks!
  Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: nextstepsatvanderbilt@gmail.com
  Description: Counselors log your points and determine the winning team before each morning meeting.

9am - 9:45am  Morning Meeting
  Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
  Calendar: NSSI 2019: Student Version
  Created by: nextstepsatvanderbilt@gmail.com
NSSI 2019: Student Version

9:45am - 11:15am  Experiential Seminar: Small Group Breakouts

Where: Various Locations
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life
Description:
Career prep:
☐ Watch: Three questions to unlock your authentic career
☐ Take: Career Quiz
☐ Explore: Career Profiles Website
Career explore:
☐ Listen: to this podcast How to Prepare for a Job Interview
☐ Watch: this video Job Interview Example
☐ Read: through Top 13 job Interview Questions
Creating good study habits:
☐ Watch: “Study Less, Study Smart” Video
☐ Take: “What Kind of Learner are You” Quiz
☐ Make: A Quizlet account
Organization:
☐ Read: How to Get Organized for School and consider one strategy you would like to use.
☐ Watch: Google Calendar Tutorial to learn how to use GCal
Budgeting:
☐ Watch: Budgeting
Purchasing:
☐ Watch: Counting Back Change, How to Count Back Change, and How to Give Back
Correct Change
Professional Relationships:
☐ Watch: Why is Networking So Important?
☐ Read: An article about workplace etiquette
☐ Read: An article about writing a professional email
☐ Watch: a video about tips for workplace etiquette!
Friendships:
☐ Read: How to Make Friends in College
☐ Review: Platonic Relationships Powerpoint

11:30am - 12:15pm  Lunch

Where: The Commons Center, & 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

12:15pm - 1:15pm  Friday's Group Presentation Prep

Where: Various Locations
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

1:30pm - 2:30pm  Campus Safety Class (Room 132)

Where: Featheringill Hall, 400 24th Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

2:30pm - 3:30pm  Healthy Boundaries (Room 132)

Where: Featheringill Hall, 400 24th Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

3:45pm - 4:15pm  Mindfulness Session

Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

4:15pm - 5pm  Rest Break

Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

5pm - 6pm  Dinner

Where: The Commons Center, & 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

6:30pm - 8pm  Bowling & Night at the Rec

Where: Vanderbilt Recreation & Wellness Center, 2700 Children's Way, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life
NSSI 2019: Student Version

9pm - 10pm  Small Team Reflection
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

Thu Jun 20, 2019

7:30am - 8:30am  Breakfast
Where: The Commons Center, & 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

8:30am - 9am  Room & Floor Checks!
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
Description:
Counselors log your points and determine the winning team before each morning meeting.

9am - 9:45am  Morning Meeting
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

10am - 11:15am  Career Assessment Class (Room 136)
Where: Featheringill Hall, 400 24th Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

11:30am - 12:15pm  Lunch
Where: The Commons Center, & 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

12:15pm - 1:15pm  Free Time
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
Description:
Present Options: 1. Spend time in Commons (e.g., Lounge, Games, Fitness room)
2. Spend time in West House. 3. Do ES "homework" on your own or with classmates. 4. Ask counselors or staff about college.

1:15pm - 2:15pm  Friday's Group Presentation Prep
Where: Various Locations
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

2:30pm - 3:30pm  College Research Class (Room 109)
Where: Calhoun Hall, west 37235, 2201 West End Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
Description: Prospective Students Only

4pm - 5pm  Public Speaking (Room 109)
Where: Calhoun Hall, west 37235, 2201 West End Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
NSSI 2019: Student Version

5:15pm - 5:45pm  Mindfulness Session
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

5:45pm - 6:45pm  Dinner
Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

7pm - 9pm  Lawn Game Night
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life
Description:
- 2 cornhole sets
- 1 spike ball set
- 1 ladder ball set
- 3 frisbees
- 1 volleyball
- 2 footballs
- 1 soccer ball

9pm - 10pm  Small Team Reflection
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: Next Steps Campus Life

Fri Jun 21, 2019

7:30am - 8:30am  Breakfast
Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

8:30am - 9am  Room & Floor Checks!
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
Description:
Counselors log your points and determine the winning team before each morning meeting.

9am - 9:45am  Morning Meeting
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

9:45am - 10:30am  Packing & Cleaning
Where: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

10:30am - 11:30am  Final Presentations Rehearsal (Room 237)
Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com

11:30am - 12:15pm  Lunch
Where: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA
Calendar: NSSI 2019: Student Version
Created by: nextstepsatvanderbilt@gmail.com
NSSI 2019: Student Version

12:15pm - 1pm  **Mindfulness Break**
*Where*: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA  
*Calendar*: NSSI 2019: Student Version  
*Created by*: nextstepsatvanderbilt@gmail.com

1:15pm - 2:45pm  **Closing Ceremony & Reception (Room 237)**
*Where*: The Commons Center, &, 18th Ave S & Horton Ave, Nashville, TN 37212, USA  
*Calendar*: NSSI 2019: Student Version  
*Created by*: nextstepsatvanderbilt@gmail.com

2:45pm - 3:45pm  **Student Check-Out**
*Where*: West Hall, 1402-1434 21st Ave S, Nashville, TN 37212, USA  
*Calendar*: NSSI 2019: Student Version  
*Created by*: nextstepsatvanderbilt@gmail.com  
*Description*: You must check out at the main lobby table in West Hall!