

# 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

## NSSI 2019: Student Version

### 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:**

Some places your group can go: 1. West House 2. The Commons Center 3. Peabody Library 4. Central Library  
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!