



CHRISTENDOM COLLEGE

Orientation Guide Fall 2023

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Academic Affairs

Welcome to Christendom College! Most of you are taking the biggest step you have ever taken along the path to adulthood. Congratulations! In the next four years you will grow intellectually, spiritually, morally, and emotionally in ways that might be hard for you even to imagine right now. On behalf of the faculty of Christendom College I pledge our help and support to you as you grow to maturity in Christ!

As Vice President for Academic Affairs, I am ultimately responsible, under President Dr. Timothy O'Donnell, for the quality of the College's academic liberal arts program. Each and every member of Christendom's faculty is a highly qualified professional dedicated to student learning. Over the next four years you will be guided in your studies of the perennial truths of natural and Revealed wisdom by teachers eager to help you personally inside and outside the classroom. In this introduction I want to tell you briefly about the academic program and to describe the habits and resources that will ensure your academic success.

The Christendom College Liberal Arts Curriculum is a comprehensive, integrated curriculum guided by the foundational educational principles of St. Thomas Aquinas in fidelity to the Magisterium of the Catholic Church. In such a comprehensive program you will study the great ideas of the Western World through its literature, history, and political and philosophical thought. You will develop facility in Spanish, French, Latin, or Classical Greek (or in more than one!) and will study the foundational principles of mathematics and natural science. You will read and study much, receiving a solid grounding in the proper principles of all human studies, but even more importantly you will become a learner whose education does not stop with College but continues lifelong. Your program of study is integrated into a comprehensive unity so that you will become an accomplished communicator and will learn to think with insight about all of the significant questions of ultimate human concern. True education is true human formation by which we become all that we can be. St. Thomas Aquinas, whose philosophy guides Christendom education, described better than anyone what it means to be human and so what education is truly worthy of a well lived human life. Yours is an education for life unto life everlasting. The natural wisdom you make your own through your diligence and study will be continually enriched by the grace of Revealed Truth and the sacramental life. This is the education that is yours for the taking at Christendom College.

The educational task before you is indeed challenging, but you have numerous aids within and outside of class. Study-skills workshops, the writing center, the Academic Success coach, library research instruction, and especially your professors' office hours are just some of the resources that we provide to help you maximize your potential. Take advantage of these opportunities! Devote yourself to being the best student you can be right from the beginning, and you will make your four years of academic study satisfying and rewarding and you will enrich yourself for life.

Sincerely,
Dr. Greg Townsend
Vice President for Academic Affairs
gtownsend@christendom.edu
(540) 551-9211

Academic Resources

It is our desire that you be fully engaged in your academic pursuits and planning. It is highly encouraged to set up an initial meeting with your advisor once the first week of classes begin. During this discussion, we strongly encourage you to discuss with your advisor ideas you have about the overall academic path you want to take at Christendom. We encourage you to prepare yourself for this conversation and even direct the conversation so that these important topics are thoroughly discussed. Consider beforehand and in the conversation bring up the following topics. You will know the answers to some of these questions now; for other questions, this first discussion will begin an extended, four-year investigation and conversation at Christendom College:

- What are your academic interests?
- What are you most interested in pursuing during your time at Christendom?
- What is your final career/vocational goal, and how can your academic pursuits now best support you as you pursue this?
- How was your high school experience?
- Is there anything related to your high school experience that your advisor should know?
- Have you attended lecture-style classes before?
- Are you a good note taker?
- Are you concerned about special challenges in your first academic semester?
- What do you personally need to do and what support do you personally need to seek out in order to achieve academic excellence?

If you have a documented learning disability you want the College to know about, present the appropriate documentation to the Director of Student Support Services. Contact the Director of Student Support Services, Maribeth Martin, at maribeth.martin@christendom.edu.

Academic Resources

As listed above in the introduction to Academics, you are encouraged to learn more about the following offerings designed to assist students in their academic life. Students who use these resources well are mostly likely to get the most out of their own academic potential:

- Study-skills workshops
- The writing center
- Peer-to-peer tutoring and mentoring
- Academic Success Coach
- Library research instruction
- Routine visits with your professors during their office hours

We will present these academic resources to you during Orientation. Additional information on these resources can be found by reviewing the College Bulletin found on-line at christendom.edu/academics/bulletin/, by speaking with your advisor, or by contacting the Academic Dean after your arrival on campus.

Achieving Academic Success

While the College does provide resources to assist you in your academic achievement, nearly all your success is dependent on you and how you choose to use the resources around you. Here are some of our recommendations for achieving academic success at Christendom College (see next page).

- Attend all classes and come to each class meeting prepared to learn.
- Be attentive and be personally engaged in all your classes.
- Do your reading and assignments.
- Be proactive in your education.
- Don't wait for small issues to turn into large issues; seek assistance as soon as you see that you may be struggling or falling behind.
- Use your professor's office hours to ask additional questions or to review coursework you find difficult or don't understand or simply to confirm that you are understanding from class what you are supposed to understand.
- Study with those who truly help you excel academically.
- Self-evaluate your study habits and note taking skills regularly. Ask the following:
 - Are my current study habits working for me?
 - Do I need to change my study patterns or location or modify my study hours?
 - Are my notes helpful to my preparation for tests, quizzes, etc.?
 - If not, how can I improve my note taking skills?
 - Do I review my notes after each class meeting and do I fill gaps in my notes by talking to other students or to the professor?
- Consider speaking with the Academic Dean or a professor whose teaching style you find especially suited to the way you learn in order to improve your study habits and notetaking skills.
- Carefully consider your involvement in non-academic activities. You are a full-time student, which means you put as much time and effort into your academic success as you would into a full-time job upon graduation. Do your non-academic activities contribute positively to your success as a student and your formation as a mature disciple of Christ?
- Don't over-commit yourself. Add one activity or commitment at a time so you don't become overwhelmed.
- Get a full night's sleep. "Fatigue makes cowards of us all"; that is, being overly tired makes every task more difficult and daunting and significantly decreases our chances of meeting the daily challenges and unusual demands that we inevitably encounter in a semester.
- Maintain an overall healthy lifestyle. Eating poorly, not exercising, late nights (which can bring about illness) do not excuse you from fulfilling the same responsibilities as a student. Make good health and order of life a priority!
- What to do if you're lost and overwhelmed? Reach out to the Academic Success Coach as a lifeline for discovering a personalized plan for moving forward.

We encourage you to read both the Academic Bulletin and the Student Handbook, available online, completely prior to your arrival so you are aware of all academic expectations, standards, and resources. If you have any academic questions either at the beginning of your time at Christendom or at any time during your experience at Christendom, we strongly recommend that you not only see your advisor but also seek the counsel of the Academic Dean. We look forward to working with you in these particularly important years as you engage in this academic experience and enter adulthood!

Dr. Kevin Tracy
Academic Dean
kevin.tracy@christendom.edu
(540) 551-9229

Class Registration

During the month of July, new students will be contacted by the registrar with details about how to register online for classes for the Fall 2023 semester.

Mr. Walter Janaro

Registrar

walter@christendom.edu

(540) 551-9175

The Online Book List

The online book list is our system for determining all required and recommended books.

On the book list website (see link below), select the Department, then the Course, then the Section (if more than one). This will display both the required and recommended books for the course. As a convenience, whenever the ISBN is provided for a book, several links to popular book sites are provided for that title.

Please note that there is no place on campus to purchase textbooks. Textbooks may be purchased through any seller you wish to use. Be sure to search for books using the ISBN indicated on the College's book list site. Please note that professors frequently direct you to purchase a specific edition of a text; in these cases, you are required to purchase the edition specified.

In July new students will be contacted via email by the Registrar with details about the courses they will be taking in their first semester. Once they have registered for their courses, the new students should be able to order the bulk of the semester's books using the Christendom Online Book List. Students should order their books promptly after registration to ensure that books arrive on campus in a timely fashion. Books can be shipped directly to the Student Center (92 Christendom Drive, Front Royal, VA 22630). Students should make sure that all packages are clearly labeled with their full name (including middle initial, if possible) to ensure they receive the correct packages upon their arrival on campus.

Website

<https://portal.christendom.edu/booklist.a5w>

Email questions and comments to
bookstore@christendom.edu

Student Life

Welcome to Christendom College and to the Office of Student Life. In choosing to come to Christendom, you have chosen a rigorous course of study, the likes of which few people undertake in their lifetime. You have also chosen to be a part of a unique community of students, faculty, staff, and alumni. We want to challenge each new student to seriously consider what his or her role in this community will be. A lot will happen between your first day on campus and the time you walk across the stage to receive your diploma at Commencement. Commit now to growing as a scholar, a servant, a leader, and, most importantly, a disciple of Jesus Christ during the next four years. The Office of Student Life is committed to offering you the support and accountability you need to succeed during your time on campus and in the years beyond.

The Office of Student Life includes:

- The Dean of Students
- Residence Life
- Student Activities
- Athletics Department
- Chaplaincy
- Health Resources
- Missions and Outreach
- The Semester in Rome
- Campus Security

In the following pages, you will find more information about many of our services and resources. We have also highlighted some of our practices that we feel you should know more about as you begin your journey here at Christendom College.

If you have any questions, please feel free to contact Student Life at studentlife@christendom.edu or by calling (540) 551-2942.

God bless,



Miss Amanda Graf, M.A. Ed.
Vice President of Student Affairs
agraf@christendom.edu
(540) 551-9206

Introduction to “Day One” Policies

At Christendom College, we believe in the development of virtue in the whole person through intentional formation. We further believe that formation is best fostered when the environment promotes positive personal choices. Many of our policies are focused on assisting in the formation of character through the development and strengthening of virtue. For instance, we only allow alcohol on campus at school-sponsored events (served to of-age students only). In this section, we have highlighted a few of our policies that we feel are particularly important for you to know about and understand prior to your arrival on campus. We are addressing these policies for you not necessarily because they are of more value or carry more weight, but simply because they will impact you as a student immediately upon your arrival on campus.

You should also review all College’s policies in the Student Handbook, which can be found online. Each student is strongly encouraged to read the handbook in its entirety prior to arrival on campus, as there are policies and practices in the handbook that will impact the life of each student while they attend Christendom College. Thorough understanding and familiarity of the Handbook is not only required by all students but will also prove beneficial to each student during their time at the College.

In Christ’s Love,

Mr. Tim Cook

Dean of Students

timothy.cook@christendom.edu

(540) 551-9218

Student Email

Consistent communication on a college campus is important, especially when you consider the busy life of the student. To streamline communication in Student Life, our primary form of communication with students is through email. Consistent use of email substantially assists a student by keeping them informed about events and happenings that will impact their life as a student. Students are completely responsible for being aware of and responding as necessary to email communications from the College. *For more information about your College email account, please see the Computer Services section of this guide.*

Dress Code Policy

Collegiate study is professional work; therefore, a professional and modest dress code is implemented to enhance the learning environment by respecting and promoting the dignity of the human person. At Christendom College, we have a specific dress code which reflects the dignity of the pursuit of a liberal arts education. The professional dress code is specifically implemented for all classes, community Masses at 11:30 a.m. (M-F) and community lunch (M-F). Sunday Mass dress code is required for Sunday Mass and brunch. You do not need to be in professional dress code for Move-In Day.

Further, because the College truly values the dignity of the person from a Catholic perspective and strives to form students who understand and practice this philosophy, the College requires that all dress be modest and respectful according to the written policies and practices as noted in the Student Handbook (which can be found online). While after-class times and weekends are not subject to the professional dress code, every student is always subject to the Modesty Dress Code. Our dress code is something we practice continually here at Christendom College. Be sure to plan as you pack so you have the proper attire and accessories suitable for the dress code. The Dress Code is specifically addressed and detailed in the Student Handbook.

Curfew

In keeping with the principles of strong faith, personal formation, and communal life, Christendom College has a curfew policy for students who are freshmen or sophomores and under 21 years of age. These policies are in place to assist the student with the transition to college and to promote healthy personal decision making which will in turn foster spiritual, academic, and physical well-being. The College is concerned with the formation of each student and aims to provide an environment that is supportive of this goal.

Curfew is as follows:

12:00 a.m. for nights before class days (typically Sunday night through Thursday night)

1:00 a.m. for nights before a non-class day (typically Friday night and Saturday night)

At curfew, the RA on duty will “check in” each resident who falls under the curfew policy. This is typically done by stopping by each resident’s room. If you are in another resident’s room or somewhere else in the halls, it is your responsibility to make your presence known to the RA on duty. Any student late for curfew is subject to early curfew the following weekend. Curfew is in effect every night the student stays on campus.

Sometimes a student bound by curfew will need to leave campus overnight. In these instances, students are required to fill out an Overnight Request Form (found online). You will be notified via email when your request is approved. Once a student is 21 years of age or of junior status (with a declared major) he or she is no longer subject to curfew or submission of an Overnight Request Form.

Alcohol

Christendom’s alcohol policy aims to restore alcohol to its proper place in a community. Jesus blessed the wine at Cana to be used as a means of celebrating a joyful occasion within the community. In this spirit, from time to time the College will provide alcohol to of-age students in a communal setting as we celebrate together and enjoy each other’s company.

To this end, no one under the age of 21 is allowed to possess or consume alcohol on campus. Those over the age of 21 are not allowed to possess their own alcohol on campus, but the College does serve alcohol during different community events throughout the semester to of-age students.

Binge drinking culture has no place in a Christian community. We hope to foster an environment where alcohol can be enjoyed in moderation but never used as a substitute for true friendship or camaraderie. Binge drinking can seriously derail a student’s academic career and intoxication is a serious moral matter. For this reason, drinking underage, possessing alcohol on campus, intoxication and even intoxicated behavior are taken very seriously and often result in serious sanctions, particularly for first year students. Student Life has resources available for any student who believes he or she may have a problem with alcohol.

Residence Life

The Residence Life staff is excited to welcome you to campus! The communal life at Christendom complements and enhances the academic and spiritual growth you will experience during your time here. We know your residence hall will never quite be the same as home, but we hope to provide you with an on-campus experience that deepens the liberal arts education you pursue here and an environment that nurtures your growth as Christian men and women. The Residence Life staff consists of the Director of Residence Life as well as a male and a female Residence Director (RD), both of whom live on campus. They are here to serve you as you live out your life in the residence halls as well as offer mentorship at this exciting time in your life. Please feel free to contact us over the summer (residencelife@christendom.edu) with any questions you may have, and we look forward to welcoming you to campus in August!

In Christ,

Mrs. Pam Plasberg

Director of Residence Life

pam.plasberg@christendom.edu

(540) 551-9245

Mr. Sam Morales

Men's Residence Director

samuel.morales@christendom.edu

(540) 551-9244

Miss Therese Cruz

Women's Residence Director

therese.cruz@christendom.edu

(540) 551-9243

Life in the Residence Halls

Living on campus at Christendom is a vital part of the unique experience of this college, since considerable time is spent studying, relaxing, and talking with other students in the residence hall. The College's motto is "to restore all things in Christ", and that is the foundation for community life in the residence halls. Friendships based on the pursuit of Truth and following Christ develop when fellow students are sharing life together and striving for the same goals. With this in mind, it is important to us that you are prepared for community life in the residence halls at Christendom College. This section of the guide will orient you to some of the resources and accommodations available through the Residence Life office.

Please fill out the "Residence Life Roommate Questionnaire" form found on the orientation webpage. The questionnaire helps match roommates for their first year of college. **Roommate assignments will be emailed to you approximately two weeks prior to your arrival on campus.**

Resident Assistants (RAs)

Resident Assistants are specially trained students assigned to a floor or wing of each residence hall on campus. As student employees of the college, their role as leaders and mentors is to facilitate community life at Christendom while living amongst their peers. This means they get to know and foster relationships with residents, encourage the respect of individuals, maintain the property of the college, uphold the policies and rules of the college, and strive to live their lives as examples of Christian men and women along with their peers.

Basic Offerings of the Residence Halls

Women's Residence Halls

- St. Champion Hall
 - double rooms with shared bathroom and common space on each floor.
- St. Catherine Hall
 - double/triple rooms with shared bathroom on each floor; sinks in room.
- St. Clare Hall
 - two double bedrooms share a small common room with a double sink; shared bathrooms on each floor

Men's Residence Halls

- St. Benedict Hall
 - quad rooms with a shared bathroom & common space on each floor
- St. Joseph Hall
 - double/triple rooms with a private bathroom for each room
- St. Francis Hall
 - double/triple rooms with a private bathroom for each room
- St. Columba Hall
 - double/triple rooms with a private bathroom for each room
- St. Anne, St. Augustine, St. Dominic, St. Pius, and St. Teresa Halls on East campus
 - family-style homes that house between 4-10 men

The average residence hall room size is approximately 12' x 14.' The number of residents per room depends on the specific size of a room. On average, our residence hall rooms accommodate between two and four people.

Individual Amenities Provided

- twin size bed and mattress (**these are standard twins, not “long” twins**)
- one desk and chair
- one dresser
- one closet space or wardrobe
- common space amenities provided
- irons (auto shut-off) and ironing boards for each floor
- first aid kit in the RA’s room
- microwave for each floor
- each residence hall has laundry facilities (laundry fee is added to student’s College bill)

Permitted Electrical Appliances

- coffee pots (must have automatic shut-off feature)
- irons, flat irons, curling irons (must have automatic shut-off features)
- blow dryers
- small refrigerators (no larger than 4.4 cubic feet)
- laptops, desktop computers, printers, etc.
- no other appliances are allowed in the halls (unless permission is given by the DRL)

Items NOT Permitted

- TVs
- open coil heaters
- toasters or toaster ovens of any kind
- hot plates or “George Foreman” style grills
- popcorn poppers or any appliance that has an exposed heating element
- personal microwaves (communal microwaves are supplied throughout the halls)
- pets of any kind are not permitted on campus for health and sanitation purposes
- Wi-Fi routers, mobile hot spots, or other devices that create a wireless network (smart phones are permitted)
- weapons are prohibited on campus at any time; additionally, the storing of weapons in vehicles is prohibited (banned weapons include but are not limited to swords, knives (longer than 4”), guns, stun guns, paintball, pellet, BB, nun chucks, airsoft guns, brass knuckles, tasers, etc. *see the Student Handbook for further information*)

Forwarding Packages to the College

For your initial move, you may send luggage or boxes ahead to the College; however, please do not send boxes or luggage **earlier than one week prior to the student arrival date**. The student assumes any risk associated with sending items to the College. Make sure you put your name on all luggage or packages. Send items to:

[Student’s First Name, Middle Initial, Last Name]
c/o Christendom College
92 Christendom Drive
Front Royal, VA 22630

Room Keys

Residents will be issued a college ID upon arrival, which doubles as their student keycard granting them access to the main doors of their residence halls. Residents may request an individual room key through their RA upon their arrival to campus. Each student is responsible for the safekeeping of his or her personal property. In the event of the loss of personal property, the College does not provide reimbursement. Students should obtain personal property insurance coverage under their parents/guardians' homeowner's insurance policy or obtain their own coverage. Individual room keys must be returned at the end of each semester, failure to return the key will result in a fine.

Storage

Outside of a student's personal residence hall room, student storage is *not* available on campus at any time. Students may leave their belongings in the residence halls over Christmas break, but all items must be removed at the end of the spring semester. If extra storage is necessary, there are storage units available for rental off-campus. Please email residencelife@christendom.edu for list of local storage facilities.

Fall, Christmas, and Spring Break Policies

Residence halls are closed during Christmas break and during both the Fall and Spring Breaks. All students are therefore required to vacate campus during these times. Students are expected to make all travel arrangements according to official college closing and opening times. For specific campus closing times and transportation availability, refer to the Academic Calendar enclosed in this packet and found online at:

christendom.edu/academics/academic-calendar/

Local Students

Christendom students who live in the Front Royal area with their immediate family (e.g., father, mother, or legal guardian) may request to live at home rather than in the campus residence halls. If a local student is planning on living at home, he or she should contact the Residence Life department before July 3rd to make this request. These students must fill out and sign an off-campus housing request form each academic year. The Director of Residence Life will review and approve or deny these forms. A form can be obtained by contacting the Residence Life department at residencelife@christendom.edu or calling (540) 551-9242.

Suggested Supplies

IMPORTANT PERSONAL ITEMS	SCHOOL SUPPLIES	COMPUTER RELATED
✓ ATM card	✓ general office supplies	✓ computer
✓ credit card	✓ backpack	✓ printer
✓ check book	✓ pens and pencils	✓ computer paper
✓ driver's license	✓ binders	✓ printer ink
✓ insurance card	✓ calculator	✓ flash drive
✓ social security number	✓ notebooks	✓ surge protector (w/ UL listing)
✓ cell phone/charger	✓ post-it notes	✓ headphones/ear buds
✓ water bottle	✓ stapler/staples	

LAUNDRY, LINENS, SPORTS, ETC.	ROOM SUPPLIES	PERSONAL/HYGIENE
✓ detergent	✓ alarm clock	✓ shower caddy
✓ fabric softener	✓ batteries	✓ contacts lens supplies
✓ drying rack	✓ clothes hangers	✓ soap, deodorant, shampoo
✓ laundry bag/basket	✓ desk lamp	✓ eyeglasses/case
✓ lint brush	✓ small trash can	✓ flip-flops for shower
✓ large bath towels	✓ storage containers - under bed	✓ hairbrush, comb
✓ wash cloths	✓ storage containers - for selves	✓ tissues
✓ robe	✓ write on/wipe off message board	✓ toothpaste, toothbrush
✓ standard twin-size comforter	✓ dry erase markers for board	✓ mouthwash, floss
✓ blanket	✓ small vacuum (some areas are w/o)	✓ shaving supplies
✓ sheets (NOT "long" twin sheets)	✓ cleaning supplies*	✓ over-the-counter meds
✓ mattress pad	✓ pictures, photos	✓ prescription medication
✓ pillow	✓ coffee pot - auto shut-off	✓ thermometer
✓ pillowcase	✓ flashlight	✓ antibiotic ointment
✓ tennis/racket balls	✓ drinking cups, knife, fork, spoon	✓ vitamins/medicine
✓ baseball/softball glove & bat	✓ plates, bowls (microwave safe)	✓ misc. first-aid needs
✓ cleats	✓ dish soap, sponge	✓ hairdryer
✓ shin guards	✓ sewing kit/spare buttons	✓ curling iron (needs auto shut-off)
✓ basketball, football, soccer ball	✓ umbrella	✓ straightener (needs auto shut-off)

PLEASE DO NOT BRING

✗ candles	✗ space heaters	✗ George Foreman grills or similar
✗ candle warmers or wax warmers	✗ halogen lamps	✗ weapons, even for display
✗ incense	✗ fireworks	✗ Wi-Fi routers
✗ open flame, coil, or heat source	✗ microwaves	✗ mobile hot spots
✗ hot plates or open flame devices	✗ toaster ovens	✗ refrigerator larger than 4.4 cubic ft
✗ curtains (room blinds provided)	✗ flags	✗ pets of any kind
✗ pop-corn poppers, fryers, etc.	✗ large wall hangings	✗ illegal substances
✗ electric blankets, electric mattress pads and the like	✗ multi-plug adapters (different than surge protectors)	✗ tacks or nails intended for wall (only gentle adhesive products*)

**While the College permits the use of gentle adhesive products for decorating purposes in the halls, the student is still ultimately responsible for any damage caused by these products used on residence hall walls.*

Please Note: This supply list is not exhaustive, consider your own needs and personal living habits as well as this list when you are packing. *Students placed in resident halls with private bathrooms are responsible for cleaning their bathroom.

Student Health Services

Christendom College is committed to assisting students with their overall transition to college; this includes making the proper provisions for the student's health. If you are sick or injured and it is not an emergency, the Nurse's Office is the place to visit. The Nurse's office is located in the Lower Level of St. Lawrence Commons, where office hours are posted.

Whether a student requires treatment or needs to know if they need to see a doctor, the nurse can help with assessment, education, and first aid, including dispensing of generic over-the-counter medications. While there is no charge for the nurse's visit, it's a good idea to bring your insurance card in case a doctor's appointment needs to be made. All visits and medical records are strictly confidential.

It is important to note that Christendom College does not offer physician prescribed medical treatment of any kind. Further, the College offers the following list of recommendations when considering student health and the move to college:

- Make certain the College Health and Physical Exam form is filled out accurately. This could provide major assistance should emergency situations arise and may also be useful in preventative treatment.
- It is recommended that each student consider establishing a relationship with a local physician of choice in case more advanced care and diagnosis is necessary during the student's time in college.
- Each student should know as much about his or her physical health as possible. For example, if the student is taking a prescription, what is the prescription's proper name and dosage? Further, if there are pre-existing conditions, be sure that the student can accurately name the condition and has full awareness of his/her treatment if applicable.
- If a student has a major health condition, the student is advised to create his or her own treatment plan that can be shared with a friend and/or a person in Resident Life. This is important because emergencies often occur at unconventional hours or off-campus.
- If a student has a history of mental health conditions or would like to speak with a counselor for any reason, counseling services are available on campus. Students will receive more information when they arrive on campus about scheduling appointments with the Counselor. If a student is experiencing symptoms of psychological difficulty, he/she is urged to speak with the Counselor, Nurse and/or with the Dean of Students or the Director of Residence Life.

**Find the required *Health and Physical Exam Form* on the orientation webpage:
christendom.edu/about/orientation/**

Health Insurance

The College does not provide student medical insurance for illness during periods of enrollment at the College. While having an insurance plan is not required, the College strongly encourages students to be on a medical insurance plan while they are enrolled at the College. All students are still required to provide proof of a physical health exam before they come to campus as a freshman and before they study abroad. A student who is not enrolled in a health insurance plan may be asked to obtain a physical evaluation periodically during his or her enrollment.

**Find the *Health Insurance Form* on your
MyChristendom Orientation Checklist.**

The Chaplaincy

The chaplaincy at Christendom College strives to provide the best spiritual environment possible for each student. The Chaplaincy is comprised of two full-time chaplains, an administrative assistant, and a student sacristan. Our offices are located in Padre Pio Hall.

Serving the Community through

- Daily Mass
- Utilizing both the Ordinary Form (English and Latin) and the Extraordinary Form
- Daily celebration of the Liturgy of the Hours
- Daily celebration of the Sacrament of Penance
- Solemn Exposition and Benediction of the Blessed Sacrament (weekdays)
- Spiritual direction
- Vocational discernment
- Retreat opportunities
- Formational talks and discussions throughout the year on liturgy, personal prayer, and the Christian life
- Other special events that are incorporated into our worship such as Eucharistic Processions, First Friday holy hours, Solemn Vespers, May Crowning, Liturgies of the Eastern Rites, and more
- Opportunities for students to participate in the corporal and spiritual Works of Mercy and a wide array of other ministries and initiatives.

Rev. Marcus Pollard

Head Chaplain

fr.pollard@christendom.edu

(540) 622-6128

Rev. Mark Fusco

Assistant Chaplain

fr.fusco@christendom.edu

(540) 622-6128

Mrs. Cindy Martin

Administrative Assistant

cindy.martin@christendom.edu

(540) 622-6128

The Student Activities Council

The Christendom College Student Activities Council (SAC) encourages student growth through leadership development, service, and the formation of the whole individual. Toward this end, the Student Activities Council coordinates and executes quality social, recreational, cultural, intellectual, and religious activities for the benefit of the Christendom College student body in adherence to Christendom College's mission to *restore all things in Christ*. It is an organization dedicated to the service of the Christendom community through providing recreational and leisure activities, building a Catholic culture based on the College's mission. One of the things that makes Christendom College unique is the fact that the social and recreational events are put on by the students for the students. Dances, pub nights, musical entertainment, and skits showcase the talent and expertise of our student body. Formation events, new initiatives, club events, and our trademark events such as Italian Night, Oktoberfest, Christmas Formal, and Texas Western Night make the Christendom experience unlike any other. The Student Activities Council is a group of students who volunteer their time and energy in giving back to the community by putting on events for the Christendom community. There are thirty-four members on the Student Activities Council, and all are responsible for working together to coordinate and hosts 2-3 events per week.

Membership includes:

- Student Body President & Vice President
- Secretary
- Treasurer
- Supply Manager
- Club Manager
- Master Carpenter
- Media Coordinator
- Music Director
- Spiritual Life Director
- Athletic Affairs Director
- Advertising Director
- Volunteer Recruiter
- President for each of the classes

Presidents of each class (except for the Freshman class) are elected at the end of the previous spring semester. The Freshman class president is elected at the beginning of the new academic year.

Part of the fun of putting on events occurs behind the scenes in the planning and execution of the events. The amazing atmosphere that makes your four years at Christendom memorable is due to the hard work and talents of your fellow students. If you are interested in serving your fellow students in a fulfilling and rewarding way, consider running for class president, or see one of your Student Activities Council representatives to find out more.

God bless,

Marilyn Charba

Director of Student Activities

marilyn.charba@christendom.edu

(540) 551-9186

Athletic Department

Sport, properly directed, develops character, makes a man courageous, a generous loser, and a gracious victor; it refines the senses, gives intellectual penetration, and steels the will to endurance. It is not merely a physical development then. Sport, rightly understood, is an occupation of the whole man, and while perfecting the body as an instrument of the mind, it also makes the mind itself a more refined instrument for the search and communication of truth and helps man to achieve that end to which all others must be subservient, the service and praise of his Creator.

Pope Pius XII

Sport at the Service of the Spirit July 29, 1945

The Athletic program at Christendom College is designed for the purpose to help form the whole person, while striving to be competitive regionally and nationally. The program consists of varsity, club, and intramural sports. As a central part of the extra-curricular life at Christendom College, the various athletic programs help students to not only stay physically active, but also provide further formation of each student's moral character by emphasizing the values of sportsmanship, high ethics, commitment, teamwork, competitive spirit, self-esteem, and self-discipline through the ordered life.

Christendom is a member of the United States Collegiate Athletic Association (USCAA) and National Collegiate Rugby (NCR). Christendom's varsity sports include women's and men's soccer, women's and men's cross country, women's volleyball, men's rugby, women's and men's basketball, men's baseball, and women's softball. Along with the Varsity Athletics, the Athletic Department also offer a variety of Intramural Sports that include: wiffleball, soccer, volleyball, ultimate frisbee, basketball, dodgeball, along with a variety of other sporting events.

God Bless,

Patrick Quest

Director of Athletics

patrick.quest@christendom.edu

(540) 551-9212

Ian Heisler

Assistant Athletic Director

ian.heisler@christendom.edu

(540) 551-9212

christendomathletics.com

**Find the *Physical Activity Waiver* on your
MyChristendom Orientation Checklist.**

Missions and Outreach

Mike Brown, an assistant professor of philosophy, is also the Director of Missions and Outreach for Student Life. As the Director, he develops, and coordinates various opportunities intended to enhance the spiritual, cultural, and social formation of students.

Mission Trips

Since 1999, the College has sent over 900 students, faculty, staff, and alumni on more than 40 mission trips to some of the poorest places in the world. Spring 2019 was a great year for the mission program, with a percentage of students participating in one of several different mission trips. Previous mission trips have served in Peru, Guatemala, Nicaragua, the Dominican Republic, Costa Rica, and domestic missions in Appalachia and the Bronx, N.Y.

Student Retreats

There are no annual retreats, though Fall break is a principal time for retreats and pilgrimages. New opportunities are developed each year and shorter retreats are made possible through the Chaplaincy throughout the academic year.

Outreach/Service Opportunities

Throughout the academic year, opportunities for students to do outreach/service work in the local community will be made available. Also, students make trips into Washington, DC to do outreach work with the homeless.

Thomistic Luncheons

Join Professors Brown, Cuddeback and others for lunch in Kilian's Café and a discussion of the works of St. Thomas Aquinas. At each Thomistic Luncheon a catered meal is provided, and a select portion of the *Summa* is discussed. Students of all majors are encouraged to come and widen their appreciation of St. Thomas and the pursuit of wisdom.

Vehicle Policies

All students, including freshmen, are permitted to bring vehicles to campus. However, Christendom College is a walking campus with limited parking. Students should view having a vehicle on campus as merely a place to park your car when you are not driving it for off-campus purposes. This means that at Christendom College, you are not allowed to drive your car back and forth to class, to the Commons, Gym, etc. You are allowed to park your vehicle in your assigned lot and nowhere else on campus. It takes about 10 minutes or so to walk from one side of campus to the other and class schedules are designed so that the students have ample time to walk from one class to the next. Injuries and disabilities that require extensive vehicle use are accommodated on an individual basis.

If you are going to bring a vehicle to campus, you must complete the **Vehicle Registration Form found on your MyChristendom Orientation Checklist** (\$50.00 registration fee for the year or \$25.00 per semester if you only have a car for one semester). You will receive your vehicle decal when you arrive on campus in August.

For questions regarding parking policies, please see the parking section in the Student Handbook. Please note that unregistered vehicles parked on campus are liable to be towed. Further, *once you receive a vehicle decal, you become entirely responsible for all of the parking policies and for making certain that the decal is placed on your vehicle promptly. Any student driving a car on campus, even if it is not their own (i.e., borrowing a friend's car) is responsible for all parking/vehicle policies.*

Additional College Services

In this section you will find information on other College services. Each of these sections was designed by a chief department administrator. They are excited to welcome you to the College and encourage you to stop by to introduce yourself and benefit from the resources they offer.

- Library Services
- Computer Services
- Operations
- Food Service
- Enrollment, Student Support Services & Academic Success
- Career Development

Library Services

Welcome from the St. John the Evangelist Library! For over 40 years the library has been assisting Christendom College students in tackling the rigorous and grace-filled traditional liberal arts curriculum you are about to undertake. The Library Staff will be offering a thorough introduction to the library and its resources at the beginning of the Spring Semester.

Here are some of the services and resources offered at St. John the Evangelist Library:

- Reference Services: Ask a librarian on the phone or via e-mail.
- A rapidly growing collection of resources perfectly suited to the studies you are undertaking.
- Access to a growing Audio/Visual collection.
- A graduate school library, specializing in theological studies.
- Access to additional collections through the resources provided by partnering libraries in the Commonwealth of Virginia and worldwide.
- Direct and wireless internet access.
- Student ID: Serving as your library card, resident hall key card, meal redemption at the Commons as well as "Student discounts" at local establishments.
- A beautiful and comfortable setting that will promote your academic pursuits.

Mr. Andrew V. Armstrong, MSLS

Director

andrew.armstrong@christendom.edu

(540) 551-9157

Mr. Stephen P. Pilon, MSLS

Associate Librarian

stephen.pilon@christendom.edu

(540) 551-9194

Computer Services

The Computer Services Department is pleased to make electronic resources available to students for their academic and personal use, and to assist if and when troubleshooting is needed.

Student Email

Upon admission to the college, each student will be assigned a Christendom email address, which will aid in collegiate communications as well as provide each student with College email capabilities. You will receive an email with your new Christendom email address (usually `firstname.lastname@christendom.edu`) and temporary password in an email sent to your current personal email address by June 2nd. **You will need to retain this login information to receive your christendom.edu email. After June 2nd, all official College emails will be sent to your Christendom email account rather than your personal account.**

Computer & Printer Access

Multiple computers with Internet access and word processing software are available for student use in St. John the Evangelist Library. Printers are also available in the college library, where students can print papers, reports, etc., without charge. Students are permitted and encouraged to bring personal computers and/or printers to campus if they have one. Laptops can be particularly helpful for students' academic use.

Internet Access

Wireless internet access is available for students in the Library, Student Center, St. Lawrence Commons, Regina Coeli, and Crusader Gymnasium. Wireless printing is only available in the library. There are internet ports and power outlets available in the library for students who wish to utilize personal laptops in this location. You can check out an internet cable to use these ports with your Student ID card. Internet access is not provided in the residence halls.

Computer Support

In addition to having professional staff available during normal business hours, student computer workers are available in the main level of St. John the Evangelist Library on evenings and weekends to provide any necessary assistance. Contact Computer Services at tech.support@christendom.edu with questions about the College's computer services.

Mr. Douglas Briggs

Director of Computer Services

doug.briggs@christendom.edu

(540) 551-9158

Mr. Craig Spiering

Computer Services Assistant Manager

craig.spiering@christendom.edu

(540) 551-9205

The Operations Department

The Mission Statement of the Operations Department will help you understand who we are and what we do:

The Operations Department exist as a whole to support the College as a leading Catholic liberal arts institution by maintaining and operating physical environments conducive to academic excellence, while providing an exceptional campus experience for the students, faculty, staff, and visitors.

With a shared commitment of service to others always before us, we will endeavor to lead by example in the care and stewardship of the College's resources and assets. Below is some information that will be helpful when you first come onto campus.

Maintenance Request

From time to time, students may become aware of maintenance issues with aspects to our facilities, whether it be in the residents own room, or a common space on campus. Any student that would like to submit a maintenance request to the Operations Department, should contact their RA with their request. The RA will submit the request into the Campus work-order system and will be updated as to the status of the request. It is the responsibility of the RA to communicate with the student making the request as to any status changes or updates to the request.

Keys

Students can request a key to their residence hall rooms at the beginning of the school year. Because losing a key is a serious safety concern, there is a \$25.00 fee to replace a lost key. If a student does lose or misplace his or her key, he or she should notify the Operations Department immediately.

Transportation

The College provides students with scheduled airport transportation to and from Dulles International Airport and the Vienna Metro Station at the beginning and end of the academic year as well as for all academic breaks. Please see christendom.edu/transportation for more information on this service. The Transportation Request Form is found on the orientation webpage, in the event you need this service for the Fall semester. The College also provides a daily "town run" M-F for students to be able to pick up needed supplies.

Should you have any questions regarding any of the above services, or regarding the College facilities in general, please stop by our office located in the Frassati House (across from the Crusader fields). We look forward to providing you the best possible services!

Mr. Tom Heim
Director of Operations
tom.heim@christendom.edu
(540) 551-9155

Food Service

All on-campus students are required to be on the College's meal plan. Every meal at the college is a community meal, thus classes are not scheduled during mealtimes. Non-resident students may either purchase a meal plan or may pay for individual meals at the time of the meal. Students may have guests dine with them for an additional cost that can be paid at the time the meal is taken. All dishware and silverware are to remain in St. Lawrence Commons and are not for you to take to your rooms. Please be responsible about this. Please visit our webpage on Christendom's website under Dining Services. This will include weekly menus, information that will be helpful for dietary needs as well information about providing cookies, birthday cakes, etc., for the students if the parents so wish.

St. Lawrence Commons Dining Services - Christendom College

Mr. Tom Heim

Director of Operations

tom.heim@christendom.edu

(540) 551-9155

The Meal Schedule (all meals cost \$9.00 for those not on the meal plan)

Monday-Friday

Breakfast 8:00AM - 9:30AM | Lunch 11:30AM - 1:00PM | Dinner 5:15PM - 6:15PM

Saturday-Sunday

Brunch 10:00AM - 12:30PM | Dinner 5:00PM - 6:00PM

Student ID Cards for Meals

Each student on the meal plan must bring their student ID to every meal. This ID is the same one you use in the library and for general identification. If you don't have your ID with you when entering the dining hall, you will be asked to go back to your room and get it. You may not use another student's ID card to eat. If you lose your ID card, you must go to the library and get another one before you can enter. There is a small fee to replace your card. Please be responsible with your cards.

Special Dietary Needs

A student who believes that he/she has a special medical dietary need and thus needs special food accommodations must contact the Director of Student Support Services (DSSS). The DSSS will work with you, in conjunction with our Executive Chef, to make every effort to accommodate any dietary request. Should the College be unable to accommodate your request, the DSSS will work with the student to apply for an exemption from meal plan and arrange for appropriate housing accommodations.

Mrs. Maribeth Martin

Director of Student Support Services

maribeth.martin@christendom.edu

(540) 551-9172

Enrollment & Student Success

The Enrollment Office, which oversees Admissions, Student Satisfaction and Success, Retention and Career Development is staffed by customer service oriented, professionals, ready to help you strive for success and achieve greatness.

Enrollment Office

Vice President for Enrollment & Student Success Mr. Tom McFadden, whose office is the Regina Coeli, provides vision and strategic direction for enrollment management/retention and career services/student success. He is always available to answer your questions or concerns, and to ensure that your time spent at Christendom is the best it can be. He works very closely with the Admissions personnel, who are located in Regina Coeli as well. Mr. McFadden serves as the coordinator, and primary teacher of the Career Development Courses required of all students: Education for Life (EFL).

Mr. Tom McFadden

Vice President for Enrollment & Student Success

tmcfadden@christendom.edu

(540) 551-9220

Accommodation Services

Christendom College is committed to providing accommodation services to its students with unique academic, dietary, and housing needs. As the Director of Student Support Services, Mrs. Maribeth Martin meets one-on-one with students, assesses their needs, listens to their concerns, creates a personalized accommodation plan with the student, and is available for ongoing support throughout the student's time at Christendom. Through her efforts, several students have experienced the individual care and attention that the Christendom family has to offer, finding peace and confidence in a personalized accommodation plan that meets their unique needs and sets them up for success.

Mrs. Maribeth Martin

Director of Student Support Services

maribeth.martin@christendom.edu

(540) 551-9172

Academic Success

Everyone involved at the college is interested in helping students to succeed in their academic studies. But sometimes, people run into problems, and need a little additional help or direction. The college's Academic Success Coach is here to assist in these areas. With an office located on the main floor of the St. John the Evangelist Library, her goal is to help students who are in distress and need help. She helps students with time management skills, study skills, note-taking skills, and so much more. Through her efforts, many students have been able to get back on track and achieve academic success.

Career Development

We are proud to provide individualized and personalized assistance to the Christendom community to help them plan and achieve career and vocational success. The tools offered will help you explore options, connect with opportunities, and succeed no matter what your career aspirations are.

We provide the tools to:

- Prepare to be a professional
- Explore and choose career options which fit your personality and abilities
- Obtain career-related experiences such as internships, employment, and volunteer opportunities
- Pursue post-graduation career plans, including full-time employment and graduate school

Additionally, we are integrally involved in the college's flagship course, Education for Life (EFL), which is designed to enhance the students' learning environment by integrating their career discernment into their liberal arts education. Required classes and workshops are offered as part of the core curriculum to aid the students with their career goals. We bring in many alumni to speak with students and to serve as mentors as they progress through their education on campus.

Resume and cover letter writing, interview skills, career counseling and networking opportunities are just some of the many offerings you will gain through your interactions with the professional staff in the Career Development Office, which is located on the first floor of Regina Coeli.

Mrs. Kristin Stephens

Director of Career & Professional Development

kristin.stephens@christendom.edu

(540) 551-9233

Contact Information

Once again, welcome to Christendom College! We hope this information has been helpful to you. We encourage you to not only use this guide for preparation now, but also consider keeping this guide and using it as necessary until you become more acquainted with the College. If you have any questions about any of the information presented in this packet or any general questions, please reach out the Student Life Office and we will be happy to assist you.

Student Life Office
(540) 551-9242

studentlife@christendom.edu

Christendom College Fall Semester 2023

Academic and Student Life Calendar

DATE	EVENT	INFO
August 18	10AM Campus Opens for New Students	<i>First meal for new students is dinner</i>
August 19	10AM Campus Opens for Returning Students	<i>Returning students may NOT arrive before Aug 19</i>
August 20	Holy Mass and Convocation with Bishop Burbidge	<i>First meal for returning students is brunch</i>
August 21	Registration, Tuition & Fee Payment	
August 22	Classes Begin	
September 1	Last Day to Add Classes	<i>Contact Registrar</i>
September 5	Labor Day: Classes in Session	<i>Administrative offices closed</i>
September 15	Last Day to Drop Classes	<i>Contact Registrar</i>
October 14-22	Fall Break - campus is closed to all students <i>Students must be off campus by noon on Sat., Oct. 14</i> <i>Students can return to campus no earlier than 9AM on Sun., Oct. 22</i>	<i>Last meal before break: dinner Fri., Oct. 13</i> <i>First meal after break: dinner Sun., Oct. 22</i>
November 1	All Saints Day (Tuesday)	
Nov. 7-10	Spring Semester Registration	
Nov. 22-26	Thanksgiving Break - campus is open only to residential student who register with Student Life <i>Break begins after night classes Wed., Nov. 22</i> <i>Students can return to campus no earlier than 9AM on Sun., Nov. 26</i>	<i>Last meal before break: dinner Wed., Nov. 22</i> <i>First meal after break: dinner Sun., Nov. 26</i>
December 6	Last Day of Classes	
December 8	Immaculate Conception - No Classes	<i>Study Day</i>
Dec. 7-14	Finals <i>Travel plans should not be made which require departure from campus before the last day of finals</i>	
Dec. 15	Campus Closed to All Students <i>Students must be off campus by noon</i>	<i>Last meal before break: breakfast Fri., Dec. 15</i>

See full and most updated academic calendar online
<https://www.christendom.edu/academics/academic-calendar/>

Christendom College Spring Semester 2024

Academic and Student Life Calendar

DATE	EVENT	INFO
January 14	9AM Campus Opens for All Students Return	<i>First meal: dinner</i>
January 15	Registration, Tuition & Fee Payment for All Students <i>Orientation for New Students</i>	
January 16	Classes Begin	
January 19	March for Life - Washington D.C.	<i>No classes</i>
January 26	Last Day to Add Classes	<i>Contact Registrar</i>
February 9	Last Day to Drop Classes	<i>Contact Registrar</i>
March 2-10	Spring Break - campus is closed to all students <i>Students must be off campus by noon on Sat., Mar. 2</i> <i>Students can return to campus no earlier than 9AM on Sun., Mar. 10</i>	<i>Last meal before break: dinner Fri., Mar. 1</i> <i>First meal after break: dinner Sun., Mar. 10</i>
March 28-April 1	Easter Break - Campus is open only to residential student who register with Student Life <i>Break begins after night classes Wed., Mar. 27</i> <i>Students can return to campus no earlier than 9AM on Mon., Apr. 1</i>	<i>Last meal before break: dinner Wed., Mar. 27</i> <i>First meal after break: dinner Mon., Apr. 1</i>
April 9-12	Fall Semester Registration	
May 1	Last Day of Classes	
May 2	Study Day	
May 3-9	Finals <i>Travel plans should not be made which require departure from campus before the last day of finals</i>	<i>Last meal before break: dinner Thurs., May 9</i>
May 10	Move Out All non-graduates must depart campus by 7PM	
May 10-12	Commencement Exercises	
May 12	Campus Closed to All Students at 5PM	

See full and most updated academic calendar online
<https://www.christendom.edu/academics/academic-calendar/>