



Welcome to VCSU!

On behalf of the faculty, staff, and students at Valley City State University, welcome to campus! We are so very pleased you chose to attend VCSU to pursue your higher education and career goals. Be assured, you've chosen wisely and will be joining one of the fastest growing institutions in the region!

There are many different activities during Welcome Weekend. These have been carefully designed to enhance your success as a new student and member of the VCSU community. Several of these activities are a part of the required Viking Voyage course. This weekend will prepare you for the start of classes, provide you with an exciting introduction to VCSU and allow you the opportunity to meet and interact with other new VCSU students.

This schedule provides a complete agenda for all of the events during Welcome Weekend. I encourage you to take time to meet your Viking Voyage Mentors, faculty, and staff members who will assist with the various activities. Be an engaged student and try new

things. The connections and friendships you make here could last a lifetime.

I look forward to meeting you, getting to know you, and watching you succeed at VCSU!

Go Vikings!

Dr. Alan LaFave VCSU President

alan D. Ja Fave

Welcome to Valley City State University!

We are excited to welcome you to your new home away from home as you pursue your academic and career goals at VCSU. Our administration, faculty and staff are here to help you in achieving your goals, navigate life as a college student, and share our Viking Pride and support.

We realize you are going through a lot of mixed emotions as you begin your journey as a Viking away from familiar surroundings to a lot of new experiences as a college student. These feelings are normal, and you are not alone. Please ask questions during your journey. There are a lot of resources and staff on campus to assist you in being successful – just ask for our support!

Some words of advice as you begin your college career:

- Get to know your Viking Voyage Mentors, Resident Assistants, and members of your residence hall if you are living on campus
- Be active on campus! There are a lot of great student organizations, leadership opportunities, and sporting events for you to meet others, gain leadership experience, and have fun
- Get to know your professors, ask them questions, seek out their office hours, and be sure to attend every class session
- Become familiar with campus resources, such as free tutoring in the Learning Commons, Health and Wellness Services, Disability Services, the Gaukler Family Wellness Center, Career Services, and free Counseling to name a few

Enjoy your journey and please feel free to contact me, as I am here to help you navigate your college career. My door is always open in McFarland 209.

Mark D. Nelson Vice President for Student Affairs Student Affairs Department McFarland 209 701-845-7300 mark.nelson.3@vcsu.edu

VIKING VOYAGE WEEKEND

Designed to teach new Vikings customs, traditions, and critical skills in helping them prepare for long-term success at VCSU.

Attendance at every event is required unless otherwise noted. Attendance affects your UNIV 150.

Friday, August 22

8:00 a.m. - 4:00 p.m. | Check-In - Student Center

Students should visit the Student Center to pick up a welcome bag. You can also buy a parking permit, receive assistance with my VCSU app, and visit the Bookstore for VCSU merch!

*Residence Halls open for check-in by appointment.

11:00 a.m. - 1:00 p.m. | Family Hot Dog Picnic - Library Lawn

Faculty, staff, and administrators will be serving hot dogs. You and your family are invited to stop by the VCSU tent for food and refreshments.

5:00 p.m. - 5:45 p.m. | Meet your Viking Voyage Section - McFarland North Lawn

Viking Voyage Mentors meeting. Look for your section number and the Viking Voyage Mentors.

5:45 p.m. - 6:30 p.m. | Dinner with Viking Voyage group

*Welcome with President Dr. LaFave, Larry Brooks, Vice President for Academic Affairs, and Mark Nelson, Vice President for Student Affairs

7:00 p.m. – 8:00 p.m. | Mandatory Meeting with Residence Life – Meet in assigned Residence Hall

Join your fellow residents to meet your RA and learn about Residence Life! Meet in assigned Residence Hall.

7:00 p.m. - 8:00 p.m. | Commuter Students Meeting - Student Lounge, Student Center

Commuter students are encouraged to attend this meeting to learn more about resources for the year.

8:00 p.m. - 10:00 pm. | Vikings After Dark - Student Center

Meet with your Viking Voyage group and come out for an evening of karaoke, nacho bar, lucky bamboo, door prizes, and much more!

Saturday, August 23

7:45 - 8:20 a.m. | Breakfast - Cafeteria

A continental breakfast while you meet with your VV group and mentor.

8:30 - 11:20 a.m. | VV Group Rotations

8:30 - 9:50 a.m.

Groups 1,2,3,4,5,6 Laptop Check-out – Rhoades 102 (PCs) / Rhoades 137(Mac)

Groups 7,8,9 Green Dot/Title IX – Skoal Room, Student Center

Groups 10,11,12 Green Dot/Title IX - McFarland 204

10 - 11:20 a.m.

Groups 1,2,3 Green Dot / Title IX – Skoal Room, Student Center

Groups 4,5,6 Green Dot / Title IX - McFarland 204

11:30 a.m. - 12:45 p.m. | Lunch with VV Group

1 - 3 p.m. | VV Group Rotations

1 - 1:50 p.m.

Groups 1,2,3,4,5,6 Computer Training – Rhoades 102 (PCs) / Rhoades 137(Mac)

Groups 7,8,9 Planetarium – Rhoades 309 (1-1:25pm) /

Relaxation on McFarland Lawn

Groups 10,11,12 Relaxation on McFarland Lawn /

Planetarium - Rhoades 309 (1:25pm-1:50pm)

2 - 2:50 p.m.

Groups 7,8,9,10,11,12 Computer Training – Rhoades 102 (PCs)/Rhoades 137(Mac)

Groups 1,2,3 Planetarium – Rhoades 309 (2-2:25pm)/

Relaxation on McFarland Lawn

Groups 4,5,6 Relaxation on McFarland Lawn/

Planetarium - Rhoades 309 (2:25pm-2:50pm)

3 - 6 p.m. | Teambuilding - McFarland Lawn;

Service Project - Starts at Student Center

Meet with VV groups, mentors, and faculty for Teambuilding activity!

3 - 4:15 p.m. | Service Project & Library Quest

Groups 1,2,3,4,5,6 Service Project - Viking I, Student Center

Groups 7,8,9,10,11,12 Library Quest at Allen Memorial Library – Meet by Gazebo

4:30 - 5:45 p.m. | Service Project & Library Quest

Groups 7,8,9,10,11,12 Service Project – Viking I, Student Center

Groups 1,2,3,4,5,6 Library Quest at Allen Memorial Library – Meet by Gazebo

6 - 7 p.m. | Dinner with VV Group - Cafeteria

8:30 – 10:30 p.m. | Hypnotist with Alcohol Education Theme – Larry J. Robinson CFA, Performance Hall

Keith Karkut shares true stories of how alcohol and addictive drugs have impacted people's lives. Through hypnosis, volunteers believe they have unlimited access to the most potent alcohol, but participants will only be drinking bottled water. Using hypnosis and comedy, students will learn about the effects of alcohol, from a health perspective.

VV Keyword Descriptions

VCSU Green Dot

A bystander training program. The mission of the program is to empower our VCSU campus with active bystander skills through awareness, programming, and education resulting in a culture where power-based violence will not be tolerated, and everyone does their part to provide a safe campus.

VCSU Title IX

Students are presented with essential information regarding the campus reporting procedures for sexual harassment and sexual violence.

Library Quest

Find Freddy the Frog: Freddy the Frog likes to wear funny hats and hang out at VCSU's Allen Memorial Library! Students will explore our library spaces with a scavenger hunt to find all of Freddy's disguises. This activity will introduce students to the library as both a study center and a great hangout spot.

VV Keyword Descriptions

VCSU Career Services

Helps students with exploring majors and careers, finding onand off-campus jobs, coordinating internships, preparing for the world of work and taking an online interest survey

VCSU Financial Aid

Students will participate in a hands-on exercise utilizing Campus Connection. This session will review student tasks, communications, financial aid available, and semester charges as well as items such as first-time borrower requirements.

Business Office

Covers how to pay a bill online, set up a payment plan, set up an authorized user for your account, and how and when it is appropriate to fill out a FERPA release. Also answer student account questions, add money to students' Viking ID, and distribute excess financial aid.

Time Management

College is a whole new world, and we want you to be successful. We will break down your weekly commitments hour by hour so you're aware of the importance of time management. This session includes conversation about selfcare, getting enough sleep, setting boundaries, and having a well-rounded college experience.

CHOICES, Cannabis & Nicotine Education

The CHOICES program is an evidence-based, harm-reduction, innovative alcohol abuse prevention program for college students. Education will also be presented about the use of cannabis and nicotine on the developing brain from a health perspective. Information regarding VCSU policies regarding the use of alcohol, cannabis, and nicotine will also be presented.

Sunday, August 24

> Attendance Optional

*8:30 – 9:45 a.m. | Continental Breakfast – Cafeteria
Bring Viking Mobile ID or Viking ID Card

➤ Attendance Optional

*9 - 9:45 a.m. | Worship with Vikings for Christ - Lower Level of Student Center

10 - 11:50 a.m. | VV Group Rotations. Laptops Required.

10 - 10:50 a.m.	
Groups 1,2,3	Career Services, Financial Aid & Business Office - Skoal Room
Groups 4,5,6	Time Management- Viking I
Groups 7,8,9	Walk Campus/Tie Dye Shirts/Photo - Meet @ Student Center
Groups 10,11,12	CHOICES/Cannabis & Nicotine Education - CFA, Performance Hall
11 - 11:50 a.m.	
Groups 10,11,12	Career Services, Financial Aid & Business Office - Skoal Room
Groups 1,2,3	Time Management – Viking I
Groups 4,5,6	Walk Campus/Tie Dye Shirts/Photo - Meet @ Student Center
Groups 7,8,9	

12 noon - 1:15 p.m. | Lunch with VV Group - Cafeteria

Bring Viking Mobile ID or Viking ID Card.

1:30 - 3:20 p.m. | VV Group Rotations. Laptops Required.

1:30 - 2:20 p.m.	
Groups 7,8,9	Career Services, Financial Aid & Business Office - Skoal Room
Groups 10,11,12	Time Management – Viking I
Groups 1,2,3	Walk Campus/Tie Dye Shirts/Photo - Meet @ Student Center
Groups 4,5,6	CHOICES/Cannabis & Nicotine Education - CFA, Performance Hall
2:30 - 3:20 p.m.	
2:30 – 3:20 p.m. Groups 4,5,6	Career Services, Financial Aid & Business Office - Skoal Room
•	Career Services, Financial Aid & Business Office – Skoal Room Time Management – Viking I
Groups 4,5,6	,

3:30 p.m. - 5:30 p.m. | The Rock Star Project - CFA, Performance Hall

Leadership Development & Team Building – Celebrate the start of a new semester, meet new friends, and learn about what makes you an amazing "Rock Star Student" at VCSU.

5:30 p.m. - 6:30 p.m. | Dinner with VV Group - Cafeteria

Bring Viking Mobile ID or Viking ID Card

★7 p.m. | Movie at the Valley Twin Theater, Free

Trolley Rides and Free Popcorn.

Movie options: Freakier Friday & Nobody 2

Attendance is strongly encouraged but optional.

Trolley to movie will start at 6:15 p.m. at the Student Center. Trolley will pick up from the Theatre after movie.

Monday, August 25

Board Contracts Begin

Breakfast: Breakfast is on your own.

Lunch: 11 a.m. – 1:30 p.m. Dinner: 5 p.m. – 7 p.m.

8:30 a.m. - 12:15 p.m. | VV Groups Rotations. Laptops and attendance required.

8:30 a.m. - 9:15 a.m.

Groups 1,2,3 CSI Survey - Rhoades 102
Groups 4,5,6 Student Health and 8 Dimensions Wellness Center, Room 207

Groups 7,8,9 Wellness Center Signup – Meet in Wellness Center Lobby
Groups 10,11,12 Calendar/ Email/Blackboard/Disability Support Services/

Tutoring- Skoal Room

9:30 a.m. - 10:15 a.m.

Groups 10,11,12 CSI Survey - Rhoades 102
Groups 7,8,9 Student Health and 8 Dimensions Wellness Center, Room 207

Groups 4,5,6 Wellness Center Signup – Meet in Wellness Center Lobby
Groups 1,2,3 Calendar/ Email/Blackboard/Disability Support Services/

Tutoring- Skoal Room

10:30 a.m. - 11:15 a.m.

Groups 7,8,9 CSI Survey - Rhoades 102
Groups 10,11,12 Student Health and 8 Dimensions - Wellness Center, Room 207

Groups 1,2,3 Wellness Center Signup – Meet in Wellness Center Lobby
Groups 4,5,6 Calendar/ Email/Blackboard/Disability Support Services/

Tutoring- Skoal Room

11:30 a.m. - 12:15 p.m.

Groups 4,5,6 CSI Survey - Rhoades 102
Groups 1,2,3 Student Health and 8 Dimensions - Wellness Center, Room 207

Groups 10,11,12 Wellness Center Signup - Meet in Wellness Center Lobby
Groups 7,8,9 Calendar/ Email/Blackboard/Disability Support Services/

Tutoring- Skoal Room

1 - 3 p.m. | Meeting by Major

Art Majors Larry J. Robinson CFA, Room 136
Business Majors Vangstad, Room 007

Communication Arts Majors McFarland 207
Computer Systems and Software Engineering Majors McFarland 138
English/English Ed Majors McFarland 313

Kinesiology and Human Performance Majors Wellness Center, Room 207

Math and Math/Ed Majors Rhoades 201

Music Majors Larry J. Robinson CFA 177

Science Majors Rhoades 102
Social Science Majors McFarland 311
Spanish/Spanish Ed Majors McFarland 314
Tech Ed Majors Rhoades 137
School of Education and Graduate Studies Majors McCarthy 203
Undecided McFarland 320

7 - 9 p.m. | All Hall Meetings

7:00-7:30 p.m. - Snoeyenbos Hall Meeting | Snoeyenbos Front Steps

7:30-8:00 p.m. - McCoy Hall Meeting | McCoy Front Steps

8:00-8:30 p.m. - Robertson/Mythaler Hall Meeting | Robertson Front Steps

8:30-9:00 p.m. - Kolstoe Hall Meeting | Kolstoe Front Lawn

VV Keyword Descriptions

CSI Survey

Complete an online self-inventory with VCSU staff direction. The College Student Inventory survey data provides valuable information to instructors, advisors, and counselors.

Student Health and 8 Dimensions

Wellness is the feeling that things are going well for us and will continue to go well for us tomorrow. In this session you will learn about the 8 Dimensions of Wellness, how each dimension is interconnected and how this can affect our wellbeing, steps you can take to stay balanced, and what campus resources are available to help you thrive at VCSU!

Wellness Center Signup

Students will walk over to Gaukler Family Wellness Center to ensure the passes work. The form must have already been completed.

Calendar/Email/Blackboard/ Disability Support Services/ Tutoring

Your Professional life begins not when you get a job, but when you enter your major and begin preparing for that job. You need to be an advocate for yourself when you face challenges. In this session you will learn how to keep track of your college life on your calendar and how to advocate for accommodations or schedule a tutor when the situation calls for it. Practice navigating Blackboard.

2024-25 ACADEMIC CAI FNDAR

Fall Semester 2025

August 25 Online Courses Start & On-campus Courses

Start at 4:00PM

August 26 First Full Day of Courses

September 1 Holiday - Labor Day No Classes . Institution Closed

October 13 Assessment Day No Classes . Institution Open

November 11

Holiday - Veterans Day No Classes . Institution Closed

November 12 Early Spring Registration

November 14 Spring Registration Opens

November 26 Holiday - Thanksgiving Break

November 27 Holiday - Thanksgiving

No Classes . Institution Closed

November 28 Holiday - Thanksgiving Break

No Classes • Institution Open

December 1 Last Day to Apply for Spring

Graduation

December

15-19 Last Week of Classes/

Finals Week

December 18 Winter Commencement at

3:30 p.m.

Spring Semester 2026

January 12 Online Courses Start &

On-campus Courses Start at 4:00PM

January 13 First Full Day of Courses

January 19 Holiday - Martin Luther

King Jr. Day

No Classes . Institution Closed

February 16 Holiday - President's Day

No Classes . Institution Closed

March 9-13 Spring Break

March 16 Summer Registration Opens

April 3 Holiday - Good Friday No Classes . Institution Closed

Holiday - Easter Monday

April 6

April 7-8 Early Fall Registration April 9 Fall Registration Opens

May 1 Last Day to Apply for

Summer and Fall Graduation

Last Week of Classes/ May 11-15

Commencement at 10 a.m. May 16

Tuesday, August 26

Check-In with your mentor for attendance points.

11 - 11:50 a.m. | Success in College, Vangstad Auditorium Attendance Required.

An overview of the differences between high school and college, broad expectations of college-level work, and evidence-based strategies that students might adopt in order to thrive in the collegiate atmosphere.

Wednesday, August 27

Check-In with your mentor for attendance points.

5:30 - 7 p.m. | Marketplace, McFarland Front Lawn Attendance Required.

Opportunity for students to get connected and learn about the different organizations the university and community have to offer.

Thursday, August 28

Check-In with your mentor for attendance points.

11 a.m. - 11:50 a.m. | Financial Literacy, Vangstad Auditorium Attendance Required.

Tuesday, September 2

11 - 11:50 a.m. | Groups Meeting by Major Attendance required.

Art Majors	. Larry J. Robinson CFA, Room 136
Business Majors	. Vangstad, Room 007
Communication Arts Majors	. McFarland 207
Computer Systems & Software Engineering Majors	. McFarland 138
English/English Ed Majors	. McFarland 313
Kinesiology and Human Performance Majors	. Wellness Center, Room 207
Math and Math/Ed Majors	. Rhoades 201
Music Majors	. Larry J. Robinson CFA 177
Science Majors	. Rhoades 102
Social Science Majors	. McFarland 311
Spanish/Spanish Ed Majors	. McFarland 314
Tech Ed Majors	. Rhoades 137
School of Education and Graduate Studies Majors	. McCarthy 203
Undecided	. McFarland 320

7:30 - 9 p.m. | Sex Rules: Consent. Communication. Connection. Vangstad Auditorium Attendance required.

This is a Title IX based event. The main focus is navigating interpersonal relationship dynamics with the goal of harm and violence reduction. This event covers a range of topics including consent, bystander intervention, healthy relationships, understanding trauma, and more.

Check-In with your mentor for attendance points.

Thursday, September 4

11 - 11:50 a.m. | Groups Meeting by Major Attendance required.

Art Majors	Larry J. Robinson CFA, Room 136
Business Majors	. Vangstad, Room 007
Communication Arts Majors	. McFarland 207
Computer Systems & Software Engineering Majors	.McFarland 138
English/English Ed Majors	. McFarland 313
Kinesiology and Human Performance Majors	. Wellness Center, Room 207
Math and Math/Ed Majors	Rhoades 201
Music Majors	Larry J. Robinson CFA 177
Science Majors	. Rhoades 102
Social Science Majors	. McFarland 311
Spanish/Spanish Ed Majors	. McFarland 314
Tech Ed Majors	. Rhoades 137
School of Education and Graduate Studies Majors	. McCarthy 203
Undecided	. McFarland 320

Tuesday, September 9

Mentor Led Wrap-Up

11 - 11:50 a.m. Attendance Required.

Group 1	Larry J. Robinson CFA, Room 136
Group 2	McFarland 121
Group 3	McFarland 122
Group 4	McFarland 124
Group 5	McFarland 311
Group 6	McFarland 313
Group 7	McFarland 314
Group 8	Rhoades 102
Group 9	Rhoades 201
Group 10	Vangstad 007
Group 11	Vangstad 005
Group 12	Vangstad 108

Thursday, September 11

Check-In with your mentor for attendance points.

11:00 a.m. – **11**:50 a.m. Campus Convocation | McFarland Front Lawn. *Attendance Required.*

5:30 p.m. Summer Vikes on Central | Meet by Walk Bridge. Attendance Required.



ALL-CAMPUS CONVOCATION

SEPTEMBER 11, 2025

MCFARLAND FRONT LAWN 11 A.M.



SUMMER VIKES ON CENTRAL

SEPTEMBER 11, 2025

VCSU Walk Bridge 5:30 P.M.

HOMECOMING WEEK

SEPTEMBER 22-26, 2025

vcsu.edu/homecoming

Technology Help

1. How to connect to WiFi

On iPhone:

On Android phone:





On PC:

Click on the wireless icon on your computer.
Select the "VCSU" Network (Avoid "VCSU Guest").

Use the format "firstname.lastname" for your username (e.g., john. doe).

Use the same password as Campus Connection/Email/MyVCSU. You are now on the VCSU network.

2. DUO Setup

To set up DUO two-factor authentication for NDUS account: Go to 2fa.ndus.edu.

Enter your NDUS username and password.

Use "Call Me" to login.

Select "Device Options" and add your phone if not listed.

Click "Reactivate Duo Mobile" and select your phone type.

Now, on your phone, Install DUO Mobile app, swipe and keep default options until you get to a screen asking for a QR code.

Once there, scan the QR code that was given from 2 steps ago. You are now connected to DUO mobile.

Enable notifications for DUO mobile, and the rest of the options you are free to choose for yourself



3. eTransact Setup

Note: If your picture is not showing, please contact the VCSU helpdesk at 701-845-7340

4. MyVCSU Setup

To open campus email via phone:

Install the MyVCSU App from your App Store.

Sign in with NDUS credentials.

Click "Student" then "Email" to access Outlook.com.

When asked, use your NDUS credentials with "@ndus.edu" added at the end

You now have access to your email account.

To open campus email via PC or Mac:

Open a browser such as Chrome or Firefox and go to "my. vcsu.edu"

Sign in with NDUS credentials.

Click "Student" then "Email" to access Outlook.com.

When asked, use your NDUS credentials with "@ndus.edu" added at the end

You now have access to your email account.

Wellness Center Signup*

1. Creating a Profile

- 1. Go to vcparks.com
- 2. Click on the "Gaukler Family Wellness Center" at the top of the page
- 3. Once on that page, scroll down to and click on the picture above where it says "Memberships"
- 4. Under the Join Today section, click on the button "VCSU Student Membership Registration"
- 5. A new page will appear starting the process of creating a new account
- 6. Enter a valid email address and click the blue button "Submit"
- 7. Fill out all the required information that are noted with an asterisk $% \left(1\right) =\left(1\right) \left(1\right) \left$
 - a. You might be able to submit a photo here as well.
- 8. Once that is all completed, GFWC staff will be able to set up your memberships at the Wellness Center once you provide us with a copy of your class schedule
 - a. Waivers will need to be signed, pictures of students will be taken and QR code passes will be sent to your phones that will be used when checking into the facility
 - b. Physical cards can be given but will only be printed upon request at a later date

2. Adding the QR Code to your Apple Wallet or Samsung Pay

Apple Wallet

- Must download the free app Pass2U Wallet to do the following steps
- 2. Once QR code is texted to you, save the picture to your photos
- 3. Go to the Pass2U app and hit the "+"
- 4. A screen will appear that says "Add or create a pass by"
- 5. Select "Get the barcode in the photo"
- 6. Select QR code that was saved to your pictures
- Once QR code is selected, a pop up saying "Add to Pass2u Wallet" and hit "Confirm"
 - a. All this does is change the QR code to the appropriate format
- 8. A screening saying "Choose a pass type" will appear, select "Generic"
- Fill out desired information here (pass name, play with colors, etc.)
- 10. Finally hit "Done" in the top right corner and the pass will automatically be added to your Apple Wallet

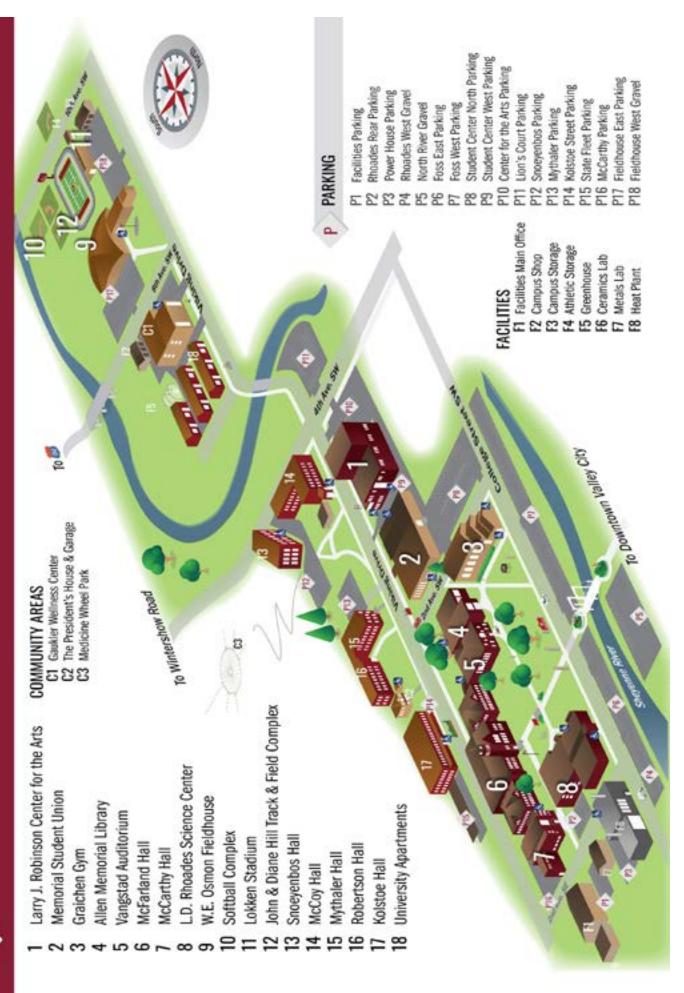
Samsung

- 1. Once QR code is texted to you, save the picture to your photos
- 2. Go into your Samsung Pay app
- 3. Click on "Memberships"
- 4. On the bottom right there should be a blue circle with a rectangle with lines inside, select that button
- 5. Select "add a card not listed here"
- 6. Select picture of the QR Code and shrink the picture to fit on the card outline
- 7. Name the card and enter your phone number or email address a. You will not be able to save without adding a number
- 8. Select "Save" and the card will be automatically added to your Samsung Pay account under memberships



^{*}This can be done on a computer, tablet or cell phone

CAMPUS MAP > 101 College Street SW Valley City, North Dakota 58072



VCSU FIGHT SONG

V-C-S - we love the red and blue. V-C-S - we're always true to you. To you, we show our great adoration We're the best school in the land Rah - Rah - Rah!

Always loyal, let them know we're here. V-C-S - let's give a lusty cheer! Rah - Rah - Rah! Rah - Rah - Rah! V-C-S - Rah! Rah! Rah! Dear old V-C-S!

Repeat



Have a great year!





