

OFFICE OF STUDENT LIFE



*Welcoming New Panthers
into Our Campus Community*

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Student Life is committed to cultivating a community of love and belonging. Through our transformative co-curricular learning experiences, we provide students the opportunities to develop their sense of purpose, embody compassion, and grow into conscious leaders who actively shape the world they live in.

Student Experience

- Orientation and new student programming
- Student club/orgs, programs & activities
- Campus-wide traditions & events

Community Impact

- Service learning, community engagement, volunteerism
- Student Support Foundation
- Campus Ministry
- Military Services

Campus Recreation

- Fitness Center & Courtroom
- Intramurals & Club Sports
- Outdoor Center
- eSports Facility



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Forming Connections with Students & Families



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Learning in Community

- Human beings need each other
- Social connection is required for learning*
- Belonging supports student success, academic achievement, engagement & mental health

Five Components of Student Belonging

Students' sense of belonging on campus is one of the top factors in their retention and persistence. But belonging is hard to define and even harder to measure. Through a review of academic literature and conversations with university leaders, EAB has broken down student belonging into five specific, defined components—each with specific best practices that leaders can put in place. Students who have all five components are much more likely to feel they belong and to stay engaged with the university even after they graduate.



1	2	3	4	5
Seamless Student Experience	Mental Health and Wellbeing	Active and Engaged Learning	Cocurricular and Social Engagement	Faculty Mentoring and Support
<ul style="list-style-type: none">• Policy and process audits to reduce pain points• Single point of contact for holistic student needs• Improved virtual student service experience	<ul style="list-style-type: none">• Institutional culture of wellbeing and prevention• Evidence-based activities to develop resiliency• Help for students facing food/housing insecurity	<ul style="list-style-type: none">• Active learning pedagogy and classroom design• Opportunities for small-group learning• Incentives for faculty to scale learning innovations	<ul style="list-style-type: none">• Engagement options for every student and major• Skill-building opportunities for student leaders• Virtual community building for distance learners	<ul style="list-style-type: none">• Structured faculty-student mentoring programs• Events that foster connections with faculty• Resources for faculty to support student wellbeing



Visit the [Student Belonging Resource Center](https://eab.com/StudentBelongingResourceCenter)
eab.com/StudentBelongingResourceCenter

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*Lieberman, M. D. (2014). Social: Why our brains are wired to connect. Broadway Books.

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A Look at Loneliness

The New Epidemic Gripping College Campuses: Loneliness

- Loneliness is most prevalent among young people- 27% of individuals ages 19-29 indicated feeling lonely in a study conducted by Meta and Gallup, released Oct. 2023
- Covid-19 Pandemic compounded this public health issue, but it was present prior to 2020
- Distinction between social isolation and loneliness
 - Social isolation- lack of social interaction
 - Loneliness- psychological state of feeling that need for love and belonging is not met
- It is our ethical and social obligation to provide ample opportunities for students to develop meaningful connections on campus and throughout the broader community

Alonso, J. (2023, November 8). The New Epidemic Gripping College Campuses: Loneliness. Inside Higher Ed Higher Education News, Events and Jobs.

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The Purpose of Orientation & New Student Programming

ORIENTATION TIMELINE

PRE

Deposit at Plymouth State

1

Online Orientation

2

Summer Orientation

3

Panther Days

POST

First Day of Classes

- Build strong social connections and healthy practices that support wellbeing
- Foster a sense of belonging to campus and the broader community
- Establish shared values and expectations
- Prepare students for applied academic and co-curricular engagement opportunities that develop career competencies
- Provide a strong foundation of support for students to thrive academically, professionally, and personally throughout their time at PSU

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2025 Orientation Coordinators



*Daniel Donahue
Class of 2026*



*Natalia Guay
Class of 2027*

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THE LOOP PLYMOUTH STATE FAMILY PORTAL

- It takes all of us to support the success of students: faculty, staff, family, friends, the broader community
- PSU supports the individual development of students, which advances the development of the State of NH
- We all play a pivotal role in shaping the future



THE LOOP
PLYMOUTH STATE FAMILY PORTAL



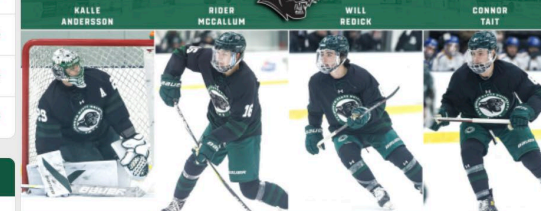
Current Families Communities

- Plymouth State News >
- Parent and Family News >
- Plymouth State Alumni >
- Student Success >

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NEW ENGLAND DIVISION II-III ALL-STARS FOUR PANTHERS HONORED BY NEHWA



MH: Four Panthers chosen as New England All-Stars by NEHWA

Posted about 22 hours ago in Athletics, Student Success.

PLYMOUTH, N.H. – Four members of the Plymouth State University men's ice hockey team were among a group of student-athletes honored by the New England Hockey Writers Association (NEHWA) when the organization recently announced its annual awards recipients.

Senior **Kalle...** read full article

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Calendar

MAY 06	Finals Week
MAY 10	
MAY 10	Graduate Commencement Exercises
MAY 11	Undergraduate Commencement Exercises
MAY 13	Start of Summer Semester, Individual/Independent Enrollment Term, and First Half Term
MAY 21	Course Withdrawal Begins - Summer Semester and First Half Term

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Sincere Gratitude

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