The Sendoff Handbook ‘27

an "unofficial" guide to help YOU figure it all out
Welcome to Lehigh!

This guide has been created for students by students to help you learn the ins and outs of life at Lehigh. We hope you find many of these shortcuts helpful for your entire four years!

This book covers the following topics:
- Advice to First-Year Students
- Important Stuff
- Classes
- Social Life
- Activities
- Lehigh Lingo
- Facts and Tips About College
- Fun Opportunities on Campus
- Great Study Spots
- Most Important Campus Resources
- Places to Go in the Lehigh Valley
- Food On and Off campus

Go Lehigh!
Advice to First-Year Students

Important Stuff:

Try not to lose your ID card or room key.
- Your student ID card is your ticket to life (dorms, food, money, etc.). If your room key or your ID card are lost or stolen, email the IDEAL Office within 24 hours at inideal@lehigh.edu or call (610) 758-6175.

Get GoldPlus.
- You can pre-load your student ID and use it like a debit card at many locations around Lehigh and Bethlehem. You can even use it to pay for doing your laundry.

Visit My Meal Plan.
- All meals, dining dollars, and prices are based per semester. Visit the Lehigh University dining webpage if you would like to purchase or make a change to the plan you chose.

Check out Wells Fargo bank.
- An ATM is available at Johnny’s Bagel located in campus square.

Do not be afraid to ask upperclass students questions.
- Keep up relationships with your Orientation Leader, Gryphon, NavigateLU leader, TRAC fellow, etc.
  - They are eager to help.
  - Everyone loves first-year students!

Be safe.
- Download the HawkWatch app! It’s a custom-designed app for Lehigh University that can help in an emergency situation. Available on the App Store or Google Play.
- Call a Lehigh University Police Department (LUPD) escort at night at (610) 758-1111.
- EMERGENCY? Blue light emergency phones work in the event of power loss and are located across campus.

Don’t freak out if you still don’t know what you want to do with your life.
- Take your general education requirement classes first — then you can decide what you want to do in “the real world.”
- Take advantage of your school’s academic advisers.
- Take advantage of Lehigh’s Center for Career and Professional Development (CCPD).
Turn on notifications for your emails/phone/laptop.
  • Respond to messages within 24 hours if possible.
  • Specific to school-related activities
    – Lehigh announcement email daily
    – GroupMe
    – Lehigh U accounts - ASA - CCPD - IGs
    – Lehigh Involvement Connection (LINC)

Complete your 5x10s early.
  • You are expected to attend five programs during the first 10 weeks of the semester in at least three of the Five Foundations of Student Success in bLUeprint. Sign up through LINC.

Get involved.
  • Attend the Majors Fair and Club Expo. Representatives from each major, minor, and club, as well as other campus resources, will be present to provide information and answer questions.
  • Check out ASA events. The Association of Student Alumni (ASA) strives to unite the campus through past traditions and school spirit. Contact it at inasa@lehigh.edu, or follow it on Instagram at lehighasa.

Get off campus once in a while, even if it’s just to eat a meal on the South Side.
  • Don’t get trapped in the Lehigh bubble. See recommendations at the back of this book.

Visit Taylor Gym and Singleton Gym
  • Exercise is a great stress reliever, and there are always giveaways and promotions happening.
  • Take advantage of the live classes that Taylor offers (ex. personal training).

Build relationships with professors, alumni, and other students.
It’s important to make connections!

Visit the Parking Portal. Use the Parking Portal to make purchases in the parking system and manage your parking account.
  • You cannot have a car as a first-year student.
  • Do not park on campus if you do not have a Lehigh parking pass. You will get a ticket!
  • If you park in a metered space on campus, you must pay the meter, or you will get a ticket!
  • Outstanding parking fines can prevent you from graduating.
It's never too early to prepare for the job market.
- Create a resume during your first year, and have the Center for Career and Professional Development review it.
- Sign up for a mock interview session, and practice for future interviews.
- Join Lehigh Connects to find mentorship opportunities with alumni.

Make the most of your time at Lehigh. You won’t get it back!
- The more you’re involved, the more you will get out of your Lehigh experience.
- LINC - Lehigh Involvement Connection
- Counseling Center
- Health and Wellness Center

Classes:
Go to class!
- You will learn more sitting in class than you would sleeping or hanging out.
- Join a study group, or form your own. It will help you understand complex subjects.

Start off on the right foot with your professor by introducing yourself.
- Don’t be intimidated by your professors. They are here to help you.
- Talk to students who have taken the class before, and get advice on what is important.
- Create a GroupMe or study group with fellow students.

Go to office hours!
- It will help you succeed if a professor knows your name.

Leave your dorm to do homework and study.

When writing emails, use proper grammar with a salutation (i.e., Professor _________,) and a signature (i.e., Best regards, ________).
- Do not use text message slang (lol, omg, ;), etc.
- Proofread your email before you hit send!

Learn your best way to study. Everyone is different!
- It will make your life so much easier once you figure this out. Ask friends how they study and what works for them, and decide what will work for you.
When you feel overwhelmed, break things down into manageable pieces.

- Planners and checklists are your best friends!
- Peer academic coaching — find info on LINC.

Lehigh has free tutoring. Don't be afraid to use it. Options include:

- The Center for Academic Success. (Check the Calendar of Walk-In and Residence Hall Tutoring for current events.)
- The Drown Writing and Math Center in 110 Drown Hall
- The Math Help Center is the top floor of Chandler Ullman.

Check your registration status on Banner one week before registration each semester.

- If there is a hold on your account, contact Registration and Academic Services to fix the problem so you don’t get shut out of your classes.
- You are able to plan ahead through Banner.

Social Life:
Everyone at Lehigh strives to abide by the Principles of Our Equitable Community. Learn them, and treat others with respect.

Join a club or two — it’s a great way to meet new people.

- Make many groups of friends. Don’t limit yourself to only a few people or one specific group.
- Check out Lehigh After Dark (LAD). It’s a fun, substance-free social option for all students on Thursday, Friday, and Saturday nights.
- OFSA Greek Life
- Greek prep 5x10

Talk to your Orientation Leader (OL). They know what they are talking about and are trained to help you. Remember, they were first-year students once, too!

Don’t put anything on Facebook, Instagram, or any social media that you wouldn’t want your future employer to see. Not every picture taken should be on the internet. Privacy settings are not flawless.

- Remember, most companies will check your Facebook page before offering a job.

When going out: Only bring your ID card, key, phone, and a cheap jacket. You may lose or forget things.
You and your roommate may not always get along, but try to have mutual respect for one another and work through your problems.
  • Talk to your Gryphon together if things aren’t working out.

Activities:
Take advantage of all of the free opportunities this campus offers. Trust us, there are plenty!

Get to know people in different Greek chapters if you are thinking of joining. Each one is unique and has something different to offer.
  • If you are considering going Greek, go to an open house!
  • Fraternity recruitment begins in the spring semester.
    Sororities have a more complex recruitment the week before classes start in the spring. You cannot visit their chapter houses before recruitment begins.

Go to the Club Expo on the Clayton University Center front lawn on the first Monday of classes to join a club and get some free food!

Activities are available on all three campuses: Asa Packer, Mountaintop, and Goodman. Be sure to check them out.

Stay active with the various clubs and intramural sports.

Check out the Bethlehem Farmers’ Market in Farrington Square every Thursday from 10 a.m.-2 p.m. from May through October.

Lehigh Lingo
Adapted from the Lehigh University Office of First-Year Experience*

ASA: Association of Student Alumni

Bed Races: A competition during Le-Laf week where four team members push a bed down Packer Avenue while another team member lies on the bed. The first team to cross the finish line wins!

bLUeprint: Your guide to creating the best experience possible at Lehigh. Brought to you by the Office of the First-Year Experience and Student Life Curriculum. Make sure you complete your 5x10s early!

Bone: Rathbone Dining Hall located near Upper and Lower Cents dorms

The Brown and White: The Lehigh school newspaper, produced bi-weekly

Clutch: The Lehigh Mountain Hawk mascot

NavigateLU: Lehigh’s program for first-year students that includes four days of orientation and a few seminars during the semester

FML: E.W. Fairchild-Martindale Library and Computing Center, located by STEPS on lower campus
Lehigh Lingo Continued:

**GoldPlus:** Similar to a Lehigh and Bethlehem debit card. Money is put on it to use for various places on campus and in the Bethlehem community, including campus laundry facilities.

**Gryphon:** Lehigh’s version of a Resident Advisor (RA). There is at least one in every dorm.

**Hawk’s Nest:** Late-night campus diner and game room in Lamberton Hall. Eateries include Chick-N-Bap, Good Batter, Mein Bowl, Tres Habaneros, Simply to Go

**The Hill:** The upper part of campus where many of the fraternities and sororities and some upperclassmen apartments (Sayre Park) are located

**Lehigh University Alumni Relations:** The Office of Alumni Relations mobilizes our 85,000 alumni across the world, connecting them with each other and to the university while elevating Lehigh’s visibility and reputation.

**Le-Laf:** A week of spirit activities and competition leading up to the Lehigh-Lafayette football game, the most-played college football rivalry in the nation.

**Lindy:** Linderman Library, located in the center of campus near the Clayton University Center

**OL (Orientation Leader):** Current students trained to help new students with the transition to Lehigh and guide them through Orientation

**Portal:** An online community for students, faculty, staff, parents, and alumni that has the latest news, course information, and email
  - **Course Site**

**PreLUsion:** Special programs that take place before Orientation begins to help new students transition into Lehigh

**The Rally:** An event that takes place during the Saturday of Orientation, during which alumni in the class from 50 years before officially adopt the first-year class. These alumni will celebrate their 50th reunion when the first-year class graduates in four years.

**Common Grounds at Rauch Business Center:** Fresh grilled sandwiches and tropical smoothies!

**Additional food venues:** The Grind, Global Café, Lucy’s Café

**Various food trucks** – Lehigh App – resource

**Lehigh Apps:** Hungry Hawks – prevent food waste, “Lehigh University,” HawkWatch, and DoubleMap
Lehigh Lingo Continued:

**STEPS:** Science, Technology, Environment, and Policy Studies building on lower campus on Packer Avenue. STEPS is home to first-year labs and has a cool glass atrium to study in!

**Turkey Trot:** A 2.6-mile run through campus on the Thursday evening during Le-Laf week.

**The Clayton University Center (AKA Clayton UC):** Under renovation! New UC coming in 2025. These offices are located in Christmas-Saucon: Gender Violence Education and Support, Center for Gender Equity, Health Advancement and Prevention Strategies (HAPS), Community Service, Pride Center, First-Year Experience, Fraternity and Sorority Affairs, Student Leadership Development, and the Office of Multicultural Affairs.

*Please visit the [Lehigh Lingo webpage](#) for more information.

**Facts and Tips About College**

Everyone wants to be friends with everyone, especially in the beginning.

- Meet new people early and often!

Lehigh is on a mountain. Walking up it is not very fun, but it does provide great exercise.

You have no curfew, and no one is checking in on where you are. *Be an adult, and make smart, common-sense decisions. Don’t get cited.*

You must be disciplined to stay on top of your work without daily homework checks.

- It's so easy to get behind and so hard to catch up. Your professor will not keep tabs on you. You're an adult now, and you are expected to make adult decisions. If you are having difficulty, seek help early and often.

Last-minute studying, or not studying at all, does not work at Lehigh.

- Everyone admitted to Lehigh is smart, classes are difficult, and studying is required to do well.

Lehigh students come from many different backgrounds. Try to learn from the unique experiences of others.

Some courses have a hundred people in them; some courses have five. Don’t be alarmed!

You’re not going to get every class, class time, or professor you want during registration.

- Remember that upperclassmen get first dibs on classes. Have backup selections when registering for classes.
Doing laundry is important!
• Remember: Whites with whites, darks with darks, and no bright colors with whites!
• Wash your sheets and towels.

If the information is in the required textbook and you didn’t go over it in class, it could still be on the exam.
• Insider tip: Check other retailers for books; you may be able to find a copy online.
• The bookstore may buy books back at the end of the semester if you purchased them at the bookstore.
• Always ask your professor what material will be on the exam, and always complete the assigned reading.

Some classes are strictly lecture-based with no teacher-student interaction, and other classes are all discussion.

Here are some must-have items that you should buy before you come to campus: A pair of rain boots and snow boots, a heavy winter jacket, and an umbrella. Be prepared for ice and snow in the winter.

Many classes have 2-5 exams that count for your entire grade. Some only have a final.
• Tests are a huge part of your grade. In many cases, they are your entire grade. Read the syllabus and study.

You will need to maintain a 2.0 GPA to graduate.

Have fun and make tons of Lehigh memories!
On Campus

Great Study Spots
- Chandler-Ullmann Hall
- Health, Science & Technology Building (HST)
- Computing Center
- Coppee Hall
- Deja Brew
- Drown
- Fairchild-Martindale Library
- Johnny’s Bagels & Deli
- Lamberton
- Linderman Library Rotunda
- Lit Coffee Roastery and Bake Shop
- Lucy’s Café
- Maginnes basement
- Neville (upper floors)
- Rauch study rooms
- Saxbys
- Starbucks
- STEPS Atrium
- The Grind (FML)
- Williams Hall

Fun opportunities:
- Bed Races
- Chicken Finger Fridays
- Founder’s Day
- Giving Day
- Holi
- International Week
- Lehigh After Dark
- Le-Laf Football Game & Spirit Week
- Sports
- Weekly shuttle to movies, malls, and Walmart on Saturdays
- University Productions (UP) events and trips
- Wingo – wings + bingo
Places to go in Bethlehem

**South Side**
- Anna’s Brick Oven
- Banana Factory
- El Jefe’s Taqueria
- The Goose
- Playa Bowls
- Rakkii Ramen
- Roasted
- Social Still
- SteelStacks
- Saxbys
- Tasty China
- The Flying V
- Tulum
- U & Tea
- Zest

**North Side**
- Fegley’s Brew Works
- The Brick
- The Flying Egg
- First Fridays
- Historic Bethlehem (Main Street)
- Mama Nina
- Moravian Book Shop
- North Side stores
- Tapas on Main
- Urbano Mexican Kitchen & Bar

**Nearby**
- AMC Center Valley 16 movie theater (Center Valley)
- Airport Road (Target, Walmart, etc.; Allentown)
- Dorney Park (Allentown)
- Allentown farmers’ markets (various)
- Frank Banko Alehouse Cinemas
- Lehigh Valley Grand Prix (Allentown)
- The Promenades Shops at Saucon Valley (Center Valley)
- South Bethlehem Greenway
- SteelStacks
- Lehigh Valley Mall (Whitehall)
Important Campus Resources

**Advocacy and Equity Offices**  
(610) 758-3000

**Bursar's Office**  
(610) 758-3160  
bursar@lehigh.edu

**Center for Career and Professional Development**  
(610) 758-3710  
careercenter@lehigh.edu

**Center for Academic Success (tutors)**  
(610) 758-2996  
intutor@lehigh.edu

**The Center for Gender Equity | Diversity, Inclusion, and Equity**  
Call (610) 758-6484  
incge@lehigh.edu

**Counseling & Psychological Services (UCPS)**  
(610) 758-3880  
incso@lehigh.edu

**Financial Aid**  
(610) 758-3181  
financialaid@lehigh.edu

**First-Year Student Issues**  
(610) 758-1300  
fye@lehigh.edu

**Health & Wellness Center**  
(610) 758-3870  
inluhc@lehigh.edu

**IDEAL Office**  
(610) 758-6175  
inlpd@lehigh.edu

**Office of Multicultural Affairs (OMA)**  
(610) 758-5973  
inmca@lehigh.edu

**Pride Center**  
(610) 758-4574  
pridecenter@lehigh.edu

**LU Police Department**  
(610) 758-4200  
inlpd@lehigh.edu

**Registration and Academic Services**  
(610) 758-3200  
ras@lehigh.edu

**LTS (STARS program)**  
(610) 758-4357  
helpdesk@lehigh.edu