

# GET CONNECTED

## Things to do on Campus

### JOIN A CLUB

Watch for the Club Fair in the fall to learn about clubs on campus.



### SPORTS

Watch for an email from the Athletics Department to sign-up for intramural sports. There are also club sports (see above)!

### ATTEND SOCIAL EVENTS

Residence Life and the Westmont Activities Council (WAC) put on fun events throughout the school year such as movie nights and dances.



### GO CHEER FOR THE WARRIORS

With 13 different Warrior teams, there is often something going on. Be sure not to miss Midnight Madness!



### INTERCULTURAL PROGRAMS (ICP)

There are many Westmont groups that promote intercultural learning and support for students on campus.



### MUSIC

Westmont music programs are a wonderful way to build community and use your gifts. In addition to Choir and Orchestra, there is chapel band and even private music lessons for beginners. You can also get involved with your Res Hall during Spring Sing!



### SPIRITUAL GROWTH

Make friends while serving in a ministry.



## LONELINESS

You may be feeling overwhelmed by all the new people and missing the comfort of home. Adjusting to a new place and making new friendships takes time. Some tips to make the process a little smoother include:

- Stay on campus on the weekends instead of going home.
- Take a social media break and talk to the people in your hall.
- Talk to your RA.
- Make an appointment with CAPS if you need some professional counseling. [caps@westmont.edu](mailto:caps@westmont.edu)

## OFF CAMPUS OPTIONS

- Serve in Santa Barbara with Urban Initiative.
- Join a local church community. If you aren't sure how to find a church, ask your professors or older students where they attend.
- Invite someone to go to State Street, the beach, or a local museum.

