Spring Commencement will take place Friday, May 9, and Saturday, May 10, at the Ted Constant Convocation Center. The ceremony for College of Arts & Letters will be held at 4 p.m. on Friday. The ceremony for College of Health Sciences, Batten College of Engineering & Technology, and College of Sciences will be held at 9 a.m. on Saturday, while the ceremony for College of Business & Public Administration and Darden College of Education will take place at 2 p.m. on Saturday.

All guests must have a ticket to enter the Constant Center. Children age 2 or younger are not required to have a ticket if they sit in a parent’s lap. If you do not have a guest ticket, auxiliary viewing is provided in the multipurpose room of the Constant Center. Parking will be available in the 43rd Street Parking Garage. Plan to arrive 30-60 minutes before the ceremony is scheduled to begin.

The ceremony will last approximately 1-1/2 to 2 hours. It will begin with a processional, followed by speakers, the confirmation of degrees, and then personal congratulations where each graduate’s name will be read as he or she walks across the stage. Guests are welcome to photograph or videotape the ceremony so long as they are not disruptive. Plan to meet your graduate outside the arena following the ceremony. There will not be an opportunity for after-ceremony photos in the arena, but there are many locations around campus that make for great photo opportunities, such as in front of Constant Center and around Kaufman Mall.
Get Involved

Would you like to learn how you can contribute to the Monarch Family and Parent Organization? Join us on Wednesday, May 7 at 7 p.m. for a phone conference to discuss the benefits of joining the organization, such as

- Connecting with your fellow ODU parents and sharing advice.
- Offering your insights on the ODU experience.
- Getting opportunities to meet senior leadership on the ODU campus.

If you would like to participate, email familyconnection@odu.edu to RSVP.

Sports Spotlight

ODU Lacrosse

@ Liberty 11-9 (W)
@ Longwood 13-16 (L)
vs. St. Joseph’s 18-11 (W)
Next game: @ Colorado 4/18

Monarch Pride

ODU engineering student Mark Levenstein has been selected as a Fulbright Scholar, an award process that is extremely competitive and is one of the world’s most prestigious honors.

Healthy Habits

Students often get stressed out in April due to studying for finals, preparing for move-out, and planning for summer. Encourage them to de-stress by

- Exercising, meditating or listening to music to relax.
- Saying no to additional activities or burdens.
- Utilizing their support system on campus and at home.

Numbers to Know

Advising and Transfer Programs
academic advising, continuance
757.683.3699

Career Management Center
internships, employment
757.683.4388

Housing and Residence Life
on-campus housing
757.683.4283

Student Health Services
flu shots, health exams
757.683.3132

Student Transition and Family Programs
Parents’ Association, orientation
757.683.3428

University Registrar
registration, address/name change, graduation certification
757.683.4425

University Events
commencement
757.683.5759

Summer Options for Students

Though summer is often seen as a time for lazy days and vacations, there are many things students can do to turn their summers into valuable learning and career-building experiences. Students can

- Gain industry experience through volunteering, summer jobs, and internships.
- Explore areas of interest through job shadowing and informational interviews.
- Enroll in summer classes to get ahead or catch up.
- Save money for the upcoming semester.
- Work on their professional profiles by creating, enhancing, and cleaning up their social media accounts.
- Take time to enjoy the summer, relax, recharge, and reboot before heading back to school in August.