WELCOME TO PARENT & FAMILY WEEKEND 2019!

We hope you enjoy spending time with your student, exploring our beautiful campus and cheering on the Gophers (student athletes, leaders, performers, and all of our wonderful community).

The PFW schedule includes something for everyone so have fun and we hope to see you again soon!

BE SURE TO CHECK IN

Check-in
Friday, 11:30am-6pm
Saturday, 9:30am-12:30pm
Coffman Memorial Union, Theater Lobby (First Floor)

Pick up your PFW wristband that will serve as your ticket to events (excluding the football game). Check-in will also be open in the Coffman Theater Lobby on Saturday from 9:30am-12:30pm for families not attending Friday activities.
Please make every effort to check-in on Friday. Your student can also check-in for your family!

PFW GUIDEBOOK APP

Use our app for the most up-to-date and complete information about weekend activities.

Begin by downloading “U Minnesota” to your device. Go to your app store, or visit guidebook.com/app/umn. Open the app and follow these instructions:
- iOS: Search in the “Find a guide...” field or under “Public Guides”
- Android: Tap the down arrow to access “Browse Guides”
Select “Parent & Family Guide”

SUNDAY MORNING AT THE REC

Recreation & Wellness Center, Sunday from 9-Noon

Get active with your student and attend a class at the Rec! RecWell is offering three options to registered families. These classes include yoga flow at 10am, and bouldering and crate stacking throughout the morning. Yoga mats will be available on-site. Make sure to wear athletic gear and bring your PFW wristband.

CELEBRATING GOPHER FAMILIES

McNamara Alumni Center, Sunday from 11am-12:30pm
(Pre-registration required)

Does your family’s Gopher connection span generations? If so, then this brunch is for you! The University of Minnesota Alumni Association invites families with U of M alumni (e.g. parent, grandparent, sibling, aunt, uncle, and/or other family member) to celebrate the special legacy they are passing on to their student(s). This event will feature photos with Goldy and special pinning ceremony for students and their alumni family members. Registration includes a delicious brunch buffet and gift for all attendees.

WEEKEND ACTIVITIES ON YOUR OWN

Collidescope 4.0: Adventures in Pre & Post-Racial America
Dance Informal Studio Showing
The Ghostly Garden- Bell Museum
Spider-Man: Far From Home- On campus show!
Foosball Tournament
Harry Potter and the Goblet of Fire™ in Concert
Bell Museum Planetarium
Mill City Museum
Minneapolis Institute of Art
Walker Art Center & Sculpture Garden
Visit Izzy’s Ice Cream
Sever’s Fall Festival
Walk Stone Arch Bridge
GOPHER GET TOGETHER

The Graduate Hotel, Friday from 4-6pm
(Pre-registration required)

Mingle with staff, families and animals at this year’s Gopher Get Together. Enjoy a performance from a campus student group, snacks, and even a visit from our furry friends from the on-campus resource, Pet Away Worry and Stress (PAWS). Attendance to this event is included in the PFW registration.

AT HOME IN MN BREAKFAST

The Graduate Hotel, Saturday from 8:30-10am
(Pre-registration required)

Is your Gopher family from another state? Join us for a lovely catered breakfast and meet other out-of-state families.

We have partnered with the Office of Transition Experiences to welcome families of out-of-state students with this fun Minnesota-inspired event.

FAMILY TAILGATE

3M Arena at Mariucci, Saturday from 11:30am-2:30pm

Gear up to cheer on the Gophers at the Family Tailgate. Find the PFW tent in the lawn in front of 3M Arena at Mariucci from 11:30am-2:30pm on Saturday. We’ll be outside, so dress for the weather! All registered family members should wear their PFW wristband to enter.

Tailgate food including nachos, hot dogs and popcorn will be available. Please ask a server on site for any gluten free needs.

Enjoy lawn games and pre-game prep hosted by the College of Liberal Arts, check out the College of Science and Engineering’s Clean Snowmobile team and their modified stock snowmobile, and have a front row view of the Pride of Minnesota Marching Band as they get fans excited before the game.

WHAT DID I SIGN UP FOR?

Registration for the weekend includes:
- Educational Sessions
- Family Tailgate (snacks included)
- Sunday Morning at the Rec (Breakfast and RecWell activities included)
- Access to RecWell facilities to work out during the weekend (bring your wristband)

Add-ons include:
- Gopher Get Together (Friday PM)
- Gopher Hockey v Duluth (Friday PM)
- Gopher Football v Maryland tickets (Saturday)
- At Home in MN Breakfast (Saturday)
- Celebrating Gopher Families (Sunday)

FRIDAY: OCTOBER 25TH

11:30am-6pm
Check-in
Coffman Memorial Union,
Theater Lobby (First Floor)

1-1:50pm
What’s Next? Housing 2020
with Housing & Residential Life,
Off-Campus Living and Student Legal Service
Coffman Memorial Union, Theater

2-2:50pm
Don’t Ask Me What My Major Is:
Understanding the Importance of Major Exploration
with the Center for Academic Planning and Exploration (CAPE)
Coffman Memorial Union, Theater

2-2:50pm
Going Global
with the Learning Abroad Center
Coffman Memorial Union, 3rd Floor, Room 325
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>3:30-4:30pm</td>
<td>Career Tracks</td>
<td>Coffman Memorial Union, Theater</td>
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<tr>
<td></td>
<td>with Career Services</td>
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<td></td>
<td>College of Food, Agricultural and Natural Resource Sciences (CFANS)</td>
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<td></td>
<td>Reception &amp; Open House</td>
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<td></td>
<td>Featuring CFANS product tastings, tours and a resource fair</td>
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<td>125 Coffey Hall, St. Paul Campus</td>
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<tr>
<td>3:30-4:30pm</td>
<td>Lab Tours</td>
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<td></td>
<td>with the College of Biological Sciences</td>
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<td></td>
<td>Molecular and Cellular Biology Building, 3-104</td>
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<td></td>
<td>(Tours available at 3:30pm and 4pm)</td>
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<tr>
<td>3:30-4:30pm</td>
<td>Design Your Carlson</td>
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<tr>
<td></td>
<td>with the Carlson School of Management</td>
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<td>Coffman Memorial Union, 3rd Floor, Room 325</td>
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<tr>
<td>3:30-4:30pm</td>
<td>College of Education and Human Development Reception</td>
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<td>Appleby Hall, 2nd Floor, Room 201</td>
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<td>4-6pm</td>
<td>Gopher Get Together</td>
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<td>(Pre-registration required)</td>
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<td></td>
<td>The Graduate Hotel</td>
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<td>7pm</td>
<td>Gopher Hockey vs. Duluth</td>
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<td></td>
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<td></td>
<td>3M Arena at Mariucci</td>
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<td>SUNDAY: OCTOBER 27TH</td>
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<tr>
<td>9-11am</td>
<td>Sunday Morning at the Rec</td>
<td>Recreation &amp; Wellness Center</td>
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<td>9:15-10am</td>
<td>Stress in College</td>
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<td></td>
<td>with Boynton Health</td>
<td>Recreation &amp; Wellness Center, 4th Floor, Room 6</td>
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<td>10:45-11:30am</td>
<td>What’s Next? Housing 2020</td>
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<td></td>
<td>with Housing &amp; Residential Life, Off-Campus Living and Student Legal Service</td>
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<td>Recreation &amp; Wellness Center, 3rd Floor, Beacon Room</td>
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<td>SATURDAY: OCTOBER 26TH</td>
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<tr>
<td>8:30-10am</td>
<td>At Home in MN Breakfast</td>
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<td>Coffman Memorial Union, Theater Lobby (First Floor)</td>
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3:30-4:30pm  
*College of Education and Human Development Reception*  
*Appleby Hall, 2nd Floor, Room 201*

4-6pm  
*Gopher Get Together*  
(Pre-registration required)  
*The Graduate Hotel, Pinnacle Ballroom*

7pm  
*Gopher Hockey vs. Duluth*  
(Tickets required)  
*3M Arena at Mariucci*

**SUNDAY: OCTOBER 27TH**

9-Noon  
*Sunday Morning at the Rec*  
*Recreation & Wellness Center*

9:15-10am  
*Stress in College*  
with Boynton Health  
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*The Graduate Hotel*

9:30am-12:30pm  
*Check-in*  
*Coffman Memorial Union, Theater Lobby (First Floor)*

10-10:50am  
*Coaching for Student Success*  
with the College of Liberal Arts  
*Coffman Memorial Union, Theater*

11-11:50am  
*Going Global*  
with the Learning Abroad Center  
*Coffman Memorial Union, Theater*

Noon-12:50pm  
*Beyond Welcome Week: Your Student’s Transition*  
with Orientation & Transition Experiences  
*Coffman Memorial Union, Theater*

11:30am-2:30pm  
*Family Tailgate*  
*Tent outside 3M Arena at Mariucci*  
*See map on back of program*

2:30-5:30pm  
*Gopher Football vs Maryland*  
(Tickets required)  
*TCF Bank Stadium*
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