Eagle Updates email about the upcoming move-in and orientation for incoming students at Oxford College. The email provides details about the move-in date and orientation program, including the Ignite Leadership program. It also reminds students to submit their preference for the Discovery Seminar course and to complete the required health forms by the deadline. The email encourages students to take advantage of various opportunities to connect with other students and participate in leadership programs. The email concludes with a welcome message and a reminder to stay tuned for more updates on move-in and orientation activities.