



# The Know

First-Year Experience

Sam Houston State University

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## The First-Year Experience

Welcome to the first issue of the First-Year Experience's *In the Know* newsletter. Not only is this the first issue of the newsletter, it is the first year of the First-Year Experience (FYE) at Sam Houston State University!

The FYE strives to make first-time freshmen successful college students. What does that mean? That means that SHSU faculty and staff want our incoming freshmen to have the tools to get through their college careers as easily as possible. As SHSU Associate Vice President for Student Services/Dean of Students, Frank Parker, says, "Our job is to make happy Bearkats who graduate and go on to be productive citizens." Although there are numerous programs through Athletics, the Honors Program, the SAM Center, Student Activities, Residence Life, Career Services, the Dean of Students' Office and others that do this, the FYE tries to help get the word out and has a few programs that are unique to the FYE.

SAM 136—Introduction to Collegiate Studies is a three-credit-hour, freshman seminar. Study skills; time, stress and money management skills; civic and campus involvement; wellness; career and major exploration; and SHSU tra-

(FLC), is a non-residential program in which a core group of students take classes with one another. This encourages students to study together and therefore learn the information better. Freshmen in the FLC also get to meet a group of peers early on in their freshman year that they will see in most of their classes.

We also have a website, [www.shsu.edu/fye](http://www.shsu.edu/fye). We hope that you will visit it from time to time. Since this is the first website and newsletter, the FYE is interested in knowing what you would like to see included on the website and in the monthly *In the Know* newsletter. Just email the FYE at [fye@shsu.edu](mailto:fye@shsu.edu) with your comments. We are looking forward to a great first year of the First-Year Experience!

—Dr. Keri Rogers, Associate Dean and Director of the First-Year Experience, [krogers@shsu.edu](mailto:krogers@shsu.edu)



first year experience

ditions and history are some of the topics that are covered in the class. Currently, a reported 94% of American colleges and universities have freshman success seminars in various formats. SHSU is really glad to have this program, too.

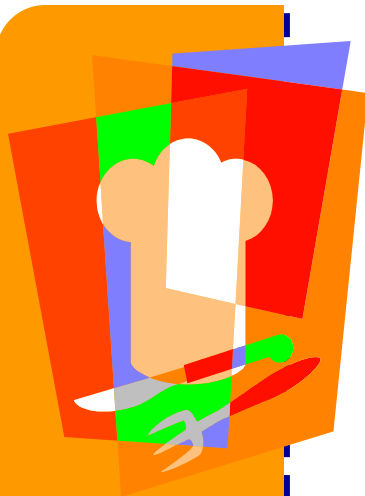
The second program, the Freshman Learning Community

## Making College Count

The First-Year Experience, the Dean of Students' Office, Career Services and Student Activities will sponsor Monster.com's Making College Count presentation on **Tuesday, September 7th at 4 p.m. and 7 p.m. in the LSC Theater.** This year's theme is "The Ultimate Road Trip: Campus2Career." According to their website, the presen-

tation provides students with valuable success tools to help prepare them for the college experience and beyond. The program is supplemented by a workbook that each student can use to follow along with the speaker, helping them retain key tips and tools on topics such as: career opportunities for the future, what employers and

graduate schools want, successfully managing the transition to college, the power of work experience and internships, meaningful extracurricular involvement, tips for getting great grades and managing time, work experience, and the importance of starting NOW. Plan to join us for one of these upcoming presentations!



Residence hall  
"cooking" doesn't  
have to be difficult.

## No-Cook Recipes for Residence Hall Living

### Fruit Smoothie

1 cup (8 oz.) vanilla-flavored nonfat yogurt  
1 sliced banana  
1 cup fresh, frozen or canned fruit such as strawberries or peaches  
1/4 cup orange juice

In blender, add all ingredients. Blend until smooth.

### Spinach and Orange Salad

fresh spinach  
1 can mandarin oranges  
toasted almonds  
sesame oil dressing

Rip spinach leaves into a bowl, pour in the can of drained mandarin oranges, a handful of toasted almonds, and serve with the sesame oil dressing.

Mark your  
calendars for  
Parents/Family  
Weekend -  
September 17-19

## Parent/Family Weekend History in the Making!

Parents and family members are invited to join their Bearkat student for a fun-filled weekend during SHSU's annual Parent/Family Weekend which is scheduled for September 17 - 19, 2004.

Friday evening activities include a volleyball match against the University of Louisiana-Monroe and comedian Michael Dean Ester.

Saturday highlights include a coffee for parents and administrators, the annual meeting of the SHSU Parents' Association, "Generation Gap," a newlywed-

type game for students and parents, and a presentation on the history of Sam Houston State University. The volleyball team will also take on Northwestern State.

The Bearkat football team will take the field against the University of Montana at 7 p.m. Saturday night, but the pre-game party will begin at 5 p.m. and all students and parents are invited for fun and food. Parents are sure to enjoy a classic car cruise-in!

The weekend concludes Sunday morning with an interdenomina-

tional Christian worship service held outdoors on the SHSU campus.

For more information contact the Dean of Students' office at 936-294-1785 or [me-sims@shsu.edu](mailto:mesims@shsu.edu). You may also check the Parent/Family Weekend website at [www.shsu.edu/~slo\\_parents\\_weekend](http://www.shsu.edu/~slo_parents_weekend).

—Mary Ellen Sims, Assistant Dean of Students,  
[mesims@shsu.edu](mailto:mesims@shsu.edu)



HELP  
is on the  
way when  
you go to the  
Reading Center,  
Writing Center,  
& Math Help  
Lab!

## Academic HELP!

### Writing Center

Monday-Thursday:  
8am-7pm

Friday: 8am-3pm

Sunday: 2 -7pm

Wilson 114

936.294.3680

[wctr@shsu.edu](mailto:wctr@shsu.edu)

[www.shsu.edu/~wctr](http://www.shsu.edu/~wctr)

### Reading Center

Monday-Thursday: 8am-7pm

Friday: 8am-3pm

Sunday: 1-4:30pm

Wilson 111

936.294.3114

[rdg\\_www@shsu.edu](mailto:rdg_www@shsu.edu)

[www.shsu.edu/~rdg\\_www](http://www.shsu.edu/~rdg_www)

### Math Help Lab

Monday-Thursday: 8am-5pm

Friday: 8am-noon

Sunday: 1-5pm

Lee Drain Building 201

936.294.1564

[www.shsu.edu/~mth\\_www/helphours.htm](http://www.shsu.edu/~mth_www/helphours.htm)

[www.shsu.edu/~mth\\_www/helphours.htm](http://www.shsu.edu/~mth_www/helphours.htm)

## September Dates to Know



### September 1—Welcome Week Activity

LSC Scavenger Hunt, 10 am—6 pm, LSC

### September 2—Welcome Week Activity

Student Activities Pre-Labor Day Picnic, 11 am, LSC Mall Area

### September 4—Welcome Week Activity

Student Activities Pre-Game Party, 4 pm, Bowers Stadium Parking Lot; SHSU vs. Ouachita Baptist Football Game, 6 pm, Bowers Stadium

### September 6

Labor Day Holiday for students and faculty

### September 7—Welcome Week Activity

Monster.com's Ultimate Road Trip: Campus2Career, 4 pm & 7pm, LSC Theater

### September 8—Welcome Week Activity

Student Activities Administrators' & Organizations' Fair, 11 am, LSC Mall Area

### September 10

12th Class Day. Deadline for notification by students to the faculty members of the student's intent to be absent on religious holy days.

### September 13-17

SAM Center Study Skills begins the first six-weeks series of classes. Classes are offered each day of the week. Contact [Dr. Bernice Strauss](#) for more information

### September 17

Last day for dropping half-semester courses without grade of F

### September 18

Parent/Family Weekend (see article on page 2 for details)

For more calendar information, please see the [Academic Calendar](#), the [Student Services Calendar](#), or the [SAM Center Calendar](#).

Three experienced SHSU students share what they wish they would have known as an incoming freshman.

## Advice to Know

### Kendrick, Spencer—Sophomore Radio/Television Major and Broadcast Journalism Minor

- If you have a paper due, try to complete it as early as possible. If you start early, you will have a better shot at getting books and other materials you'll need in the research process.
- Don't throw away your syllabus or reading list. You'll need to refer back to it throughout the semester.
- Learn to manage your time. Know that studying should be more important than attending a party.
- If you are not self-motivated, study with someone who can give you that extra push.
- Don't be afraid to make new friends. Others are nervous and are wanting to make friends, too. Walk up to someone and introduce yourself -- network.
- Your parents are not here. It's up to you to attend classes.
- Sit in the front of your class, get to know the professors, and don't be afraid to visit your professors during office hours.

### Trapper Pace—Junior Fashion Merchandising Major

- The best 4 letter "F" word is



- It's okay to study. It doesn't mean you're a nerd.
- When you don't know the answer...ASK!



- You paid for it, so go to class. Get the most out of your money.
- Get involved! It will help you manage your time and meet new people.
- Don't wear your letterman jacket from high school! You're in college now!

### Katie Halfman—Senior Psychology Major and Speech Communication Minor

- Don't take 8 am classes if there is any doubt in your mind that you won't get up. Yes, you did it all through high school, but mom isn't there to wake you up this time.
- Save everything from the classes in your major.
- Learn to use the library soon. Don't put it off because it will only hinder you later.
- Use the writing center!!!!!!
- If you plan on going to grad school, start studying now! I retook MTH 164 the semester before I took the GRE.
- Don't use that roller backpack your mom gave you!





first year experience

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**We're on the web!**  
[www.shsu.edu/fye](http://www.shsu.edu/fye)

# FAQS

We would like to answer any questions that you have about Sam Houston State University or the First-Year Experience. Please email questions and/or comments to us at [fye@shsu.edu](mailto:fye@shsu.edu). We will publish as many questions and answers as possible in the next issue of *In the Know*.

## Did You Know?

**87,182**

Number of college freshmen in the state of Texas in Fall, 2000.

**1,832**

Number of beginning freshmen at SHSU in Fall, 2003.

**\$4.4 million**

Estimated lifetime earnings of professional (i.e., medical, law, dentistry and veterinary medicine) degree-holders. This compares with \$3.4 million for those with Ph.D.s, \$2.5 million for master's degree-holders, \$2.1 million for those with bachelor's degrees, \$1.2 million for high school graduates and \$1.0 million for high school dropouts.

**46,080**

Estimated number of rolls of toilet paper that Custodial Services supplied to SHSU in 2002.

**62**

Percentage of college students who say they have been following the presidential campaign closely; the same percentage say they will "definitely" vote in November.