



# ONLINE STUDENT SCHEDULE

Click the video icon next to the session title to view.

## **WHO DO YOU CALL? WHERE TO GO FOR SUPPORT!**

Learn about the free academic support resources on campus including the Academic Success Center, which provides tutoring services, and the Newton Gresham Library, where you can learn to enhance your research skills.

## **CREATING YOUR ACCOUNTABILITY**

The onus of responsibility is no longer on your parents or your high school teacher. You are accountable; from attendance to knowing when your assignments are due, to communicating with your professors in an open and honest way maintaining honesty and integrity throughout your academic experiences. Learn how to CYA and be responsible for your academic attainment and educational experience.

## **HOT TO ACE YOUR FIRST DAY OF CLASS**

Learn about the free academic support resources on campus including the Academic Success Center, which provides tutoring services, and the Newton Gresham Library where you can learn and enhance your research skills.

## **BLACKBOARD 101**

Explore the features of Blackboard for students: Learn about the search features, 24/7 support, best practices, mobile app, explore course sites and common student-level course tasks to help navigate SHSU learning technology.

## **STEPS TO SUCCESS IN STEM COURSES**

Explore impactful strategies, actions, and habits that support learning success in STEM courses. Hear from faculty in the College of Science and Engineering Technology as they share helpful ideas and provide you with steps to take as you launch into your STEM courses in Fall 2024.

## **TECH TOOLS FOR LEARNING**

Learn about SHSU's technology platforms for students and how these features work to support your educational efforts.

## **BE WELL, DO WELL: HEALTHY CHOICES**

This session aims to educate you on how sleep, physical activity, nutrition, hydration, and substance use impact one's general level of functioning. This session will provide an overview of health and wellness services offered on campus through the Student Health Center and the Office of Health Promotion offices and how students navigate being responsible for their own healthcare needs as they transition to college.

## **RED FLAG, GREEN FLAG: NAVIGATING HEALTHY RELATIONSHIPS**

This session will outline what to expect from yourself and others in a healthy relationship and what "warning signs" may look like for unhealthy behaviors.

## **WE ARE ALL DIFFERENT AND THAT'S OKAY!**

A discussion about diversity and inclusion while meeting new people and navigating new experiences in the higher education environment.

## **INTOXICATING INSIGHTS: THE EFFECTS OF ALCOHOL AND CANNABIS**

This session aims to educate you on the effects and risks and potential consequences related to substance use and misuse.

## **SITUATIONAL AWARENESS: HAVE YOUR OWN BACK AND YOUR FRIEND'S TOO!**

Creating a safe community is everyone's job but there are also things you can do to help protect yourself on and off-campus by making good choices for yourself and being situationally aware. Bystander intervention will also be covered.

## **OVERCOMING COMMON COLLEGE STRESSORS**

Identify and learn strategies to help with homesickness, academic stress, relationships, or other interpersonal difficulties. Students will learn about resiliency, how to monitor their mental health, and where to seek support when needed.

## **BENEFITS OF RECREATIONAL SPORTS**

In this session you will explore recreational opportunities available and learn about American Heart Association Recommendations for Physical Activity in Adults and the benefits of participation in various programs. There is clearly more to life than smart devices, video games, and television screens. So, why do we all get stuck in front of them? Come explore other options that add richness and value to life.

## **GROWN-ISH: UNDERSTANDING YOUR RESPONSIBILITIES AS A BEARKAT**

We will educate students on how to manage their behavior in the classroom and broader campus community and review community standards and violations of the Student Code of Conduct. Information on student discipline and restorative practices will also be discussed.