



BEARKAT KICKOFF

ONLINE STUDENT SCHEDULE



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

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.

A COLLEGE STUDENT'S GUIDE TO SAFER SEX



This session aims to educate you on safer sex practices and how they impact your overall health and well-being. You'll learn practical ways to prevent the transmission of sexually transmitted infections (STIs) and reduce the risk of unplanned pregnancy. We'll also cover where to access sexual health resources and support through the Student Health Center and the Student Wellness Office. Students will be equipped to be more confident in making informed and responsible decisions about your sexual health as you navigate college life.

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.

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.

CULTIVATING 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.



BEARKAT KICKOFF

ONLINE STUDENT SCHEDULE



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

STEP 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 2025.

TIPS TO NAVIGATE YOUR COLLEGE EXPERIENCE

This session will introduce you to essential campus resources and practical strategies to help you thrive at Sam Houston State University. You'll learn how to connect with support services, build strong relationships with faculty and peers, and apply active learning techniques to strengthen your academic performance. We'll also explore how to use AI tools responsibly and effectively, along with first-day tips and ways to stay engaged on campus. By the end, you'll feel more confident navigating your transition to SHSU and setting yourself up for a successful semester.

SITUATIONAL AWARENESS: HAVE YOUR OWN BACK & 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.

GROWN-ISH: UNDERSTANDING YOUR RESPONSIBILITIES AS A BEARKAT

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.

BLACKBOARD 101

This video is your step-by-step guide to navigating SHSU's learning management system. Learn how to log in, set up your profile, customize notifications, explore your courses, access assignments and exams, view grades and feedback, send messages, and use Kaltura for video submissions. You'll also discover how to take advantage of essential student resources like the Blackboard Student Orientation, Student Support Organization, and Bearkat Student Success Hub. By the end, you'll be ready to navigate Blackboard with confidence and stay on top of your coursework from day one.