



# BEARKAT KICKOFF

ONLINE PROGRAM



Sam Houston State University

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM



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## ONLINE PROGRAM

Bearkat Kickoff is SHSU's official freshmen welcome week program into academic and campus life at Sam Houston State University. Bearkat Kickoff is designed to support new students with their transition into the college experience and ensure students' overall well-being, campus connection, and academic success.

### PROGRAM EXPECTATIONS

To complete your Bearkat Kickoff experience, complete the following:

- 1** Participate in New Student Convocation online on Sunday, August 13 at 3 p.m.
- 2** Attend online sessions Tuesday through Thursday, from 3–5 p.m.
- 3** Attend the Active Minds Keynote and Healthy Relationships sessions on Monday and Tuesday afternoon.
- 4** Participate in College Day according to your major.



## THREE FOCUS AREAS



### ACADEMIC SUCCESS

Learn how to navigate the academic differences between high school to college and your academic support system.



### MENTAL HEALTH AND WELLNESS

Part of your academic success will be making sure you understand the importance of your overall health and wellness and how it impacts you day-to-day.

We want to equip you to recognize and focus on all eight dimensions of wellbeing: Intellectual, Emotional, Physical, Spiritual, Occupational, Social, Financial, and Environmental. Join our sessions to learn how to “Be Well, Do Well” at SHSU.



### TRADITIONS AND BELONGING

Sam Houston State is a family and you are a part of it now! Learn what it means to be a Bearkat and how you can find your home away from home at SHSU.

## ONLINE ELECTIVE OPTIONS

Tuesday–Thursday  
3–5 p.m.

You can take additional sessions in your free time!

### 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.

### 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.

### S<sup>3</sup> - 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 2023.

### 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.

## HEALTHY RELATIONSHIPS AND SEXUAL HEALTH



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. Sexual Health topics will be consent, safer sex, birth control and barrier methods, and sexually transmitted infection prevention.

## 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.

## SUBSTANCES AND RISKS TO ACADEMIC SUCCESS



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.

## STUDENT CODE CONDUCT



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.



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