BEARKAT KICKOFF
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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 and win prizes, complete the following:

1. Check in for Bearkat Kickoff at your assigned residence hall at 2:15 p.m. on Sunday, August 13 with your Bearkat Kickoff Leader. All commuter students should check in at the Academic Success Center in the Newton Gresham Library on Sunday, August 13 at 2:15 p.m. Additional information on page 3.

2. Attend New Student Convocation on Sunday, August 13 at 3 p.m. Additional information on page 3.

3. Participate in all three morning sessions Monday through Thursday from 9 a.m.–Noon with your Bearkat Kickoff Leader.

4. Attend Active Minds Keynote and Healthy Relationships sessions on Monday and Tuesday afternoon.

5. Attend at least three open houses held during meal times and at least three elective sessions in the afternoon. Additional information on pages 12 through 14.

6. Participate in College Day according to your major. Additional information on page 11.

**WELCOME CONVOCATION**

You, your family, and guests are invited to join President Alisa White and the university community for a ceremony commemorating the beginning of your academic career at Sam Houston State University.

**Sunday, August 13, 2023 | 3 p.m.**

**Bernard G. Johnson Coliseum**

Bearkat Kickoff Leaders will be walking groups over to the coliseum from each residence hall. Please meet them in the lobby at 2:15 p.m.

Commuter students need to check-in at the Academic Success Center in the Newton Gresham Library by 2:15 p.m.

**SH Dining Services Food Accommodation**

A True Balance Allergen Solutions Station is available at General’s Market for food accommodations. Contact SH Dining Services in advance for any food accommodations needed for Old Main Market dining at 936.294.1914.
THREE FOCUS AREAS

ACADEMIC SUCCESS
Learn how to navigate the academic differences between high school to college and our 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.
**BEARKAT KICKOFF DAY 1**
**SUNDAY, AUGUST 13, 2023**

11 a.m.–2 p.m.
Old Main Market and General’s Market will be open for Brunch
Non-meal plan students can attend for $7 plus tax.

12 p.m.–7 p.m.
Campus Bookstore located in the LSC will be open

2:15–2:45 p.m.
Check in for Bearkat Kickoff
Meet your Bearkat Kickoff Leader at your assigned residence hall at 2:15 p.m.
All commuter students should check in at the Academic Success Center in the Newton Gresham Library.
If you are attending with family members, you can skip the residence hall meet up and head over to Convocation with your family.

3–3:45 p.m.
New Student Convocation 🎉

4–4:30 p.m.
Student Class Picture at Intramural Field 1
Parent Informational Video in the Coliseum

4–5 p.m.
Parent & Family Relations: Ready, Set, Launch! ⚡

5–7 p.m.
Dinner on Your Own
Dining halls are open tonight. If you choose to eat on campus, please follow the schedule below.

**DINNER ASSIGNMENT**

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8–11 p.m.
Glow Krazy with Student Activities in Parker Plaza 🎉
**BEARKAT KICKOFF** DAY 2  
**MONDAY, AUGUST 14, 2023**

**7:30-8:30 a.m.**  
Breakfast at Old Main Market or General’s Market.

**8:30 a.m.**  
Meet up with Bearkat Kickoff Leader in your residence hall lobby.

**GROUP A**

9–9:45 a.m.  
Who Do You Call?  
Where to Go for Support!  
Designated Classrooms

10–10:45 a.m.  
Be Well, Do Well  
and Healthy Choices  
Designated Classrooms

11–11:45 a.m.  
Creating Your Accountability:  
Planning Success Through Action  
Designated Classrooms

**GROUP B**

9–9:45 a.m.  
Creating Your Accountability:  
Planning Success Through Action  
Designated Classrooms

10–10:45 a.m.  
Who Do You Call?  
Where to Go for Support!  
Designated Classrooms

11–11:45 a.m.  
Be Well, Do Well  
and Healthy Choices  
Designated Classrooms

**GROUP C**

9–9:45 a.m.  
Be Well, Do Well  
and Healthy Choices  
Designated Classrooms

10–10:45 a.m.  
Creating Your Accountability:  
Planning Success Through Action  
Designated Classrooms

11–11:45 a.m.  
Who Do You Call?  
Where to Go for Support!  
Designated Classrooms

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**Noon–1:45 p.m.**  
Lunch at Assigned Times

Check out the open houses, student organizations, and the Estill Building Open House (Financial Aid, Cashier’s Office, Bearkat One Card ID Photos) at various campus locations.

**LUNCH ASSIGNMENT**

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**2–2:45 p.m.**  
**Elective Session**  
See elective session descriptions on pages 12 through 14.

**2–4 p.m.**  
**Get Advised and Register for Fall Classes**  
SAM Center and the College of Humanities and Social Sciences Computer Lab

**4–5 p.m.**  
**Active Minds Speaker | Abraham Sculley**  
Bernard G. Johnson Coliseum

“Combatting the Stigma of Mental Health” is designed to encourage and equip students and young adults with the tools and education necessary to engage in the conversation surrounding mental health and mental illness. Through vulnerability, Abraham shares his mental health story and addresses the common myths of mental illness, the negative effects of stigma, and ways to effectively combat stigma.

**5–7 p.m.**  
**Dinner at Assigned Times**  
Check out the student organizations at various locations.  
Small group meet up with Bearkat Kickoff Leader.

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**7:15–10:15 p.m.**  
**Residence Hall Mandatory Floor Meetings**  
At assigned Residence Hall

**10:30-11:30 p.m.**  
**Bearkats Traditions Bingo**  
Parker Plaza
BEARKAT KICKOFF DAY 3
TUESDAY, AUGUST 15, 2023

7:30-8:30 a.m.
Breakfast at Old Main Market or General’s Market.

8:30 a.m.
Meet up with Bearkat Kickoff Leader in your residence hall lobby.

GROUP A
9–9:45 a.m.
First Day of Class
Designated Classrooms

10–10:45 a.m.
Substances and Risks to Academic Success
Designated Classrooms

11–11:45 a.m.
We Are All Different and That’s Okay
Designated Classrooms

GROUP B
9–9:45 a.m.
We Are All Different and That’s Okay
Designated Classrooms

10–10:45 a.m.
First Day of Class
Designated Classrooms

11–11:45 a.m.
Substances and Risks to Academic Success
Designated Classrooms

GROUP C
9–9:45 a.m.
Substances and Risks to Academic Success
Designated Classrooms

10–10:45 a.m.
We Are All Different and That’s Okay
Designated Classrooms

11–11:45 a.m.
First Day of Class
Designated Classrooms

Noon–1:45 p.m.
Lunch at Assigned Times

Check out the open houses, student organizations, and the Estill Building Open House (Financial Aid, Cashier’s Office, Bearkat One Card ID Photos) at various campus locations.

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2–2:45 p.m.
Elective Session
See elective session descriptions on pages 12 through 14.

2–4 p.m.
Get Advised and Register for Fall Classes
SAM Center and the College of Humanities and Social Sciences Computer Lab

3–4:45 p.m.
Healthy Relationships and Sexual Health
Student Code of Conduct
Lowman Student Center Ballrooms

5–7 p.m.
Dinner at Assigned Times
Check out the student organizations at various locations.
Small group meet up with Bearkat Kickoff Leader.

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7–10 p.m.
Kat Comedy Showcase at Johnson Coliseum
All students get **one free ticket** with their Bearkat OneCard.
Tickets can be picked up:
Sunday, August 13 | 11 a.m.–5 p.m. | Student Activities – LSC Suite 215
Monday, August 14 | 10 a.m.–5 p.m. | Coliseum Gate 19 – Office 235
Tuesday, August 15 | 2–7 p.m. | Coliseum Box Office #2
**BEARKAT KICKOFF DAY 4**
WEDNESDAY, AUGUST 16, 2023

7:30-8:30 a.m.
Breakfast at Old Main Market or General’s Market.

8:30 a.m.
Meet up with Bearkat Kickoff Leader in your residence hall lobby.

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**GROUP A**

9–9:45 a.m.
Situational Awareness
Designated Classrooms

10–10:45 a.m.
S³-Steps to Success in STEM Courses
Designated Classrooms

11–11:45 a.m.
Blackboard 101
Designated Classrooms

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**GROUP B**

9–9:45 a.m.
Blackboard 101
Designated Classrooms

10–10:45 a.m.
Situational Awareness
Designated Classrooms

11–11:45 a.m.
S³-Steps to Success in STEM Courses
Designated Classrooms

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**GROUP C**

9–9:45 a.m.
S³-Steps to Success in STEM Courses
Designated Classrooms

10–10:45 a.m.
Blackboard 101
Designated Classrooms

11–11:45 a.m.
Situational Awareness
Designated Classrooms

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Noon–1:45 p.m.
Lunch at Assigned Times

Check out the open houses, student organizations, and the Estill Building Open House (Financial Aid, Cashier’s Office, Bearkat One Card ID Photos) at various campus locations.

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2–2:45 p.m.  
**Face-to-Face Electives**  
See elective session descriptions on pages 12 through 14.

2–4:45 p.m.  
**RecFest**  
Rec Center and Intermural Fields (Come and Go)

2–4 p.m.  
**Get Advised and Register for Fall Classes***  
SAM Center and the College of Humanities and Social Sciences Computer Lab  
*Face-to-Face or Online

3–5 p.m.  
**Online Electives**  
See elective session descriptions on page 14.

5–7 p.m.  
**Dinner at Assigned Times**  
Check out the student organizations at various locations.  
Small group meet up with Bearkat Kickoff Leader.

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7:15–8:15 p.m.  
**Res Life | Hall Hacks: IYKYK**  
At assigned Residence Hall

8:45–11 p.m.  
**Blockbuster Movie**  
Bowers Stadium Football Field
**BEARKAT KICKOFF DAY 5**  
THURSDAY, AUGUST 17, 2023

7:30-8:30 a.m.
Breakfast at Old Main Market or General’s Market.

8:30 a.m.
Meet up with Bearkat Kickoff Leader in your residence hall lobby.

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**GROUP A**  
9–9:45 a.m.  
Tech Tools for Learning  
Designated Classrooms

10–10:45 a.m.  
Benefits of Recreational Sports  
Designated Classrooms

11–11:45 a.m.  
Overcoming College Stressors  
Designated Classrooms

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**GROUP B**  
9–9:45 a.m.  
Overcoming College Stressors  
Designated Classrooms

10–10:45 a.m.  
Tech Tools for Learning  
Designated Classrooms

11–11:45 a.m.  
Benefits of Recreational Sports  
Designated Classrooms

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**GROUP C**  
9–9:45 a.m.  
Benefits of Recreational Sports  
Designated Classrooms

10–10:45 a.m.  
Tech Tools for Learning  
Designated Classrooms

11–11:45 a.m.  
Overcoming College Stressors  
Designated Classrooms

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Noon–1:45 p.m.
Lunch at Assigned Times

Check out the open houses, student organizations, and the Estill Building Open House (Financial Aid, Cashier’s Office, Bearkat One Card ID Photos) at various campus locations.
2–3:45 p.m.
Participate in College Day!
Feeling a connection to your college or school is critical to your success. On College Day you will get to know academic leaders and key resources from your college. Go to the college or school that corresponds with your major. It is okay to attend a different college from where you attended at orientation.

If you are unsure which college your major falls under, use the qr code to see a list of all majors with their college distinction.

2–4 p.m.
Get Advised and Register for Fall Classes
SAM Center and the College of Humanities and Social Sciences Computer Lab

5–7 p.m.
Dinner at Assigned Times
Check out the student organizations at various locations.
Small group meet up with Bearkat Kickoff Leader.

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7:15–8:15 p.m.
Res Life | Sammy’s Safety Scoop
At assigned Residence Hall

8:30–10:30 p.m.
Party in the Pit
Old Main Pit
FACE-TO-FACE ELECTIVE OPTIONS

Monday–Wednesday
2–2:45 p.m.
Attend additional sessions in your free time!

HEALTHY EATING HABITS ON A BUDGET
TUESDAY AND WEDNESDAY | 2 PM.
This session will teach incoming students on meal planning, weight management, eating healthy on a budget, and more!

SLEEP AND SUCCULENTS
MONDAY AND TUESDAY | 2 PM.
In this program, we will define sleep deprivation, identify health benefits of good sleep habits, and recognize bad sleep hygiene. Students will also plant their own succulent to take back to their residence hall.

HOW TO NAVIGATE DIFFICULT CONVERSATIONS
IN THE COLLEGE ENVIRONMENT
MONDAY AND WEDNESDAY | 2 PM.
Talking with new people can be difficult, you may feel nervous, intimidated, or unsure of how the other person may react. In this session, Gene Roberts, a professional mediator, will coach you through some tips and techniques to use. This could be applied to your roommates, professors, peers or campus staff.

STUDY ABROAD 101
MONDAY AND WEDNESDAY | 2 PM.
Get ready to make the world your campus! SHSU's Study Abroad Program offers students opportunities to engage in an educational and cultural learning experience. Learn everything you need to know about studying abroad.

DISABILITY SERVICES AND ACADEMIC SUPPORT
TUESDAY | 2 PM.
The mission of the Services for Students with Disabilities (SSD) is to promote equal access for students with disabilities to the educational programs, services, and activities at SHSU. SSD affords students with disabilities the opportunity to reach their full potential. SSD seeks to foster a supportive and inclusive environment for students with disabilities.

COMMUNITY AND CIVIC ENGAGEMENT
WEDNESDAY | 2 PM.
Come learn how your academic pursuits can benefit communities, lead to scholarships, enhance scholarly work, and grow your civic muscles. The Center for Community Engagement offers Bearkats a way to work with community partners, engage in applied research, speak across differences, and even register to vote in Walker County at the end of the session.
FACE-TO-FACE ELECTIVE OPTIONS

Monday–Wednesday
2–2:45 p.m.
Attend additional sessions in your free time!

LIBRARY TOUR:
FREE STUDY ROOMS, COMPUTERS, BOOKS, ARTICLES, GAMES, AND MORE
MONDAY-WEDNESDAY | 2 PM.
Meet at the library main lobby (in front of Starbucks) for a librarian-led tour of spaces and resources, including board games and graphic novel collections, computer labs and video recording studio, group and small study rooms, historical items from the Special Collections and University Archives, plus quick research tips for finding articles and books.

AFFINITY GROUPS
MONDAY-WEDNESDAY | 2 PM.
African American/Black, Latino/a/x & Hispanic, Asian American, SH Elite: Support and Connection for Men of Color, LGBTQIA+

WHY IS HATE SPEECH ALLOWED ON CAMPUS?
MONDAY-WEDNESDAY | 2 PM.
How to cope with feelings of discomfort when campus visitors use language that can be hurtful. Understanding the difference between offensive or hate speech and a violation of First Amendment protections.

NAVIGATING YOUR BEARKAT BUNDLE
MONDAY-WEDNESDAY | 2 PM.
Now that you have confirmed your Bearkat Bundle, what’s next? Where do you pick up your books? How do you find your online textbooks? All this and more plus everything Bookstore related.

BEARKATS GET HIRED
MONDAY-WEDNESDAY | 2 PM.
Wanting to work an on/off campus job while attending SHSU? Do you want make sure you have an internship or career offer before you graduate? Come hear about the new Bearkats Get Hired initiative with the Career Success Center. Our staff will discuss available services to all students including connecting to on or off campus jobs, resume assistance, interviewing prep and practice, how to network with employers, and much more. Our BEARKATS GET HIRED!
ONLINE ELECTIVE OPTIONS

Tuesday–Thursday
3–5 p.m.
Attend additional sessions in your free time!

GROUP FITNESS

EVERY DAY | ONLINE

Explore different formats of Group Fitness classes from kickboxing to yoga and the benefits to your physical and mental wellbeing that each class delivers.

WHERE TO ADVENTURE

EVERY DAY | ONLINE

Students will explore options around the Huntsville area and beyond for getting outdoors and adventuring. Learn to connect with your environment and unplug from technology. Students will also learn about the Leave No Trace principle.

FINANCES DURING YOUR COLLEGE YEARS

EVERY DAY | ONLINE

College students will be exposed to fundamental “best practices” in managing money and saving for the future. Financial security is an important piece to overall well-being.

I PAID FOR IT, BUT I STILL DO NOT WANT IT! THE PITFALLS OF NOT ATTENDING CLASS

EVERY DAY | ONLINE

Missing class means that you miss valuable information and knowledge needed to be successful. Students that attend class perform better in the course. Do not waste time and money missing class. You are going to pay now or later anyway.

HOW TO READ A COLLEGE TEXTBOOK

EVERY DAY | ONLINE

College textbooks are different than other textbooks you may have read. Learn to examine reading strategies for success, read for comprehension and develop the skills needed to apply knowledge.

LIBRARY RESOURCES AND SERVICES

EVERY DAY | ONLINE

Overview of library resources and services, including tips and tricks on searching for articles and books.