



BEARKAT KICKOFF



Sam Houston State University
MEMBER THE TEXAS STATE UNIVERSITY SYSTEM



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BEARKAT KICKOFF

Barkat Kickoff is SHSU's official freshmen welcome week program into academic and campus life at Sam Houston State University. Barkat 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 Barkat Kickoff experience and win prizes, complete the following:

- 1 Check in for Barkat Kickoff at your assigned residence hall at 2:15 p.m. on Sunday, August 13 with your Barkat Kickoff Leader. All commuter students should check in at the Commuter Kats Lounge 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 Barkat 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 mealtimes 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.



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

Barkat 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 Commuter Kats Lounge

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

Group

Time

Location

A

6:15–7 p.m.

Old Main Market & General’s Market

B

5:45–6:30 p.m.

Old Main Market & General’s Market

C

5–6 p.m.

Old Main Market & General’s Market

7–10 p.m.

Kat Karnival in the LSC

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

Noon-1:45 p.m.

Lunch at Assigned Times 

Check out the open houses (pg. 12-15), student organizations, and the Estill Building Open House (Financial Aid, Cashier's Office, Bearkat One Card ID Photos) at various campus locations.

LUNCH ASSIGNMENT

Group	Time	Location
A	1:10-1:45 p.m.	Old Main Market & General's Market
B	12:35-1:10 p.m.	Old Main Market & General's Market
C	Noon-12:35 p.m.	Old Main Market & General's Market

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.

5-6:45 p.m.

Traditions Bingo
LSC Orange Ballroom

5-7 p.m.

Dinner at Assigned Times

Check out the student organizations at various locations (pg. 12-15). 
Small group meet up with Bearkat Kickoff Leader.

DINNER ASSIGNMENT

Group	Time	Location
A	6:15-7 p.m.	Old Main Market & General's Market
B	5:45-6:30 p.m.	Old Main Market & General's Market
C	5-6 p.m.	Old Main Market & General's Market

7:15-10:15 p.m.

Residence Hall Mandatory Floor Meetings
At Assigned Residence Hall

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 (pg. 12-15), student organizations, and the Estill Building Open House (Financial Aid, Cashier's Office, Bearkat One Card ID Photos) at various campus locations.

LUNCH ASSIGNMENT

Group	Time	Location
A	1:10-1:45 p.m.	Old Main Market & General's Market
B	12:35-1:10 p.m.	Old Main Market & General's Market
C	Noon-12:35 p.m.	Old Main Market & General's Market

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 (pg. 12-15). 

Small group meet up with Bearkat Kickoff Leader.

DINNER ASSIGNMENT

Group	Time	Location
A	6:15-7 p.m.	Old Main Market & General's Market
B	5:45-6:30 p.m.	Old Main Market & General's Market
C	5-6 p.m.	Old Main Market & General's Market

7-10 p.m.

Kat Comedy Showcase at Johnson Coliseum 

Doors to coliseum open at 7 p.m. Show starts at 8 p.m.

All students get **two free tickets** 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.

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

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

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

Noon-1:45 p.m.

Lunch at Assigned Times 

Check out the open houses (pg. 12-15), student organizations, and the Estill Building Open House (Financial Aid, Cashier's Office, Bearkat One Card ID Photos) at various campus locations.

LUNCH ASSIGNMENT

Group	Time	Location
A	1:10-1:45 p.m.	Old Main Market & General's Market
B	12:35-1:10 p.m.	Old Main Market & General's Market
C	Noon-12:35 p.m.	Old Main Market & General's Market

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 (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 (pg. 12-15). 
Small group meet up with Bearkat Kickoff Leader.

DINNER ASSIGNMENT

Group	Time	Location
A	6:15-7 p.m.	Old Main Market & General's Market
B	5:45-6:30 p.m.	Old Main Market & General's Market
C	5-6 p.m.	Old Main Market & General's Market

7:15-8:15 p.m.

Res Life | Hall Hacks: IYKYK

At Assigned Residence Hall

8:30-10:30 p.m.

Blockbuster Movie 

Lowman Student Center

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.

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

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

GROUP C

9-9:45 a.m. 

Benefits of Recreational Sports
Designated Classrooms

10-10:45 a.m. 

Overcoming College Stressors
Designated Classrooms

11-11:45 a.m. 

Tech Tools for Learning
Designated Classrooms

Noon-1:45 p.m.

Lunch at Assigned Times 

Check out the open houses (pg. 12-15), student organizations, and the Estill Building Open House (Financial Aid, Cashier's Office, Bearkat One Card ID Photos) at various campus locations.

LUNCH ASSIGNMENT

Group	Time	Location
A	1:10-1:45 p.m.	Old Main Market & General's Market
B	12:35-1:10 p.m.	Old Main Market & General's Market
C	Noon-12:35 p.m.	Old Main Market & General's Market

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. Additional information on pages 16-17.



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 (pg. 12-15). 
Small group meet up with Bearkat Kickoff Leader.

DINNER ASSIGNMENT

Group	Time	Location
A	6:15-7 p.m.	Old Main Market & General's Market
B	5:45-6:30 p.m.	Old Main Market & General's Market
C	5-6 p.m.	Old Main Market & General's Market

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

OPEN HOUSES

MONDAY, AUGUST 14, 2023

Open Houses During Lunchtime

Wellness to go: Self Care Kits Student Health Center

Career Success Center ABIV

Financial Aid, Cashier's Office, Bearkat One Card Estill Building

Get Involved & Become the Ultimate Bearkat LSC 241A

How to Join Student Government Association LSC 230

How to Join Student Alumni Association LSC 242

Proud to be First-Gen NGL First-Gen Center

Bookstore LSC

Dining 101 Dining Halls

Bearkat U Information Center LSC Collaboration Lounge

Noon-6:45 p.m.

Commuter Kat Lounge

NGL First Floor

2-2:45 p.m.

Electives

Sleep & Succulents LSC 230

Library Tour NGL

Bearkats Get Hired LSC 241A

African American/Black Community Mixer LSC 321

Latino/a/x & Hispanic Community Mixer LSC 325

Asian American/Pacific Islander Community Mixer LSC 322

Elite: Support & Connection Underserved Students LSC 320

LGBTQIA+ Community Mixer LSC 324

How to Navigate Difficult Conversations in the College Environment LSC Theatre

Why is Hate Speech Allowed on Campus? LSC 241B

Navigating Your Bearkat Bundle CHSS 110

Study Abroad 101 LSC 242

Open Houses During Dinner

Sneak Peek @ Greek: Panhellenic Sororities LSC 230

Creating Your "Sam Fam": Friend Speed Dating LSC 241

Student Organization Fair LSC 320

Student Alumni Association LSC 324

KatKlub LSC KatKlub

Proud to be First-Gen First-Gen Center-NGL

Dining 101 Dining Halls

Bearkat Traditions Bingo LSC Orange Ballroom

OPEN HOUSES

TUESDAY, AUGUST 15, 2023

Open Houses During Lunchtime

Wellness to go: Self Care Kits Student Health Center

Career Success Center ABIV

Financial Aid, Cashier's Office, Bearkat One Card Estill Building

Get Involved & Become the Ultimate Bearkat LSC 241A

How to Join Student Government Association LSC 230

Honors College LSC 242

Proud to be First-Gen & TRiO NGL First-Gen Center

Bookstore LSC

Bearkat U Information Center LSC Collaboration Lounge

Honors College LSC 242

Noon-6:45 p.m.

Commuter Kat Lounge

NGL First Floor

2-2:45 p.m.

Electives

Healthy Eating Habits on a Budget LSC 241A

Sleep & Succulents LSC 230

Disability Services and Academic Support LSC 242

Library Tour NGL

Bearkats Get Hired LSC 144

African American/Black Community Mixer LSC 321

Latino/a/x & Hispanic Community Mixer LSC 325

Asian American/Pacific Islander Community Mixer LSC 322

Elite: Support & Connection Underserved Students LSC 320

LGBTQIA+ Community Mixer LSC 324

How to Navigate Difficult Conversations in the College Environment LSC Theatre

Why is Hate Speech Allowed on Campus? LSC 241B

Navigating Your Bearkat Bundle CHSS 110

Open Houses During Dinner

Sneak Peek @ Greek: Panhellenic Sororities LSC 230

Creating Your "Sam Fam": Friend Speed Dating LSC 241

Student Organization Fair LSC 320

Student Alumni Association LSC 324

KatKlub LSC KatKlub

Proud to be First-Gen First-Gen Center-NGL

Dining 101 Dining Halls

Bearkat Traditions Bingo LSC Orange Ballroom

OPEN HOUSES

WEDNESDAY, AUGUST 16, 2023

Open Houses During Lunchtime

Wellness to go: Self Care Kits Student Health Center

Career Success Center ABIV

Financial Aid, Cashier's Office, Bearkat One Card Estill Building

Get Involved & Become the Ultimate Bearkat LSC 241A

How to Join Student Government Association LSC 230

Proud to be First-Gen & TRiO NGL First-Gen Center

Bookstore LSC

Dining 101 Dining Halls

Bearkat U Information Center LSC Collaboration Lounge

Noon-6:45 p.m.

Commuter Kat Lounge

NGL First Floor

2-2:45 p.m.

Electives

Community and Civic Engagement/Voter Registration LSC 230

Library Tour NGL

Healthy Eating on a Budget LSC 241A

Bearkats Get Hired LSC 144

African American/Black Community Mixer LSC 321

Latino/a/x & Hispanic Community Mixer LSC 325

Asian American/Pacific Islander Community Mixer LSC 322

Elite: Support & Connection Underserved Students LSC 320

LGBTQIA+ Community Mixer LSC 324

How to Navigate Difficult Conversations in the College Environment LSC Theatre

Why is Hate Speech Allowed on Campus? LSC 241B

Navigating Your Bearkat Bundle CHSS 110

Study Abroad 101 LSC 242

Open Houses During Dinner

Sneak Peek @ Greek: Panhellenic Sororities LSC 230

Creating Your "Sam Fam": Friend Speed Dating LSC 241

Student Organization Fair LSC 320

Student Alumni Association LSC 324

KatKlub LSC KatKlub

Proud to be First-Gen First-Gen Center-NGL

Dining 101 Dining Halls

OPEN HOUSES

THURSDAY, AUGUST 17, 2023

Open Houses During Lunchtime

Wellness to go: Self Care Kits Student Health Center

Club Sports Fair LSC Plaza

Career Success Center ABIV

Financial Aid, Cashier's Office, Bearkat One Card Estill Building

Get Involved & Become the Ultimate Bearkat LSC 241A

Proud to be First-Gen & TRiO NGL First-Gen Center

Honors College LSC 242

Bookstore LSC

Dining 101 Dining Halls

Bearkat U Information Center LSC Collaboration Lounge

Honors College LSC 242

Open Houses During Dinner

Sneak Peek @ Greek: Panhellenic Sororities LSC 230

Creating Your "Sam Fam": Friend Speed Dating LSC 241

Student Organization Fair LSC 320

Student Alumni Association LSC 324

KatKlub LSC KatKlub

Proud to be First-Gen First-Gen Center-NGL

Dining 101 Dining Halls



COLLEGE DAY

COLLEGE OF ARTS AND MEDIA

2 p.m.

Welcome and College Overview

Erica Starr Theatre

2:30-3:46 p.m.

CAM Bingo

Students will explore the buildings of CAM (Hoyt Art Complex, Gaertner Performing Arts Center (GPAC), Dan Rather Building, School of Music, and Erica Starr Theatre) and other programmatic specifics that will help students become familiar with the College of Arts and Media.

Students will return their BINGO cards to the GPAC lobby to receive swag and partake in games and light refreshments.

COLLEGE OF BUSINESS ADMINISTRATION

Welcome and College Overview

Group Activity

Smith-Hutson Building | Haney Auditorium

Students will be provided with tips and tools to successfully develop into business professionals.

COLLEGE OF CRIMINAL JUSTICE

2-2:30 p.m.

Welcome and College Overview

CJ Auditorium

2:30-3 p.m.

Departmental Break-out Sessions

Criminal Justice and Criminology | CJ Auditorium

3-3:45 p.m.

Student Organizations/Information Fair

CJ Lobby

Light refreshments will be served in the CJ Lobby.

COLLEGE OF EDUCATION

Welcome and College Overview

Garrett Teacher Education Center | TEC 279

COE Scavenger Hunt

Activities will include the COE scavenger hunt, a photo booth, refreshments, and COE merchandise.

COLLEGE OF HEALTH SCIENCES

2-2:05 p.m.

Welcome and College Overview

Lee Drain Building

2:15-3:10 p.m.

Department Meet and Greet

College of Humanities and Social Sciences Building (CHSS)

Department of Public Health

Margaret Lee Houston Building

Human Sciences

Lee Drain Building

Kinesiology

3:15-3:45 p.m.

COHS Indoor Tailgate

Lee Drain Building | Atrium

COLLEGE OF HUMANITIES AND SOCIAL SCIENCES

Welcome and College Overview

College of Humanities and Social Sciences Building (CHSS) | C090

Games and Activities

Students will meet with faculty/staff and students from each department. Booths and tables will be set up for games, activities, and department specific information. Students will have the chance to earn prizes and department merchandise.

COLLEGE OF SCIENCE AND ENGINEERING TECHNOLOGY

2-2:05 p.m.

COSET Passport Exploration

Receive Your COSET Passport and Learn Game Rules | LDB R214

2:05-3:40 p.m.

Visit COSET Departments

Participate in the Q&A activities with the student chapters to receive stamps for your passport.

Lee Drain Building

Environmental and Geosciences | 3rd Floor

Math and Statistics | 4th Floor

Farrington Building

Physics and Astronomy | 2nd Floor

Life Sciences Building

Biological Sciences | 1st Floor

Forensic Chemistry Building

Chemistry | 3rd Floor

Pirkle Building

School of Agricultural Sciences | 4th Floor

Engineering Technology | 4th Floor

Academic Building I (ABI)

Computer Science | 2nd Floor

3:40-3:45 p.m.

Award Drawing

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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 P.M.

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

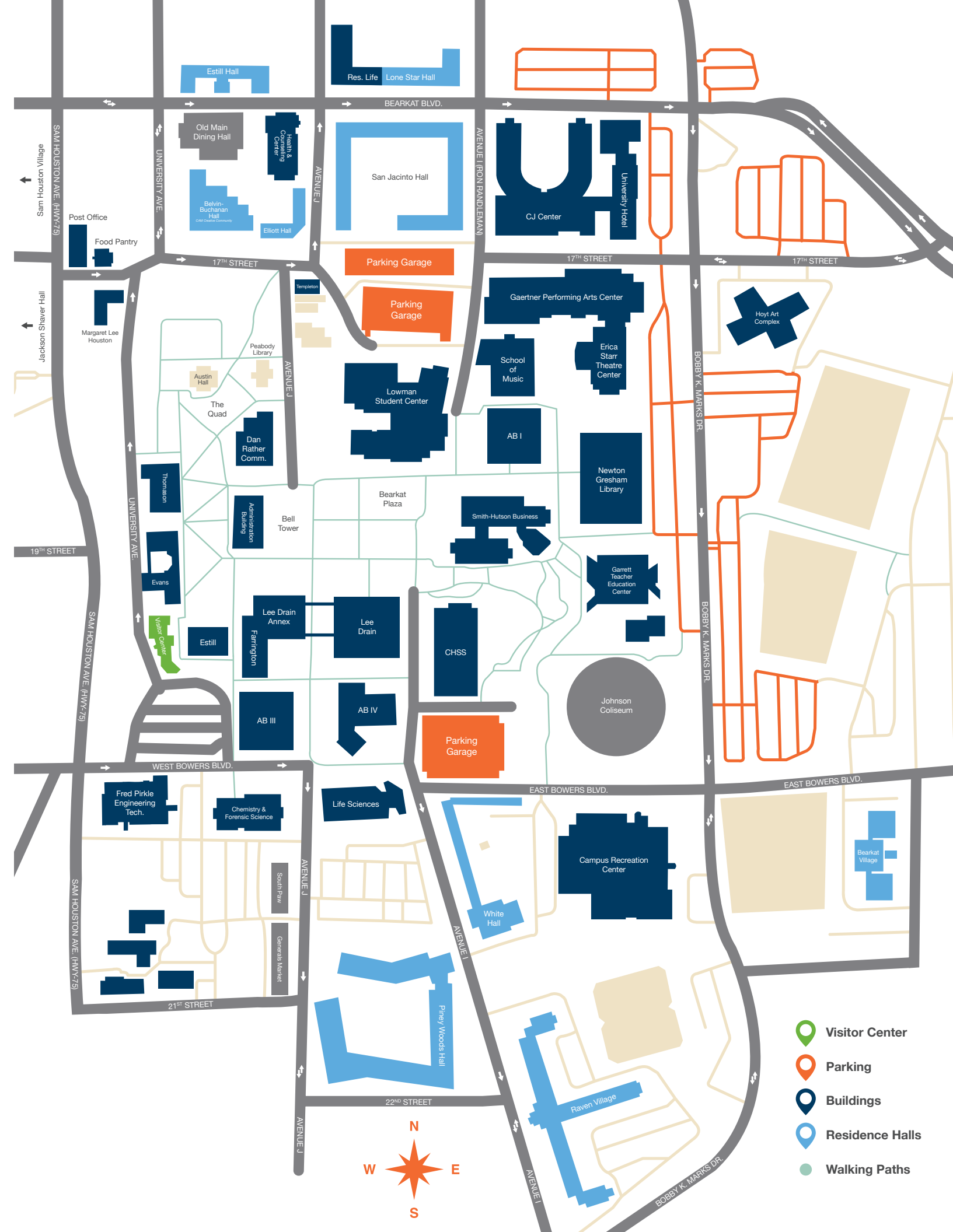
Missing class means that you miss valuable information and knowledge needed to be successful. Students that attend class perform better in the course. Do not waste time and money missing class. You are going to pay now or later anyway.

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.













Sam Houston State University

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