BEARKAT KICKOFF
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 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 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 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.

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

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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

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

**LUNCH ASSIGNMENT**
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.

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**DINNER ASSIGNMENT**

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

**2–2:45 p.m.**
Elected 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.
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

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

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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

LUNCH ASSIGNMENT

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.

DINNER ASSIGNMENT

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

2–4 p.m.
RecFest  
Rec Center (Come and Go)

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.

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.

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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

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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.

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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
**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
LGBTQA+ 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 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 Greets
College of Humanities and Social Sciences Building (CHSS) | Margaret Lee Houston Building
Department of Public Health

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
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, intimated, 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.

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.