Use the schedule at a glance below to plan your week!
Throughout the week you will have the ability to make your schedule your own. You have the ability to choose what events you attend and when you attend them. Please note that there are some required events throughout the week where attendance will be taken.

First Flight Groups are divided into tracks for meals and certain activities. Download the Guidebook App to follow your schedule track. Your First Flight Leader will have more information for you during your first small group meeting.

### Sunday, August 20
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM - 4:00 PM</td>
<td>First Flight Check In</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>First Flight BBQ</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>First Flight Opening Ceremonies</td>
</tr>
<tr>
<td>5:15 PM</td>
<td>TIME Speaker</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Small Group Meeting 1</td>
</tr>
</tbody>
</table>

### Monday, August 21
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>University 101/ Library Presentation/</td>
</tr>
<tr>
<td></td>
<td>Student Life Time Rotation</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td>Small Group Meeting 2/ Lunch</td>
</tr>
<tr>
<td>throughout the day</td>
<td>First Flight Programs and</td>
</tr>
<tr>
<td></td>
<td>Special Interest Sessions</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

### Tuesday, August 22
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>University 101/ Library Presentation/</td>
</tr>
<tr>
<td></td>
<td>Student Life Time Rotation</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td>Small Group Meeting 3/ Lunch</td>
</tr>
<tr>
<td>throughout the day</td>
<td>First Flight Programs and</td>
</tr>
<tr>
<td></td>
<td>Special Interest Sessions</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

### Wednesday, August 23
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>University 101/ Library Presentation/</td>
</tr>
<tr>
<td></td>
<td>Student Life Time Rotation</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td>Small Group Meeting 4/ Lunch</td>
</tr>
<tr>
<td>throughout the day</td>
<td>First Flight Programs and</td>
</tr>
<tr>
<td></td>
<td>Special Interest Sessions</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

### Thursday, August 24
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM - 12:00 PM</td>
<td>College Day</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>throughout the day</td>
<td>First Flight Programs</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Small Group Meeting 5</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>New Student Convocation</td>
</tr>
</tbody>
</table>

### Friday, August 25
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs and</td>
</tr>
<tr>
<td></td>
<td>Special Interest Sessions</td>
</tr>
</tbody>
</table>

### Saturday, August 26
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs</td>
</tr>
</tbody>
</table>

### Sunday, August 27
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs</td>
</tr>
</tbody>
</table>

See page 1
UNT Coliseum
UNT Coliseum
campus locations
Follow your schedule track.
See the Guidebook App.
Follow your schedule track.
See the Guidebook App.
Meet your small group!
Follow your schedule track.
See the Guidebook App.
Follow your schedule track.
See the Guidebook App.
Meet your small group!
Meet your First Flight Leader after College Day!
FIRST FLIGHT WELCOME WEEK

We believe every UNT student has the potential to succeed. We also know that the transition to college can often be difficult as you begin to navigate a new environment where you are now responsible for all of your decisions - both positive and negative. Part of our responsibility is to help you shape your college experience in a way that sets you up for success. You are an important member of our university community and we want to make sure you, too, feel like an integral member of it.

To help you start on the right foot, all new freshman will be required to participate in First Flight, UNT’s official welcome week program. First Flight consists of a series of events all geared toward starting your first semester on the right foot. Ultimately, by the end of First Flight Week, we want you to feel prepared, have a sense of what a healthy college lifestyle looks like, feel connected to the university community, and already be thinking about your future!

Although First Flight is mandatory for all new freshman, new transfers and continuing students are also encouraged to attend programs of interest to them.

To complete the requirements of First Flight Week, all new freshman must complete the following:

1. **Check in for First Flight** at your residence hall. All commuter students can check-in from 3:00pm - 4:00pm on Sunday, August 20 at the Coliseum, Gate A.

2. **Attend the TIME Speaker Kick-Off Event** - Sunday, August 20 at 4:30pm at the UNT Coliseum.

3. **Participate in small group meetings** with your First Flight Leader. Additional information on page 2.

4. **Attend University 101, Student Life Time, and Library Presentation** with your First Flight Leader. Additional information on page 3.

5. **Attend at least one Special Interest Session.** Additional information on pages 4-6.

6. **Participate in College Day** with your major college or school. Additional information on page 7.

7. **Attend New Student Convocation,** your official academic kick-off to the upcoming year. Additional information on page 6.

8. **Attend a total of 7 First Flight Programs of your choosing.** Additional information on page 8.
Dr. Paul G. Stoltz is considered the world’s leading authority on the integration and application of grit and resilience. He is author of five international bestselling books on the subject, was voted by HR Magazine as “One of the Top 10 most influential global thinkers,” and by Executive Excellence as “One of the 100 Most Influential Thinkers of Our Time.”

Dr. Stoltz’s AQ and GRIT assessments, programs, and methods have been selected by Harvard Business School and MIT as global best practices, where they are included in their elite Executive Education, MBA, and Entrepreneurship programs, respectively. Dr. Stoltz has also guest lectured at INSEAD, Princeton, Cornell, and Stanford, among other institutions worldwide.

Dr. Stoltz is the Founding Director of both the Global Resilience Institute and GRIT Institute, supporting and expanding GRIT and resilience-related research in 63 countries, across all populations, including his latest study seeking to equip incarcerated individuals to become contributing members of society.

Today, GRIT™ and AQ® are the most widely adopted methods of their kind in the world for measurably enhancing one’s resilience, agility, and GRIT—currently in use by industry-leading companies, top institutions, and many governments in 137 countries across the globe.

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**SMALL GROUP MEETINGS**

Similar to orientation, all students are assigned to a small group. The groups during First Flight Week are assigned based on residence hall wing. Small groups will be led by a First Flight Leader, who is your RA. Commuter students will be assigned to groups led by a current UNT student. Small groups will meet 5 times during First Flight in an effort to help build connections among students, introduce new material, and reflect on experiences throughout the week.

<table>
<thead>
<tr>
<th>Small Group Meeting</th>
<th>Day</th>
<th>Time</th>
<th>Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sunday, August 20</td>
<td>immediately after the TIME Speaker and opening program</td>
<td>Creating Your First Flight Week Schedule</td>
</tr>
<tr>
<td>2</td>
<td>Monday, August 21</td>
<td>11:00 AM - 1:00 PM</td>
<td>Being a College Student</td>
</tr>
<tr>
<td>3</td>
<td>Tuesday, August 22</td>
<td>11:00 AM - 1:00 PM</td>
<td>Getting What You Want out of College</td>
</tr>
<tr>
<td>5</td>
<td>Wednesday, August 23</td>
<td>11:00 AM - 1:00 PM</td>
<td>Student Support Services</td>
</tr>
<tr>
<td>6</td>
<td>Thursday, August 24</td>
<td>2:30 PM</td>
<td>College Goals and Preparing for Your First Day</td>
</tr>
</tbody>
</table>

**Attendance at Small Group Meetings & Meeting Locations**

Your First Flight Leader will be taking attendance at small group meetings. It is expected that all students participate. Failure to do so may result in attendance make-up requirements. During your first small group meeting, your First Flight Leader will share your meetings locations for the week. It is important that you take notes and write down your meeting locations. If at any time during the week you are unsure of your meeting location, call the office of Orientation and Transition Programs at 940-565-4198.
University 101 will give you a chance to get in the college-going mindset. After your summer break, this session will serve as a refresher on how you learn, good study habits, and time management, among many other things. Worksheets for University 101 can be found in the back of this program book. You will attend a University 101 session with your small group. Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader when your University 101 session is scheduled.

Library Presentation: What can the UNT Libraries do for you?

The library will be your best friend in college, and this session will help you discover all of the ways you can utilize UNT’s 4 libraries for living and learning in North Texas. You will meet Lilly, a Subject Librarian, to learn about databases, the catalog, subject and course guides, virtual help and other resources and services available specifically for your studying and research needs.

And that’s just the beginning! During your campus tour, visit the tables from our special libraries and collections to get quick instructions on locating books and music in Willis, exploring government documents at Eagle Commons Library (Sycamore Hall), and checking out video games and movies from the Media Library (Chilton Hall). Pick up some information on upcoming library events, and browse free swag! Still have questions? Just Ask Us! http://www.library.unt.edu/ask-us.

Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader when your Library Presentation is scheduled. www.guides.library.unt.edu/fye

Feeling connected to campus - whether to a person, place, or thing - leads to successful students. This session will allow you to find commonalities with some of your peers in your small group, learn about yourself, and spend time with your RA. Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader when your Student Life Time session is scheduled.
Every student is required to attend at least 1 special interest session. This is an opportunity to get to know one of UNT’s academic administrators, learn something cool, and get a sense of what a large classroom feels like. Pick the one that sounds most interesting to you! Additional special interest sessions and descriptions of each session can be found on the Guidebook app.

### Monday, August 21

<table>
<thead>
<tr>
<th>1:00 PM - 2:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Special Interest Session</strong></td>
</tr>
<tr>
<td>Athletes and Violence On and Off the Field</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3:00 PM - 4:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Special Interest Session</strong></td>
</tr>
<tr>
<td>What Did I Just Read???</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3:30 PM - 5:00 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Special Interest Session</strong></td>
</tr>
<tr>
<td>The Economics behind Unauthorized Mexican Migration to the U.S.</td>
</tr>
</tbody>
</table>

### Tuesday, August 22

<table>
<thead>
<tr>
<th>1:00 PM - 2:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Special Interest Session</strong></td>
</tr>
<tr>
<td>Media Ethics in the Evolving Digital Age</td>
</tr>
<tr>
<td>Little Engines That Can (and Do): Microenterprises in Less Developed Countries</td>
</tr>
<tr>
<td>Cooking with Chef Joe... Preparing a Recipe for Success</td>
</tr>
</tbody>
</table>
### Tuesday, August 22

**2:00 PM - 3:30 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investing in your Future</td>
<td>Marilyn Wiley, Ph.D., CFA, Interim Dean, College of Business</td>
<td>Business Leadership Building (BLB), Room 170</td>
</tr>
</tbody>
</table>

**3:30 PM - 5:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Coed’s Closet: Decoding the Complex Communication System of Dress</td>
<td>Christy Crutsinger, Vice Provost, Academic Affairs</td>
<td>Business Leadership Building (BLB), 170</td>
</tr>
</tbody>
</table>

### Wednesday, August 23

**1:00 PM - 2:30 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman 15 - Myth or Reality</td>
<td>Jeanette Krzewinski-Malone, MS, Lecturer &amp; Kinesiology Internship Coordinator</td>
<td>Eagle Student Services Center (ESSC), Room 255</td>
</tr>
</tbody>
</table>

**2:00 PM - 3:30 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The City: Understanding the Basic Functions and Services of our Communities</td>
<td>Abraham David Benavides, Ph.D., Associate Professor, Public Administration</td>
<td>Business Leadership Building (BLB), 055</td>
</tr>
</tbody>
</table>

### Friday, August 25

**1:00 PM - 2:30 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Famous Criminals of London’s Past</td>
<td>Peter Johnstone, Ph.D., Professor, Criminal Justice</td>
<td>Business Leadership Building (BLB), 080</td>
</tr>
</tbody>
</table>
New Student Convocation serves as your official academic kick-off to the upcoming year. The event will include all of the President's cabinet members, deans, and other faculty and staff. It will culminate with the official pinning of new students with an eagle lapel that can also be worn at graduation. Please plan to be at the Coliseum by 4:00 p.m.

**NEW STUDENT CONVOCATION**

**Thursday, August 24 | 4:00 PM | UNT Coliseum**

New Student Convocation serves as your official academic kick-off to the upcoming year. The event will include all of the President's cabinet members, deans, and other faculty and staff. It will culminate with the official pinning of new students with an eagle lapel that can also be worn at graduation. Please plan to be at the Coliseum by 4:00 p.m.

**ASK A PROFESSOR LUNCH**

Here is your opportunity to sit down and chat with some of the wonderful FACULTY MEMBERS we have here at UNT. It’s your chance to get to know them and ask questions. Hear their perspective on what makes a Successful Student. Learn about their professional and research interests.

Monday Aug 21 - Wednesday Aug 23
11:00AM - 1:00PM
Available at Bruce Kerr and Victory
Every student is required to participate in College Day. Go to the college or school that corresponds with the major you are currently pursuing. It is okay to attend a different college from where you attended at orientation or applied to the university with (*although you should review the exceptions below).

<table>
<thead>
<tr>
<th>College/School</th>
<th>Room Location</th>
<th>Starting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>College of Business* <em>(only students already accepted)</em></td>
<td>Business Leadership Building (BLB), Atrium</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>College of Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teacher Education and Administration</td>
<td>Matthews Hall, Room 311</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Kinesiology, Recreation and Sport Management, or Health Promotion</td>
<td>Ken Bahsen Gym</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Human Development and Family Studies</td>
<td>Willis Library Forum</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Engineering* <em>(only students already accepted)</em></td>
<td>Program will take place on the Discovery Park campus.</td>
<td>Wave 1: Electrical Engineering Technology and Computer Engineering Majors: Meet at 8:15 a.m. at Coliseum shuttle stop</td>
</tr>
<tr>
<td></td>
<td>At your designated time (based on your major), go to the circle drive outside of the Coliseum (between Gates A and B).</td>
<td>Wave 2: Mechanical &amp; Energy Engineering; Mechanical Engineering and Construction Engineering Technology; Materials Science and Engineering Majors: Meet at 9:00 a.m. at Coliseum shuttle stop</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wave 3: Computer Science and Information Technology Majors: Meet at 9:45 a.m. at Coliseum shuttle stop</td>
</tr>
<tr>
<td>College of Health and Public Service</td>
<td>Chilton Hall (Chestnut Street entrance)</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Information</td>
<td>See Guidebook App for location</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>College of Liberal Arts and Social Sciences</td>
<td>Coliseum</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Frank W. and Sue Mayborn School of Journalism</td>
<td>See Guidebook App for location</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Merchandising, Hospitality and Tourism</td>
<td>Chilton Hall, Room 345</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Music* <em>(only students already accepted)</em></td>
<td>Recital Hall, MU Room 301</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Science</td>
<td>Auditorium Building, Auditorium</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Visual Arts and Design</td>
<td>Art Building, Lightwell Gallery</td>
<td>9:00 AM</td>
</tr>
</tbody>
</table>

*Exceptions: Only students already accepted to the College of Business, College of Engineering, and College of Music should plan to attend these College Day events. PREP (pre-engineering) students should go to RTFP - University Theatre.
First Flight Week 2017  |  August 20 - 27, 2017
transition.unt.edu/first-flight-week

My Prep
Being prepared for college level work is your first step to a successful year. What you may need in terms of preparation will vary by student. Throughout First Flight, you must attend 3 programs in this category.

My Life
On a campus UNT’s size, opportunities to engage in campus life are abundant. Take time this week to connect with your peers, figure out ways to be involved on campus, and immerse yourself in the spirit and traditions! Throughout First Flight, you must attend 2 programs in this category.

My Health
Cultivating a lifestyle that embraces ideas of health and wellness are keys to your happiness and success in college. Throughout First Flight, you must attend 1 program in this category.

My Future
Although graduation is still 4 years away, the actions you make today will impact your future. Throughout First Flight, you must attend 1 program in this category.

Attendance at Programs
It is your responsibility to log your attendance at programs throughout the week. During each program you attend, the presenter will share a code that should be used to mark your attendance. After the program, visit unt.edu/firstflightcheckin to enter your code and track your progress. By the end of the week, you must attend at least 3 My Prep programs, 2 My Life programs, 1 My Health and Wellness program, and 1 My Future program. You have the flexibility to make your own schedule, but you must attend programs.

Icons
Look for the following icons throughout this book to find programs in each category:

- My Prep
- My Life
- My Health & Wellness
- My Future

Program Descriptions
You can find a complete list of all First Flight Programs, as well as program descriptions and event details, on the Guidebook app. See the inside back cover of this book for more information.

CAREER CONNECT

Career Connect programs will engage students through action-based experiential learning in the context of communities, both in the public and private sector, to develop communication, teamwork, and critical thinking skills. First Flight programs related to Career Connect will have the following logo:

Find more information on the Guidebook app!
### ONLINE PROGRAMS

These programs are available all week 24 hours a day (unless otherwise noted). To access online programs visit [https://tinyurl.com/FirstFlight2017Online](https://tinyurl.com/FirstFlight2017Online). Click the program you are interested in participating in and follow the instructions to complete the program.

<table>
<thead>
<tr>
<th>Program</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acceptance &amp; Commitment (Let Go &amp; Be Well): Thinking Mind vs. Observing Mind and Acceptance</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Acceptance &amp; Commitment (“Let Go &amp; Be Well”): Fusion and Defusion</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Acceptance &amp; Commitment (“Let Go &amp; Be Well”): Introduction to ACT</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Acceptance &amp; Commitment (“Let Go &amp; Be Well”): Taking Action</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Acceptance &amp; Commitment (“Let Go &amp; Be Well”): Values</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Be a Financial Success Star</td>
<td>Student Money Management Center</td>
</tr>
<tr>
<td>Behavioral Activation: Achieving Flow and Identifying Strengths</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Behavioral Activation: Avoidance and Depression Traps</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Behavioral Activation: Behavioral Activation</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Behavioral Activation: Make an Activation Plan and Identifying Values</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Campus Quest</td>
<td>Off-Campus Student Services</td>
</tr>
<tr>
<td>CBT Depression: Relationships, Life Style, and Problem Solving</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>CBT DepRESSION: Core Beliefs</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>CBT Depression: Feelings and Thoughts</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>CBT-Depression: Layers of Thinking</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>CBT-Depression: Understanding Stress and Relaxation</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>CBT-Depression: Unhealthy and Healthy Thoughts</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Creating SMART Goals</td>
<td>Orientation and Transition Programs</td>
</tr>
<tr>
<td>Discover Denton</td>
<td>Orientation and Transition Programs</td>
</tr>
<tr>
<td>First Year Bucket List</td>
<td>Orientation and Transition Programs</td>
</tr>
<tr>
<td>Get Involved! (Online)</td>
<td>Student Activities</td>
</tr>
<tr>
<td></td>
<td>Available Thursday - Sunday August 27</td>
</tr>
<tr>
<td>Interpersonal Relationships and Communication: Communication Strategies</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Interpersonal Relationships and Communication: Communication Styles</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Interpersonal Relationships and Communication: Managing Anger</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Interpersonal Relationships and Communication: Problem Solving</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Interpersonal Relationships and Communication: Relationships</td>
<td>Counseling &amp; Testing Services</td>
</tr>
<tr>
<td>Intro to StrengthsQuest</td>
<td>Orientation and Transition Programs</td>
</tr>
<tr>
<td>Leading Change through Mentoring</td>
<td>Orientation and Transition Programs</td>
</tr>
<tr>
<td>LinkedIn to UNT</td>
<td>Orientation and Transition Programs</td>
</tr>
</tbody>
</table>
Online Tutoring
Learning Center

Setting Yourself Up for Success During Your First Week
Learning Center

Sexual Consent 101 Quiz
Student Health and Wellness Center

SHWC@UNT Online Quiz
Student Health and Wellness Center

Speed Reading Tips and Tricks: Online
Learning Center

Student Anxiety: Facing Your Fears
Counseling & Testing Services

Student Anxiety: Life Style Factors
Counseling & Testing Services

Student Anxiety: Mindfulness
Counseling & Testing Services

Student Anxiety: Relaxation and Anxiety Reduction
Counseling & Testing Services

Student Anxiety: Thoughts, Assumptions & Core Beliefs
Counseling & Testing Services

Student Anxiety: Understanding Anxiety and Worry
Counseling & Testing Services

Substance Use (Abuse): Evaluating Alcohol and Drug Use
Counseling & Testing Services

Substance Use (Abuse): Making Decisions About Your Alcohol or Drug Use
Counseling & Testing Services

Succeed at UNT
Orientation and Transition Programs

Supplemental Instruction: The Key to Academic Success: Online
Learning Center

Test Your Financial Aid Knowledge
Student Money Management Center

Test Your Knowledge on College Costs
Student Money Management Center

The Condom Club Online Quiz
Student Health and Wellness Center
SUNDAY, AUGUST 20, 2017

Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 9:00 AM - 4:00 PM | First Flight Check In  
Check in will take place at your residence hall front desk.  
*All new freshman students are required to check in for First Flight. After you check in, you have free time until the TIME Speaker and opening program.* |
| 4:30 PM   | First Flight BBQ  
Location - UNT Coliseum (enter through Gate B)  
*Join your new classmates for dinner before the TIME Speaker and opening program.* |
| 5:00 PM   | First Flight Opening Program  
Location - UNT Coliseum  
*See the seating chart below to know where you should sit to meet your First Flight Leader and small group. Section locations were listed on the First Flight Check In Pass sent to you via email.* |
| 5:15 PM   | TIME (This is My Experience) Speaker: Dr. Paul Stoltz  
Location - UNT Coliseum  
*The TIME Speaker is the official kick-off event of First Flight Week.* |
| 6:30 PM   | Small Group Meeting 1  
Location - various campus locations (see your First Flight Leader) |

Things To Do Today

Get your student ID card made in the Eagle Student Services Center. The ID Card desk will be open today from 1:00 PM - 4:00 PM. You will need your ID card to check in to First Flight and to gain entry into your residence hall.

Download the First Flight schedule on the Guidebook App. In the app store, download the free app Guidebook and search for our program guide titled, *UNT First Flight Week 2017.*

Meals Today

**Breakfast** - on your own

**Lunch** - 10:00 AM - 2:00 PM  
Bruce or Kerr Dining Hall

**Dinner** - 4:30 PM - 5:30 PM  
First Flight BBQ  
(UNT Coliseum, outside Gate B)

Meal plans begin on Monday, August 21. Students are expected to use their campus meal plan throughout First Flight Week. The following dining halls will be open: Kerr Dining Hall, Bruce Dining Hall, and Champs at Victory Hall.

Coliseum Seating Chart - See your First Flight Check In Pass (emailed to you prior to First Flight) to know where to sit!
### Schedule at a Glance

**MONDAY, AUGUST 21, 2017**

#### Things To Do Today

Attend Special Interest Sessions today! Available sessions can be found on pages 4-5.

Download the First Flight schedule on the Guidebook App. In the app store, download the free app Guidebook and search for our program guide titled, **UNT First Flight Week 2017**.

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>9:00 AM</td>
<td><strong>University 101/ Library Presentation/ Student Life Time Rotation</strong></td>
</tr>
<tr>
<td></td>
<td>Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td><strong>Small Group Meeting 2/ Lunch Rotation</strong></td>
</tr>
<tr>
<td></td>
<td>Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>throughout the day</td>
<td><strong>First Flight Programs/ Special Interest Sessions</strong></td>
</tr>
<tr>
<td></td>
<td>Find programs and sessions to attend to meet your First Flight requirements.</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td></td>
<td>Meet your First Flight Leader for dinner before attending tonight’s evening programs.</td>
</tr>
<tr>
<td>6:30 PM</td>
<td><strong>Distinguished Lecturer Series: Justin Baldoni</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Division of Student Affairs</strong></td>
</tr>
<tr>
<td></td>
<td>6:30 PM - 8:30 PM, UNT Coliseum</td>
</tr>
<tr>
<td></td>
<td>Bring your student ID for entrance into this event.</td>
</tr>
</tbody>
</table>
**All Day**

Try Before You Buy: Group Exercise
Rec Sports
All Day, Pohl Rec Center: Group Exercise Rm A/B

UNT Student Legal Services Open House
UNT Student Legal Services
All Day, University Union 411

**9:00 AM**

CHEM 1410 Math Prep
Chemistry
9:30 AM – 10:50 AM, Chemistry 109

**12:00 PM**

Make a Toast with Toastmasters
COB/Toastmasters
12:00 PM - 1:00 PM, Crumley Conference Room

**1:00PM**

Chestnut Hall Open House
Student Health and Wellness Center
1:00 PM - 2:00 PM, Chestnut Hall Rotunda

Class Schedule Tours
Orientation and Transition Programs
1:00 PM - 4:00 PM, Leaving from Library Mall

Connecting Your Experiences, Creating Your Future
Career Connect
1:00 PM - 2:00 PM, Willis 140

How We (Really) Roll: Interacting to Build Inclusion
Office of Disability Accommodation
1:00 PM - 2:00 PM, Sage Hall Suite 167

I Speak Textbook!
B&N at UNT
1:00 PM - 2:00 PM, Union 381

Lab Labyrinth
Learning Center
1:00 PM - 4:00 PM, Sage 315

Making the Most of Your Membership
Rec Sports
1:00 PM - 2:00 PM, Pohl Rec Center - Room 205

Mindfully Me: A (Brief) Intro to Meditation
Office of Spiritual Life
1:00 PM - 2:00 PM, Union 268

Planning Your Events in the Union
University Union
1:00 PM - 1:30 PM, Union 339

QuickPrep: Take Note!
Learning Center
1:00 PM - 1:20 PM, Sage 329

Speed Reading Tips and Tricks
Learning Center
1:00 PM - 2:00 PM, GAB 550A

Study Abroad- Dolla Dolla Bill$
Student Money Management Center
1:00 PM - 2:00 PM, Sage 116

Supplemental Instruction: Keys to Academic Success
Learning Center
1:00 PM - 1:30 PM, Sage 354

TRIO Student Support Services
TRIO Student Support Services
1:00 PM - 2:00 PM, Sage 215

Cooking Healthy on a Budget
Student Money Management Center
1:00PM - 2:00 PM, Chestnut Hall 324

Mentoring at UNT 101
Orientation and Transition Programs
1:30 PM - 2:30 PM, Wooten Hall 110

QuickPrep: Flashcards
Learning Center
1:30 PM - 1:50 PM, Sage 329

Supplemental Instruction: Keys to Academic Success
Learning Center
1:30 PM - 2:00 PM, Sage 354

**2:00 PM**

“It’s on Us” Resource Fair
Dean of Students-- Survivor Advocacy
2:00 PM - 3:00 PM, Kerr Hall Lobby

$urvive the $emester $truggle
Student Money Management Center | Student Financial Aid & Scholarships
2:00 PM - 3:00 PM, BLB 090

Advocating for Yourself and Dean of Students Support
Dean of Students
2:00 PM - 3:00 PM, Greek Life Center
All Access: UNT Union Tickets
*University Union*
2:00 PM - 3:00 PM, Union Room 336

Campus Carry Law and Policy
*UNT Police Department (1700 Wilshire St)*
2:00 PM - 3:00 PM, UNT Police Department

Career Connect e-Portfolio Hands-On Training
*Libraries*
2:00 PM - 3:00 PM, Willis 136

Denton on a Dime
*Student Money Management Center*
2:00 PM - 3:00 PM, BLB 010

Did You Choose The Right MAJOR?
*Career Center*
2:00 PM - 3:00 PM, Chestnut 160

GTF Scholars 2.0 Kick-Off
*AVP for Student Affairs*
2:00 PM - 3:00 PM, BLB 035

High School to College Transition
*Orientation and Transition Programs*
2:00 PM - 3:00 PM, BLB 140

KHPR’s Top 10 Ideas for A Successful University Experience
*KHPR*
2:00 PM - 3:00 PM, PEB 216

Q&A: Working at Rec Sports
*Rec Sports*
2:00 PM - 3:00 PM, Pohl Rec Center - Room 207

QuickPrep: It's in the Syllabus
*Learning Center*
2:00 PM - 2:20 PM, Sage 329

Succeeding in Online Classes
*Learning Center*
2:00 PM - 2:30 PM, Sage 315

Supplemental Instruction: Keys to Academic Success
*Learning Center*
2:00 PM - 2:30 PM, Sage 354

Taste of a Difference
*Center for Leadership & Service*
2:00 PM - 3:00 PM, BLB 005

QuickPrep: Read Like a Boss
*Learning Center*
2:30 PM - 2:50 PM, Sage 329

Succeeding in Online Classes
*Learning Center*
2:30 PM - 3:00 PM, Sage 315

Supplemental Instruction: Keys to Academic Success
*Learning Center*
2:30 PM - 3:00 PM, Sage 354

3:00 PM

BINGO: Exercise Your Mental Fitness
*Rec Sports*
3:00 PM - 4:00 PM, Pohl Rec Center - Point Bank Lounge

First Aid 101
*Student Health and Wellness Center*
3:00 PM - 4:00 PM, Chestnut Hall 324

How to Find a Job on Campus
*Career Center*
3:00 PM - 4:00 PM, Chestnut 120 A&B

Out-of-State Student Reception
*Division of Student Affairs*
3:00 PM - 4:00 PM, Bruce Concert Hall

Panhellenic Recruitment Orientation
*Greek Life*
3:00 PM - 4:00 PM, Lyceum

QuickPrep: Keep Calm and Learn On
*Learning Center*
3:00 PM - 3:20 PM, Sage 329

Speed Reading Tips and Tricks
*Learning Center*
3:00 PM - 4:00 PM, GAB 550A

Supplemental Instruction: Keys to Academic Success
*Learning Center*
3:00 PM - 3:30 PM, Sage 354

TRIO Student Support Services
*TRIO Student Support Services*
3:00 PM - 4:00 PM, Sage 215

Unicorns, Rainbows & Student Loans
*Student Money Management Center | Student Financial Aid & Scholarships*
3:00 PM - 4:00 PM, BLB 090

How I Got Started in Business
*Career Center*
3:30 PM - 5:00 PM, BLB 055
QuickPrep: Leaving Procrastination Station  
*Learning Center*
3:30 PM - 3:50 PM, Sage 329

Supplemental Instruction: Keys to Academic Success  
*Learning Center*
3:30 PM - 4:00 PM, Sage 354

University Union + Art  
*University Union*
3:30 PM - 4:30 PM, Union Art Gallery, 2nd Level

**4:00 PM**

Body Wise - Understanding Your Health Stats  
*Rec Sports*
4:00 PM - 5:00 PM, Pohl Rec Center - Indoor Basketball Lounge

Game On! First Flight  
*UNT Libraries*
4:00 PM - 9:00 PM, Media Library, Chilton 111

Making UNT a Healthier Campus  
*Student Health and Wellness Center*
4:00 PM - 5:00 PM, Chestnut Hall 324

QuickPrep: Don’t Sweat the Test  
*Learning Center*
4:00 PM - 4:20 PM, Sage 329

Stay Woke: Awareness to Action  
*Multicultural Center*
4:00 PM - 5:00 PM, BLB 005

Succeeding in Online Classes  
*Learning Center*
4:00 PM - 4:30 PM, Sage 315

Supplemental Instruction: Keys to Academic Success  
*Learning Center*
4:00 PM - 4:30 PM, Sage 354

Transfer Mixer and Game Night  
*Transfer Center*
4:00 PM - 7:00 PM, Union 341

Healthy Dorm Room Cooking Hacks  
*Student Health and Wellness Center*
4:00 PM - 5:00 PM, Rawlins Hall Kitchen

QuickPrep: Keys to Grad School  
*Learning Center*
4:30 PM - 4:50 PM, Sage 329

Succeeding in Online Classes  
*Learning Center*
4:30 PM - 5:00 PM, Sage 315

**5:00 PM**

Achoo! What To Do If You Get Sick at UNT  
*Student Health and Wellness Center*
5:00 PM - 6:00 PM, Chestnut Hall 324

Greek Life 101  
*Greek Life*
5:00 PM - 6:00 PM, Greek Life Center

Outdoor Pursuits Gear Exhibit  
*Rec Sports*
5:00 PM - 6:00 PM, Pohl Rec Center - Backyard

Healthy Dorm Room Cooking Hacks  
*Student Health and Wellness Center*
5:30 PM - 6:30 PM, Rawlins Hall Kitchen

**6:00 PM**

Kerr Hall Game Night  
*Orientation and Transition Programs*
6:00 PM - 7:00 PM, Kerr Hall Lobby

Distinguished Lecturer Series: Justin Baldoni  
*Division of Student Affairs*
6:30 PM - 8:30 PM, UNT Coliseum

Insurance 101  
*Student Health and Wellness Center*
6:30 PM - 7:30 PM, Crumley Conference Room
TUESDAY, AUGUST 22, 2017

Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
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</tr>
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<td></td>
<td>Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td><strong>Small Group Meeting 3/ Lunch Rotation</strong></td>
</tr>
<tr>
<td></td>
<td>Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>throughout the day</td>
<td><strong>First Flight Programs/ Special Interest Sessions</strong></td>
</tr>
<tr>
<td></td>
<td>Find programs and sessions to attend to meet your First Flight requirements.</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td></td>
<td>Meet your First Flight Leader for dinner before attending tonight’s evening programs.</td>
</tr>
<tr>
<td>6:30 PM - 10:30 PM</td>
<td><strong>Apogee Experience: Class of 2021 Picture &amp; Movie on the Field</strong></td>
</tr>
<tr>
<td></td>
<td><strong>University Program Council, UNT Athletics</strong></td>
</tr>
<tr>
<td></td>
<td>6:30 PM - 10:30 PM, Apogee Stadium</td>
</tr>
<tr>
<td></td>
<td>Don’t miss the ultimate Apogee Experience! Be part of the Class of 2021 picture on the field, meet some of UNT’s athletic teams, enjoy a performance by the Green Brigade marching band and finish the night with watching “Guardians of the Galaxy Vol. 2” on the jumbotron! Free food and drinks, giveaways, and more! Please enter through Gate 3 or 4 of Apogee Stadium and bring a blanket or beach towel to watch the movie from the field. Movie will begin at approximately 8:30pm.</td>
</tr>
</tbody>
</table>

Things To Do Today

Walk across the pedestrian bridge and get acquainted with the walk to football games.

Get your photo taken with Scrappy at Spirit Night at Apogee Stadium, and participate in the third annual class photo at 6:30 PM.
All Day
Try Before You Buy: Group Exercise
Rec Sports
Pohl Rec Center - Group Exercise Rm A/B

9:00 AM
CHEM 1410 Math Prep
Chemistry
9:30 AM – 10:50 AM, Chemistry 109

11:00 AM
Transfer Tips & Trivia
Transfer Center
11:00 AM - 1:00 PM, Willis Library Forum (140)

1:00 PM
“Why didn’t anyone tell me that?” Things I wish I would have known as a college freshman
CLASS Advising
1:00 PM - 2:30 PM, Gateway Ballroom 35

Class Schedule Tours
Orientation and Transition Programs
1:00 PM - 4:00 PM, Leaving from Library Mall

Connecting Your Experiences, Creating Your Future
Career Connect
1:00 PM - 2:00 PM, Willis 140

Discover a Career in Personal Finance
Student Money Management Center
1:00 PM - 2:00 PM, BLB 010

Eagles in Action
Center for Leadership and Service
1:00 PM - 2:00 PM, Union Ballrooms 333

How to Find a Job on Campus
Career Center
1:00 PM - 2:00 PM, Chestnut 120 A&B

I Speak Textbook!
B&N at UNT
1:00 PM - 2:00 PM, Union 381

Lab Labyrinth
Learning Center
1:00 PM - 4:00 PM, Sage 315

Making the Most of Your Membership
Rec Sports
1:00 PM - 2:00 PM, Pohl Rec Center - Room 205

Mindfully Me: A (Brief) Introduction to Meditation
Office of Spiritual Life
1:00 PM - 2:30 PM, Union 268

Multicultural Center Open House
Multicultural Center
1:00 PM - 6:00 PM, Multicultural Center, Union 335

Pride Alliance Open House
Pride Alliance
1:00 PM - 6:00 PM, Union 372

QuickPrep: Keys to Grad School
Learning Center
1:00 PM - 1:20 PM, Sage 329

Resumania
Career Center
1:00 PM - 3:00 PM, Chestnut Rotunda

Sex and Money Bingo
Student Health and Wellness Center
1:00 PM - 2:00 PM, Chestnut Hall 324

Succeeding in Online Classes
Learning Center
1:00 PM - 1:30 PM, Sage 315

Supplemental Instruction: Keys to Academic Success
Learning Center
1:00 PM - 1:30 PM, Sage 354

Tour the UNT Doctor’s Office
Student Health and Wellness Center
1:00 PM - 2:00 PM, 2nd floor of Chestnut Hall

TRIO Student Support Services
TRIO Student Support Services
1:00 PM - 1:30 PM, Sage Hall Room 215

What You Didn’t Learn in High School; new research and education about drugs and alcohol.
SARC
1:00 PM - 2:00 PM, Union 341 A

Who dat Dean?
Dean of Students
1:00 PM - 1:30 PM, Union

Class Identity Discovery
Orientation and Transition Programs
1:30 PM - 2:30 PM, Wooten Hall 110
QuickPrep: Don’t Sweat the Test
*Learning Center*
1:30 PM - 1:50 PM, Sage 329

Succeeding in Online Classes
*Learning Center*
1:30 PM - 2:00 PM, Sage 315

Supplemental Instruction: Keys to Academic Success
*Learning Center*
1:30 PM - 2:00 PM, Sage 354

University Union and You
*University Union*
1:30 PM - 2:00 PM, Union 339

2:00 PM

Career Connect e-Portfolio Hands-On Training
*Libraries*
2:00 PM - 3:00 PM, Willis 136

Game of Loan$
*Student Money Management Center*
2:00 PM - 3:00 PM, BLB 005

Healthy Relationships 101
*Dean of Students-- Survivor Advocacy*
2:00 PM - 3:00 PM, Wooten Hall 316

KHPR’s Introduction to cultivating a new home and community at UNT.
*KHPR*
2:00 PM - 3:00 PM, PEB 216

Q&A: Working at Rec Sports
*Rec Sports*
2:00 PM - 3:00 PM, Pohl Rec Center - Room 207

QuickPrep: Leaving Procrastination Station
*Learning Center*
2:00 PM - 2:20 PM, Sage 329

SGA is a Homerun
*Student Government Association*
2:00 PM - 2:30 PM, Union 344 and 341

Speed Reading Tips and Tricks
*Learning Center*
2:00 PM - 3:00 PM, GAB 550A

Study Abroad - Dolla Dolla Bill$
*Student Money Management Center*
2:00 PM - 3:00 PM, Sage 116

Supplemental Instruction: Keys to Academic Success
*Learning Center*
2:00 PM - 2:30 PM, Sage 354

The Game of LIFE
*Student Money Management Center*
2:00 PM - 3:00 PM, BLB 010

Theft Prevention
*UNT Police Department*
2:00 PM - 3:00 PM, UNT Police Department (1700 Wilshire St Denton, TX 76201)

University Union + Art
*University Union*
2:00 PM - 3:00 PM, Union Art Gallery, University Union 2nd Level

Panhellenic Council: Scholarship and Service
*Greek Life*
2:30 PM - 3:30 PM, BLB 055

QuickPrep: Keep Calm and Learn On
*Learning Center*
2:30 PM - 2:50 PM, Sage 329

Supplemental Instruction: Keys to Academic Success
*Learning Center*
2:30 PM - 3:00 PM, Sage 354

3:00 PM

BINGO: Exercise Your Mental Fitness
*Rec Sports*
3:00 PM - 4:00 PM, Pohl Rec Center - Point Bank Lounge

Common Cents Conversations
*Student Money Management Center*
3:00 PM - 4:00 PM, BLB 155

Get Involved! (Live)
*Student Activities*
3:00 PM - 4:00 PM, Sage 116

Multicultural Greek Council 101
*Greek Life*
3:00 PM - 4:00 PM, BLB 015

QuickPrep: Read Like a Boss
*Learning Center*
3:00 PM - 3:20 PM, Sage 329
Succeeding in Online Classes
Learning Center
3:00 PM - 3:30 PM, Sage 315

Supplemental Instruction: Keys to Academic Success
Learning Center
3:00 PM - 3:30 PM, Sage 354

TRIO Student Support Services
TRIO Student Support Services
3:00 PM - 3:30 PM, Sage Hall Room 215

You Never Get a Second Chance to Make a Good First Impression
Career Center
3:00 PM - 4:00 PM, Chestnut 160

Kiss Bad Writing Goodbye
UNT Writing Lab
3:00PM – 5:00PM, Sage 152

QuickPrep: It's in the Syllabus
Learning Center
3:30 PM - 3:50 PM, Sage 329

QuickPrep: Flashcards
Learning Center
4:00 PM - 4:20 PM, Sage 329

Speed Reading Tips and Tricks
Learning Center
4:00 PM - 5:00 PM, GAB 550A

Supplemental Instruction: Keys to Academic Success
Learning Center
4:00 PM - 4:30 PM, Sage 354

Healthy Dorm Room Cooking Hacks
Student Health and Wellness Center
4:00 PM - 5:00 PM, Crumley Hall Kitchen

Greek Life 101
Greek Life
4:30 PM - 5:30 PM, Greek Life Center

QuickPrep: Take Note!
Learning Center
4:30 PM - 4:50 PM, Sage 329

5:00 PM
Outdoor Pursuits Gear Exhibit
Rec Sports
5:00 PM - 6:00 PM, Pohl Rec Center - Backyard

Healthy Dorm Room Cooking Hacks
Student Health and Wellness Center
5:30 PM - 6:30 PM, Crumley Hall Kitchen

6:00 PM
Stress Management BINGO
Student Health and Wellness Center
6:00 PM - 7:30 PM, Chestnut Hall 324

Apogee Experience: Class of 2021 Picture & Movie on the Field
University Program Council, UNT Athletics
6:30 PM - 10:30 PM, Apogee Stadium
## Schedule at a Glance

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<td>Flight Leader about your schedule for the day.</td>
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<tr>
<td><strong>11:00 AM - 1:00 PM</strong></td>
<td><strong>Small Group Meeting 4/ Lunch Rotation</strong></td>
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<td>Flight Leader about your schedule for the day.</td>
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<td><strong>throughout the day</strong></td>
<td><strong>First Flight Programs/ Special Interest Sessions</strong></td>
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<tr>
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<td>Find programs and sessions to attend to meet your First Flight requirements.</td>
</tr>
<tr>
<td><strong>1:00 PM - 4:00 PM</strong></td>
<td><strong>Part Time On-Campus &amp; Off-Campus Job Fair/Volunteer Fair</strong></td>
</tr>
<tr>
<td></td>
<td>Location - University Union 314</td>
</tr>
<tr>
<td></td>
<td>Are you looking for on or off-campus part-time employment or volunteer opportunities? Come</td>
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<tr>
<td></td>
<td>meet with companies and hiring managers to learn about their opportunities. Please bring your</td>
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<tr>
<td></td>
<td>Résumé and Dress appropriately – Your first impression is very important!!!</td>
</tr>
<tr>
<td><strong>5:00 PM - 7:00 PM</strong></td>
<td><strong>Dinner</strong></td>
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<td>Meet your First Flight Leader for dinner before attending tonight’s evening programs.</td>
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<tr>
<td><strong>6:30 PM</strong></td>
<td><strong>Rec Extravaganza!!</strong></td>
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<tr>
<td></td>
<td>Location - Pohl Recreation Center</td>
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<tr>
<td></td>
<td>This annual event showcases each area of Rec Sports with activities like FREE climbing,</td>
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<td></td>
<td>FREE group exercise classes, a No-Limit Texas Hold ‘Em tournament, a kayak paddle school in</td>
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<tr>
<td></td>
<td>the pool, and even live music featuring the local Denton band OG Garden! Get here early for</td>
</tr>
<tr>
<td></td>
<td>FREE pizza and a t-shirt. All program areas will be open to try so bring your swimsuit for</td>
</tr>
<tr>
<td></td>
<td>pool activities and paddle school!</td>
</tr>
</tbody>
</table>

## Things To Do Today

Attend Special Interest Sessions today! Available sessions can be found on pages 4-5. Opportunities end on Friday.
9:00 AM
CHEM 1410 Math Prep  
Chemistry  
9:30 AM – 10:50 AM, Chemistry 109

10:00 AM
“Doughnut” you want to serve?  
Center for Leadership and Service  
10:30 AM - 11:30 PM, Union 341

12:00 PM
Destination Denton  
Transfer Center  
12:00 PM - 3:00 PM, Check-in at UNT Union on Union Circle Dr. (outside)

1:00 PM
Connect Over Cookies @ Discovery Park Library  
UNT Library / Discovery Park Library  
1:00 PM - 2:00 PM, Discovery Park Library B112  
Connecting Your Experiences, Creating Your Future  
Career Connect  
1:00 PM - 2:00 PM, Willis140  
Health Professions: Am I ready for my freshmen year?  
Office of Health Professions  
1:00 PM - 2:00 PM, CHEM 109  
Lab Labyrinth  
Learning Center  
1:00 PM - 4:00 PM, Sage 315  
Making the Most of Your Membership  
Rec Sports  
1:00 PM - 2:00 PM, Pohl Rec Center - Room 205  
Part-Time On-Campus & Off-Campus Job Fair/ Volunteer Fair  
Career Center  
1:00 PM - 4:00 PM, Union 314

Planning Your Events in the Union  
University Union  
1:00 PM - 1:30 PM, Union 339

QUEER Life at UNT  
Counseling & Testing Services

1:00 PM - 2:00 PM, Chestnut Hall 311  
QuickPrep: Read Like a Boss  
Learning Center  
1:00 PM - 1:20 PM, Sage 329

1:00 PM - 2:00 PM, Chestnut Hall room 324

1:00 PM - 2:00 PM, GAB 550A

1:00 PM - 2:00 PM, Sage 116

1:00 PM - 1:30 PM, Sage 354

1:00 PM - 1:30 PM, Sage 215

1:00 PM - 2:00 PM, 341 A UNT Union

1:30 PM - 2:30 PM, Matthews Hall, Room 131

1:30 PM - 2:30 PM, Union 332 (Senate Room)

1:30 PM - 2:00 PM, Sage 329

1:30 PM - 2:00 PM, Sage 354

2:00 PM
$urvive the $emester Struggle  
Student Money Management, Financial Aid & Scholarships  
2:00 PM - 3:00 PM, BLB 015

2:00 PM - 2:45 PM, Location on Guidebook App  
Advocating for Yourself and Dean of Students Support  
Dean of Students  
2:00 PM - 2:45 PM, Location on Guidebook App
All Access: UNT Union Tickets
University Union
2:00 PM - 3:00 PM, Union Room 336

BSE Meet & Greet
Multicultural Center
2:00 PM - 3:00 PM, Sage 116

Career Connect e-Portfolio Hands-On Training
Libraries
2:00 PM - 3:00 PM, Willis136

Dorm Hacks
Student Money Management Center
2:00 PM - 3:00 PM, BLB 005

ECHS Graduate Meet and Greet
AVP for Student Affairs
2:00 PM - 3:00 PM, Union 385

House to Home
Housing and Residence Life
2:00 PM - 3:00 PM, Bruce Concert Hall

Ice Cream and Cookies Social
Student Affairs, Student Veterans Services
2:00 PM - 3:00 PM, GAB Room 119

KHPR’s Let’s Start Today On your Mind/ Body Wellness Journey!
KHPR
2:00 PM - 3:00 PM, PEB 216

New Year, New Me
Career Center
2:00 PM - 3:00 PM, Chestnut 120

Overcome Test Anxiety
Counseling and Testing Services
2:00 PM - 3:00 PM, Chestnut Hall Room 341

Q&A: Working at Rec Sports
Rec Sports
2:00 PM - 3:00 PM, Pohl Rec Center - Room 207

QuickPrep: Take Note!
Learning Center
2:00 PM - 2:20 PM, Sage 329

Supplemental Instruction: Keys to Academic Success
Learning Center
2:00 PM - 2:30 PM, Sage 354

Design Works Guide for Students
Design Works Guide for Students
2:00 PM - 2:30 PM, Union 214

Canine Connection: Let the Therapy Pups Help You Get Connected On Campus
Counseling & Testing Services
2:30 PM - 3:30 PM, Chestnut Hall 324

Panhellenic 101: Finances
Greek Life
2:30 PM - 3:30 PM, BLB 010

QuickPrep: Flashcards
Learning Center
2:30 PM - 2:50 PM, Sage 329

Supplemental Instruction: Keys to Academic Success
Learning Center
2:30 PM - 3:00 PM, Sage 354

3:00 PM

BINGO: Exercise Your Mental Fitness
Rec Sports
3:00 PM - 4:00 PM, Pohl Rec Center - Point Bank Lounge

Did You Choose The Right MAJOR?
Career Center
3:00 PM - 4:00 PM, Chestnut 160

Haven Completion
Dean of Students-- Survivor Advocacy
3:00 PM - 4:30 PM, Sage Hall 333

KHPR’s Let’s Plan for your Future Career in Kinesiology, Health Promotion and Recreation
KHPR
3:00 PM - 4:00 PM, PEB 216

Money Tips Every College Student Should Know
Student Money Management Center
3:00 PM - 4:00 PM, BLB 60

Responding to an Active Shooter
UNT Police Department
3:00 PM - 4:00 PM, UNT Police Department (1700 Wilshire ST Denton, TX 76201)

Speed Reading Tips and Tricks
Learning Center
3:00 PM - 4:00 PM, GAB 550A

Supplemental Instruction: Keys to Academic Success
Learning Center
3:00 PM - 3:30 PM, Sage 354
TRIO Student Support Services
TRIO Student Support Services
3:00 PM - 3:30 PM, Sage 215

Unicorns, Rainbows & Student Loans
Student Money Management Center | Student Financial Aid & Scholarships
3:00 PM - 4:00 PM, BLB 015

Canine Connection: Let the Therapy Pups Help You Get Connected On Campus
Counseling & Testing Services
3:30 PM - 4:30 PM, Chestnut Hall 324

Getting My Computer Ready
Union - Mainframe
3:30 PM - 4:30 PM, Union 214

UNT 2021 Class Cause Reveal Party
Orientation and Transition Programs
3:30 PM - 5:00 PM, Crumley Park

4:00 PM

Game On! First Flight
UNT Libraries
4:00 PM - 9:00 PM, Media Library, Chilton 111

Leadership, civility, and accountability: Why the choices you make matter!
Dean of Students Office
4:00 PM - 4:30 PM, Union 341a

Men of Color Mentoring
Multicultural Center
4:00 PM - 5:00 PM, BLB 005

Achoo! What To Do If You Get Sick at UNT
Student Health and Wellness Center
4:30 PM - 5:30 PM, Chestnut Hall 324

Greek Life 101
Greek Life
4:30 PM - 5:30 PM, Greek Life Center

5:00 PM

Get Involved! (Live)
Student Activities
5:00 PM - 6:00 PM, Sage 116

Making UNT a Healthier Campus
Student Health and Wellness Center
5:30 PM - 6:30 PM, Chestnut Hall 324

6:00 PM

Bruce Hall Game Night
Orientation and Transition Programs
6:00 PM - 8:00 PM, Bruce Hall Lobby

Join Your Team: Sport Club Recruitment
Rec Sports
6:30 PM - 7:30 PM, Pohl Rec Center

Rec Extravaganza
Rec Sports
6:30 PM, Pohl Rec Center

Insurance 101
Student Health and Wellness Center
6:30 PM - 7:30 PM, Bruce Hall Concert Hall

7:00 PM

Honors College Common Reading
Honors College
7:00 PM - 9:00 PM, Students will receive the location via email

8:00 PM

New Student VIP Night
B&N at UNT
8:00 PM - 10:00 PM, Barnes & Noble at UNT
### Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td><strong>Small Group Meet Up!</strong> Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
</tbody>
</table>
| 9:00 AM - 12:00 PM | **College Day**  
See page 7 for your college/school meeting time and location. |
| 12:00 PM     | **Lunch**  
Eat lunch with your small group! |
| **throughout the day** | **First Flight Programs**  
Find programs to attend to meet your First Flight requirements. |
| 2:30 PM      | **Small Group Meeting 5**  
Meet your First Flight Leader in front of your residence hall. |
| 4:00 PM      | **New Student Convocation**  
New students are required to attend New Student Convocation. See page 6 for more information. |
| 5:00 PM - 7:00 PM | **Mean Green Fling**  
Location - University Union and Library Mall  
*Celebrate a new year at UNT by participating in the 19th Annual Mean Green Fling!* This back-to-school event will provide you with your first opportunity to get involved and meet representatives from over 200 student organizations, campus departments, and local vendors. |

### Things To Do Today

*Meet up with your First Flight Leader in the morning for information about College Day.*  
*New Student Convocation is required of all new students.*  
*Attend Mean Green Fling with your small group. The event features free food, giveaways from campus departments and area businesses, and more! Head over with your leader after Convocation.*
11:00 AM
Let’s Taco-bout Leadership
Center for Leadership and Service
11:00 AM - 12:00 PM, Union 341

12:00 PM
Escape! @ First Flight in the Library
UNT Libraries
12:00 PM - 5:00 PM, Willis Library 250H

1:00 PM
Academics 101: What the Best College Students Do
UNT Libraries
1:00 PM - 2:00 PM, Willis Library 340

Careers in the Food and Beverage Industry
Career Center
1:00 PM - 2:00 PM, Chestnut 160

Making the Most of Your Membership
Rec Sports
1:00 PM - 2:00 PM, Pohl Rec Center - Room 205

Honors College Orientation
Honors College
1:00 PM - 2:00 PM, Lyceum - 3rd Floor Entrance

SCAMMED: Too Good to Be True
UNT Student Legal Services
1:00 PM - 2:00 PM, Union 341

TRIO Student Support Services
TRIO Student Support Services
1:00 PM - 1:30 PM, Sage Hall 215

Unspoken School Supplies: DIY Condom Carriers
Student Health and Wellness Center
1:00 PM - 2:00 PM, Chestnut Hall Room 324

2:00 PM
Bike Safety
UNT Police Department
2:00 PM - 3:00 PM, UNT Police Department (1700 Wilshire St Denton, TX 76201)

Broke? Now what?
Student Money Management Center
2:00 PM - 3:00 PM, Chestnut 324

I’m Not the Problem
Housing and Residence Life
2:00 PM - 3:00 PM, Bruce Concert Hall

Residence Hall Association: How I can get Connected in my Hall
Housing and Residence Life
2:00 PM - 3:00 PM, Your residence hall lobby

Panhellenic Council 101: Recruitment
Greek Life
2:30 PM - 3:30 PM, Greek Life Center

3:00 PM
Transfer Meet Up - Convocation & Mean Green Fling
Transfer Center
3:15 PM - 6:00 PM, UNT Coliseum - Gate A (outside)

5:00 PM
Mean Green Fling
Student Activities
5:00 PM - 7:00 PM, Union and Library Mall

Outdoor Pursuits Gear Exhibit
Rec Sports
5:00 PM - 6:00 PM, Pohl Rec Center - Backyard

Try Before You Buy: Group Exercise
Rec Sports
All Day, Pohl Rec Center - Group Exercise Rm A/B

Get Involved! (Online)
Student Activities
All Day, https://tinyurl.com/FirstFlight2017Online
FRIDAY, AUGUST 25, 2017

Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs/ Special Interest Sessions</td>
</tr>
<tr>
<td></td>
<td>Find programs and sessions to attend to meet your First Flight requirements.</td>
</tr>
<tr>
<td>7:00 PM - Midnight</td>
<td>Eagle Insomnia: Night at the Union</td>
</tr>
<tr>
<td></td>
<td>Location - University Union</td>
</tr>
<tr>
<td></td>
<td>Make your first Friday night at UNT one to remember! Experience the University Union with the University Program Council (UPC) at an evening filled with fun and memorable activities!</td>
</tr>
</tbody>
</table>

Things To Do Today

Attend Special Interest Sessions today! Available sessions can be found on pages 4-5. Today is the last day to fulfill this requirement.

Track your progress on First Flight Programs at unt.edu/firstflightcheckin. See page 8 for attendance requirements. You only have a few more opportunities to fulfill your requirements.

Meals are on your own today. You can see dining hall hours of operation online at www.dining.unt.edu/hours.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All Day</strong></td>
<td>Try Before You Buy: Group Exercise</td>
<td>Rec Sports, Pohl Rec Center, Group Exercise Rm A/B</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>CHEM 1410 Math Prep</td>
<td>Chemistry, 9:30 AM – 10:50 AM, Chemistry 109</td>
</tr>
<tr>
<td></td>
<td>Emerald Eagle Scholars Kick-Off</td>
<td>Sage Hall 116, 9:00 AM - 11:00 AM</td>
</tr>
<tr>
<td></td>
<td>The Morning After</td>
<td>Student Money Management Center, Student Health and Wellness Center, SARC, 9:00 AM - 11:00 AM, Kerr Hall Lobby</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Greek Life 101</td>
<td>Greek Life, 10:00 AM - 11:00 AM, Greek Life Center</td>
</tr>
<tr>
<td></td>
<td>Healthy Relationships 101</td>
<td>Dean of Students – Survivor Advocacy, 10:00 AM - 11:00 AM, Wooten Hall 316</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Escape! @ First Flight in the Library</td>
<td>Willis Library 250H, 12:00 PM - 5:00 PM</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Emerald Eagle Scholars Kick-Off</td>
<td>Sage Hall 116, 1:00 PM - 3:00 PM</td>
</tr>
<tr>
<td></td>
<td>Making the Most of Your Membership</td>
<td>Pohl Rec Center - Room 205, 1:00 PM - 2:00 PM</td>
</tr>
<tr>
<td></td>
<td>Presenting Yourself Professionally</td>
<td>Chestnut 160, 1:00 PM - 2:00 PM</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>First Aid 101</td>
<td>Student Health and Wellness Center, 2:00 PM - 3:00 PM, Chestnut Hall 324</td>
</tr>
<tr>
<td></td>
<td>How to Find a Job on Campus</td>
<td>Career Center, 2:00 PM - 3:00 PM, Chestnut 120 A&amp;B</td>
</tr>
<tr>
<td></td>
<td>Managing Your GRRS: Stress Management</td>
<td>Counseling &amp; Testing Services, 2:00 PM - 3:00 PM, Chestnut Hall, Suite 311 (Counseling &amp; Testing Services)</td>
</tr>
<tr>
<td></td>
<td>Why Are Internships So Important</td>
<td>Career Center, 2:00 PM - 3:00 PM, Chestnut 160</td>
</tr>
<tr>
<td></td>
<td>Interfraternity Council 101</td>
<td>Greek Life, 2:30 PM - 3:30 PM, Greek Life Center</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>“What I Wish I Knew In College” Alumni Tell All</td>
<td>Career Center, 3:00 PM - 4:00 PM, Chestnut 160</td>
</tr>
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<td></td>
<td>Making UNT a Healthier Campus</td>
<td>Student Health and Wellness Center, 3:00 PM - 4:00 PM, Chestnut Hall 324</td>
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<td></td>
<td>Emerald Eagle Scholars Kick-Off</td>
<td>Emerald Eagle Scholars Program, 3:30 PM - 5:30 PM, Sage Hall 116</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Achoo! What To Do If You Get Sick at UNT</td>
<td>Student Health and Wellness Center, 4:00 PM - 5:00 PM, Chestnut Hall 324</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Transfer Kick-Off</td>
<td>Transfer Center, 5:00 PM - 7:00 PM, Crumley Park</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Rawlins Hall Game Night</td>
<td>Orientation and Transition Programs, 6:00 PM - 8:00 PM, Rawlins Hall Lobby</td>
</tr>
</tbody>
</table>
**SATURDAY, AUGUST 26, 2017**

**Schedule at a Glance**

<table>
<thead>
<tr>
<th>throughout the day</th>
<th>First Flight Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><em>Find programs and sessions to attend to meet your First Flight requirements.</em></td>
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</table>

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<tr>
<th>All Day</th>
<th>Get Involved! (Online)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><em>Student Activities</em></td>
</tr>
<tr>
<td></td>
<td>All Day, <a href="https://tinyurl.com/FirstFlight2017Online">https://tinyurl.com/FirstFlight2017Online</a></td>
</tr>
</tbody>
</table>

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**SUNDAY, AUGUST 27, 2017**

**Schedule at a Glance**

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<table>
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<tr>
<th>5:00 PM - 7:00 PM</th>
<th>Transportation Day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><em>Transportation Services</em></td>
</tr>
<tr>
<td></td>
<td>Victory Hall Parking Lot 80</td>
</tr>
</tbody>
</table>

Transportation Services wants to welcome incoming first year freshmen students to our UNT Campus. We want to help you kick off your college journey by providing you the information and tools you need to have a successful experience while attending UNT. At Transportation Day we will have information on the different parking and transit options available to freshmen students. There are many different options which include city and airport transit, as well as parking on campus. This event is designed to help the new first time in college freshmen students get the information directly from the vendors. A representative from DCTA, DART, and Parkmobile will also be on hand to help students understand how their service works and is available through the UNT Transportation Services Department. Along with department information and multiple vendors we will have snow cones, games, and a photo booth for students to enjoy. Come out and get to know your Transportation Services crew and have some fun!

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**Things To Do This Weekend**

Meals are on your own today. You can see dining hall hours of operation online at [www.dining.unt.edu/hours](http://www.dining.unt.edu/hours).

Check out the online First Flight programs. See page 9 for more information.
Motivating Yourself Toward Academic Success

Please take a moment to think about these questions. Refer back to this whenever you feel your motivation is low.

Why must I be academically successful this semester?

To motivate myself I must ...

List 5 to 10 things you should do to be academically successful:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Think of three people that you know who are “the best” at being academically successful. What are their beliefs actions regarding academic success? How do they study?

What study skills fit best with your learning style preference and how will you use them?

Internal and external factors influence our motivation and behaviors. What are your internal factors (values, interests, knowledge) and your external factors (family, friends, economy)?

Internal

External

Are you motivated by the reward or accomplishing the task?

My support network includes:

Possible obstacles to my academic success include (family obligations, work conflicts, friends, financial obligations):

I will overcome any possible obstacles by:
Tips on How to Talk to Your Professors

Visit your professor during posted office hours or (better yet) schedule an appointment.
Your professor uses office hours to grade papers, prepare for classes, and do research. If they are expecting you (and maybe even have an idea about what you want to discuss) you will probably have a better experience. If you are not available during their office hours, don’t give up. Contact your professor to see if there are alternatives. When meeting with your professor, know exactly what you want from your professor. Write out questions to help you narrow things down and help you not to forget if you become anxious. Take your graded material with you, along with your lecture notes and study aides. Come up with options BEFORE you go in. Then he or she can help you decide if those options are possible.

If you make an appointment, show up on time.
If you show up and your professor is late, wait at least 5 to 10 minutes, and then leave a note. If you miss an appointment, apologize in person and reschedule.

Adopt the attitude that your professor wants to help you.
Respect your instructor for their expertise. Being defensive is the quickest way to turn off your instructor’s desire to help, so be open to suggestions. If you have questions about what they recommend, just ask.

Visit your professor with specific things to discuss, like:
Questions about course content: Be specific when you meet with your instructor. Ask for suggestions on how to study the material.

Needing Additional Help: Let your professor know what you are already doing. If you know the reason for your performance is lack of preparation and you know what to do, just do it.

Appealing a Poor Grade: If you are appealing a poor grade, come prepared with ideas of extra work you are prepared to do. Offer to retake an exam. If they say it won’t change your grade but you think you could do better, ask to do it anyway to see if you can improve. It may make an impression on your professor about your dedication.

Concerns about tests: Remember, talk in ways that are not defensive or hostile toward the instructor. If you do poorly on the first midterm, it is not too late to turn things around but you will need to change some study habits. Even if you know what to do, let the professor know you’re trying. If you don’t know what to do, don’t give up. Go to see your professor for some suggestions.

Asking for an incomplete grade or other special exceptions: Don’t waste your professor’s time with fake or repetitive excuses but if you have valid reasons that you didn’t finish a paper or do well on an exam, talk to them to see if you can have any extra time to complete work or other special exceptions. Make sure you are clear and honest.

Interview your professor about their field of expertise: Ask about things they’ve done in their career, and career opportunities that exist in your major or field. You can also ask about their research and professional interest to learn more about your field of study. Professors are also a great resource for career and internship opportunities.
Stress Relief Techniques That Work for College Students

You are not alone if you feel overwhelmed and stressed out while you are in college. Balancing classes, tests, projects, extra-curricular activities and work is enough to make anyone feel overwhelmed, especially when it seems like exams are perpetually around the corner. Stress relief will not only be better for your overall well-being, but for your grades. Feeling less stressed can be dealt with simply, but sometimes you just need help figuring out where to get started. Here are ten things you can do today that will make you less stressed tomorrow.

Deep Breathing
Sounds simple right? Well it is. But it’s also super effective. This will help calm your mind and you can do it just about anywhere. Try it when you are feeling stressed, getting distracted in class, or when you are feeling really impatient. Try taking breaths that come deep from your abdomen and not just your chest. Take deep and slow breaths; make sure you mindfully pay attention to your breathing. Try slowly inhaling to a count of 4, filling your belly first and then your chest, gently holding your breath to a count of 4, and slowly exhaling to a count of 4 and repeat several times.

Take a Break
Have you been in class and studying in the library all day? Stop. The key to stress relief is stop worrying about things out of your control. Don’t push your stressed thoughts out of your mind completely, but you don’t need to think about it all the time. Go outside and take a walk and get a change of scenery. Take a hot bath and relax your mind and your muscles. Taking a break may help you look at things in a new way.

Get Enough Sleep
College student have enough reasons to be stressed and when your body does not have enough sleep it is much more sensitive to stress. Those late nights and early morning classes are not good for your body. You need a set sleep schedule of at least seven hours in a night. Getting a good amount of sleep will help keep your mind focused, recharged, and energized.

Eat Well
Do you eat a lot of cheap, greasy foods at odd hours of the day and night? It is very likely that if you are like the average college student, your eating habits have become far less healthy since you started school. Eating a balanced diet will keep your stress level down, get you healthy, and your waistline down.

Get Some Exercise
I know that your excuse is that you don’t have time. We have all used that excuse before. Just a 30-minute walk while listening to music can be good stress relief and will get you healthier. Exercise releases endorphins, “feel-good” brain chemicals that protect you against depression, decreases stress hormones, relaxes your muscles, and helps you sleep better.

Make Your Life Easier
For the most part, you control your own schedule and you know what works best for you. If you know you are not a morning person and that you would never show up to a class before 9 a.m., don’t schedule any morning classes. The longer sleep or actually having time for breakfast will give you a better start to your day. Starting your day off by pressing the snooze button repeatedly and then rushing will just be a stressful start, so don’t put yourself in that situation.

A Sweet Snack
Dark chocolate is high in antioxidants, and eating it releases endorphins in your brain that will make you and your brain happy. Even if you don’t like dark chocolate on its own, try dark chocolate covered fruit which is not as bitter. The next time you are feeling stressed or tired, reach for dark chocolate instead of for coffee or an energy drink.

Plan Ahead
When you know that you have an exam and a big paper in the same week, don’t wait until the last minute. Try to plan for delays and unexpected things that may get in the way of studying and working on your paper. If you start doing your work as soon as you get it, you will feel a lot less stressed when the test day or due date come around. Break papers and studying down into smaller, more manageable chunks and set goals to accomplish them. You don’t want to rush yourself when you are studying, it will just stress you out more than necessary.

Don’t Sweat the Small Stuff
In the grand scheme of things, don’t freak out over things that you have no control over. Sometimes something may seem like it’s the end of the world if it doesn’t go right, but if you can put things in perspective it probably is not that big of a deal. Just breathe and think about the big picture.

Learn How to Say No
Let’s face it, sometimes we just don’t know how to say no to people and work just piles up higher and higher. If your friend wants to go out and you have a big exam in the morning or you friend wants to study together, but you study better on your own, don’t be afraid to say no. You need to make the right decisions for yourself. Know your own limits and relieve stress, don’t add to it.

Things to Avoid:
Drinking/partying/socializing too much • Smoking • Using pills or drugs to relax or sleep • Overeating or under eating • Procrastinating • Withdrawing from friends, family, commitments • Zoning out for hours in front of the computer or TV
## Final Exam Preparation Tips

<table>
<thead>
<tr>
<th>Task</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Create a Study Schedule</strong></td>
<td>Set up a realistic schedule for studying. Be sure that it allows enough time to study for each of your exams. You may have two exams on the same day, so you will need to plan ahead to be prepared to take them both. Be sure to allow enough time to sleep, exercise and eat well. If you take care of your body, your body will take care of your mind! Stick to your schedule!</td>
</tr>
<tr>
<td><strong>Review Previous Tests</strong></td>
<td>Tests that have been returned over the semester can be a good resource when preparing for the final exam. Look back over the tests to get a feel for the types of questions that the professor asks and the level of detail he/she wants in an answer.</td>
</tr>
<tr>
<td><strong>Review Your Notes</strong></td>
<td>Outline your notes. Look to see how previous tests used the material in your notes. Mark areas in your notes that you are unsure of. Ask your professor or a classmate about the areas you have marked.</td>
</tr>
<tr>
<td><strong>Review Your Text</strong></td>
<td>Skim and scan. Look to see how previous tests used the material in the text. Outline major categories and subcategories. Make notes about the areas where you feel you are the weakest, so you can concentrate on those chapters.</td>
</tr>
<tr>
<td><strong>Form Study Groups</strong></td>
<td>Study groups are a good idea all of the time, but they are particularly effective when studying for finals. Assign each person in the study group a section of the course to review and “teach” to the others. Each person should develop possible test questions to cover their section.</td>
</tr>
<tr>
<td><strong>Relax</strong></td>
<td>Final exam time does NOT mean panic time! Eat well, get plenty of sleep, and relax. You will be surprised to find that you have remembered more than you think!</td>
</tr>
</tbody>
</table>
Guidebook App
Download the Guidebook App in the App Store of your smart phone to stay connected to First Flight programs on the go. We will be updating the app throughout the week, and this is a great way for you to stay connected to your peers! Once you have downloaded the free Guidebook App, click “download a guide” and search for “UNT First Flight Week 2017”.

Transportation Services
The majority of events during First Flight Week will be held on UNT’s campus. If an event is held off campus, we encourage you to visit the UNT Transportation Services website for information about the DCTA bus routes. Commuter students should visit transportation.unt.edu for information about campus parking permits and parking lots.

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Do you have GRIT?

GRIT Definition: Your capacity to dig deep and do whatever it takes - even sacrifice and struggle to achieve your most worthy goals in the best ways. You’ll have opportunities during First Flight to learn more about GRIT and how you can use it to achieve your goals.