

First Flight 2024



AUGUST 11-18, 2024

Name _____ Group # _____

MY FIRST FLIGHT SCHEDULE

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 can 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 have specific schedules for certain activities. Your First Flight Leader will give you more information about your schedule during your first small group meeting. Write your schedule locations in the spaces below.

Move In Weekend (Friday, August 9 - Sunday, August 11)

All Weekend

First Flight Check In

Check in at your residence hall. Check in for commuter students will be Monday, August 12 during Small Group Meeting 1 at the UNT Coliseum.

Sunday, August 11

First Flight Kick-Off

Activities in the Union all day. See page 10 for details.

Monday, August 12

9:00 AM - 10:00 AM

Small Group Meeting 1

10:00 AM - 12:00 PM

Career Readiness/Scrappy's Challenge/ Our Community Rotation

Afternoon/Evening

First Flight Programs and Special Interest Sessions

See the Guidebook App!

Tuesday, August 13

9:00 AM - 10:00 AM

Small Group Meeting 2

10:00 AM - 12:00 PM

Career Readiness/Scrappy's Challenge/ Our Community Rotation

Afternoon/Evening

First Flight Programs and Special Interest Sessions

See the Guidebook App!

Wednesday, August 14

9:00 AM - 12:00 PM

College Day

See page 6

12:00 PM - 2:30 PM

Lunch and First Flight Programs

See the Guidebook App!

2:30 PM

Small Group Meeting 3

4:00 PM

New Student Convocation

UNT Coliseum

Afternoon/Evening

First Flight Programs and Special Interest Sessions

See the Guidebook App!

Thursday, August 15 - Sunday, August 18

throughout the day

First Flight Programs and Special Interest Sessions

See the Guidebook App!

FIRST FLIGHT 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 participation is expected of all new freshman, new transfer and continuing students are also encouraged to attend programs that interest them. A transfer track and a continuing student track can be found on the Guidebook App.



PROGRAM EXPECTATIONS

To complete your First Flight Week expectations, all new freshman must complete the following:

1 Check in for First Flight at your residence hall. All commuter students will check in Monday, August 12, 2024 during Small Group Meeting 1 in the UNT Coliseum.

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

3 Attend Career Readiness, Our Community, and Scrappy's Challenge with your First Flight Leader. Additional information on page 4.

4 Attend at least one Special Interest Session. Additional information on page 5.

5 Participate in College Day with your major college. Additional information on page 6.

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

7 Attend a total of 5 First Flight Programs of your choosing. Additional information on page 8.

DOWNLOAD THE GUIDEBOOK APP

The **UNT First Flight 2024 Guide** is the most up to date list of programs and events happening on campus during First Flight Week. Stay in the know about program changes and updates and have links to resources and important information right on your device.

1. Download the Free Guidebook App
2. Search for the **UNT First Flight 2024 Guide**
3. Download the guide
4. Explore all of the great things happening on campus during First Flight Week



MEAN GREEN MOVE IN WEEKEND

FRIDAY, AUGUST 9 - SUNDAY, AUGUST 11

First Flight Check In

Check in for First Flight at your residence hall. Students living on campus are automatically checked in to First Flight when they move into their residence hall. Commuter students should check in during Small Group Meeting 1, Monday, August 12, 2024 in the UNT Coliseum.

Things To Do This Weekend

Get your student ID card during Mean Green Move-In or First Flight Week in Union, Room 394 between 10:00 AM and 5:00 PM. Make sure to submit your ID photo through the myUNT Tasks tile ahead of time to speed up the pickup process. 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 2024 Guide.

Review the programs available during First Flight week and create a schedule based on the things you are interested in. You are expected to attend a total of 5 First Flight programs of your choice throughout the week

Meals This Weekend

Meal plans begin on Friday August 9, 2024. Students are expected to use their campus meal plan throughout First Flight Week. The following dining halls will be open: Eagle Landing, Bruce Dining Hall, Mean Greens and Champs at Victory Hall.

All Dining Halls will close at 2:30 PM on Sunday, August 11, 2024 and dinner will be served at the First Flight Kick Off Event in Union 333.

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. You'll have 3 Small Group Meetings to attend during First Flight Week to help you build connections with other students, introduce new material, and reflect on your experiences throughout the week.

Small Group Meeting	Day	Time	Theme
1	Monday, August 12	9:00 AM - 10:00 AM	Welcome and First Flight Overview
2	Tuesday August 13	9:00 AM - 10:00 AM	Getting Involved and Using Campus Resources
3	Wednesday, August 14	2:30 PM - 3:30 PM	Goals and Reflection

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. During your first small group meeting, your First Flight Leader will share your meeting 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.



CAREER READINESS



Career Readiness is Life Readiness: Reflecting on the First Year Seminar.

Learn about the opportunities you have to engage in Career Exploration throughout your first year at UNT. You will also learn about your next steps in the exploration and how you can further your career growth during your first year at UNT.

You will attend your Career Readiness session with your small group. Check your First Flight schedule or ask your First Flight Leader when your session is scheduled.

OUR COMMUNITY



Our Community is an opportunity for you to learn more about our (UNT) values as an institution. You'll also get to explore the UNT Wellness Wheel and make a personal wellness plan for the semester.

SCRAPPY'S CHALLENGE



To complete Scrappy's Challenge you'll work together as a team with your First Flight group to answer trivia questions, find locations on campus, and complete various challenges. It's a fun, interactive way for you to learn more about UNT, and get to know your First Flight Group better. First Flight Groups will compete to earn prizes for their team.

SPECIAL INTEREST SESSIONS

You are expected to attend at least one special interest session hosted by a faculty member. These sessions will allow you to get to know the academic leaders on our campus and get a sense of what a large classroom feels like. Pick the session that sounds most interesting to you. Additional special interest sessions and descriptions of all of the special interest sessions can be found in the Guidebook App.

Monday, August 12, 2024

1:00 PM - 2:00 PM

Interpersonal Relationships and the Power of Perception	Dr. Julie Leventhal	Union 314
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1:30 PM - 2:30 PM

The Politics of the Death Penalty	Dr. Wendy Watson	Sage 116
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2:00 PM - 3:00 PM

The Power of Pixie Dust: Mastering Customer Service the Disney Way	Dr. Kim H. Williams	Union Lyceum
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Tuesday, August 13, 2024

1:00 PM - 2:00 PM

Am I the Professor your grandpa warned you about? Free Speech on the College Campus	Dr. Gloria Cox	Union Lyceum
English at UNT: Getting Medieval with Geoffrey Chaucer	Dr. Nicole D. Smith	GAB 105

2:00 PM - 3:00 PM

How to start a Nonprofit	Dr. Laura Keys	Union 314
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Thursday, August 15, 2024

2:00 PM - 3:00 PM

Tech Solutions for Complex Problems: AR, VR, and Other Ed Tech Tools	Dr. Rose Baker	Sage 116
UNT Media Library Presents: "Atari: Game Over"	Steven Guerrero	WH 222
Strengths Based Development	Aundrea Caraway	Union 332

Friday, August 16, 2024

11:30 AM - 12:30 PM

How to use generative ai to enhance learning in an ethical way	Dr. Junhua Ding	Sage 116
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1:00 PM - 2:00 PM

Connecting Through Music	Taylor Williams	Union Lyceum
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COLLEGE DAY

WEDNESDAY, AUGUST 14, 2024

Every student is required to participate in College Day. Feeling a connection to your college is critical to your success. On College Day you will get to know academic leaders and some of the key resources from your college. Go to the college 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).

College Day Programs begin at 9:00 a.m. at the locations listed below:

College/School	Room Location
G. Brint Ryan College of Business*	Business Leadership Building, Atrium
College of Applied and Collaborative Studies	Frisco Landing, Room 130
College of Education	Gateway Center, Ballroom
College of Engineering*	Discovery Park, B-185
College of Health and Public Service	See below by department
<i>Audiology & Speech-Language Pathology</i>	Chilton Hall, Room 245
<i>Behavior Analysis</i>	Chilton Hall, Room 270
<i>Criminal Justice</i>	Life Sciences, Room A-117
<i>Emergency Management & Disaster Science</i>	Chilton Hall, Room 240
<i>Public Administration (Nonprofit Leadership Studies/Urban Policy & Planning)</i>	Chilton Hall, Room 274
<i>Rehabilitation & Health Services (Addiction Studies/Rehabilitation Studies/Public Health)</i>	General Academic Building, Room 104
<i>Social Work</i>	Chilton Hall, Room 255
College of Information	Terrill Hall, Room 120
College of Liberal Arts and Social Sciences	Coliseum
College of Merchandising, Hospitality, and Tourism	Chilton Hall, Room 387
College of Music*	Music Building, Recital Hall 301
College of Science	University Union, Lyceum
College of Visual Arts and Design	Art Building, Courtyard

College of Applied and Collaborative Studies will be hosting College Day at the Frisco Landing campus – 12995 Preston Road, Frisco, TX. Students admitted to a major in the College of Applied and Collaborative Studies are encouraged to attend. Please see the guidebook app for more information.

*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.



NEW STUDENT CONVOCATION



Wednesday, August 14, 2024 | 4:00 PM

New Student Convocation serves as your official academic kick-off to the upcoming year. This 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 pin to be worn at graduation.



FIRST FLIGHT PROGRAMS



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 1 program 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 1 program in this category.**



My Health and Wellness

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.**



Our Community

Learn what it means to be a part of our caring, inclusive community. **Throughout the week you must attend 1 program in this category.**

First Flight Program Attendance

You will receive a QR code for all of the First Flight Programs and Special Interest Sessions you attend throughout the week. You will need to scan the QR code and log in with your campus EUID and password to record your attendance. The QR codes are only active for 2 hours after the program ends so you need to sign in as soon as you receive a code.

PROGRAM ACCOMMODATIONS

Meals During First Flight Week

Meal plans begin on Friday August 9. Students are expected to use their campus meal plan throughout First Flight Week. The following dining halls will be open: Eagle Landing, Bruce Dining Hall, Mean Greens and Champs at Victory Hall.

Dining Hall	Meal	Monday-Tuesday August 12 - 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday - Sunday August 17-18
Bruce	Breakfast	7:00 AM - 9:00 AM	7:00 AM - 11:00 AM	7:00 AM - 11:00 AM	7:00 AM - 11:00 AM	Closed
	Lunch	11:00 AM - 4:30 PM	11:00 AM - 4:30 PM	11:00 AM - 4:30 PM	11:00 AM - 4:30 PM	Closed
	Dinner	Closed	Closed	Closed	Closed	Closed
Champs	Breakfast	7:00 AM - 9:00 AM	7:00 AM - 9:00 AM	7:00 AM - 9:00 AM	7:00 AM - 9:00 AM	Closed
	Lunch	11:00 AM - 2:00 PM	11:00 AM - 2:00 PM	11:00 AM - 2:00 PM	11:00 AM - 2:00 PM	Closed
	Dinner	4:30 PM - 7:00 PM	Closed	4:30 PM - 7:00 PM	4:30 PM - 7:00 PM	Closed
Eagle Landing	Breakfast	Closed	Closed	Closed	Closed	Closed
	Lunch	10:00 AM - 2:30 PM	10:00 AM - 2:30 PM	10:00 AM - 2:30 PM	10:00 AM - 2:30 PM	10:00 AM - 2:30 PM
	Dinner	4:00 PM - 7:00 PM	4:00 PM - 7:00 PM	4:00 PM - 7:00 PM	4:00 PM - 7:00 PM	4:30 PM - 8:00 PM
Mean Greens	Breakfast	7:00 AM - 9:00 AM	Closed	7:00 AM - 9:00 AM	7:00 AM - 9:00 AM	Closed
	Lunch	11:00 AM - 2:00 PM	Closed	11:00 AM - 2:00 PM	11:00 AM - 2:00 PM	Closed
	Dinner	4:30 PM - 7:00 PM	4:30 PM - 7:00 PM	4:30 PM - 7:00 PM	Closed	Closed

Commuter students who do not have a meal plan will receive a meal ticket from their First Flight Leader for lunch on Monday, Tuesday, and Wednesday

Various retail dining locations will also be open during First Flight Week. Visit dining.unt.edu for the most up to date information about campus dining options.

Transportation During First Flight Week

DCTA offers several mobility options to the general public in the greater Denton and Lewisville area. These services include local bus service in Denton, rideshare on-demand service in Lewisville and Highland Village, University of North Texas (UNT) Campus Shuttles and a 21-mile commuter rail service connecting passengers to Downtown Dallas. Visit <https://www.dcta.net/getting-around> for the most current information about bus routes.

INFLATABLES
12:00 - 5:00 P.M.
Union 314

READY, SET, GAME
12:00 - 2:00 P.M.
Union 335

MOVIE BINGO:
MONSTERS UNIVERSITY
12:00 P.M.
Union Lyceum

ESCAPE ROOMS
12:30 - 4:30 P.M.
Union 381

SHOWDOWN:
THE GAMESHOW
1:00 - 2:15 P.M.
Union Syndicate

FIRST FLIGHT KICK OFF

SUNDAY, AUGUST 11, 2024

DINNER
5:00 - 7:00 P.M.
UNION 333

ICE CREAM
5:30 - 7:30 P.M.
UNION SOUTH LAWN

BOARD GAMES
2:15 - 5:00 P.M.
Union Syndicate

GROCERY BINGO
2:30 - 4:00 P.M.
Union Lyceum

PRINT MAKING:
DOOR HANGER
3:00 - 6:00 P.M.
Union 339

MOVIE BINGO:
MONSTERS UNIVERSITY
5:00 P.M.
Union Lyceum

TRIVIA STREAM:
GAMESHOW
5:30 - 6:45 P.M.
Union Syndicate



SUNDAY, AUGUST 11, 2024



12:00 PM



First Flight Kick Off

University Program Council (UPC)

12:00 PM - 7:00 PM, Union

5:00 PM



First Flight Dinner

Orientation and Transition Programs

5:00 PM - 7:00 PM, Union 333

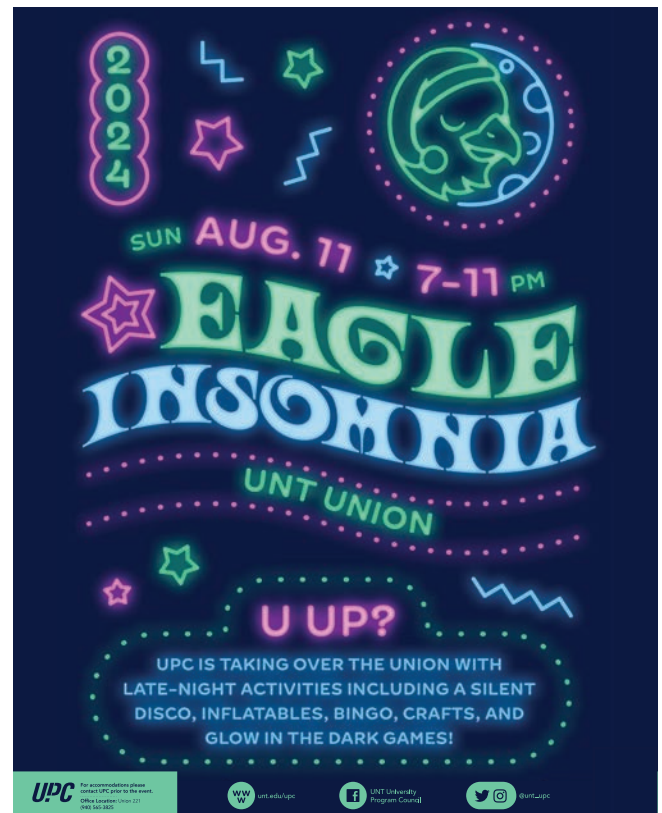
7:00 PM



Eagle Insomnia

University Program Council (UPC)

7:00 PM - 11:00 PM, Union





Original host of
Nickelodeon's
Blue's Clues

An Evening with **STEVE BURNS**

August 12, 2024
UNT Coliseum
8 - 9 p.m.

This event is for
UNT students only.
Admission is FREE.
UNT ID required.

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MONDAY, AUGUST 12, 2024



Schedule at a Glance

9:00 AM - 10:00 AM	Small Group Meeting 1 Check the First Flight check in pass that was emailed to you for your Small Group 1 location. If you can't find your check in pass go to the UNT Coliseum and we can help you find your group.
10:00 AM - 12:00 PM	Career Readiness/Scrappy's Challenge/Our Community Rotation Check your First Flight schedule or ask your First Flight Leader about your schedule for the day.
throughout the day	First Flight Programs and Special Interest Sessions <i>Find programs and sessions to attend to meet your First Flight requirements.</i>
6:00 PM - 8:00 PM	Rec Extravaganza!! Location - Pohl Recreation Center <i>Come join us at the Pohl Recreation Center for an evening of fun! This annual event showcases each area of Rec Sports with activities like free climbing, free group exercise classes, free food, and live music! Get here early for the free T-Shirt.</i>
8:00 PM	Distinguished Lecturer Series: Steve Burns Location - UNT Coliseum <i>The first Distinguished Lecture Series event for the 2024-2025 academic year will be held on August 12, 2024, featuring the original host of Nickelodeon's hit TV show "Blue's Clues", Steve Burns! Learn from Steve as he talks about topics like leaving home for the first time, adjusting to college life, and mental health.</i>

12:00 PM



Soaring with First-Year Council!

Student Government Association
12:00 PM - 2:00 PM, Union 344

12:30 PM



Willis Library Welcome Table for First Year

UNT Libraries (First Year Experience)
12:30 PM - 2:30 PM, Willis Library, 1st floor (Arbor)

1:00 PM



UNT Campus Gardens Info Session

Diamond Eagle Student Resource Center
1:00 PM - 2:00 PM, BLB 015



Responding to an Active Shooter

UNT Police Department
1:00 PM - 2:00 PM, BLB 180



Pre-Health Professions Student Panel

Office of Health Professions
1:00 PM - 2:00 PM, Chemistry Building, Rm. 109



Texas Leadership Scholars Program Kick-Off

DSA - Student Engagement
1:00 PM - 2:00 PM, Union 385



Lights Out (Session 1)

Student Health and Wellness Center
1:00 PM - 2:00 PM, Life Sciences Complex A117



Exploring Majors with Advising Services

Office of Advising Services
1:00 PM - 2:00 PM, Union 382



Ambitious, Involved, and Motivated (AIM) Leadership Development Seminar Informational Session

Orientation and Transition Programs
1:00 PM - 2:30 PM, Union 381



Class Schedule Tours

Orientation and Transition Programs
1:00 PM - 3:00 PM, Library Mall



Emerald Eagle Scholars Resource Fair

Emerald Eagle Scholars Program
1:00 PM - 3:00 PM, Union 339



Blueprints and Brainfreeze!

College of Engineering
1:00 PM - 3:00 PM, Union South Lawn



Preparing for academic success

TRIO Student Support Services
1:00 PM - 4:00 PM, SAGE 167

1:15 PM



Introduction to Outdoor Pursuits

Recreational Sports
1:15 PM - 2:15 PM, Pohl Rec Center - Outdoor Pursuits

1:30 PM



The Power of Introverted Leadership

Admissions
1:30 PM - 2:15 PM, Welcome Center



Money Talks: Managing Your Financial Journey Through College

Student Money Management Center
1:30 PM - 2:30 PM, SAGE 260



Involvement Hub Open House

Student Activities
1:30 PM - 3:00 PM, Union 337

2:00 PM



Quick Prep: Take Note!

Learning Center
2:00 PM - 2:20 PM, BLB 010



Quick Prep: Read Like a Boss!

Learning Center
2:00 PM - 2:20 PM, BLB 080



Owning Your Success

Learning Center
2:00 PM - 2:20 PM, BLB 140



Quick Prep: Hacking Time Management

Learning Center
2:00 PM - 2:20 PM, BLB 035



Quick Prep: Don't Cheat Yourself!

Learning Center
2:00 PM - 2:20 PM, BLB 005





Learning How You Learn
Learning Center
2:00 PM - 2:50 PM, BLB 040



Math Boot Camp for CHEM 1410 students PART 1
Chemistry
2:00 PM - 2:50 PM, SAGE 230



Healing in Color: Art Workshop
Counseling and Testing Services
2:00 PM - 3:00 PM, Chestnut Hall, Art Room 360



All you need to know about textbooks
Barnes and Noble College Bookstore at UNT
2:00 PM - 3:00 PM, Barnes & Noble at UNT (near the textbook department in back of store)



Scavenger Hunt @ Sycamore Library
Sycamore Library
2:00 PM - 3:00 PM, Sycamore Library, Room 110 B



ACCESS Mentoring: How to Find and Make New Friends
Orientation and Transition Programs
2:00 PM - 3:00 PM, Union 341



Gold Rush: Race the Champions
Recreational Sports
2:00 PM - 3:30 PM, Pohl Rec Center - Leisure Pool



Tours
Recreational Sports
2:00 PM - 3:30 PM, Pohl Rec Center - Main Lobby



Meet & Greek
Center for Fraternity and Sorority Life
2:00 PM - 3:30 PM, Union 333

2:30 PM



Quick Prep: Don't Cheat Yourself!
Learning Center
2:30 PM - 2:50 PM, BLB 005



Quick Prep: Take Note!
Learning Center
2:30 PM - 2:50 PM, BLB 010



Quick Prep: Hacking Time Management
Learning Center
2:30 PM - 2:50 PM, BLB 035



Quick Prep: Read Like a Boss!
Learning Center
2:30 PM - 2:50 PM, BLB 080



Owning Your Success
Learning Center
2:30 PM - 2:50 PM, BLB 140

3:00 PM



Quick Prep: Don't Sweat the Test!
Learning Center
3:00 PM - 3:20 PM, BLB 005



Supplemental Instruction - The Key to Academic Success
Learning Center
3:00 PM - 3:20 PM, BLB 010



Quick Prep: Hacking Time Management
Learning Center
3:00 PM - 3:20 PM, BLB 035



Quick Prep: Read Like a Boss!
Learning Center
3:00 PM - 3:20 PM, BLB 080



Owning Your Success
Learning Center
3:00 PM - 3:20 PM, BLB 140



Learning How You Learn
Learning Center
3:00 PM - 3:50 PM, BLB 040



Get Involved LIVE
Student Activities
3:00 PM - 4:00 PM, BLB 015



Voices for Change...Check
RISE Center
3:00 PM - 4:00 PM, Chestnut Hall, Room 324



Lights Out (Session 2)
Student Health and Wellness Center
3:00 PM - 4:00 PM, Life Sciences Complex A117



Early College High School Students
DSA - Student Engagement
3:00 PM - 4:00 PM, Union 385





Union Programs Open House

University Program Council (UPC)

3:00 PM - 4:00 PM, Union 221



Refueling Station

Non-Traditional & Commuter Student Support

3:00 PM - 4:30 PM, Union 227



Game On! @ First Flight

The Media Library

3:00 PM - 7:00 PM, Willis Library- 2nd Floor, Media Services



Escape! @ First Flight

The Media Library

3:00 PM - 7:00 PM, Willis Library, 250G

4:00 PM



Quick Prep: Canvas 101

Learning Center

4:00 PM - 4:20 PM, BLB 005



Quick Prep: Don't Sweat the Test!

Learning Center

4:00 PM - 4:20 PM, BLB 010



Quick Prep: Take Note!

Learning Center

4:00 PM - 4:20 PM, BLB 035



Total Mind-Body Wellness

Learning Center

4:00 PM - 4:20 PM, BLB 040



Quick Prep: Read Like a Boss!

Learning Center

4:00 PM - 4:20 PM, BLB 080



Learning How Your Learn

Learning Center

4:00 PM - 4:50 PM, BLB 140



RISE Trivia

RISE Center

4:00 PM - 5:00 PM, Chestnut Hall, Room 324

4:30 PM



Quick Prep: Canvas 101

Learning Center

4:30 PM - 4:50 PM, BLB 005



Quick Prep: Don't Sweat the Test!

Learning Center

4:30 PM - 4:50 PM, BLB 010



Quick Prep: Take Note!

Learning Center

4:30 PM - 4:50 PM, BLB 035



Total Mind-Body Wellness

Learning Center

4:30 PM - 4:50 PM, BLB 040



Quick Prep: Read Like a Boss!

Learning Center

4:30 PM - 4:50 PM, BLB 080

5:00 PM



Quick Prep: It's in the Syllabus!

Learning Center

5:00 PM - 5:20 PM, BLB 005



There's a Tutor for That

Learning Center

5:00 PM - 5:20 PM, BLB 010



Connecting to Campus: Academic Coaching

Learning Center

5:00 PM - 5:20 PM, BLB 035



Quick Prep: Hacking Time Management

Learning Center

5:00 PM - 5:20 PM, BLB 040



Quick Prep: Navigating through Navigate

Learning Center

5:00 PM - 5:20 PM, BLB 080



Learning How Your Learn

Learning Center

5:00 PM - 5:50 PM, BLB 140

5:30 PM



There's a Tutor for That

Learning Center

5:30 PM - 5:50 PM, BLB 010



Connecting to Campus: Academic Coaching

Learning Center

5:30 PM - 5:50 PM, BLB 035



Quick Prep: Hacking Time Management

Learning Center

5:30 PM - 5:50 PM, BLB 040





Quick Prep: Navigating through Navigate

Learning Center

5:30 PM - 5:50 PM, BLB 080



Quick Prep: It's in the Syllabus!

Learning Center

5:30 PM - 5:50 PM, BLB 005

6:00 PM



Sport Club Fair

Recreational Sports

6:00 PM - 8:00 PM, Pohl Rec Center



Rec Extravaganza!

Recreational Sports

**6:00 PM - 8:00 PM, Pohl Rec Center -
Outdoor Area**

6:30 PM



Rec Sports Half Court Shot

Recreational Sports

**6:30 PM - 8:00 PM, Pohl Rec Center -
Outdoor Basketball Court**





Spirit Night at DATCU Stadium

with a special performance by the Green Brigade

Gates open at 5:15 PM

Enter through Gate 3 or Gate 4





TUESDAY, AUGUST 13, 2024

Schedule at a Glance

9:00 AM - 10:00 AM	Small Group Meeting 2 Check your First Flight schedule or ask your First Flight Leader about your schedule for the day.
10:00 AM - 12:00 PM	Career Readiness/Scrappy's Challenge/Our Community Rotation Check your First Flight schedule or ask your First Flight Leader about your schedule for the day.
throughout the day	First Flight Programs/ Special Interest Sessions <i>Find programs and sessions to attend to meet your First Flight requirements.</i>
5:15 PM - 8:00 PM	Spirit Night Location - DATCU Stadium <i>Come out for a fun event that features free food, giveaways, and a performance by the Green Brigade marching band! Gates open at 5:15 PM. Please enter through Gate 3 or Gate 4 of the stadium.</i>
	Class of 2028 Photo Location - DATCU Stadium <i>Join us for Spirit Night and participate in the 7th annual class photo at UNT. The class of 2028 will spell out UNT on the football field.</i>

Things To Do Today

Attend Special Interest Sessions today!
 Available sessions can be found on page 5.

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

Get your photo taken with Scrappy at Spirit Night at DATCU Stadium, and participate in the 7th annual class photo starting around 7:00 PM.

Visit the Sage Hall Academic Success Center.
 Open 8:00 AM - 5:00 PM in Sage 170



12:15 PM



Group Fitness: Interval Training
Recreational Sports
12:15 PM - 1:00 PM, Pohl Rec Center - Group Exercise Studio B

12:30 PM



Peace in Mess: DIY Therapeutic Play-dough Workshop
Counseling and Testing Services
12:30 PM - 1:30 PM, Chestnut Hall, Suite 311/313



Willis Library Welcome Table for First Year
UNT Libraries (First Year Experience)
12:30 PM - 2:30 PM, Willis Library, 1st floor (Arbor)

1:00 PM



Meal Prep with the UNT Food Pantry
Diamond Eagle Student Resource Center
1:00 PM - 2:00 PM, BLB 015



Campus Safety
UNT Police Department
1:00 PM - 2:00 PM, BLB 180



Fraternity and Sorority Open House
Center for Fraternity and Sorority Life
1:00 PM - 2:00 PM, Center for Fraternity and Sorority Life



Coping with College Challenges
Counseling and Testing Services
1:00 PM - 2:00 PM, Chestnut Hall, Room 324



Dorm Room Grocery Haul
Student Health and Wellness Center
1:00 PM - 2:00 PM, Life Sciences Complex A117



Internships 101
Career Center
1:00 PM - 2:00 PM, SAGE 116



Art in the University Union!
Union Arts & Fine Arts Series
1:00 PM - 2:00 PM, Union 382



Set Yourself Up for Success
Division of Enrollment
1:00 PM - 2:00 PM, Welcome Center



All Things Video Games at UNT
Recreational Sports
1:00 PM - 2:00 PM, Willis Library, 250H



Ice Cream Social Meet and Greet.
Student Veteran Services
1:00 PM - 3:00 PM, SAGE 236



Music Library Scavenger Hunt
UNT Music Library
1:00 PM - 5:00 PM, Willis Library, Music Library Service Desk (Willis 4th Floor)



Preparing for academic success
TRIO Student Support Services
1:00 PM - 4:00 PM, Sage Hall 167

1:30 PM



Unlocking the Recreational Life
Recreational Sports
1:30 PM - 2:30 PM, Pohl Rec Center - Room 205 & 207



Money Talks: Managing Your Financial Journey Through College
Student Money Management Center
1:30 PM - 2:30 PM, SAGE 260

2:00 PM



Math Boot Camp for CHEM 1410 students - PART 2
Chemistry
2:00 PM - 2:50 PM, SAGE 230



Crochet Workshop
Counseling and Testing Services
2:00 PM - 3:00 PM, Chestnut Hall, Room 313



Scavenger Hunt @ Sycamore Library
Sycamore Library
2:00 PM - 3:00 PM, Sycamore Library, Room 110 B



Therapeutic Gaming Hour
Counseling and Testing Services
2:00 PM - 3:00 PM, Rawlins Hall, Rawlins Multipurpose Room, 207 A/B



PUSH - Foster Care Alumni Program
DSA - Student Engagement
2:00 PM - 3:00 PM, Union 341





Responsibility, Accountability, and Consent

Student Conduct and Community Standards
2:00 PM - 3:00 PM, Union 381



ACCESS Mentoring: How to Find the Right Mentor for You!

Orientation and Transition Programs
2:00 PM - 3:00 PM, Union 385



"Are you a T3 Scholar?" Engagement Session

Enrollment Partnerships
2:00 PM - 3:30 PM, SAGE 116



CBE Open House: You Beelong at UNT

Center for Belonging & Engagement
2:00 PM - 4:00 PM, Union 335

First Gen Center Open House & Scrappy Search!

First Generation Success Center
2:00 PM - 4:00 PM, Union 376



3:00 PM



Learning How You Learn

Learning Center
3:00 PM - 3:50 PM, SAGE 356



Learning How You Learn

Learning Center
3:00 PM - 3:50 PM, SAGE 355



Get Involved (Live)

Student Activities
3:00 PM - 4:00 PM, BLB 015



Refueling Station

Non-Traditional & Commuter Student Support
3:00 PM - 4:30 PM, Union 227



Perspectives in Psychology: Exploring Your Academic and Career Fit

Career Center
3:00 PM - 4:00 PM, CHEM 109



Know Before You Go

RISE Center
3:00 PM - 4:00 PM, Chestnut Hall, Room 324



First Aid Frenzy

Student Health and Wellness Center
3:00 PM - 4:00 PM, Life Sciences Complex A117



Soar into Fitness: Becoming a Certified Trainer or Instructor

Recreational Sports
3:00 PM - 4:00 PM, Pohl Rec Center - Room 205 & 207



Meet the Vice President for Student Affairs

Vice President for Student Affairs
3:00 PM - 4:30 PM, Hurley Administration Building, suite 207



Student Success Scavenger Hunt

Learning Center
3:00 PM - 5:00 PM, SAGE Hall



Game On! @ First Flight

The Media Library
3:00 PM - 7:00 PM, Willis Library- 2nd Floor, Media Services



Escape! @ First Flight

The Media Library
3:00 PM - 7:00 PM, Willis Library, 250G

3:30 PM



Tours

Recreational Sports
3:30 PM - 5:00 PM, Pohl Rec Center - Main Lobby

4:00 PM



Learning How You Learn

Learning Center
4:00 PM - 4:50 PM, SAGE 356



Learning How You Learn

Learning Center
4:00 PM - 4:50 PM, SAGE 355



Kick A** In Business School

UNT Wilson Jones Career Center
4:00 PM - 5:00 PM, BLB 180

5:00 PM



Bump, Set, Spike @Net Night

Recreational Sports
5:00 - 11:00 PM, Pohl Rec Center - Courts 1 & 3



Spirit Night at DATCU Stadium

UNT Athletics
5:15 PM Gates Open



MEAN GREEN FLING

LIBRARY MALL • SOUTH LAWN • NORTH GREEN • UNIVERSITY UNION

8/14 • 5:00PM - 7:00PM

Free activities,
giveaways, & food
with UNT Student ID!



Meet over 300
student orgs, campus
departments, & businesses!



   @UNTAactivities

Please contact 940-565-3807
at least 7 days prior to request
special accommodations.



WEDNESDAY, AUGUST 14, 2024



Schedule at a Glance

8:30 AM	Check your First Flight schedule or ask your First Flight Leader about your schedule for the day.
9:00 AM - 12:00 PM	College Day <i>See page 6 for your college/school meeting time and location.</i>
12:00 PM - 2:30 PM	Lunch and Flex Time <i>Find programs to attend to meet your First Flight requirements.</i>
2:30 PM	Small Group Meeting 3 <i>Meet your First Flight Leader at the specified location</i> Use the link in the Guidebook App to complete your First Flight Survey
4:00 PM	New Student Convocation <i>New students are required to attend New Student Convocation. See page 7 for more information.</i>
5:00 PM	Mean Green Fling <i>Location - Library Mall, Union North Green, and Union South Lawn Come meet representatives from hundreds of student organizations, campus departments, and local businesses. Free food, giveaways, prizes, and entertainment!</i>

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.

Visit the Sage Hall Academic Success Center. Open 8:00 AM - 5:00 PM in Sage 170



8:00 AM



Discovery Park Library Open House (drop-in event)
Discovery Park Library
12:00 PM - 2:30 PM, Discovery Park Library - B112

12:00 PM



Breaking the Silence Over Brunch
Dean of Students: Survivor Advocacy
12:00 PM - 1:30 PM, Union 268



Class Schedule Tours
Orientation and Transition Programs
12:00 PM - 2:00 PM, Union North Lawn by Hurley Admin Building & Sycamore Hall

1:00 PM



Campus Green Initiatives
Diamond Eagle Student Resource Center
1:00 PM - 2:00 PM, BLB 015



Practical Steps for Getting Career Ready in Year One
Career Center
1:00 PM - 2:00 PM, BLB 080



Responding to an Active Shooter
UNT Police Department
1:00 PM - 2:00 PM, BLB 180



Fraternity and Sorority Open House
Center for Fraternity and Sorority Life
1:00 PM - 2:00 PM, Center for Fraternity and Sorority Life



Get PSYCHed for Mentoring
ACCESS Mentoring & CLASS Take Flight Advising
1:00 PM - 2:00 PM, GAB 207



Money On Your Mind?
Student Health and Wellness Center
1:00 PM - 2:00 PM, Life Sciences Complex A117



UNT Takeoff: Tips and Tricks for a Successful Transition
Orientation and Transition Programs
1:00 PM - 2:00 PM, Union 382



Diving into Research
Division of Research and Innovation
1:00 PM - 2:00 PM, Willis 250H



Ambitious, Involved, Motivated (AIM) Leadership Development Seminar Informational Session
Orientation and Transition Programs
1:00 PM - 2:30 PM, Union 381



Preparing for academic success
TRIO Student Support Services
1:00 PM - 4:00 PM, Sage Hall 167

1:30 PM



What Do You Mean “We’re out of Treats?”
Career Center
1:30 PM - 2:30 PM, BLB 005



(Sugar) Scrub Away Your Stress
Counseling and Testing Services
1:30 PM - 2:30 PM, Chestnut Hall, Room 324A



Internships 101
Career Center
1:30 PM - 2:30 PM, SAGE 116

2:00 PM



Scavenger Hunt @ Sycamore Library
Sycamore Library
2:00 PM - 3:00 PM, Sycamore Library, Room 110 B

3:00 PM



Refueling Station
Non-Traditional & Commuter Student Support
3:00 PM - 4:30 PM, Union 227

5:00 PM



Mean Green Fling
Student Activities
5:00 PM - 7:00 PM, Library Lawn, South Lawn, North Green, Union



THURSDAY, AUGUST 15, 2024



Schedule at a Glance

throughout the day

First Flight Programs and Special Interest Sessions

Find programs to attend to meet your First Flight requirements.

Things To Do Today

Visit the Sage Hall Academic Success Center.
Open 8:00 AM - 5:00 PM in Sage 170

Meals are on your own today. You can see dining hall hours of operation online at www.dining.unt.edu/hours.



8:00 AM



Diamond Eagle Student Resource Center (DESRC) Open House

Diamond Eagle Student Resource Center
8:00 AM - 12:00 PM, Crumley Hall 191



Design Works Open House

Design Works
8:00 AM - 5:00 PM, Union 223

10:00 AM



Weight Room 101

Recreational Sports
10:00 AM - 11:00 AM, Pohl Rec Center - Weight Room Help Desk

10:30 AM



Hall Councils: Get connected in your Residence Hall!

Housing & Residence Life
10:30 AM - 12:00 PM, Residence Hall Lobbies (Various)



Willis Library Welcome Table for First Year

UNT Libraries (First Year Experience)
10:30 AM - 1:30 PM, Willis Library, 1st floor (Arbor)

11:00 AM



AMA (Ask Me Anything) about Mental Health

Counseling and Testing Services
11:00 AM - 12:00 PM, Chestnut Hall, Suite 311

11:30 AM



Cookies and Conversation with the Collegiate Recovery Program.

RISE Center
11:30 AM - 12:30 PM, Chestnut Hall, Room 324

12:15 PM



Group Fitness: Hip Hop Step

Recreational Sports
12:15 PM - 1:00 PM, Pohl Rec Center - Group Exercise Studio A

1:00 PM



Fraternity and Sorority Open House

Center for Fraternity and Sorority Life
1:00 PM - 2:00 PM, Center for Fraternity and Sorority Life



Practical Steps for Getting Career Ready in Year One

Career Center
1:00 PM - 2:00 PM, Life Sciences Complex A117



Sleep Well, Be Well

Student Health and Wellness Center
1:00 PM - 2:00 PM, ENV



Campus Safety

UNT Police Department
1:00 PM - 2:00 PM, SAGE 116



Campus Connect Suicide Prevention Training

Counseling and Testing Services
1:00 PM - 3:00 PM, Chestnut Hall, Room 324



Preparing for academic success

TRIO Student Support Services
1:00 PM - 4:00 PM, Sage Hall 167

2:00 PM



Math Boot Camp for CHEM 1410 Students - PART 3

Chemistry
2:00 PM - 2:50 PM, SAGE 230



who / what / where: find, establish and grow art & design connections

Career Center
2:00 PM - 3:00 PM, ART 464



"Adulting" Guide Workshop

Dean of Students
2:00 PM - 3:00 PM, BLB 005



Prepare for the Future, Prepare for the World

International Affairs
2:00 PM - 3:00 PM, Marquis Hall 130



Building Connections!

Housing & Residence Life
2:00 PM - 3:30 PM, Rawlins Hall Multipurpose Room



3:00 PM



Perspectives in Psychology: Exploring Your Academic and Career Fit

Career Center

3:00 PM - 4:00 PM, CHEM 109



Is Your Leadership Style Written in the Stars?

Center for Leadership and Service

3:00 PM - 4:00 PM, Union 339



Refueling Station

Non-Traditional & Commuter Student Support

3:00 PM - 4:30 PM, Union 227



Coloring, Stretching, and Relaxing.. Oh my!

Office of Disability Access (ODA)

3:00 PM - 5:00 PM, Chestnut Hall, Room 160



Escape! @ First Flight

The Media Library

3:00 PM - 7:00 PM, Willis Library, 250G

3:30 PM



Where to go in North Texas

Recreational Sports

3:30 PM - 4:30 PM, Pohl Rec Center - Outdoor Pursuits



Art in the University Union!

Union Arts & Fine Arts Series

3:30 PM - 4:30 PM, Union 382

4:00 PM



Get the Scoop on UPC

University Program Council (UPC)

4:00 PM - 5:00 PM, Union 341

5:00 PM



Mean Green Eagle Games Night at the Bookstore

Barnes & Noble College Bookstore at UNT

5:00 PM - 8:00 PM, Barnes & Noble at UNT



Bump, Set, Spike @Net Night

Recreational Sports

5:00 PM - 11:00 PM, Pohl Rec Center - Courts 1 & 3

6:00 PM



Soccer vs. Oklahoma

UNT Athletics

6:00 PM - 9:00 PM, Mean Green Soccer and Track & Field Stadium

MOVIE ON THE LAWN: IF

FRIDAY, AUGUST 16TH | 8:30PM | UNION SOUTH LAWN

JOIN UPC FOR THIS FIRST FLIGHT WEEK BLOCKBUSTER MOVIE UNDER THE STARS. BRING YOUR OWN BLANKET AND WE'LL PROVIDE THE POPCORN!



For accommodations please contact UPC prior to the event.
Office Location: Union 221
(940) 565-3825



unt.edu/upc



UNT University Program Council



@unt_upc



FRIDAY, AUGUST 16, 2024



Schedule at a Glance

throughout the day

First Flight Programs and Special Interest Sessions

Find programs and sessions to attend to meet your First Flight requirements.

8:30 PM

Movie on the Lawn: IF

Location - University Union, south lawn

Join UPC for a movie under the stars. Bring your own blanket and we'll provide the popcorn!

Things To Do Today

Visit the Sage Hall Academic Success Center.
Open 8:00 AM - 5:00 PM in Sage 170

Meals are on your own today. You can see dining hall hours of operation online at www.dining.unt.edu/hours.

North Texas Athletics proudly presents the Mean Green College Football 25 tournament! Be the best player in your residence hall playing EA's College Football 25 and represent your hall. A winner from each hall will battle it out to determine who reigns supreme.

Contact your RA to sign up!

10:00 AM



Building your Career from the “Inside Out”
Career Center
10:00 AM - 11:00 AM, SAGE 355

10:00 AM



American Sign Language (ASL) 101
Office of Disability Access (ODA)
10:30 AM - 12:00 PM, Chestnut Hall, Room 160



Ask Me Anything!
Housing & Residence Life
10:30 AM - 12:00 PM, Residence Hall Lobbies
(Various)



Willis Library Welcome Table for First Year
UNT Libraries (First Year Experience)
10:30 AM - 1:30 PM, Willis Library, 1st floor
(Arbor)

11:00 AM



Engineering Your Future
College of Engineering
11:00 AM - 12:00 PM, BLB 080

1:00 PM



Practical Steps for Getting Career Ready in Year One
Career Center
1:00 PM - 2:00 PM, BLB 080



Fraternity and Sorority Open House
Center for Fraternity and Sorority Life
1:00 PM - 2:00 PM, Center for Fraternity and Sorority Life



Preparing for academic success
TRIO Student Support Services
1:00 PM - 4:00 PM, Sage Hall 167

2:00 PM



Math Boot Camp for CHEM 1410 students - PART 4
Chemistry
2:00 PM - 2:50 PM, SAGE 230



CLASS Take Flight Open House
CLASS Take Flight Advising
2:00 PM - 4:00 PM, GAB 207



From Tourist to Texan: Out of State Student Reception
Orientation and Transition Programs
2:00 PM - 4:00 PM, Union 385



MARTIAL Eagle Welcome Orientation
MARTIAL Eagle Welcome Orientation
2:00 PM - 4:30 PM, SAGE 167

2:30 PM



Mean Green Vertical Jump Challenge
Recreational Sports
2:30 PM - 3:30 PM, Pohl Rec Center -
Weight Room Help Desk

4:00 PM



Badminton Birdies...Take Flight!
Recreational Sports
4:00 PM - 9:00 PM, PEB Courts

6:00 PM



Pickleball & Pickle-Pops!
Recreational Sports
6:00 PM - 9:00 PM, Pohl Rec Center -
Outdoor Patio

8:30 PM



Movie on the Lawn: IF
University Program Council (UPC)
8:30 PM - 10:00 PM, Union South Lawn

SATURDAY, AUGUST 17, 2024



Things To Do Today

Meals are on your own today. You can see dining hall hours of operation online at www.dining.unt.edu/hours.

Explore campus with a friend in your residence hall! Visit the library, hang out in the Union, or take a walk around campus!

SUNDAY, AUGUST 18, 2024



Things To Do Today

Meals are on your own today. You can see dining hall hours of operation online at www.dining.unt.edu/hours.

Review your class schedule and plan your first day! The first day of the fall semester is tomorrow!





SMALL GROUP MEETING 1

MY FIRST YEAR ENGAGEMENT PLAN

When you are actively engaged on campus, it means that you are participating in the UNT community in more than one way. There are so many ways to get involved on campus. Use this Engagement Plan to think about your interests and goals and how they can translate to your involvement on campus.

INTERESTS

What are your hobbies and things you enjoy doing? What issues are you passionate about? What's something you've always wanted to try?

MAJOR AND CAREER

What are your career goals? What types of experiences might give you a head start on your reaching your career goals? What academic or research experiences do you want to have?

CONNECTING PAST EXPERIENCES

What have you been involved in before? What types of things did you do in high school? Do you want to continue some of those activities here?

SMALL GROUP MEETING 2

EXPLORE YOUR OPTIONS

UNT Student Activities and Organizations are a great resource to help you become actively engaged on campus. You can meet with a **Campus Life Ambassador** to help you find activities, organizations and other co-curricular opportunities tailored to your interest and goals. Visit studentactivities.unt.edu to learn more about involvement activities and the over 450 student organizations we have available at UNT.

ACTIVITIES TO TRY

Brainstorm a list of activities and organizations you might be interested in trying this year. Share your response with your First Flight Group. Maybe you can find others in your First Flight group who are interested in similar things, and you can try them out together.

Narrow your list down to 1-3 activities that you can commit to being involved in this year.

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MANAGING YOUR TIME

Being engaged on campus is going to require you to learn to manage your time wisely. Here are some tips to make sure you are able to balance your commitments and keep your grades up. Here are some tips to help you manage your time.

TIME MANAGEMENT TIPS:

- Use a planner or a calendar to keep important dates
- Use your syllabi to add all of your tests, quizzes, projects and assignments to your planner/calendar at the beginning of the semester
- Identify your time wasters (Netflix, social media, etc.) and make a plan to avoid these distractions. You can use them as a reward for when you complete your work.
- Create a routine. Consistently setting aside time to complete your assignments and study will prevent you from cramming later on.



SMALL GROUP MEETING 3

GOAL SETTING

Goals are powerful, precise statements about your intentions. They are motivated by plans, dreams and desires; powered by discipline; and maintained through commitment. As a college student you'll have to manage competing priorities and opportunities. Creating goals can help you focus in on things that will help get you to where you want to go.

Long Term Goals Goals that are more far reaching and take longer to achieve

Short Term Goals Goals that can be completed in the near future

SMART GOALS

Using the SMART Method can help you with your goal setting.

S	<p>Specific Your goal should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it.</p>
M	<p>Measurable It's important to have measurable goals, so that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goal.</p>
A	<p>Achievable Your goal also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible.</p>
R	<p>Relevant This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals. We all need support and assistance in achieving our goals, but it's important to retain control over them.</p>
T	<p>Time-Bound Every goal needs a target date, so that you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals.</p>

Short Term Goal

Long Term Goal



CAREER READINESS

CAREER READINESS - FIRST YEAR SEMINAR TIMELINE



This online course is intended to support you in moving forward with your career and major direction. You will have the opportunity to develop professional foundation skills needed for all chosen career paths and connect with a Career Coach during two required check-ins during the semester you are enrolled in UCAR 1000Z. The timeline below will help you keep track of when the assignments are due.

Module 1: Self Discovery

Assignment: Career Readiness Pre-Test and Checkpoint 1 *(Required)*

Due: Before Orientation.

*****Module 1 Review** question in UCAR 1000Z due **Week 1.** *(Required)*

Check-in 1: Small group meetings with Career Coaches during Orientation.

Module 2: Career Exploration

Assignment: Checkpoint 2: Reflection, Commitment, Inspired Action *(Required)*

Due: Before First Flight (August).

*****Module 2 Review** question in UCAR 1000Z due **Week 2.** *(Required)*

Check-in 2: Meeting with Career Coaches during First Flight.

Module 3: Professional Communication Skills

Assignment: Checkpoint 3: Reflection, Commitment, Inspired Action *(Required)*

Due: **Week 5**

Check-in 3: Resume review and feedback by Career Coaches, Due: **Weeks 6 – 8** *(Required)*

Module 4: Networking & Professional Relationship Building

Assignment: Checkpoint 4: Reflection, Commitment, Inspired Action *(Required)*

Due: **Week 11**

Check-in 4: Small group career readiness meetings with Career Coaches Due: **Weeks 12–14** *(Required)*

Module 5: Now What? The Journey Continues!

Assignments: Career Readiness Post-Test and Checkpoint 5: Reflection, Commitment, Inspired Action Quiz *(Required)*

Due: **Week 15**

UNT CAREER CENTER

Sage Hall, Suite 202

940-565-2105

career.center@unt.edu

careercenter.unt.edu



CAREER READINESS

CAREER READINESS IS LIFE READINESS



My Commitment and Inspired Action

2024 - 2025

My commitment and inspired action for this year is: _____



OUR COMMUNITY

UNT WELLNESS WHEEL



OUR COMMUNITY

ABOUT ME

STRENGTHS AND TALENTS

List your top 5 talent themes from the Clifton StrengthsFinder Assessment

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TRUE COLORS

MY WELLNESS PLAN



OUR COMMUNITY

TRUE COLORS

Describe Yourself: In the boxes below are groups of word clusters printed horizontally in rows. Look at all the choices in the first box (A,B,C,D). Read the words and describe which of the four letter choices is most like you. Give that a "4". Then rank order the next three letter choices from 3-1 in descending preference. You will end up with a row of four letter choices, ranked from "4" (most like you) to "1" (least like you). Continue this process with the remaining four rows until you end up with five horizontal rows that each have a 4,3,2 and 1.

Row One			
A	B	C	D
Active	Parental	Authentic	Versatile
Opportunistic	Traditional	Harmonious	Inventive
Spontaneous	Responsible	Compassionate	Competent

Row Two			
E	F	G	H
Curious	Unique	Practical	Competitive
Conceptual	Empathetic	Sensible	Impetuous
Knowledgeable	Communicative	Dependable	Impactful

Row Three			
I	J	K	L
Loyal	Devoted	Realistic	Theoretical
Conservative	Warm	Open Minded	Seeking
Organized	Poetic	Adventuresome	Ingenious

Row Four			
M	N	O	P
Concerned	Daring	Tender	Determined
Procedural	Impulsive	Inspirational	Complex
Cooperative	Fun	Dramatic	Composed

Row Five			
Q	R	S	T
Philosophical	Vivacious	Exciting	Orderly
Principled	Affectionate	Courageous	Conventional
Rational	Sympathetic	Skillful	Caring

Group 1	Group 2	Group 3	Group 4
A	B	C	D
H	G	F	E
K	I	J	L
N	M	O	P
S	T	R	Q
Total:	Total	Total	Total



ACCESS MENTORING

What is ACCESS?

The ACCESS Mentoring program is designed to provide students with the opportunity to connect with the faculty/staff mentor. Your mentor will serve as a guide and resource for you over the academic year.

Advocates Creating Conversations that Engage and Support Students

WANT A MENTOR?
Scan to sign up!



MENTORING AND 2024 - 2025



FIRST MENTOR MEETING!



FRIENDS FOR































ONLINE PROGRAMS

Asynchronous Online Programs

Asynchronous online programs are available 24/7 in the First Flight Canvas Course. You can create your own schedule and complete online programs on your own time throughout the week. Attendance of online programs will automatically be recorded in the Canvas Gradebook, just make sure you complete all of the activities (knowledge checks, reflections, etc.) to earn your First Flight credit.



- 
Connecting to Campus: Academic Coaching
 Learning Center
- 
Critical Thinking Skills
 Learning Center
- 
Learning How You Learn
 Learning Center
- 
Navigating Navigate
 Learning Center
- 
Plan Your Semester
 Learning Center
- 
Quick Prep: Canvas 101
 Learning Center
- 
Quick Prep: Don't Cheat Yourself!
 Learning Center
- 
Quick Prep: Don't Sweat the Test!
 Learning Center
- 
Quick Prep: Don't You Forget About Me!
 Learning Center
- 
Quick Prep: Hacking Time Management
 Learning Center
- 
Quick Prep: It's in the Syllabus!
 Learning Center
- 
Quick Prep: Keys to Grad School
 Learning Center
- 
Quick Prep: Read Like a Boss!
 Learning Center
- 
Quick Prep: Succeeding in Online Classes
 Learning Center
- 
Quick Prep: Take Note!
 Learning Center
- 
Self-Advocating for Your Success
 Learning Center
- 
Supplemental Instruction - The Key to Academic Success
 Learning Center
- 
There's a Tutor for That
 Learning Center
- 
Total Mind-Body Wellness
 Learning Center
- 
Build Your Online Student Experience
 Online Student Experience
- 
UNT Tech Tools
 Online Student Experience
- 
Voices for Change...Check
 RISE Center
- 
Get Involved (VIRTUAL)
 Student Activities
- 
You've Got It Covered: Health Insurance 101
 Student Health and Wellness Center
- 
Sleep Well, Be Well - Virtual Edition
 Student Health and Wellness Center
- 
Lights Out- Virtual Edition
 Student Health and Wellness Center
- 
What the Health?!
 Student Health and Wellness Center
- 
Do I Need to See a Doctor?!
 Student Health and Wellness Center





Smart Money Moves: Financial Skills for College Success
Student Money Management Center



Online Escape! @ First Flight in the Media Library Discord
The Media Library



Money Mindset: Uncover Your Money Personality!
Student Money Management Center



Library Orientation for First Year: Virtual Guide
UNT Libraries (First Year Experience)

ONLINE PROGRAMS

Links to all First Flight online programs will be housed in the First Flight Canvas Course. All new freshmen students are automatically enrolled in the course which launches Monday, August 12, 2024. Participation for online programs is automatically recorded in the First Flight Canvas Gradebook. You will not need to scan any QR codes to get your First Flight credit, you just need to complete all of the activities (knowledge checks, reflections, etc.) in the module to earn your First Flight participation credit.

Live Online Programs

Live online programs are hosted through live chat or videoconferencing software and must be attended at a specific time. They create an opportunity for you to connect with members of the UNT community in real time to discuss the program content and interact with others virtually.

Monday, August 12, 2024



Hacks to Calm your Nervous System
Counseling and Testing Services
2:00 PM - 3:00 PM



Meet the Online Student Experience
Online Student Experience
2:00 PM - 3:00 PM



Digital Vision Board
Online Student Experience
2:00 PM - 3:00 PM



Navigating Resources and Self-Advocacy 101
Office of Disability Access
3:15 PM - 4:15 PM

Tuesday, August 13, 2024



Therapy 101
Counseling and Testing Services
2:00 PM - 2:00 PM



Overcome Test Anxiety
Counseling and Testing Services
2:00 PM - 3:00 PM



Online Jumpstart Kick-Off
Online Student Experience
2:00 PM - 3:00 PM

Wednesday, August 14, 2024



International Student Support Circle
Counseling and Testing Services
1:30 PM - 2:30 PM



UNT AT FRISCO CAMPUS



UNT opened the Frisco Landing building in January 2023! Students are invited to attend programs on the Frisco campus to learn more about the programs offered in Frisco. See page 45 for a list of First Flight events hosted on the Frisco campus! Frisco Landing is located at 12995 Preston Road, Frisco, TX 75033.



UNT AT FRISCO SESSIONS

Monday, August 12, 2024



Eagle Egg Hunt
Frisco Student Services
8:00 AM - 7:00 PM, Frisco Landing Welcome Desk



Academic, Creativity, and Discovery Commons Interactive Tour
Frisco Landing Library
3:00 PM - 4:00 PM, Frisco Landing 244, Library



First Time at Frisco
Frisco Student Services
4:00 PM - 5:00 PM, Frisco Landing 320



First Time at Frisco
Frisco Academic Success
4:00 PM - 5:00 PM, Frisco Landing 250



Speed Friend-ing
Frisco Student Services
5:00 PM - 6:00 PM, Frisco Landing 320



Student Org Interest Session
Frisco Student Services
6:00 PM - 7:00 PM, Frisco Landing 320

Tuesday, August 13, 2024



Study Smart
Frisco Academic Success
10:00 AM - 11:00 AM, Frisco Landing 250



Make a Mindfulness Glitter Jar
Counseling and Testing Services
3:00 PM - 4:00 PM, Frisco Landing



Financial Literacy Faceoff
Frisco Student Services
4:00 PM - 5:00 PM, Frisco Landing Gupta Career Center 1st Floor

Wednesday, August 14, 2024

College Day Program
College of Applied and Collaborative Studies
9:00 AM, Frisco Landing, Room 130



Weight Room 101
Frisco Fitness Center
12:00 PM - 12:30 PM, Frisco Landing, Fitness Center



Making A's and Catching Z's
Frisco Student Services
2:00 PM - 3:00 PM, Frisco Landing Gupta Career Center 1st Floor



Study Smart
Frisco Academic Success
3:00 PM - 4:00 PM, Frisco Landing 250



Frisco Fit: Circuit Blast
Frisco Fitness Center
5:15 PM - 6:00 PM, Frisco Landing, Fitness Center

Thursday, August 15, 2024



Planning Your Semester
Frisco Student Services
1:00 PM - 2:00 PM, Frisco Landing 320



Time Management Strategies
Frisco Academic Success
2:00 PM - 3:00 PM, Frisco Landing 250



Introduction to The Spark!
The Spark
2:00 PM - 4:00 PM, Frisco Landing Rm 150 (The Spark Maker Space)



Student Org Interest Session
Frisco Student Services
4:00 PM - 5:00 PM, Frisco Landing 320



Frisco Fest
Frisco Student Services
5:00 PM - 7:00 PM, Frisco Landing



School Supply Bingo
Frisco Student Services
5:30 PM - 6:00 PM, Frisco Landing Gupta Career Center 1st Floor



FREE SPEECH & HAZING POLICIES

Welcome to the University of North Texas. UNT is a community of individuals who care about you and want you to be successful. It is important that as you begin your journey as a student on our campus that you know what is expected of you. At UNT, we recognize that freedom of expression and public assembly are fundamental rights of all persons and are essential components of the education process. These activities promote debate and the sharing of ideas, which are the foundation of educational institutions. In addition, UNT is committed to providing a safe environment for all members of the university community and prohibits hazing by any student, student group or employee.

Read the policies below to understand your expectations.

Free Speech

The University of North Texas (UNT) recognizes that freedom of expression and public assembly are fundamental rights of all persons and are essential components of the education process. These activities promote debate and the sharing of ideas, which are the foundation of educational institutions.

The responsibility of the University to operate and maintain an effective and efficient institution of higher education requires regulation of the time, place and manner of assembly, speech, and other expressive activities on the grounds of the University. In keeping with this responsibility, students, faculty, staff and visitors are free to exercise the rights to assemble and engage in expressive activity in a constitutionally-protected manner subject only to the content-neutral regulations necessary to fulfill the mission and obligations of the University; preserve the rights of others, coordinate multiple uses of limited space; assure preservation of the campus facilities and grounds; and assure financial accountability for any damage caused by these activities.

The UNT Free Speech policy can be found at <https://policy.unt.edu/policy/07-006>

Hazing

The university wants to take this opportunity to inform the university community about the dangers and consequences of hazing.

Hazing is a criminal act under the state law of Texas.

By definition, hazing is any intentional, knowing or reckless act by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in or maintaining membership in an organization” whose members are or include UNT students.

Hazing occurs regardless of whether the act is committed on or off the university campus and regardless of whether the student victim may have consented to or acquiesced in the activity. A person engages in hazing not only by directly engaging in hazing activity, but also by soliciting, directing, encouraging, aiding or attempting to aid another in hazing; or by recklessly allowing hazing to occur; or by knowingly failing to report firsthand knowledge that a specific hazing incident is planned or has occurred; any person reporting a specific hazing incident involving a student to the Dean of Students or other appropriate university official is immune from civil or criminal liability that might otherwise be incurred as a result of the report.

Students may be prosecuted for committing an act of hazing or for failing to report first-hand knowledge of hazing.

Examples of hazing include but are not limited to:

- Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing a harmful substance on the body, or similar activity.
- Any type of physical activity that subjects a student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of a student, such as sleep deprivation, exposure to the elements, confinement in a small space or calisthenics.
- Involves sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other similar activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student; Any activity involving consumption of alcoholic beverages, liquor, drugs, food, liquid or any other substance that exposes a student to unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- Any activity that intimidates or threatens a student with ostracism or that subjects the student to extreme mental stress, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered at UNT, or that may reasonably be expected to cause the student to leave the organization or UNT rather than submit to hazing whether the act is committed in person or communicated by other media including social networking.
- Any activity that induces, causes or requires a student to perform a duty or task that requires commission of an illegal act.

How to Report Hazing

Incidents or planned incidents of hazing must be reported in writing to any one of the following:
Dean of Students Office, 940.565.2648 or 940.565.2039
UNT Police Department, 940.565.3000
UNT Hazing Hotline, 940.369.STOP (7867)

Amnesty

The university may elect not to pursue disciplinary sanctions for a violation of this policy against persons who voluntarily and in good faith provide information to the Dean of Students or an appropriate university official related to hazing.

The UNT Hazing policy can be found at <https://policy.unt.edu/policy/07-013>

Penalty for False Alarm or Report

A student commits an offense under section 42.06 of the Texas Penal Code if they knowingly initiate, communicate or circulate a report of a past, present, or future bombing, fire, offense, or other emergency that they know is false or baseless. An offense under this section is a Class A misdemeanor unless the false report is of an emergency involving a public or private institution of higher education or involving a public primary or secondary school, public communications, public transportation, public water, gas, or power supply or other public service, in which event the offense is a state jail felony.

LEARN THE FUNDAMENTALS
OF AI IN UNT'S NEWEST
MICROCREDENTIAL

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FREE FOR ALL
UNT STUDENTS



Provides learners with essential AI literacy and skills to understand, assess, and responsibly use AI-powered technologies.

HOW IT'S STRUCTURED:

- Self-paced asynchronous
- Free for all UNT students
- Self-enroll through Canvas
- Take Part 1 and Part 2 to earn the microcredential

SCAN THE
QR CODE
TO
ENROLL



[DIGITALSTRATEGY.UNT.EDU/MICROCREDENTIALS/AI-FUNDAMENTALS](https://digitalstrategy.unt.edu/microcredentials/ai-fundamentals)



REGISTER NOW FOR UNT FAMILY WEEKEND!

**Friday, September 20 -
Sunday, September 22, 2024**

The University of North Texas would like to invite you and your family to attend Family Weekend 2024. From the pep rally, to breakfast with UNT's President, to tailgating and cheering on the Mean Green! There is something for the entire family!

familyweekend.unt.edu



A SPACE WHERE

YOU

BELONG!



CENTER FOR BELONGING & ENGAGEMENT

WHO WE ARE

We are committed to cultivating a campus environment where people of all identities and experiences are appreciated and able to thrive.

OUR UNITS

- Center for Belonging & Engagement
- Off-Campus Student Services
- First-Generation Success Center
- Veteran Student Services



OUR PROGRAMS & EVENTS

Increase the awareness and understanding of underserved student populations in the UNT community, promote a sense of belonging, and ensure their success.



Heritage Months



Housing Fairs



First-Gen Experience



Veteran Services

QUESTIONS? CONTACT US!

📍 Union 335

☎️ 940-565-3424

✉️ Belong@unt.edu

🌐 Belong.unt.edu

📷 📺 @UNTBelonging





The UNT Alumni Association WELCOMES YOU TO THE FAMILY



**WE'RE CHEERING YOU ON
FROM FIRST FLIGHT WEEK
TO GRADUATION AND BEYOND.**

The UNT Alumni Association is here to connect you to the Mean Green family and help you **make memories that will last a lifetime**. Join our student group, the UNT Student Alumni Association (SAA) for member events, perks and discounts, including \$50 off your UNT Ring.



Visit [UntAlumni.com](https://untalumni.com) for information on
UNT Alumni Association scholarships.



NORTH VOTEXAS

YOUR VOICE MATTERS



Learn more about voting, how
to register, and more here:

vote.unt.edu



INTERESTED IN JOINING A FRATERNITY OR SORORITY?

IFC - Interfraternity Council - 12 Chapters

ALPHA EPSILON PI / DELTA SIGMA PHI / KAPPA ALPHA ORDER / KAPPA SIGMA
LAMBDA CHI ALPHA / PHI KAPPA TAU / PI KAPPA ALPHA / SIGMA CHI / SIGMA NU
SIGMA PHI EPSILON / THETA CHI / PHI KAPPA SIGMA

CPC - Panhellenic Council - 8 Chapters

ALPHA DELTA PI / ALPHA PHI / CHI OMEGA / DELTA GAMMA
KAPPA DELTA / KAPPA KAPPA GAMMA / PI BETA PHI / ZETA TAU ALPHA

NPHC - National Pan-Hellenic Council - 6 Chapters

ALPHA PHI ALPHA FRATERNITY, INC. / ALPHA KAPPA ALPHA SORORITY, INC.
OMEGA PSI PHI FRATERNITY, INC. / DELTA SIGMA THETA SORORITY, INC. / PHI BETA SIGMA FRATERNITY, INC.
SIGMA GAMMA RHO SORORITY, INC.

MGC - Multicultural Greek Council - 14 Chapters

DELTA KAPPA DELTA SORORITY, INC. / GAMMA PHI OMEGA INTERNATIONAL SORORITY, INC.
DELTA PHI OMEGA SORORITY, INC. / DELTA EPSILON PSI FRATERNITY, INC. / KAPPA DELTA CHI SORORITY, INC.
LAMBDA THETA ALPHA LATIN SORORITY, INC. / LAMBDA THETA PHI FRATERNITY, INC.
OMEGA DELTA PHI FRATERNITY, INC. / PHI LOTA ALPHA FRATERNITY, INC.
SIGMA LAMBDA BETA INTERNATIONAL FRATERNITY / SIGMA LAMBDA GAMMA SORORITY, INC.
MU DELTA ALPHA SORORITY, INC. / DELTA ALPHA SIGMA MULTICULTURAL SORORITY, INC.

For more information visit CFSL.UNT.EDU or
The Center for Fraternity and Sorority Life



UNT[®]

DIVISION OF STUDENT AFFAIRS
Center for Fraternity
& Sorority Life



YOUR SCHOOL. YOUR CARD.



OPEN AN ACCOUNT ONLINE OR BY VISITING
OUR BRANCH IN THE UNION, ROOM 222.
datcu.org/Accounts/meangreenchecking



DATCU

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Visit us for compassionate and personalized healthcare conveniently located on campus.

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- Specialty Services

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MOST INSURANCES ACCEPTED

Study Abroad

Attend a Resource Fair or Success Session to learn more about globalizing your education!



@UNTStudyAbroad





DIVISION OF STUDENT AFFAIRS

ENHANCING THE STUDENT EXPERIENCE

Get Involved in Student Life

Discover Resources for
Engagement and Support

Opportunities for Career and
Leadership

Find Services for Wellbeing
and Safety

connect with us!

studentaffairs.unt.edu

@unt_dsa X @unt_dsa YouTube @unt_dsa Facebook



Where should I go **out to eat**?
What apartments are **safest**?
How can I **get around town**?
What can I do that's **fun and cheap**?

Get expert answers from Denton insiders
for **FREE** in your inbox every week!

Sign up for the newsletter at **DentonU.com**



DENTON U.  **Denton**
Record-Chronicle

SURVIVE COLLEGE. ————— THRIVE IN DENTON.

Hey, students: Sign up for free access to Denton Record-Chronicle articles with your UNT email address!



UNT ELEVAR

UNT'S FOUR YEAR PROGRAM FOR
STUDENTS WITH AN INTELLECTUAL DISABILITY.
GET INVOLVED TO CREATE AN
INCLUSIVE CAMPUS FOR ALL STUDENTS!

SIGN UP TO BECOME A

**PEER
ALLY**



WHAT IS A PEER ALLY?

- Partner with an ELEVAR undergraduate student who has similar interests, major, classes, and clubs to foster genuine connections
- Participate in on-and-off-campus North Texas community events
- Work with the ELEVAR program to promote inclusion in college
- Get connected to the UNT community

FOLLOW @UNTELEVARPROGRAM AND @UNT_PEERALLY FOR UPDATES
EMAIL ELEVAR@UNT.EDU FOR ANY MORE INFORMATION





OFFICE OF THE
PROVOST & DIVISION
OF ACADEMIC AFFAIRS
The Learning Center



UNT LEARNING CENTER

WHERE SUCCESS HAPPENS

The Learning Center offers academic assistance by:

- ✓ Connecting you with **FREE** tutoring: one-on-one appointments, drop-ins, and group study
- ✓ Connecting you with **FREE** academic coaches
- ✓ **FREE** academic support workshops
- ✓ Connecting you with other campus resources

Sage Hall 170 | learningcenter.unt.edu | 940.369.7006
LearningCenter@unt.edu @untlearningcenter
For accommodations, visit learningcenter.unt.edu/access

ACADEMIC EXCELLENCE

The Learning Center's mission is to provide programs that enhance learning and facilitate academic excellence for all UNT students.



SCAN FOR
MORE INFO!



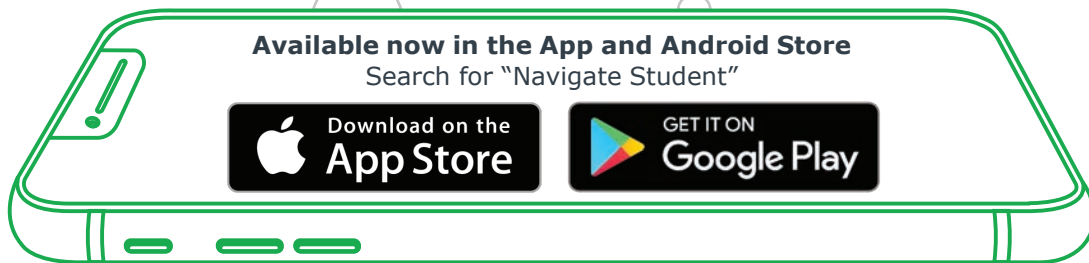
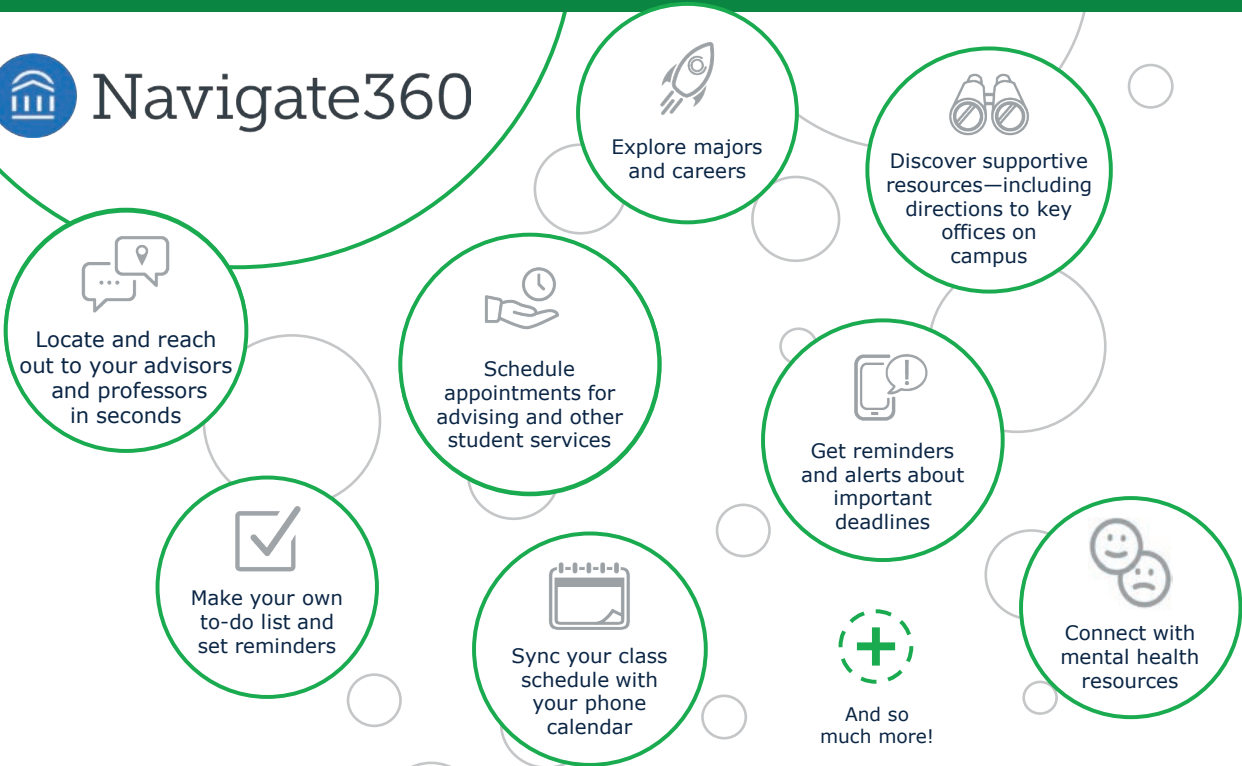
That feeling when

EVERYTHING FALLS INTO PLACE

Whether you're overwhelmed by college or excited about what's ahead, life is better when your to-dos are organized and at your fingertips. That's why we've brought you **Navigate360**, a mobile app that assists you from orientation to graduation.



Navigate360



project FRESH

WELCOMES YOU TO THE UNIVERSITY OF NORTH TEXAS

Contact us to learn more about
our paid online research study!

✉ ProjectFRESH@unthsc.edu

Follow us on Instagram

📞 817-735-0488

@prjfresh-unt

You may qualify to participate in this study if you are a first-year UNT student between 18-20. Project FRESH focuses on UNT student health behaviors.
Site Principal Investigator: Dr. Eun-Young Mun.



DIVISION OF STUDENT AFFAIRS
Recovery & Intervention Support
& Education Center

Supporting student success in and out of the classroom

SURE PROGRAM

SUBSTANCE USE RESOURCE EDUCATION

- Alcohol and Drug Prevention Education
- Harm Reduction Strategies
- Peer Education
- Required Online Alcohol & Consent Course

TALK TO US

(940-565-3177)
risecenter@unt.edu
recovery@unt.edu
Chestnut Hall 301

CRP

COLLEGIATE RECOVERY PROGRAM

- Peer Driven Recovery Support
- Peer Mentoring
- Peer Support Groups
- Recovery Community activities

FOLLOW US



@untsureprogram
@untrecovery



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campus this year!

 UNT Fine Arts Series  @UNTFineArts
 @UNTFineArts  fineartsseries.unt.edu



WELCOME EAGLES!



We're so glad you're part of the Mean Green Family.

You're also a part of the UNT System Family, along with our other institutions – UNT Dallas and UNT Health Science Center – all of which are committed to a common goal – your success and wellbeing! We'd like to introduce you to our UNT System Shared Values. As you move through your journey at UNT, we encourage you to live these values each day.



COURAGEOUS INTEGRITY

Model exceptional standards and act in the best interest of our community.



BE CURIOUS

Cultivate opportunities for learning, creating, discovering, and innovating.



WE CARE

Champion a people-first approach to building relationships and community.



BETTER TOGETHER

Foster an inclusive environment of respect, belonging, and access for all.



SHOW YOUR FIRE

Exhibit passion and pride in the experiences we create.



NORTH TEXAS IN WASHINGTON D.C.



ABOUT THE INTERNSHIP

- LEARN ABOUT PUBLIC LIFE AND POLICY-MAKING PROCESSES IN DC
- EXPERIENCE AMERICAN GOVERNING PROCESS FIRST-HAND

ELIGIBILITY

- ALL MAJORS ARE WELCOMED TO APPLY
- UNDERGRADUATE STUDENTS WITH 60+ CREDIT HOURS & 3.0+ GPA
- GRADUATE STUDENTS WITH 15+ CREDIT HOURS & 3.25+ GPA
- MUST BE ENROLLED DURING SEMESTER YOU'RE APPLYING & IN INTERNSHIP

BENEFITS

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- HOUSING EXPENSES PROVIDED, ARRANGED, AND PAID FOR BY UNT



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www.studentaffairs.unt.edu/ntdc



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Get connected with STUDENT ACTIVITIES



STUDENTACTIVITIES.UNT.EDU
UNION 345

STUDENT ORGANIZATIONS

UNT has over 450 student orgs. Whether you're interested in academics, culture, the arts, sports, or religion, there's something for you!

CAMPUS EVENTS & TRADITIONS

Student Activities promotes school spirit and hosts big events, like Mean Green Fling and Homecoming.

Looking to get involved on campus?
Schedule an Involvement Advising appointment today!



FIRST GENERATION SUCCESS CENTER



● Our First-Gen Community

UNT defines first-generation students as students whose parents or guardians did not complete a traditional four-year degree in the United States.

Did you know, about 40% of all UNT students identify as first-generation!

● How We Support You

You can meet with any of our team members one-on-one to discuss needs and opportunities that are unique to your experience. Meetings can be in-person or online. If you have a question and you don't know where to go, visit our office for help anytime. We got you and we want to help all students.

● Our Programs

The Center offers programs related to academic success, career readiness, financial literacy, graduate school, belonging on campus, connecting with mentors, wellness, and so much more.

Events include: First-Gen Experience, First-Gen Celebration Week, and First-Gen Career Week



CONNECT WITH US!

📍 University Union 376



untfirstgen



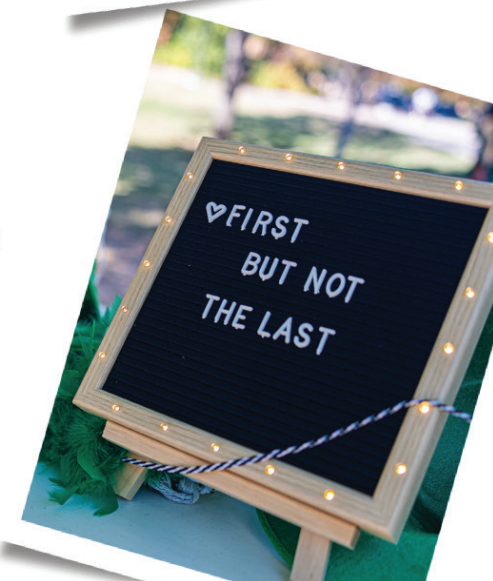
☎ 940.565.2521

🌐 firstgen.unt.edu

✉ firstgen@unt.edu



DIVISION OF STUDENT AFFAIRS
First Generation Success Center



UPC

UNT



The University Program Council is the largest student-run programming board at UNT that hosts **FREE** events for students, by students.



UPC

For accommodations please contact UPC prior to the event.
Office Location: Union 221



(940) 565-3825



unt.edu/upc



UNT University Program Council



@unt_upc



UNT Online Student Experience

<https://studentaffairs.unt.edu/online-student-experience>

Taking classes online, and want to stay connected to the UNT Community? The UNT Online Student Experience provides support, resources, and connection opportunities to our online student population.

Online Student Success Coaching

Online Student Success Coaches are available to meet with students one on one. They can help you navigate the many programs and resources available to online students and answer questions you have about your experience as an online student. You can schedule an appointment in the UNT Navigate App.

Jumpstart

Jumpstart is a six session program series that is designed to help you navigate your online learning environment, connect with other online students, and discover essential campus resources.

Honor Cords

We want to recognize the achievements and contributions of our online students. You can earn your honor cord by participating in online co-curricular activities at UNT.

Online Student Appreciation Week

Online Student Appreciation Week is a week long celebration of our online learners. Throughout this week, we showcase programs and resources available to our online student community, and host events to help online students connect to each other and the UNT Community.

Bringing the Best of Student Affairs to You!

We work with departments across the Division of Student Affairs to create online components to their signature programs and events, like the Distinguished Lecturer Series, First Flight Week, The Big Event and more!

Scan the QR Code to Visit Our Website and Learn More About Our Programs





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COLLEGE

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By providing your email address, you agree to receive emails from your campus bookstore. We do not share your email address and you may unsubscribe at any time. You will receive a coupon code for 10% off one school logoed apparel item delivered to the email you used to sign up. Offer not valid on textbooks. Offer cannot be combined with any other promotion or discount. Coupon is not redeemable for cash. Exclusions may apply.

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First Year Programs



First Year Experience is designed to help first year students transition into college. From large events to mentoring programs, First Year Experience is here to help students find their home on campus.

Featured Programs

- First Day of School Photos
- Class Schedule Tours
- Scrappy's Taxi
- First Year Passport
- Registration Revisited
- First Year Newsletter



UNT

DIVISION OF
STUDENT AFFAIRS
Orientation & Transition
Programs

