



AUGUST 10-17, 2025

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 8 - Sunday, August 10)

All Weekend

First Flight Check In

Check in at your residence hall. Check in for commuter students will be Monday, August 11 during Small Group Meeting 1 at the UNT Coliseum.

Sunday, August 10

First Flight Kick-Off

Activities in the Union all day.

Monday, August 11

9:00 AM - 10:00 AM

Small Group Meeting 1

Add location here! ↓

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 12

9:00 AM - 10:00 AM

Small Group Meeting 2

Add location here! ↓

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 13

9:00 AM - 12:00 PM

College Day

12:00 PM - 2:30 PM

Lunch and First Flight Programs

See the Guidebook App!

Add location here! ↓

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 14 - Sunday, August 17

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 freshmen are required to participate in First Flight, UNT's official welcome week program. First Flight consists of a series of events all geared towards preparing for the start of the fall semester. **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 freshmen, 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.



DOWNLOAD THE GUIDEBOOK APP

The **UNT First Flight 2025 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 2025 Guide**
3. Download the guide
4. Explore all of the great things happening on campus during First Flight Week



PROGRAM EXPECTATIONS

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

01

Check in for First Flight at your residence hall. All commuter students will check in Monday, August 11, 2025 during Small Group Meeting 1 at the UNT Coliseum.

02

Participate in small group meetings with your First Flight Leader.

03

Attend Career Readiness, Our Community, and Scrappy's Challenge with your First Flight Leader.

04

Attend at least one Special Interest Session.

05






Participate in College Day with your major college.

06

Attend New Student Convocation, your official academic kick-off to the upcoming year.

07

Attend a total of 5 First Flight Programs of your choosing.

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MEAN GREEN MOVE-IN WEEKEND

FRIDAY, AUGUST 8 – SUNDAY, AUGUST 10

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 11, 2025 at the UNT Coliseum.

Things To Do This Weekend

Pick up your student ID card in Union 394 from 10:00AM – 5:00PM during move in weekend. 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 2025 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

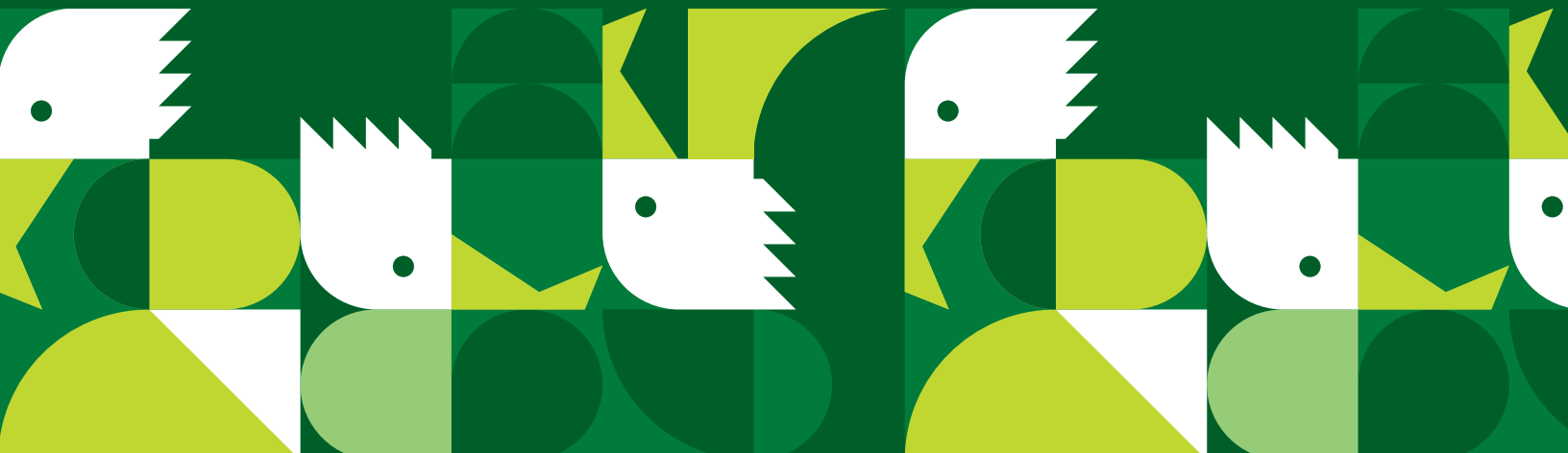
Meal plans begin on Friday August 8, 2025. Students are expected to use their campus meal plan throughout First Flight Week. The following dining halls will be open: Eagle Landing, Bruce Dining Hall, Mean Greens and Champs at Victory Hall.

All Dining Halls will close at 2:30PM on Sunday, August 10, 2025 and dinner will be served at the First Flight Kick Off Event at the Union.

Move-In Mania

Make moving fun! Join the MANIA by stopping by for campus resources, vendors, snow cones, music, and more!

Scan to find out more!





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 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 introduces you to UNT's values, the Wellness Wheel, and key campus resources. Students will reflect on their experiences, build a wellness plan, and learn how to thrive as part of the Mean Green Family.



SCRAPPY'S CHALLENGE

To complete Scrappy's Challenge students will work together as a team with their First Flight group to answer trivia questions, find locations on campus, and complete various challenges. Scrappy's Challenge is 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.

FIRST FLIGHT PROGRAMS

Throughout First Flight, you must attend 1 program in each category.



My Health and Wellness

Cultivating a lifestyle that embraces ideas of health and wellness are keys to your happiness and success in college.



Our Community

Learn what it means to be a part of our caring community.



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.



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!



My Future

Although graduation is still 4 years away, the actions you make today will impact your future.

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 will 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 11	9:00AM - 10:00AM	Welcome and First Flight Overview
2	Tuesday, August 12	9:00AM - 10:00AM	Getting Involved and Using Campus Resources
3	Wednesday, August 13	2:30PM - 3:30PM	Starting Together

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 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.

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. Descriptions of all of the special interest sessions can be found in the Guidebook App.

MEALS DURING FIRST FLIGHT WEEK

Meal plans begin on Friday August 8. 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 August 11	Tuesday August 12	Wednesday August 13	Thursday August 14	Friday August 15	Saturday August 16	Sunday August 17
Bruce	Breakfast	7:00a - 11:00a	7:00a - 11:00a	7:00a - 11:00a	7:00a - 11:00a	7:00a - 11:00a	Closed	Closed
	Lunch	11:00a - 4:30p	11:00a - 4:30p	11:00a - 4:30p	11:00a - 4:30p	11:00a - 4:30p	Closed	Closed
	Dinner	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Champs	Breakfast	7:00a - 9:00a	7:00a - 9:00a	7:00a - 9:00a	7:00a - 9:00a	7:00a - 9:00a	Closed	Closed
	Lunch	11:00a - 2:00p	11:00a - 2:00p	11:00a - 2:00p	11:00a - 2:00p	11:00a - 2:00p	Closed	Closed
	Dinner	4:30p - 7:00p	4:30p - 7:00p	4:30p - 7:00p	4:30p - 7:00p	4:30p - 7:00p	Closed	Closed
Eagle Landing	Breakfast	Closed	Closed	Closed	Closed	Closed	Closed	Closed
	Lunch	10:00a - 2:30p	10:00a - 2:30p	10:00a - 2:30p	10:00a - 2:30p	10:00a - 2:30p	10:00a - 2:30 p	10:00a - 2:30 p
	Dinner	4:00a - 7:00p	4:00a - 7:00p	4:00p - 7:00p	4:00p - 7:00p	4:00p - 7:00p	4:30p - 8:00p	4:30p - 9:00p
Kitchen West	Lunch	Closed	Closed	Closed	Closed	Closed	Closed	Closed
	Dinner	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Mean Greens	Breakfast	7:00a - 9:00a	7:00a - 9:00a	7:00a - 9:00a	7:00a - 9:00a	7:00a - 9:00a	Closed	Closed
	Lunch	11:00a - 2:00p	11:00a - 2:00p	11:00a - 2:00p	11:00a - 2:00p	11:00a - 2:00p	Closed	Closed
	Dinner	4:30p - 7:00p	4:30p - 7:00p	4:30p - 7:00p	4:30p - 7:00p	Closed	Closed	Closed

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.

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.



Check out our Linktree for more info!



University Program Council

The University Program Council is the largest student-run programming board at UNT that hosts **FREE** events **for** students, **by** students. UPC is a great opportunity to get involved on campus and meet new people **all year round!**



First Flight Week Events!

Eagle Insomnia

Sunday, August 10th | 7PM-11PM | UNT Union

UPC's ultimate late-night experience packed with Silent Disco, Karaoke, Video Games, and nonstop energy!



Movie on the Lawn: A Minecraft Movie

Friday, August 15th | 8PM | Union South Lawn

Movie magic meets summer skies in this laid-back outdoor cinema experience!

UPC

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





SUNDAY AUGUST 10

12:00 PM



First Flight Kick Off

University Program Council (UPC)

12:00 PM - 7:00 PM, Union

5:00 PM



First Flight Kick Off 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

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

ARCADE GAMES
12:00 - 5:00 P.M.
Union 333

PAPER CRAFTS
12:00 - 5:30 P.M.
Union 339

LILO AND STITCH
12:00 & 5:00 P.M.
Union Lyceum

**DIY FELT
PENNANTS**
12:00 - 5:00 P.M.
Union Art's Center (214)

TRIVIA RUSH
1:00 - 2:30 P.M.
Union Syndicate

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

BOARD GAMES
2:30 - 4:30 P.M.
Union Syndicate

TRIVIA RUSH
5:30 - 7:00 P.M.
Union Syndicate

FIRST FLIGHT KICK OFF

SUNDAY, AUGUST 10, 2025

DINNER
5:00 - 7:00 P.M.
Union South Lawn
(Extreme Weather Location in Union 333)
This is the only option for dinner. All Dining Halls will be closed.

ICE CREAM
5:30 - 7:30 P.M.
Union Second Floor Patio
(Outside Fuzzy's, Across from the Information Desk)



MONDAY

AUGUST 11

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>
3:00 PM - 4:00 PM 4:30 PM - 5:30 PM 6:00 PM - 7:00 PM	Show Theater Planetarium Show: Phantom of the Universe Location - 150 (Sky Theater Planetarium) <i>Join us for the most immersive experience in North Texas! Our 40-foot domed theater features a 360° Digistar projection system integrated with a 5.1 surround sound that brings visitors stunning views of the known universe. first-come, first-served. So, make sure to arrive early to get in line to reserve your spot.</i>
6:00 PM - 8:00 PM	Rec Extravaganza! 2025 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>



AUGUST 11 * 6PM - 8PM * REC CENTER

**INFLATABLE GAMES * FOOD * SHIRTS * SPORT CLUB FAIR
GROUP FITNESS DEMOS * CLIMBING * INTRAMURAL CONTEST**



Special Interest Sessions

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

How to Start a Nonprofit	Dr. Laura Keyes	Union 333
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2:00 PM - 3:00 PM

Am I the Professor Your Grandpa Warned You About? Free Speech on the College Campus	Dr. Gloria Cox	Union Lyceum
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3:00 PM - 4:00 PM

Styled by AI: How Gen Z is Powering the Future of Fashion	Malini Ratnam & Taylar Gomez	Union 332
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12:00 PM



Is Your Leadership Style Written in the Stars?

Center for Leadership and Service

12:00 PM - 1:00 PM, Union 382A



Chronic Illness and Disability: strategies for self care and advocacy

Counseling and Testing Services

12:00 PM - 1:00 PM, Chestnut Hall 324



Union Arts Center Open House & Community Mural

Union Arts Center

12:00 PM - 3:00 PM, Union 214



Willis Library Welcome Table for First Year

UNT Libraries

12:00 PM - 5:00 PM, Willis Library 1st Floor

12:15 PM



Group Fitness: Glutes & Guts

Recreational Sports

12:15 PM - 1:00 PM, Pohl Recreation Center Group Exercise Studio A

12:45 PM



Leaving the Nest: First Year Foundations

Alumni Association

12:45 PM - 1:45 PM, Union 382B

1:00 PM



Inside Out: Leveraging Emotional Intelligence for Career Success

Career Center

1:00 PM - 2:00 PM, Art Building 464



Lunar Leadership: The Power of Quiet Influence

Center for Leadership and Service

1:00 PM - 2:00 PM, Union 382A



Real Relationships

Counseling and Testing Services

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



Meal Planning 101

Diamond Eagle Student Resource Center

1:00 PM - 1:30 PM, BLB 055



Texas Leadership Scholars Program Kick-Off

DSA - Student Engagement

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



Pre-Health Professions Student Panel

Health Professions

1:00 PM - 2:00 PM, CHEM 352



Game Info Session

Media Arts

1:00 PM - 2:00 PM, Willis Library Arbor



Coloring, Stretching, and Relaxing...Oh my!

Office of Disability Access

1:00 PM - 3:00 PM, Chestnut Hall 160



Ambitious, Involved, & Motivated Leadership Development Seminar Info Session
Orientation and Transition Programs
1:00 PM - 2:30 PM, Union 339



Shelter Building
Recreational Sports
1:00 PM - 2:00 PM, Pohl Recreation Center Outdoor Pursuit



Preparing for Academic Success-TRIO SSS
TRIO Student Support Services
1:00 PM - 4:00 PM, Sage Hall 240



Active Shooter Awareness & Response
UNT Police Department
1:00 PM - 2:00 PM, BLB 180

1:30 PM



Math Boot Camp for CHEM 1410 part 1
Chemistry Department
1:30 PM - 2:20 PM, CHEM 253



Lights Out
Student Health and Wellness Center
1:30 PM - 2:30 PM, ESSC 255

2:00 PM



Natural Healing: Nature's Wisdom
Counseling and Testing Services
2:00 PM - 3:00 PM, Chestnut Hall 324



Student Research: How to Get Involved
Division of Research and Innovation
2:00 PM - 3:00 PM, Wooten Hall 117



Meet and Greek
Fraternity and Sorority Life
2:00 PM - 3:30 PM, Library Mall



Game On! @ First Flight
Media Library
2:00 PM - 8:00 PM, Willis Library 260



Escape @ The Library
Media Library
2:00 PM - 8:00 PM, Willis Library 250K



RISE Trivia
R.I.S.E. Center
2:00 PM - 3:00 PM, Crumley Hall Crumley Conference Room



Get Involved: LIVE
Student Activities
2:00 PM - 3:00 PM, BLB 015



Funding Your Study Abroad Experience
Student Money Management Center & Study Abroad Office
2:00 PM - 3:00 PM, Marquis Hall 130



Find Your Place at the Union!
University Union
2:00 PM - 3:00 PM, Union 385



Owning Your Success
Learning Center
2:00 PM - 2:20 PM, Sage Hall 354



Quick Prep: Don't Cheat Yourself!
Learning Center
2:00 PM - 2:20 PM, Life Sciences Complex A204



Quick Prep: Canvas 101
Learning Center
2:00 PM - 2:20 PM, Curry Hall 103



There's a Tutor for That
Learning Center
2:00 PM - 2:20 PM, Curry Hall 104



Quick Prep: Navigating through Navigate
Learning Center
2:00 PM - 2:20 PM, Curry Hall 203



Connecting to Campus: Academic Coaching
Learning Center
2:00 PM - 2:20 PM, Curry Hall 204

2:30 PM



Class Schedule Tours
Orientation and Transition Programs
2:30 PM - 4:00 PM, Union South Lawn



Owning Your Success
Learning Center
2:30 PM - 2:50 PM, Sage Hall 354



Quick Prep: Don't Sweat the Test!
Learning Center
2:30 PM - 2:50 PM, Life Sciences Complex A204



Quick Prep: Take Note
Learning Center
2:30 PM - 2:50 PM, Curry Hall 103





Quick Prep: Read Like a Boss

Learning Center

2:30 PM - 2:50 PM, Curry Hall 104



Quick Prep: Hacking Time Management

Learning Center

2:30 PM - 2:50 PM, Curry Hall 203



Quick Prep: Hacking Time Management

Learning Center

2:30 PM - 2:50 PM, Curry Hall 204

3:00 PM



Coping Skills 101

Counseling and Testing Services

3:00 PM - 4:00 PM, Chestnut Hall 324



Early College High School/Texas First Scholars

DSA - Student Engagement

3:00 PM - 4:00 PM, Union 341



First Aid Frenzy

Student Health and Wellness Center

3:00 PM - 4:00 PM, ESSC 255



Money 101: The First-Year Financial Toolkit

Student Money Management Center & DATCU

3:00 PM - 4:00 PM, Sage Hall 116



Owning Your Success

Learning Center

3:00 PM - 3:20 PM, Sage Hall 354



Quick Prep: Don't Sweat the Test!

Learning Center

3:00 PM - 3:20 PM, Life Sciences Complex A204



Quick Prep: Take Note

Learning Center

3:00 PM - 3:20 PM, Curry Hall 103



Quick Prep: Read Like a Boss

Learning Center

3:00 PM - 3:20 PM, Curry Hall 104



Quick Prep: Hacking Time Management

Learning Center

3:00 PM - 3:20 PM, Curry Hall 203



Quick Prep: Hacking Time Management

Learning Center

3:00 PM - 3:20 PM, Curry Hall 204



Show Theater Planetarium Show: Phantom of the Universe

Department of Physics

3:00 PM - 4:00 PM, Environmental Science 150

(Sky Theater Planetarium)

3:30 PM



Union Programs Open House

Union Programs

3:30 PM - 4:30 PM, Union 221



Learning How You Learn

Learning Center

3:30 PM - 4:20 PM, Sage Hall 354



Quick Prep: It's in the Syllabus

Learning Center

3:30 PM - 3:50 PM, Life Sciences Complex A204



Supplemental Instruction- The Key to Academic Success

Learning Center

3:30 PM - 3:50 PM, Curry Hall 103



Quick Prep: Read Like a Boss

Learning Center

3:30 PM - 3:50 PM, Curry Hall 104



Quick Prep: Hacking Time Management

Learning Center

3:30 PM - 3:50 PM, Curry Hall 203



Learning How You Learn

Learning Center

3:30 PM - 4:20 PM, Curry Hall 204

4:00 PM



Involvement Hub Open House

Student Activities, Center for Leadership

Development & Student Government Association

4:00 PM - 5:00 PM, Union 337



Quick Prep: It's in the Syllabus

Learning Center

4:00 PM - 4:20 PM, Life Sciences Complex A204



Supplemental Instruction- The Key to Academic Success

Learning Center

4:00 PM - 4:20 PM, Curry Hall 103





Quick Prep: Read Like a Boss
Learning Center
4:00 PM - 4:20 PM, Curry Hall 104



Learning How You Learn
Learning Center
4:00 PM - 4:50 PM, Curry Hall 203

4:30 PM



Quick Prep: Don't Cheat Yourself!
Learning Center
4:30 PM - 4:50 PM, Sage Hall 354



Quick Prep: Canvas 101
Learning Center
4:30 PM - 4:50 PM, Life Sciences Complex A204



There's a Tutor for That
Learning Center
4:30 PM - 4:50 PM, Curry Hall 103



Quick Prep: Navigating through Navigate
Learning Center
4:30 PM - 4:50 PM, Curry Hall 104



Connecting to Campus: Academic Coaching
Learning Center
4:30 PM - 4:50 PM, Curry Hall 203



Quick Prep: Hacking Time Management
Learning Center
4:30 PM - 4:50 PM, Curry Hall 204



Show Theater Planetarium Show: Phantom of the Universe
Department of Physics
4:30 PM - 5:30 PM, Environmental Science 150 (Sky Theater Planetarium)

6:00 PM



Getting Crafty in the Sustainable Arts Garden
Diamond Eagle Student Resource Center
6:00 PM - 8:00 PM, UNT Sustainable Arts Garden



Rec Extravaganza 2025
Recreational Sports
6:00 PM - 8:00 PM, Pohl Recreation Center



Sport Club Fair
Recreational Sports
6:00 PM - 8:00 PM, Pohl Recreation Center Lobby



Show Theater Planetarium Show: Phantom of the Universe
Department of Physics
6:00 PM - 7:00 PM, Environmental Science 150 (Sky Theater Planetarium)

6:30 PM



Rec Sports Half Court Shot
Recreational Sports
6:30 PM - 8:00 PM, Pohl Recreation Center Outdoor Basketball Court



TUESDAY

AUGUST 12

Schedule at a Glance

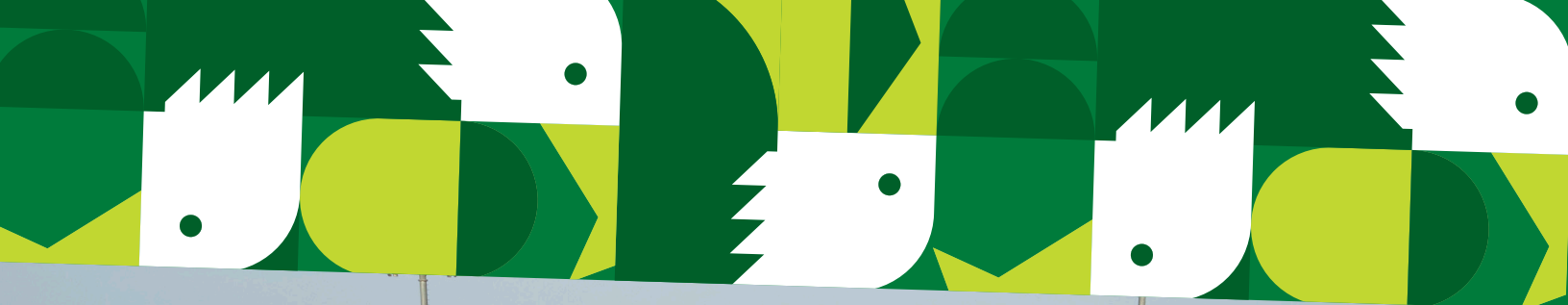
9:00 AM - 10:00 AM	Small Group Meeting 2 Check the First Flight schedule or ask your First Flight Leader about your schedule for the day.
10:00 AM - 12:00 PM	Career Readiness/Scrappy's Challenge/Our Community Rotation Check your First Flight schedule or ask your First Flight Leader about your schedule 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>
5:00 PM - 7:00 PM	UNT Athletics 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! Please enter through Gate 3 or Gate 4 of the stadium.</i> Class of 2029 Photo Location - DATCU Stadium <i>Join us for Spirit Night and participate in the annual class photo at UNT. The class of 2029 will spell out UNT on the football field.</i>

Things To Do Today

Attend Special Interest Sessions 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 DATCU Stadium, and participate in the annual class photo from 6:30PM - 9:00 PM.



Special Interest Sessions

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 333

1:30 PM - 2:30 PM

How to use generative ai to enhance learning in an ethic way: Enhancing Learning using Intelligent Tools

Junhua Ding

Union 332

2:00 PM - 3:00 PM

Interpersonal Relationships and the Power of Perception

Dr. Julie Leventhal

Union 314

2:30 PM - 3:30 PM

The Power of Pixie Dust: Mastering Customer Service the Disney Way

Sanjukta Pookulangara & Jana Hawley

Union
Lyceum

12:00 PM



Moon Mindset: Leadership at Every Phase

Center for Leadership and Service

12:00 PM - 1:00 PM, Union 382



Build Doors, Not Walls: A Discussion on Boundaries

Counseling and Testing Services

12:00 PM - 1:00 PM, Chestnut Hall 324



SGA 101

Student Government Association

12:00 PM - 12:45 PM, Union 412



Union Arts Center Open House & Community Mural

Union Arts Center

12:00 PM - 3:00 PM, Union 214



Willis Library Welcome Table for First Year

UNT Libraries

12:00 PM - 5:00 PM, Willis Library 1st Floor

12:30 PM



Exploring Majors with Advising Services

Office of Advising Services

12:30 PM - 2:30 PM, Sage Hall 342



Unlocking the Recreational Life

Recreational Sports

12:30 PM - 1:30 PM, Pohl Recreation Center Rooms 205 & 207

1:00 PM



Inner Compass: Navigating with Mindfulness

Counseling and Testing Services

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



Meal Planning 101

Diamond Eagle Student Resource Center

1:00 PM - 1:30 PM, BLB 055



Hazing Prevention

Dean of Students - Conduct and Community Standards & Student Legal Services

1:00 PM - 2:00 PM, Union 338



Prepare for the Future, Prepare for the World

International Affairs

1:00 PM - 2:00 PM, Marquis Hall 130



Music Library Scavenger Hunt

Music Library

1:00 PM - 4:00 PM, Willis Library Music Library Services Desk (4th Floor)



Meet the UNT WELL Clinic

Rehabilitation and Health Services

1:00 PM - 2:00 PM, Chilton Hall 130



Snacks with Veteran Services

Student Veteran Services

1:00 PM - 3:00 PM, Sage Hall 236



Preparing for Academic Success-TRIO SSS

TRIO Student Support Services

1:00 PM - 4:00 PM, Sage Hall 240



Campus Safety

UNT Police Department

1:00 PM - 2:00 PM, BLB 180

1:30 PM



Internship 101

Career Center

1:30 PM - 2:30 PM, Sage Hall 116



Math Boot Camp for CHEM 1410 part 2

Chemistry Department

1:30 PM - 2:20 PM, CHEM 253



First Gen Open House & Community Art Project

First Generation Success Center

1:30 PM - 3:30 PM, Union 376



How to Find and Make New Friends!

Orientation and Transition Programs

1:30 PM - 2:30 PM, Union 339



Sleep 101

Student Health and Wellness Center

1:30 PM - 2:30 PM, ESSC 255

2:00 PM



Inner Child Healing

Counseling and Testing Services

2:00 PM - 3:00 PM, Chestnut Hall 324



Code and Consent

Dean of Students - Conduct and Community Standards & Survivor Advocacy

2:00 PM - 3:00 PM, Union 338



PUSH - Foster Care Alumni Program

Student Engagement

2:00 PM - 3:00 PM, Union 341



Ready, Set, Game and Engage!

Eagle Engagement Center

2:00 PM - 4:00 PM, Union 335



Tabletop Time! @ First Flight

Media Library

2:00 PM - 5:00 PM, Willis Library 250H



Escape @ The Library

Media Library

2:00 PM - 7:00 PM, Willis Library 250K



Soar into Fitness: Becoming a Certified Trainer or Instructor

Recreational Sports

2:00 PM - 3:00 PM, Pohl Recreation Center Rooms 205 & 207



Get Involved: LIVE

Student Activities

2:00 PM - 3:00 PM, BLB 015



Scavenger Hunt @ Sycamore Library

Sycamore Library

2:00 PM - 3:00 PM, Sycamore Hall 110A



Find Your Place at the Union!

University Union

2:00 PM - 3:00 PM, Union 385



Thriving, Not Just Surviving: Healthy Habits for College & Career Audience

Wilson Jones Career Center in the G. Brint Ryan College of Business

2:00 PM - 3:00 PM, BLB 055

3:00 PM



Campus Connect: Mental Health Resources and Suicide Prevention Training

Counseling and Testing Services

3:00 PM - 5:00 PM, Chestnut Hall 324



Practical Steps for Getting Career Ready in Year One

Career Center

3:00 PM - 4:00 PM, BLB 180



Coloring, Stretching, and Relaxing...Oh my!

Office of Disability Access

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



Swipe Right, Play Right

Student Health and Wellness Center

3:00 PM - 4:00 PM, ESSC 255



Money 101: The First-Year Financial Toolkit

Student Money Management Center & DATCU

3:00 PM - 4:00 PM, Sage Hall 116



Learning How You Learn

Learning Center

3:00 PM - 3:50 PM, Sage Hall 230



Learning How You Learn

Learning Center

3:00 PM - 3:50 PM, Sage Hall 354



Student Success Scavenger Hunt

Learning Center

3:00 PM - 5:00 PM, Sage Hall



Show Theater Planetarium Show: Phantom of the Universe

Department of Physics

3:00 PM - 4:00 PM, Environmental Science 150 (Sky Theater Planetarium)

3:30 PM



Group Fitness: Yoga with Clover

Recreational Sports & UNT Police Department

3:30 PM - 4:30 PM, Pohl Recreation Center Indoor Soccer Court

4:00 PM



Kick A** in Business School

Wilson Jones Career Center in the G. Brint Ryan College of Business

4:00 PM - 5:00 PM, BLB 170



Learning How You Learn

Learning Center

4:00 PM - 4:50 PM, Sage Hall 354



Learning How You Learn

Learning Center

4:00 PM - 4:50 PM, Sage Hall 230

4:30 PM



Show Theater Planetarium Show: Phantom of the Universe

Department of Physics

4:30 PM - 5:30 PM, Environmental Science 150 (Sky Theater Planetarium)

5:00 PM



UNT Athletics Spirit Night

UNT Athletics

5:00 PM - 7:00 PM, DATCU Stadium



Class of 2029 Photo

5:00 PM - 7:00 PM, DATCU Stadium



Bump, Set, Spike @ Net Night!

Recreational Sports

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

6:00 PM



Show Theater Planetarium Show: Phantom of the Universe

Department of Physics

6:00 PM - 7:00 PM, Environmental Science 150 (Sky Theater Planetarium)

THE MARY JO AND V. LANE RAWLINS

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UNT Fine Arts Series



@UNTFineArts



@UNTFineArts



fineartsseries.unt.edu

FREE world class art and entertainment events for UNT students!



NEW STUDENT CONVOCATION

Wednesday, August 13, 2025 | 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.

Share your Mean Green pride and wear your best UNT shirt!



WEDNESDAY AUGUST 13

Schedule at a Glance

9:00 AM - 12:00 PM	College Day <i>8 for your college/school meeting time and location.</i>
12:00 PM - 2:30 PM	Lunch and First Flight Programs <i>Find programs and sessions 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 Use the link in the Guidebook App to complete your First Flight Survey</i>
4:00 PM	New Student Convocation Location - UNT Coliseum <i>New students are required to attend New Student Convocation.</i>
5:00 PM	Mean Green Fling Location - Library Mall. South Lawn, Union 314 & 333 <i>Mean Green Fling is the back-to-school event that provides you with the opportunity to get connected with hundreds of student organizations, campus departments, and local vendors. Don't forget your UNT ID.</i>

Don't forget to wear green for
New Student Convocation!

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.

Visit the Sage Hall Academic Success Hub to learn what resources we have to support student success.
Open 8:00 AM - 5:00 PM in Sage 170

Attend Mean Green Fling with your small group. The event features giveaways from campus departments and area businesses, and more! Head over with your leader after Convocation

COLLEGE DAY

WEDNESDAY, AUGUST 13, 2025

Every student is required to participate in College Day. 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).

*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.

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

College/School	Room Location
G. Brint Ryan College of Business*	BLB Atrium
College of Applied and Collaborative Studies	Frisco Landing – Rm. 130
College of Education	Gateway 34/35
College of Engineering*	Discovery Park – B185
College of Health and Public Service	See below by department
<i>Audiology & Speech-Language Pathology</i>	Chilton Hall 245
<i>Behavior Analysis</i>	Chilton Hall 274
<i>Criminal Justice</i>	ESSC 255
<i>Emergency Management & Disaster Science</i>	Chilton Hall 240
<i>Kinesiology, Health Promotion and Recreation</i>	PEB 103 Science
<i>Public Administration (Nonprofit Leadership Studies/Urban Policy & Planning)</i>	Chilton Hall 270
<i>Rehabilitation & Health Services (Addiction Studies/ Rehabilitation Studies/Public Health)</i>	Voertman Concert Hall
<i>Social Work</i>	Chilton Hall 255
College of Information	Terrill Hall – Rm. 120
College of Liberal Arts and Social Sciences	UNT Coliseum
College of Merchandising, Hospitality, and Tourism	Chilton 345
College of Music*	Murchison Performing Arts Center – Winspear Hall
College of Science	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.

12:00 PM



American Sign Language (ASL) 101

Office of Disability Access

12:00 PM - 1:00 PM, Chestnut Hall 160



Union Arts Center Open House & Community Mural

Union Arts Center

12:00 PM - 2:30 PM, Union 214

1:00 PM



Protect Our Nest Training

Dean of Students

1:00 PM - 2:00 PM, Crumley Hall Crumley Conference Center



Get Sustainable with the We Mean Green Fund

Diamond Eagle Student Resource Center

1:00 PM - 2:00 PM, BLB 055



Class Schedule Tours

Orientation and Transition Programs

1:00 PM - 2:30 PM, Union North Lawn



Ambitious, Involved, & Motivated Leadership Development Seminar Info Session

Orientation and Transition Programs

1:00 PM - 2:30 PM, Union 339



Body Comp + Fitness Myth Busters

Recreational Sports

1:00 PM - 2:00 PM, Pohl Recreation Center Rooms 205 & 207



Employment for International Students

Student Legal Services

1:00 PM - 2:00 PM, Union 382



Chill & Bill\$: Managing Financial Stress

Student Money Management Center & Student Health and Wellness Center

1:00 PM - 2:00 PM, ESSC 255



Preparing for Academic Success-TRIO SSS

TRIO Student Support Services

1:00 PM - 4:00 PM, Sage Hall 240



All you need to know about textbooks

UNT BNCollege Bookstore

1:00 PM - 2:00 PM, UNT BNCollege Bookstore



Active Shooter Awareness & Response

UNT Police Department

1:00 AM - 2:00 PM, BLB 080

1:30 PM



Math Boot Camp for CHEM 1410 part 3

Chemistry Department

1:30 PM - 2:20 PM, CHEM 253



How to Find the Right Mentor for You!

Orientation and Transition Programs

1:30 PM - 2:30 PM, Union 385

2:00 PM



Consent and Respect Module Completion

Dean of Students

2:00 PM - 3:00 PM, Crumley Hall Crumley Conference Room



Self-Care and Healthy Boundaries - A Vision Board Workshop

Dean of Students - Intervention Services

2:00 PM - 3:30 PM, Sage Hall 354

4:00 PM



New Student Convocation

4:00 PM - 5:00 PM, UNT Coliseum

5:00 PM



Mean Green Fling

Student Activities

5:00 PM - 7:00 PM, Library Mall, South Lawn, Union 314 & 333

6:00 PM



Student Welcome Event: Fun, Games, Prizes

UNT BNCollege Bookstore

6:00 PM - 9:00 PM, UNT BNCollege Bookstore

Don't forget to wear green for
New Student Convocation!



FREE ACTIVITIES, GIVEAWAYS, AND FOOD WITH UNT STUDENT ID!

MEAN GREEN FLING

SOUTH LAWN, UNIVERSITY UNION, AND LIBRARY MALL

AUGUST 13, 5 PM – 7 PM

MEET 300+ STUDENT ORGANIZATIONS,
CAMPUS DEPARTMENTS, AND BUSINESSES!

FOLLOW US ON INSTAGRAM FOR BONUS EVENT CONTENT!

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



DIVISION OF
STUDENT AFFAIRS
Student Activities



studentactivities.unt.edu

@UNTactivities



THURSDAY AUGUST 14

Schedule at a Glance

throughout the day	First Flight Programs and Special Interest Sessions <i>Find programs to attend to meet your First Flight requirements.</i>
6:00 PM - 8:00 PM	Back to School-Block Party Location - Clark Park <i>Come out and kickback w/fun activities, beverages, and on-the-go snacks while learning how to be a part of the UNT residential community.</i>
7:00 PM - 9:00 PM	Soccer vs. Incarnate Word - First Flight Night Location - UNT Soccer Stadium <i>BE LOUD. BE PROUD. BE A MANIAC. Kick off your Mean Green journey at the UNT Soccer Stadium as UNT Soccer takes on Incarnate Word in their home opener!</i>

Things To Do Today

All enrolled students have access to the Pohl Recreation Center. Visit the Rec Center facility to see the weight room, rock climbing wall, basketball courts, and more!

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

Special Interest Sessions

2:00 PM - 3:00 PM

Tech Solutions for Complex Problems: AR, VR, and Other Ed Tech Tools	Dr. Rose Baker	WH 222
Strengths Based Development	Aundrea Caraway	Online Only

2:30 PM - 3:30 PM

UNT Media Library Presents: "Adventure Never Ends"	Steven Guerrero & Lindsay Duke	BLB 080
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3:00 PM - 4:00 PM

English at UNT: Getting Medieval with Geoffrey Chaucer	Dr. Nicole Smith	ART 223
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9:00 AM



Diamond Eagle Student Resource Center Open House

Diamond Eagle Student Resource Center
9:00 AM - 11:00 AM, Crumley Hall 191



Community Garden Vibe Check

Diamond Eagle Student Resource Center
9:00 AM - 11:00 AM, UNT Community Garden



Pool Float Meditation

Recreational Sports
9:00 AM - 11:00 AM, Pohl Recreation Center Leisure Pool

10:00 AM



Open House – Dean of Students Office

Dean of Students & Student Legal Services
10:00 AM - 12:00 PM, Union 409 & 372



Weight Room 101

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



Curious Minds Wanted: Explore Undergraduate Research at UNT

Student Services Assessment
10:00 AM - 11:00 AM, Crumley Hall Crumley Conference Room

11:00 AM



Promise Programs at UNT

Eagle Engagement Center, First-Generation Success Center & Enrollment Partnerships
11:00 AM - 12:00 PM, Union 335



Where to go in North Texas

Recreational Sports
11:00 AM - 12:00 PM, Pohl Recreation Center Outside Pursuits

12:00 PM



Mean Green "Train Like An Athlete"

Recreational Sports
12:00 PM - 1:00 PM, Pohl Recreation Center Indoor Soccer Court



Union Arts Center Open House & Community Mural

Union Arts Center
12:00 PM - 3:00 PM, Union 214



Willis Library Welcome Table for First Year

UNT Libraries
12:00 PM - 5:00 PM, Willis Library 1st Floor

1:00 PM



Mindful Martial Arts

Counseling and Testing Services
1:00 PM - 3:00 PM, Pohl Recreation Center Aerobics Studio A



Building Resilience

Dean of Students & Student Legal Services
1:00 PM - 2:30 PM, BLB 260



Pohl Rec Center Tours

Recreational Sports
1:00 PM - 3:00 PM, Pohl Recreation Center Lobby



Know Before You Go

R.I.S.E. Center
1:00 PM - 2:00 PM, Crumley Hall Crumley Conference Room



Preparing for Academic Success-TRIO SSS

TRIO Student Support Services
1:00 PM - 4:00 PM, Sage Hal 240



Campus Safety

UNT Police Department
1:00 PM - 2:00 PM, BLB 080

1:30 PM



Math Boot Camp for CHEM 1410 part 4

Chemistry Department
1:30 PM - 2:20 PM, CHEM 253



Pop by to meet your Community Director

Housing and Residence Life
1:30 PM - 3:00 PM, Residence Hall Lobbies



Home Away from Home

Student Health and Wellness Center
1:30 PM - 2:30 PM, ESSC 255



Internships 101: Turning Experience into Opportunity

Student Money Management Center & Career Center
1:30 PM - 2:30 PM, Sage Hall 116

2:00 PM



Who / What / Where: Art and Design Connections

Career Center & CVAD Student Advising
2:00 PM - 3:00 PM, Art Building 251



Escape @ The Library

Media Library
2:00 PM - 7:00 PM, Willis Library 250K

3:00 PM



CRP Cookies and Conversations

R.I.S.E. Center
3:00 PM - 4:00 PM, Crumley Hall Crumley Conversation Room



Get the Scoop on UPC

University Program Council (UPC)
3:00 PM - 4:00 PM, Union 341

5:00 PM



Bump, Set, Spike @ Net Night!

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

6:00 PM



Back to School-Block Party

Housing and Residence Life
6:00 PM - 8:00 PM, Clark Park

7:00 PM



Soccer vs. Incarnate Word - First Flight Night

UNT Athletics
7:00 PM - 9:00 PM, UNT Soccer Stadium

UNION ARTS CENTER

The Union Arts Center aims to provide consistent arts programming to UNT students. Whether you want to learn a new skill or take a break from the stress of homework, we have something here for you!

WEBSITE



UNT_UNIONARTS



UNIONARTS@UNT.EDU



UNION 214



GET REC'D



POHL RECREATION CENTER

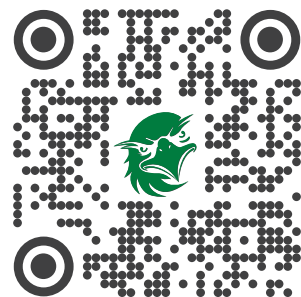
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RECREATIONAL SPORTS

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FIRST FLIGHT WEEK 2025 | AUGUST 10 - 17, 2025

firstflight.unt.edu





FRIDAY AUGUST 15

Schedule at a Glance

throughout the day	First Flight Programs and Special Interest Sessions <i>Find programs to attend to meet your First Flight requirements.</i>
8:00 PM - 10:00 PM	Movie on the Lawn: A Minecraft Movie Location - Union South Lawn <i>Bring a blanket for this First Flight Week tradition under the stars! Ready for the Chicken Jockeys? Check out A Minecraft Movie as Steve takes on Malgosha to protect the Overworld from destruction.</i>
9:00 PM - 12:00 AM	Soaring High Into the Stars Location - Library Mall <i>Ever wanted to observe the night sky with telescopes? Join us for a night under the stars with UNT Physics Astronomy Education Program! The event is open to enjoy our telescopes as we observe Mars, Saturn, Andromeda Galaxy, and more!</i>

Things To Do Today

The UNT Union is in the center of campus and features space for students to hang out, eat, and study! Explore the Union today!

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

Special Interest Sessions

11:00 AM - 12:00 PM

Strengths Based Development

Aundrea Caraway

Union 332

11:30 AM - 12:30 PM

Planning Our Cities: An Introduction to Urban Planning

Dr. Annie Lee

Union 314

12:00 PM - 1:00 PM

Tech Solutions for Complex Problems: AR, VR, and Other Ed Tech Tools

Dr. Rose Baker

Union Lyceum

10:00 AM



Get Lucky to Graduation

College of Merchandising, Hospitality and Tourism Advising

10:00 AM - 11:00 AM, Chilton Hall 387



From F-1 to Fortune 500: Career Strategies for International Students

Wilson Jones Career Center in the G. Brint Ryan College of Business

10:00 AM - 11:00 AM, BLB 065

11:00 AM



Healing in Color: Art Workshop

Counseling and Testing Services

11:00 AM - 12:30 PM, Chestnut Hall 324



American Sign Language (ASL) 101

Office of Disability Access

11:00 AM - 12:00 PM, Chestnut Hall 160

12:00 PM



Willis Library Welcome Table for First Year

UNT Libraries

12:00 PM - 5:00 PM, Willis Library 1st Floor

1:00 PM



"Atari: Game Over" Screening

Media Library

1:00 PM - 3:00 PM, RTFP 184

1:30 PM



Get Connected in your Residence Hall- Hall Council Edition

Housing and Residence Life

1:30 PM - 3:00 PM, Residence Hall Lobbies

2:00 PM



CLASS Take Flight Open House

College of Liberal Arts and Social Sciences

2:00 PM - 4:00 PM, General Academic Building (GAB) 207 & 204



Peace in Mess -DIY Therapeutic play-dough

Counseling and Testing Services

2:00 PM - 3:00 PM, Chestnut Hall 324



Self-Care and Healthy Boundaries - A Vision Board Workshop

Dean of Students - Intervention Services

2:00 PM - 3:30 PM, Sage Hall 354



Escape @ The Library

Media Library

2:00 PM - 6:00 PM, Willis Library 250K



From Tourist to Texan: Out of State Student Reception

Orientation and Transition Programs

2:00 PM - 4:00 PM, Union 358

3:00 PM



Engineering Your Future

College of Engineering

3:00 PM - 5:00 PM, Wooten Hall 122



Pickup Pickleball & Popsicles!

Recreational Sports

3:00 PM - 5:00 PM, Pohl Recreation Center Outdoor Basketball Court

3:30 PM



Connecting Through Music

Counseling and Testing Services

3:30 PM - 4:30 PM, Chestnut Hall 324

6:00 PM



Ask Me Anything

Orientation and Transition Programs

6:00 PM - 7:30 PM, Union 382

8:00 PM



Movie on the Lawn: A Minecraft Movie

University Program Council (UPC)

8:00 PM - 10:00 PM, Union South Lawn

9:00 PM



Soaring High Into the Stars

Department of Physics

9:00 PM - 12:00 AM, Library Mall

Get connected with **STUDENT ACTIVITIES**

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 Appointment!



UNT


DIVISION OF
STUDENT AFFAIRS
Student Activities



studentactivities.unt.edu | UNION 345

@UNTactivities





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!

SATURDAY

AUGUST 16

Things To Do Today

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

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





SUNDAY AUGUST 17

Things To Do Today

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

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

YOUR CAMPUS CONNECTION JUST GOT BETTER!

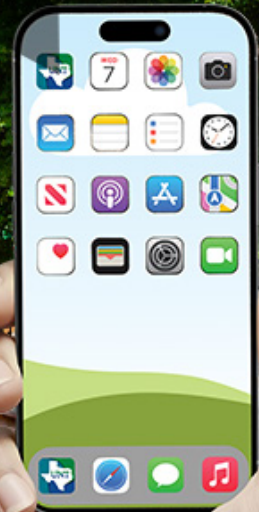
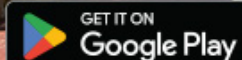
UNT Go is here!

Introducing the new UNT Go mobile app!

- Stay connected
- Get organized
- Make the most of your academic journey

From around-the-clock access and real-time updates, UNT Go can help you thrive — with class schedules to campus events, all in one place.

DOWNLOAD TODAY
from your favorite app store!



SMALL GROUP MEETING 1

QUICK CHATS

1. Find a partner.
2. You will have 3-4 minutes to respond to the conversation prompts and introduce yourself or reconnect.
3. When you get the signal (often a ding!), write your initials on your partner's book and then find a new partner.
4. There will be three rounds of conversations, each with a new partner. Same prompts each time.

PROMPTS

- What is one goal you have for your first year?
- What is something you are nervous about starting college?

HAVE YOUR PARTNER INITIAL IN EACH SPEECH BUBBLE

ROUND 1

ROUND 2

ROUND 3

DEBRIEF

- How did it feel to share your own experience and goals out loud?
- What was something that you and your partner had in common?

SMALL GROUP MEETING 2

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 is something you have always wanted to try?*

Major and Career: *What are your career goals? What types of experiences might give you a head start on 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?*

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 interests and goals. Visit studentactivities.unt.edu to learn more about involvement activities and 450+ student organizations we have available at UNT!

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, keep your grades, and manage your time.

- Use a planner or calendar to keep important dates
- Use your syllabus 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

INSTRUCTIONS

- Get Your Bingo Card:** Each student receives a bingo card filled with prompts (e.g., “Has a pet”, “Is from out of state”).
- Mingle and Ask Questions:** Walk around and talk to other students. Ask them if any of the prompts apply to them.
- Mark Your Card:** When someone matches a square, write their name in that square. Each person can only be used once per card!
- Get a BINGO:** The goal is to complete:
 - Round One: One full row
 - Round Two: One full column
 - Round Three: Or one diagonal
- Shout “BINGO!”:** Once you have completed a line, go to a designated staff member to verify your card and claim a prize (if applicable).

Lives in a different residence hall than you	Is a first-generation college student	Is from out of state	Shares your birthday month	Plays a musical instrument
Is interested in research	Wants to study abroad	Loves pineapple on pizza	Has a unique hobby or talent	Has visited the Willis Library
Knows the name of UNT's President	Has taken a selfie with the Mean Green Eagle Statue	Free Space	Has the same major as you	Has one class together
Has signed up for mentoring	Has downloaded the UNT app	Is interested in joining a student government or leadership group	Is nervous but excited about college	Went to the same First Flight event
Knows the UNT hand sign	Is going to the first football game	Parent or sibling is a UNT alum	Plans to play intramural sports in the fall/spring	Has a pet



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**

ALL ASSIGNMENTS DUE ON THURSDAY OF WEEK 16

UNT CAREER CENTER

Sage Hall, Suite 202

940-565-2105

career.center@unt.edu

careercenter.unt.edu

CAREER READINESS IS LIFE READINESS



My Commitment and Inspired Action

2025 - 2026

My commitment and inspired action for this year is: _____



STUDENT EMPLOYMENT

NETWORKING EVENTS

CAREER EDUCATION

CAREER COACHING

JOB SHADOWING

INTERVIEW PREP

CAREER FAIRS

MENTORING

AND MORE!

OUR COMMUNITY

At the UNT System, our values are not just words—they are how we live and work every day.

They bring us together as one team and remind us to always put people first. We care not just about what we do, but how we do it. When we live out one value, it inspires others, helping students grow, succeed, and make a difference on campus and beyond.

That's what we call “The North Texas Way.”



Courageous Integrity

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

- Build trust through consistent actions that are honest, transparent, and authentic.
- Provide, accept, and support open and constructive feedback.
- Hold yourself and others accountable for decisions, behaviors, actions, and results.



Be Curious

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

- Question the conventional with creative solutions.
- Engage in new experiences for learning and growth.
- Take strategic risk and learn from failure and success.
- Pursue collaborative opportunities.



We Care

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

- Cultivate authentic connections that have a meaningful impact.
- Share expertise and resources.
- Recognize contributions and celebrate success.
- Help at least one person every day.



Better Together

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

- Develop awareness and understanding of different experiences.
- Respect people, beliefs, thoughts, and ideas.
- Support opportunities to remove barriers to working together.



Show Your Fire

Exhibit passion and pride in the experiences we create.

- Go beyond the ordinary and surpass expectations.
- Be prepared, be present, and actively participate.
- Promote enthusiastic engagement.
- Cultivate a positive environment and find opportunities for fun and recognition.

OUR COMMUNITY

Read each statement. Rank your personal satisfaction with that area of your wellness.

For example, Emotional Wellness Question 1 is “I am generally content, happy, and fulfilled”. If you feel like you do this all the time, mark the box next to that question with a 4. If you do this most of the time, write in 3 next to the question. Add up your total score for that section.

All of the Time - 4	Most of the Time - 3	Some of the Time - 2	Never - 1
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Emotional Wellness (Light Pink)

I am generally content, happy, and fulfilled.	
I have healthy coping mechanisms in place and strategies to reduce stress.	
I can express my emotions in a healthy and constructive manner.	
I have a sense of control in my life, and I can adapt to change.	
Emotional Wellness Score (out of 16)	

Creative Wellness (Orange)

I regularly engage in creative activities that I enjoy.	
I explore new artistic territories and challenge myself creatively.	
I have opportunities to collaborate and share my work with others.	
I feel a sense of connection in creative pursuits.	
Creative Wellness Score (out of 16)	

Intellectual Wellness (Yellow)

I have specific intellectual goals, e.g., learning a new skill, a specific major.	
I pursue mentally stimulating interests or hobbies.	
I am open to exploring different perspectives and ideas.	
I commit time and energy to professional and self-development.	
Intellectual Wellness Score (out of 16)	

Occupational Wellness (Light Green)

I have a balance between school, work, and other areas of my life.	
I am genuinely satisfied and fulfilled with my current job or career path.	
I have visited or plan to visit the UNT Career Center or a Career Coach.	
I am continuously growing and developing my skills and knowledge	
Occupational Wellness Score (out of 16)	

Environmental Wellness (Dark Green)

I try to make my daily environment conducive to healthy and productive habits.	
I donate used or gently used items that can benefit someone else.	
I find time to explore nature and be outside.	
I recycle whenever possible and do my best to purchase recycled products.	
Environmental Wellness Score (out of 16)	

Spiritual Wellness (Light Blue)

I engage in some type of growth practice.	
I have a sense of meaning and purpose in my life.	
I trust others and can forgive others and myself and let go.	
Principles/ethics/morals provide guides for my life.	
Spiritual Wellness Score (out of 16)	

Financial Wellness (Dark Blue)

I have a balance between saving for the future and spending for the present.	
My beliefs/values surrounding money are harmonious with my behavior.	
I use money positively.	
I have financial plans for the future.	
Financial Wellness Score (out of 16)	

Physical Wellness (Maroon)

I eat a balanced nutritional diet.	
I have energy throughout the day.	
I am generally getting enough quality sleep on a regular basis.	
I am engaging in regular physical activity or exercise.	
Physical Wellness Score (out of 16)	



ASSESSMENT SCORING

Calculate your personal overall wellness score.

Social Wellness (Hot Pink)

I find my relationships to be positive, enriching, and authentic.	
I have a strong support system of friends/loved ones who are there for me.	
I am aware of and am able to set and respect my own & others boundaries.	
I have a sense of belonging/not being isolated.	
Social Wellness Score (out of 16)	

Category	Score	Category	Score
Emotional Wellness		Spiritual Wellness	
Creative Wellness		Financial Wellness	
Intellectual Wellness		Physical Wellness	
Occupational Wellness		Social Wellness	
Environmental Wellness		Total Score (out of 144)	

REFLECTION

- What is your initial reaction to your score?
- What aspects of wellness are working the best for you, right now?
- What aspects of wellness have you invested the most in (time, money, effort)?
- What aspects of wellness are you struggling with? Where are you stuck?

WELLNESS PLAN

List your top three aspects of wellness that you would like to improve upon.

- 1.
- 2.
- 3.



Aspect of Wellness	Wellness Goal	Resources to Achieve Wellness Goal



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.



Explore. Plan. Succeed: The UNT One Stop Experience

UNT One Stop

What's Your Money Personality?

Student Money Management Center

Denton on a Dime

Student Money Management Center

Chill & Bill\$: Virtual Edition

Student Health & Wellness Center and Student Money Management

Consent 101

Student Health & Wellness Center

Do I Need to See a Doctor?!

Student Health & Wellness Center

Fast Track to Feeling Good

Student Health & Wellness Center

Sleep 101: Virtual Edition

Student Health & Wellness Center

The Safer Sex Playbook

Student Health & Wellness Center

What the Health?!

Student Health & Wellness Center

You've Got it Covered: Health Insurance 101

Student Health & Wellness Center

Meet the Online Student Experience

Online Student Experience

D&D @ UNT Presents: The Hidden Stacks

Media Library

Escape @ First Flight

Media Library

Get Frisco Engaged!

Frisco Student Services

Library Orientation for First Year: Virtual Guide

UNT Libraries

Get Involved: VIRTUAL

Student Activities

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

Student Activities

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

WELCOME TO UNT!



We're looking for passionate students to join the UNT Student Alumni Ambassadors program.

Get connected as the official student representatives of the UNT Alumni Association and enjoy exclusive benefits:

- Free branded professional apparel
- Networking with alumni at exclusive events
- Key leadership and communication skill development
- Mentorship opportunities

We look forward to seeing you on campus this fall.



CENTER FOR LEADERSHIP AND SERVICE

LIFT OFF!

LEAD, SERVE, TRANSFORM

Join us for leadership and
service events and programs!

 @untleadandserve

 940-565-3021

 1155 Union Circle, Suite 345
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DIVISION OF
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Center for Leadership
& Service



project **FRESH**

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Our studies focus on UNT student health behaviors.
Site Principal Investigator: Dr. Eun-Young Mun.



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 11, 2025. 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 11, 2025

Chronic Illness and Disability: strategies for self care and advocacy

Counseling and Testing Services
12:00 PM - 1:00 PM

Emerald Eagle Scholars Program: Navigating the Nest

Emerald Eagle Scholars Program
1:00 PM - 2:00 PM

Vision Boarding the Mean Green Way

Online Student Experience
1:00 PM - 2:00 PM

Get Involved: LIVE

Student Activities
2:00 PM - 3:00 PM

Build Your Main Character Schedule

Online Student Experience
4:00 PM - 5:00 PM

Tuesday, August 12, 2025

College Connection

Online Student Experience
1:00 PM - 2:00 PM

Overcome Test Anxiety

Counseling and Testing Services
2:00 PM - 3:00 PM

Get Involved: LIVE

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

Real Talk: The UNT Student Edition

Online Student Experience
6:00 PM - 7:00 PM

Wednesday, August 13, 2025

Level Up: College to Career Game Plan

Online Student Experience
12:00 PM - 1:00 PM

Thursday, August 14, 2025

Brain Hacks to Manage Anxiety

Counseling and Testing Services
11:00 AM - 12:00 PM

Sync to Success: Body Doubling

Counseling and Testing Services
12:00 PM - 1:00 PM

Mental Health Considerations for First Year Students.

Counseling and Testing Services
2:00 PM - 3:00 PM

Soar Forward: A Letter to Future You

Online Student Experience
4:00 PM - 5:00 PM

Thursday, August 15, 2025

Discord Game Night

Online Student Experience
5:00 PM - 6:00 PM



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>



Center for Belonging and Engagement

Our Goal

To foster an environment where every individual feels a sense of community, connection, and care. We are committed to providing resources and support that empower students to thrive academically, personally, and socially.

OUR PROGRAMS:

NTCSS (Non-Trad & Commuter Student Support)

Heritage Months Celebrations

Student Parent Support

Heritage Months Celebrations

Grad Cafe

Celebration Weeks

Scholarships

Grab and Gos

Game Nights

Workshops

Alpha Sigma Lambda
Honor Society

RESOURCES

- Free Printing
- Free Sexual Health Products
- Free Menstrual Products
- Free Hygiene Products



UNION 335



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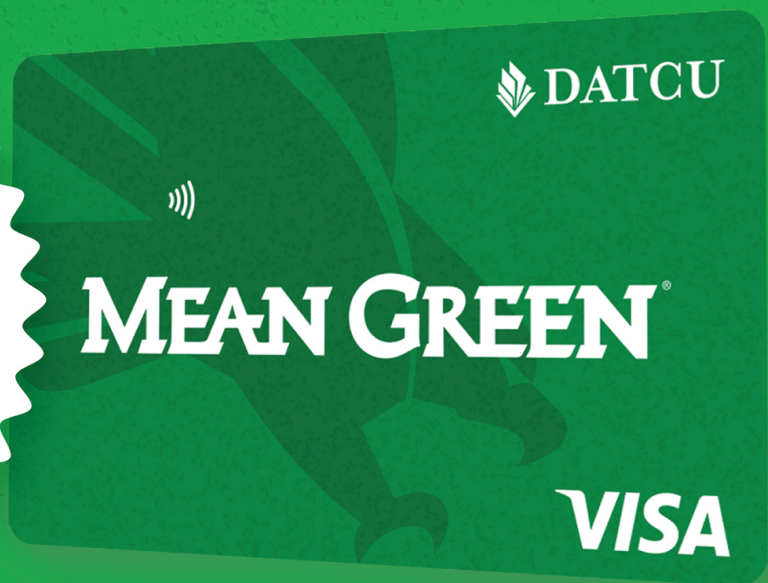


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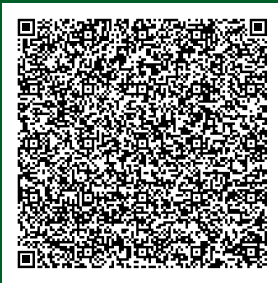
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ACCESS MENTORING

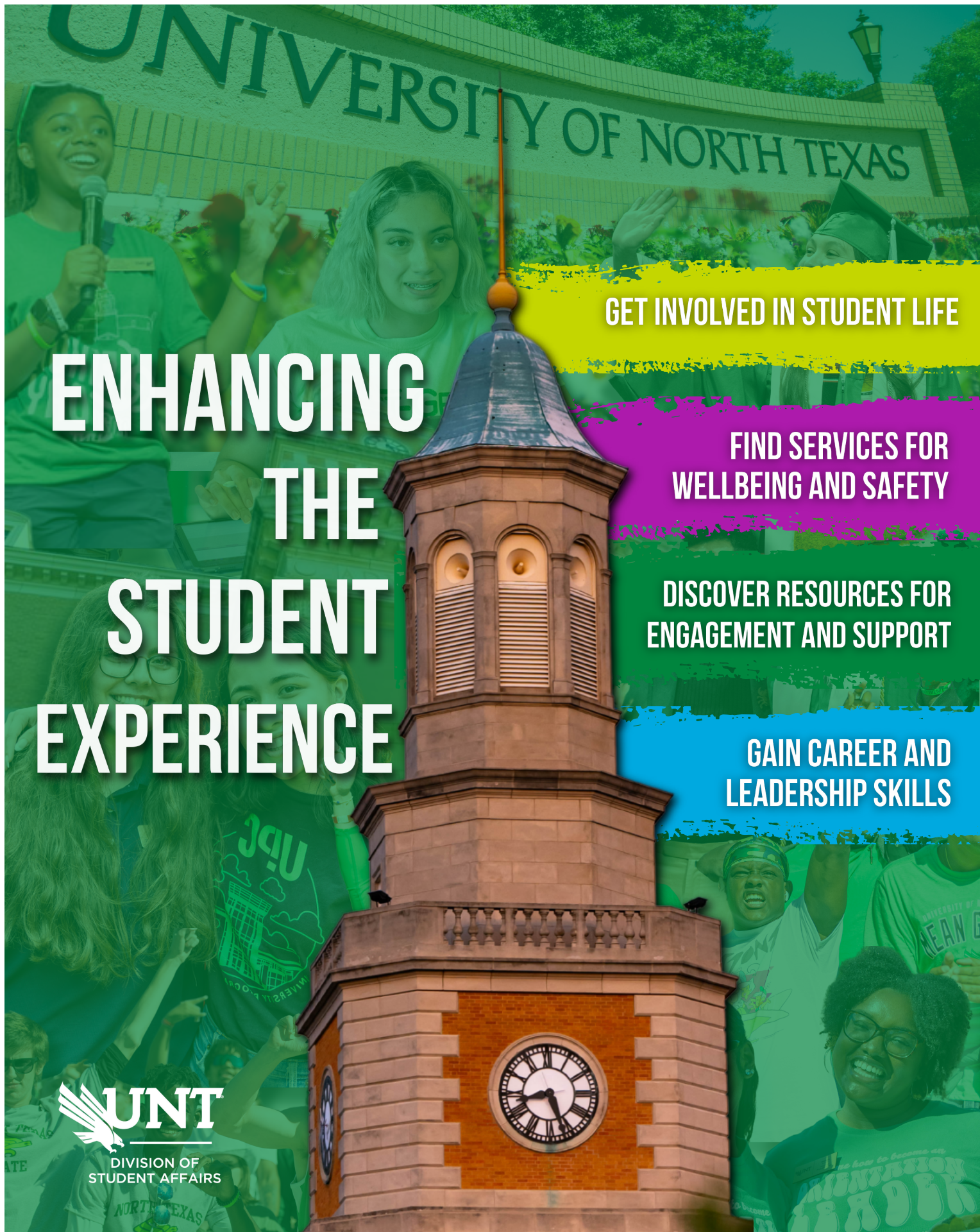


Scan to learn more!

The ACCESS Mentoring Program connects new students to the UNT community, encourages the use of campus resources, and promotes four-year graduation. Students in the program are paired with a peer mentor and attend meetings throughout the school year. Peer mentors assist new students in getting acclimated to campus life and understanding the many resources available to them during their collegiate experience at UNT.



UNT | DIVISION OF STUDENT AFFAIRS
Orientation & Transition Programs



GET INVOLVED IN STUDENT LIFE

FIND SERVICES FOR
WELLBEING AND SAFETY

DISCOVER RESOURCES FOR
ENGAGEMENT AND SUPPORT

GAIN CAREER AND
LEADERSHIP SKILLS

ENHANCING THE STUDENT EXPERIENCE





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