AUGUST 18-25, 2019
**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 have the ability to choose what events you attend and when you attend them. Please note that there are some required events throughout the week where attendance will be taken.

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

### Sunday, August 18

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM - 4:00 PM</td>
<td>First Flight Check In</td>
<td></td>
</tr>
<tr>
<td>4:30 PM</td>
<td>First Flight BBQ</td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td>First Flight Opening Ceremony</td>
<td>UNT Coliseum</td>
</tr>
<tr>
<td>5:15 PM</td>
<td>TIME Speaker</td>
<td>UNT Coliseum</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Small Group Meeting 1</td>
<td>campus locations</td>
</tr>
</tbody>
</table>

### Monday, August 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM - 11:00 AM</td>
<td>University 101/ Library Presentation/ Student Life Time Rotation</td>
<td></td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td>Small Group Meeting 2/ Lunch</td>
<td></td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>University 101/ Library Presentation/ Student Life Time Rotation</td>
<td></td>
</tr>
<tr>
<td>Afternoon/Evening</td>
<td>First Flight Programs</td>
<td></td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td>Dinner</td>
<td></td>
</tr>
</tbody>
</table>

### Tuesday, August 20

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM - 11:00 AM</td>
<td>University 101/ Library Presentation/ Student Life Time Rotation</td>
<td></td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td>Small Group Meeting 3 / Lunch</td>
<td></td>
</tr>
<tr>
<td>Afternoon/Evening</td>
<td>First Flight Programs and Special Interest Sessions</td>
<td></td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td>Dinner</td>
<td></td>
</tr>
</tbody>
</table>

### Wednesday, August 21

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM - 12:00 PM</td>
<td>College Day</td>
<td></td>
</tr>
<tr>
<td>12:00 PM - 1:00 PM</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Afternoon/Evening</td>
<td>First Flight Programs</td>
<td></td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Small Group Meeting 4</td>
<td>UNT Coliseum</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>New Student Convocation</td>
<td></td>
</tr>
</tbody>
</table>

### Thursday, August 22

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs and Special Interest Sessions</td>
<td></td>
</tr>
</tbody>
</table>

### Friday, August 23

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs and Special Interest Sessions</td>
<td></td>
</tr>
</tbody>
</table>

### Saturday, August 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs</td>
<td></td>
</tr>
</tbody>
</table>

### Sunday, August 25

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs</td>
<td></td>
</tr>
</tbody>
</table>

Check in at your residence hall. All commuter students can check-in from 3:00pm - 4:00pm at the Coliseum.
FIRST FLIGHT WELCOME WEEK

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

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

Although First Flight 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 can check-in from 3:00pm - 4:00pm on Sunday, August 18 at the Coliseum, Gate A.

2. **Attend the TIME Speaker Kick-Off Event** - Sunday, August 18 at 4:30pm at the UNT Coliseum.

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

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

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

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

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

8. **Attend a total of 7 First Flight Programs of your choosing**. Additional information on page 8.
TIME SPEAKER OPENING PROGRAM

Sunday, August 18 | 4:30 PM - 6:30 PM | UNT Coliseum

Nick Tokman, “Sunshine” on Discovery Channel’s Emmy-Winning Show “Deadliest Catch” is a professional speaker for college students unsure of what they want to do and struggling with outside social pressures.

Known for his constant, upbeat attitude, after a series of setbacks and failures, “Sunshine” landed on the very show that compelled him to go crab fishing; entertaining over one million viewers per week.

SMALL GROUP MEETINGS

Similar to orientation, all students are assigned to a small group. The groups during First Flight Week are assigned based on residence hall wing. Small groups will be led by a First Flight Leader, who is your RA. Commuter students will be assigned to groups led by a current UNT student.

Small groups will meet 4 times during First Flight in an effort to help build connections among students, introduce new material, and reflect on experiences throughout the week.

<table>
<thead>
<tr>
<th>Small Group Meeting</th>
<th>Day</th>
<th>Time</th>
<th>Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sunday, August 18</td>
<td>immediately after the TIME Speaker and opening program</td>
<td>Creating Your First Flight Week Schedule</td>
</tr>
<tr>
<td>2</td>
<td>Monday, August 19</td>
<td>11:00 AM - 1:00 PM</td>
<td>Being a College Student</td>
</tr>
<tr>
<td>3</td>
<td>Tuesday, August 20</td>
<td>11:00 AM - 1:00 PM</td>
<td>Getting What You Want out of College</td>
</tr>
<tr>
<td>4</td>
<td>Wednesday, August 21</td>
<td>2:30 PM</td>
<td>College Goals and Preparing for Your First Day</td>
</tr>
</tbody>
</table>

Attendance at Small Group Meetings & Meeting Locations

Your First Flight Leader will be taking attendance at small group meetings. It is expected that all students participate. Failure to do so may result in additional follow up from the Orientation and Transition Programs Office. During your first small group meeting, your First Flight Leader will share your meetings locations for the week. It is important that you take notes and write down your meeting locations. If at any time during the week you are unsure of your meeting location, call the office of Orientation and Transition Programs at 940-565-4198.
UNIVERSITY 101

University 101 will give you a chance to get in the college-going mindset. After your summer break, this session will serve as a refresher on how you learn, good study habits, and time management, among many other things. Worksheets for University 101 can be found in the back of this program book.

You will attend a University 101 session with your small group. Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader when your University 101 session is scheduled.

LIBRARY PRESENTATION

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

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

And that’s just the beginning! Get quick instructions on locating books and music in Willis, exploring resources at Eagle Commons (Sycamore Hall) and checking out video games and movies from the Media Library (Chilton Hall). Still have questions? Just Ask Us! http://www.library.unt.edu/ask-us

STUDENT LIFETIME

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

### Tuesday, August 20

**1:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
</table>
| A Brief History of Base 10 Logarithms                         | Dr. John Quintanilla<br>
Associate Dean for Undergraduate Studies, College of Science     | Business Leadership Building (BLB) 080                                   |
| How to Survive Ebola Outbreak                                 | Joseph Oppong, Ph.D.<br>
Academic Associate Vice Provost, Toulouse Graduate School         | Business Leadership Building (BLB) 055                                |
| The Coed’s Closet: Decoding the Complex Communication System of Dress | Dr. Christy Crutsinger<br>
Vice Provost for Academic Affairs, School of Merchandising and Hospitality Management |
|                                                               |                                                                          | Business Leadership Building (BLB) 155                                |

**2:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
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</thead>
</table>
| Hot Times, Summer in the City: Cool Solutions for Sustainable Urban Living | Dr. Alexandra Ponette<br>
Associate Professor, College of Liberal Arts and Social Sciences<br>
Dr. Lisa Nagaoka<br>
Associate Professor, College of Liberal Arts and Social Sciences | Eagle Student Services Center (ESSC) 255                                     |
| Pop Goes Perception                                          | Dr. Julie Leventhal<br>
Lecturer, College of Liberal Arts and Social Sciences                    | Business Leadership Building (BLB) 070                                |

**3:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
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</thead>
</table>
| Cooking with Chef Joe... Preparing a Recipe for Success       | Dr. Joseph O'Donnell<br>
Senior Lecturer, School of Merchandising and Hospitality Management | Business Leadership Building (BLB) 080                                |
### Thursday, August 22

#### 11:00 AM

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movie Time with the Media Library</td>
<td>Erin Miller</td>
<td>Business Leadership Building (BLB) 080</td>
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<tr>
<td></td>
<td>Steven Guerrero</td>
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<tr>
<td></td>
<td>Dr. Yunfei Du</td>
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</tr>
<tr>
<td>Academic Life in the Era of Big Data</td>
<td>Dr. Junhua Ding</td>
<td>Business Leadership Building (BLB) 070</td>
</tr>
<tr>
<td></td>
<td>Dr. Lisa Nagoka</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr. Yunfei Du</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Librarian, UNT Libraries</td>
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</tr>
<tr>
<td></td>
<td>Associate Professor, College of Liberal Arts</td>
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<tr>
<td></td>
<td>Associate Professor, College of Social Sciences</td>
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<td></td>
<td>Professor, College of Health and Public Service</td>
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<td></td>
<td>Professor and Associate Dean, College of</td>
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<tr>
<td></td>
<td>Information</td>
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#### 12:00 PM

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Times, Summer in the City: Cool Solutions for Sustainable Urban Living</td>
<td>Dr. Alexandra Ponette</td>
<td>Business Leadership Building (BLB) 155</td>
</tr>
<tr>
<td></td>
<td>Dr. Lisa Nagoka</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Associate Professor, College of Liberal Arts</td>
<td></td>
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<tr>
<td></td>
<td>Associate Professor, College of Social Sciences</td>
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#### 1:00 PM

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban Intelligence: from gaming to gardens in a gig economy</td>
<td>Dr. Laura Keyes</td>
<td>Business Leadership Building (BLB) 080</td>
</tr>
<tr>
<td></td>
<td>Lecturer, College of Health and Public Service</td>
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#### 3:00 PM

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The U.S. Death Penalty</td>
<td>Dr. Wendy Watson</td>
<td>Business Leadership Building (BLB) 080</td>
</tr>
<tr>
<td></td>
<td>Senior Lecturer, College of Liberal Arts and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Social Sciences</td>
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First Flight Week 2019 | August 18 - 25, 2019

Transition.unt.edu/first-flight-week

**NEW STUDENT CONVOCATION**

**Wednesday, August 21 | 4:00 PM | UNT Coliseum**

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

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**Guidebook App**

Download the Guidebook App in the App Store of your smart phone to stay connected to First Flight programs on the go. We will be updating the app throughout the week, and this is a great way for you to stay connected to your peers! Once you have downloaded the free Guidebook App, click “download a guide” and search for “UNT First Flight Week 2019”.

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**Transportation Services**

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

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**Friday, August 23**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>Special Interest Session</td>
<td>Dr. Laura Keyes</td>
<td>Business Leadership Building (BLB) 070</td>
</tr>
<tr>
<td></td>
<td>How to Start a Nonprofit</td>
<td>Lecturer, College of Health and Public Service</td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Special Interest Session</td>
<td>Dr. Abraham Benavides</td>
<td>Business Leadership Building (BLB) 080</td>
</tr>
<tr>
<td></td>
<td>The City: Understanding the Basic Functions and Services of our Communities</td>
<td>Associate Professor, College of Health and Public Service</td>
<td></td>
</tr>
</tbody>
</table>

Check the Guidebook App for descriptions of each session and additional Special Interest Sessions!
Every student is required to participate in College Day. Go to the college or school that corresponds with the major you are currently pursuing. It is okay to attend a different college from where you attended at orientation or applied to the university with (*although you should review the exceptions below).

<table>
<thead>
<tr>
<th>College/School</th>
<th>Room Location</th>
<th>Starting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>College of Education</td>
<td>Bahnsen Gym - attached to the PEB</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Engineering</td>
<td>Program will take place on the Discovery Park campus.</td>
<td></td>
</tr>
<tr>
<td>Electrical Engineering; Computer Engineering; Biomedical Engineering; Materials Science</td>
<td>Meet at Coliseum shuttle stop (between Gates A and B).</td>
<td>8:15 AM</td>
</tr>
<tr>
<td>Mechanical &amp; Energy Engineering; Mechanical Engineering Technology; Construction Engineering Technology</td>
<td>Meet at Coliseum shuttle stop (between Gates A and B).</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Computer Science; Information Technology</td>
<td>Meet at Coliseum shuttle stop (between Gates A and B).</td>
<td>9:45 AM</td>
</tr>
<tr>
<td>College of Health and Public Service</td>
<td>See the Guidebook app for locations!</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Information</td>
<td>Environmental Science Building, Room 120</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Frank W. and Sue Mayborn School of Journalism</td>
<td>General Academic Building, Room 104</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>G. Brint Ryan College of Business</td>
<td>Business Leadership Building (BLB), Atrium</td>
<td>Check-in between 8:00 - 9:00 AM</td>
</tr>
<tr>
<td>College of Liberal Arts and Social Sciences</td>
<td>Coliseum</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Merchandising, Hospitality and Tourism</td>
<td>Chilton Hall, South Lawn</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Music* (only students already accepted)</td>
<td>Recital Hall, Music Building, Room 301</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Science</td>
<td></td>
<td>9:00 AM</td>
</tr>
</tbody>
</table>

- Biology and Biochemistry: Union, Lyceum
- Ecology for Environmental Science: Environmental Science 125
- Medical Laboratory Science: Environmental Science 130
- Chemistry: Chemistry 106
- Physics: Physics 115
- Mathematics: Sage Hall 130

College of Visual Arts and Design: Art Building, Monumental Staircase
My Prep
Being prepared for college level work is your first step to a successful year. What you may need in terms of preparation will vary by student. Throughout First Flight, you must attend 3 programs in this category.

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

My Health 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.

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

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

My Prep  My Life  My Health & Wellness  My Future

Program Descriptions
You can find a complete list of all First Flight Programs, as well as program descriptions and event details, in the Guidebook app.

CAREER CONNECT
Career Connect programs are high-impact practice curricular and co-curricular programs that develop communication, leadership, teamwork, and critical thinking skills. As you go through your academic career, you will have the opportunity to obtain a credential in these skill areas by participating in Connect activities and earning badges in each experience. To get you started, attend seven programs that have partnered with Career Connect and earn your first badge, the First Year Connect Badge. First Flight programs that go towards this badge will have the following logo:
ONLINE PROGRAMS

These programs are available all week 24 hours a day (unless otherwise noted).

To access First Flight online programs log on to UNT Instructure (Canvas) at canvas.unt.edu with your EUID (example: abc1234) and password. On the left menu bar, select “courses” and select First Flight 2019. Click the program you are interested in participating in and follow the instructions to complete the program.

- **Boost Your Social Responsibility for Your Future**
  Career Connect

- **Build Your Identity Page**
  Career Connect

- **Calming Your Worry: Facing Your Fears**
  Counseling and Testing Services

- **Calming Your Worry: Life Style Factors**
  Counseling and Testing Services

- **Calming Your Worry: Mindfulness**
  Counseling and Testing Services

- **Calming Your Worry: Relaxation**
  Counseling and Testing Services

- **Calming Your Worry: Thoughts, Assumptions & Core Beliefs**
  Counseling and Testing Services

- **Calming Your Worry: What is Anxiety?**
  Counseling and Testing Services

- **Cracking The Critical And Creative Thinking Code**
  Career Connect

- **Don't You Forget About Me: Building Effective Memory Strategies**
  Learning Center

- **Evaluating My Alcohol and Drug Use: Evaluating Alcohol and Drug Use**
  Counseling and Testing Services

- **Evaluating My Alcohol and Drug Use: Making Decisions About Your Alcohol or Drug Use**
  Counseling and Testing Services

- **Get Involved! (Online)**
  Student Activities
  Available Thursday August 22 – Sunday August 25

- **GRIT Gauge**
  Career Connect

- **Improving Mood: Flow**
  Counseling and Testing Services

- **Improving Mood: Sources of Well-Being**
  Counseling and Testing Services

- **Improving Mood: Strengths**
  Counseling and Testing Services

- **Improving Mood: Traps**
  Counseling and Testing Services

- **Interpersonal Relationships and Communication: Communication Strategies**
  Counseling and Testing Services

- **Interpersonal Relationships and Communication: Communication Styles**
  Counseling and Testing Services

- **Interpersonal Relationships and Communication: Managing Anger**
  Counseling and Testing Services

- **Interpersonal Relationships and Communication: Problem Solving**
  Counseling and Testing Services

- **Interpersonal Relationships and Communication: Relationships**
  Counseling and Testing Services

- **Keys to Grad School: Steps You Can Start Now**
  Learning Center

- **Leadership for Your Future**
  Career Connect

- **Learning Center Job Opportunities - How to Get Involved**
  Learning Center
Learning How You Learn
Learning Center
Leave Your Blues Behind: Layers of Thinking
Counseling and Testing Services
Leave Your Blues Behind: Problem Solving
Counseling and Testing Services
Leave Your Blues Behind: Social Connections
Counseling and Testing Services
Leave Your Blues Behind: Stress and Depression
Counseling and Testing Services
Leave Your Blues Behind: Understanding Depression
Counseling and Testing Services
Leave Your Blues Behind: Unhealthy and Healthy Thoughts
Counseling and Testing Services
Let Go & Be Well: Acceptance
Counseling and Testing Services
Let Go & Be Well: Fusion and Defusion
Counseling and Testing Services
Let Go & Be Well: Getting Stuck in Our Thoughts
Counseling and Testing Services
Let Go & Be Well: Taking Action
Counseling and Testing Services
Pain Management: Alternative Medical Treatments
Counseling and Testing Services
Pain Management: Basic Pain
Counseling and Testing Services
Pain Management: Medications and Pain
Counseling and Testing Services
Pain Management: Reducing the Negative Impact of Pain
Counseling and Testing Services
Plan Your Semester
Learning Center
Self-Advocating for Your Success
Learning Center
Self-Management Skills Lead to Success
Career Connect
Speed Reading Tips and Tricks
Learning Center
Studying is Better Together: Building an Effective Study Group
Learning Center
Succeeding in Online Classes
Learning Center
Supplemental Instruction - The Key to Academic Success
Learning Center
The Insider’s Guide to Collaboration & Teamwork
Career Connect
There’s a Tutor for That
Learning Center
Total Mind-Body Wellness
Learning Center
Your Key to Success: Communication
Career Connect
## Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
</table>
| 9:00 AM - 4:00 PM | **First Flight Check In**  
Check In will take place at your residence hall front desk. All commuter students can check-in from 3:00pm - 4:00pm at the Coliseum, Gate A  
*All new freshman students are required to check in for First Flight. After you check in, you have free time until the TIME Speaker and opening program.* |
| 4:30 PM       | **First Flight BBQ**  
Location - UNT Coliseum (enter through Gate B)  
*Join your new classmates for dinner before the TIME Speaker and opening program.* |
| 5:00 PM       | **First Flight Opening Program**  
Location - UNT Coliseum  
*See the seating chart below to know where you should sit to meet your First Flight Leader and small group. Section locations were listed on the First Flight Check In Pass sent to you via email.* |
| 5:15 PM       | **TIME (This is My Experience) Speaker: Nick Toman**  
Location - UNT Coliseum  
*The TIME Speaker is the official kick-off event of First Flight Week.* |

## Things To Do Today

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

Download the First Flight schedule on the Guidebook App. In the app store, download the free app Guidebook and search for our program guide titled, UNT First Flight Week 2019.

## Meals Today

**Meal plans begin on Monday, August 19.** Students are expected to use their campus meal plan throughout First Flight Week. The following dining halls will be open: Kerr Dining Hall, Bruce Dining Hall, and Champs at Victory Hall.

**Breakfast**  - on your own

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

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

**Transfer Experience Kick-Off**  
Transfer Center  
*6:00 PM - 8:00 PM, Gateway 132*
## Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td><strong>University 101/ Library Presentation/Student Life Time Rotation</strong>&lt;br&gt;Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td><strong>Small Group Meeting 2/ Lunch Rotation</strong>&lt;br&gt;Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td><strong>University 101/ Library Presentation/Student Life Time Rotation</strong>&lt;br&gt;Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>throughout the day</td>
<td><strong>First Flight Programs</strong>&lt;br&gt;<em>Find programs and sessions to attend to meet your First Flight requirements.</em></td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td><strong>Dinner</strong>&lt;br&gt;<em>Meet your First Flight Group for dinner before attending tonight’s evening programs.</em></td>
</tr>
<tr>
<td>6:30 PM - 8:30 PM</td>
<td><strong>Rec Extravaganza!!</strong>&lt;br&gt;<em>Location - Pohl Recreation Center</em>&lt;br&gt;<em>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, a No-Limit Texas Hold ‘Em tournament, and even live music! Get here early for free pizza and a t-shirt. You won’t want to miss this event!</em></td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>Distinguished Lecture Series Speaker: Marque Richardson</strong>&lt;br&gt;<em>Location - Coliseum</em>&lt;br&gt;<em>Bring your student ID for entrance into this event. Marque Richardson is an actor, writer, and producer. Star of Dear White People. Speaks about criminal justice reform, social justice and homelessness.</em></td>
</tr>
<tr>
<td>8:30 PM</td>
<td><strong>University Program Council Evening Movie - Avengers</strong>&lt;br&gt;<em>Location - University Union, South Lawn</em>&lt;br&gt;<em>Bring your student ID for entrance into this event. Don’t forget to bring a blanket to enjoy the movie from the south lawn.</em></td>
</tr>
</tbody>
</table>
8:00 AM

Sage Hall Academic Success Center Open House
Learning Center
8:00 AM - 5:00 PM, Sage 170

9:00 AM

F & J Visa Requirements 101
Division of International Affairs
9:00 AM - 11:00 AM, Marquis Hall 130

The First Generation Student Experience
TRIO Support Services
9:00 AM - 4:00 PM, GAB 117

2:00 PM

Block Printing with Union Arts
University Union
2:30 PM - 3:30 PM, Union 333

3:00 PM

Denton on a Dime
Student Money Management Center
3:00 PM - 4:00 PM, BLB 65

Dolla Dolla Bills
Student Money Management Center
3:00 PM - 4:00 PM, Marquis 130

Epic Escapes – The Ultimate Student Loan Debt Escape Room
Student Financial Aid & Scholarships / Student Money Management Center
3:00 PM - 4:00 PM, BLB 015

Honors College Group Academic Advising Session
Honors College
3:00 PM - 3:45 PM, Rawlins Hall Multipurpose Room

How to Ride with DCTA
Transportation Services
3:00 PM - 5:00 PM, Highland Street Garage
Transportation Office

Keeping it 100: Academic Coaching
Learning Center
3:00 PM - 3:20 PM, CURY 210

Math Boot Camp for General Chemistry
Chemistry Department
3:00 PM - 4:20 PM, Chemistry 106

Quick Prep: It’s in the Syllabus!
Learning Center
3:00 PM - 3:20 PM, CURY 104

Quick Prep: Leaving Procrastination Behind!
Learning Center
3:00 PM - 3:20 PM, CURY 103

The Black Student Experience Retreat
Multicultural Center
3:00 PM - 4:00 PM, See the Guidebook App

There’s a Tutor for That
Learning Center
3:00 PM - 3:20 PM, CURY 203

Tips and Tools
Orientation and Transition Programs
3:00 PM - 4:00 PM, BLB 060

Total Mind-Body Wellness
Learning Center
3:00 PM - 3:30 PM, CURY 211

Army Information Session
UNT Army ROTC
3:30 PM - 4:30 PM, Wooten 122

Bob Ross and Chill
Student Health and Wellness Center
3:30 PM - 4:30 PM, Chestnut Hall 324

Chestnut Hall Open House
Student Health and Wellness Center
3:30 PM - 5:00 PM, Chestnut Hall Rotunda

Cookies and Careers
Career Center
3:30 PM - 4:30 PM, Maple Hall Living Room

Get Involved!
Student Activities
3:30 PM - 4:30 PM, SAGE 116

Here’s the Tea- SGA is the Place to Be
Student Government Association
3:30 PM - 5:00 PM, Union 344

How to Find a Job on Campus
Career Center
3:30 PM - 4:30 PM, Chestnut 120

Keeping it 100: Academic Coaching
Learning Center
3:30 PM - 3:50 PM, CURY 210

Learning How You Learn
Learning Center
3:30 PM - 4:15 PM, CURY 211

Mindfully Me: a Brief Introduction to Meditation
Office of Spiritual Life
3:30 PM - 4:30 PM, BLB 010
Outdoor Pursuits Gear Exhibit
Rec Sports
3:30 PM - 4:30 PM, Pohl Rec Center - Outdoor Pursuits Center

Panhellenic Recruitment Orientation
Greek Life
3:30 PM - 4:30 PM, Lyceum (Union)

Quick Prep: Don’t Sweat the Test!
Learning Center
3:30 PM - 3:50 PM, CURY 103

Quick Prep: Studying is Better Together!
Learning Center
3:30 PM - 3:50 PM, CURY 104

Strait Outta Cash- Food Insecurity and Resources to Help
Dean of Students
3:30 PM - 4:30 PM, Business Leadership Building 140

There’s a Tutor for That
Learning Center
3:30 PM - 3:50 PM, CURY 203

La primera generación and now what?
Center for Student Affairs - Union
3:45 PM – 4:30 PM, Union Room 268

4:00 PM

Escape! @ First Flight
Media Library
4:00 PM - 9:00 PM, Media Library Chilton Hall 111

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

Introduction to Personal Training & Free Body Fat Test
Rec Sports
4:00 PM - 5:00 PM, Pohl Rec Center - Basketball Lounge

Nationally Competitive Scholarships Information Session
Honors College
4:00 PM - 4:45 PM, Rawlins Hall Multipurpose Room

Quick Prep: Don’t Cheat Yourself!
Learning Center
4:00 PM - 4:20 PM, CURY 104

Quick Prep: Read Like a Boss!
Learning Center
4:00 PM - 4:20 PM, CURY 103

Self-Advocating for Your Success
Learning Center
4:00 PM - 4:30 PM, CURY 210

SI - Keys to Academic Success
Learning Center
4:00 PM - 4:20 PM, CURY 203

Transfer Networking and Game Night
Transfer Center
4:00 PM - 6:00 PM, Chestnut Hall 120

Critical Thinking Skills
Learning Center
4:30 PM - 5:00 PM, CURY 211

Involvement Hub Open House
Student Activities, Center for Leadership & Service, and UPC
4:30 PM - 5:30 PM, Union 337 (Student Org Workspace)

Plan Your Semester
Learning Center
4:30 PM - 5:00 PM, CURY 210

Quick Prep: Don’t You Forget About Me!
Learning Center
4:30 PM - 4:50 PM, CURY 104

Quick Prep: Take Note!
Learning Center
4:30 PM - 4:50 PM, CURY 103

SI - Keys to Academic Success
Learning Center
4:30 PM - 4:50 PM, CURY 203

6:00 PM

Join a Team - Sport Club Recruitment
Rec Sports
6:30 PM- 8:30 PM, Pohl Rec Center

Rec Extravaganza!
Rec Sports
6:30 PM- 8:30 PM, Pohl Rec Center

7:00 PM

Intramural Texas hold’em
Rec Sports
4:40 PM - 5:00 PM, Sage 1167:00 PM, Pohl Rec Center - Room 205
Schedule at a Glance

9:00 AM  
**University 101/ Library Presentation/ Student Life Time Rotation**  
Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.

11:00 AM - 1:00 PM  
**Small Group Meeting 3/ Lunch Rotation**  
Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.

throughout the day  
**First Flight Programs/ Special Interest Sessions**  
Find programs and sessions to attend to meet your First Flight requirements.

5:00 PM - 7:00 PM  
**Dinner**  
Meet your First Flight Group for dinner before attending tonight’s evening programs.

6:30 PM - 9:00 PM  
**Spirit Night at Apogee Stadium**  
Location - Apogee Stadium  
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 Apogee Stadium.

**Class of 2023 Photo**  
Location - Apogee Stadium  
Join us for Spirit Night at Apogee Stadium, and participate in the third annual class photo at UNT. The class of 2023 will spell out UNT on the football field.

Things To Do Today

- Attend Special Interest Sessions today! Available sessions can be found on pages 4-5.
- Walk across the pedestrian bridge and get acquainted with the walk to football games.
- Get your photo taken with Scrappy at Spirit Night at Apogee Stadium, and participate in the third annual class photo from 6:30 - 9:00 PM.
- Visit the Sage Hall Academic Success Center Open House. Open 8:00 AM - 5:00 PM in Sage 170.
<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Sage Hall Academic Success Center Open House</td>
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<td>Learning Center</td>
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<td>8:00 AM- 5:00 PM, Sage 170</td>
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<td>9:00 AM</td>
<td>F &amp; J Visa Requirements 101</td>
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<td>Division of International Affairs</td>
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<td>9:00 AM- 11:00 AM, Marquis Hall 130</td>
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<td>The First Generation Student Experience</td>
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<td>TRIO Support Services</td>
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<td>9:00 AM- 4:00 PM, GAB 117</td>
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<td>11:00 AM</td>
<td>Block Printing with Union Arts</td>
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<td>University Union</td>
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<td>11:00 AM - 12:00 PM, Union 341</td>
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<td>Transfer Tip: Surviving Your First Semester</td>
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<td>Transfer Center</td>
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<td>11:00 AM - 1:00 PM, Wooten 117</td>
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<td>1:00 PM</td>
<td>A Taste of Difference</td>
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<td>Center for Leadership and Service</td>
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<td>1:00 PM- 2:30 PM, BLB 005</td>
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<td>Achoo! What to Do When You Get Sick at UNT</td>
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<td>Student Health and Wellness Center</td>
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<td>1:00 PM- 2:00 PM, Chestnut Hall 324</td>
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<td></td>
<td>Ask an OL (Orientation Leader)</td>
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<td>Orientation and Transition Programs</td>
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<td>1:00 PM- 2:00 PM, see Guidebook App for location</td>
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<td>Bougie on a Budget- It’s a Lifestyle!</td>
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<td>Student Money Management Center</td>
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<td>1:00 PM- 2:00 PM, BLB 65</td>
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<td>Connecting Your Experiences, Creating Your Future</td>
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<td>Career Connect</td>
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<td>1:00 PM- 1:30 PM, Willis Library 136</td>
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<td>Dolla Dolla Bills- Study Abroad</td>
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<td>Study Abroad/ Student Money Management Center</td>
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<td>1:00 PM- 2:00 PM, Marquis 130</td>
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<td>ENDGAME - Graduating From UNT Without Debt</td>
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<td>Student Financial Aid &amp; Scholarships / Student Money Management Center</td>
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<td>1:00 PM- 2:00 PM, BLB 015</td>
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<td>GTF Scholars 2.0 Kick-Off</td>
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<td>Division of Student Affairs</td>
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<td>1:00 PM- 2:00 PM, Union 385</td>
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<td>I Speak Textbook</td>
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<td>Barnes and Noble at UNT</td>
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<td>1:00 PM- 2:00 PM, Union 381</td>
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<td></td>
<td>Keeping it 100: Academic Coaching</td>
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<td>Learning Center</td>
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<td>1:00 PM- 1:20 PM, CURY 210</td>
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<td></td>
<td>Learning Center Job Opportunities: How to Get Involved</td>
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<td>Learning Center</td>
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<td>1:00 PM- 1:20 PM, CURY 104</td>
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<td>Pride Alliance Open House</td>
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<td>Pride Alliance</td>
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<td>1:00 PM- 3:00 PM, Union 382 (Reservation pending)</td>
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<td>There’s a Tutor for That</td>
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<td>Learning Center</td>
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<td>1:00 PM- 1:20 PM, CURY 103</td>
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<td></td>
<td>Tips and Tools</td>
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<td>Orientation and Transition Programs</td>
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<td>1:00 PM- 2:00 PM, BLB 075</td>
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<td>Total Mind-Body Wellness</td>
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<td>Learning Center</td>
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<td>1:00 PM- 1:30 PM, CURY 211</td>
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<td>Transportation 101</td>
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<td>Transportation Services</td>
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<td>1:00 PM- 3:00 PM, Highland Street Garage</td>
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<td>Career Connect ePortfolio Hands-On Training</td>
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<td>Career Connect</td>
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<td>1:30 PM - 2:00 PM, Willis Library 136</td>
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<td>Get the Scoop on Careers: Ice Cream Social</td>
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<td>Career Center</td>
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<td>1:30 PM - 3:30 PM, Chestnut Hall Rotunda</td>
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<td>Healthy Dorm Room Cooking Hacks</td>
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<td>Student Health and Wellness Center</td>
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<td>1:30 PM - 2:30 PM, See the Guidebook App</td>
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</tbody>
</table>
Honors College Group Academic Advising Session
Honors College
1:30 PM - 2:15 PM, Rawlins Hall Multipurpose Room

Keeping it 100: Academic Coaching
Learning Center
1:30 PM - 1:50 PM, CURY 210

Learning Center Job Opportunities: How to Get Involved
Learning Center
1:30 PM - 1:50 PM, CURY 104

Making the Most of Your Membership
Rec Sports
1:30 PM - 2:30 PM, Pohl Rec Center - Room 207

Quick Prep: Keys to Grad School!
Learning Center
1:30 PM - 1:50 PM, CURY 204

Quick Prep: Succeeding in Online Classes!
Learning Center
1:30 PM - 1:50 PM, CURY 203

There's a Tutor for That
Learning Center
1:30 PM - 1:50 PM, CURY 103

Total Mind-Body Wellness
Learning Center
1:30 PM - 2:00 PM, CURY 211

2:00 PM

Design Works 101
Design Works
2:00 PM - 3:00 PM, Union 225

“It’s On Us” Resource Fair
Dean of Students - Survivor Advocate
2:00 PM - 4:00 PM, See the Guidebook App

A Haunted Loan
Student Money Management Center
2:00 PM - 3:00 PM, BLB 15

Are You #MeanGreenReady?
Office of Emergency Management & Safety Services
2:00 PM - 3:30 PM, The UNT Coliseum Room 036 - The Emergency Operations Center

Campus and Personal Safety
UNT Police Department
2:00 PM - 3:00 PM, BLB 090

Class Schedule Tours
Orientation and Transition Programs
2:00 PM - 3:00 PM, see Guidebook App for location

ECHS Graduate Meet and Greet
Division of Student Affairs
2:00 PM - 3:00 PM, Union 339

Emerald Eagle Scholars Kick-Off - Last Names A-H
Emerald Eagle Scholars Program
2:00 PM - 4:00 PM, Sage 116

Find Your Roots at UNT!
We Mean Green Fund
2:00 PM - 4:00 PM, UNT Community Garden behind Legends Hall on corner of N. Texas Blvd and W. Sycamore St

Learning Center Job Opportunities: How to Get Involved
Learning Center
2:00 PM - 2:20 PM, CURY 103

Learning How You Learn
Learning Center
2:00 PM - 2:45 PM, CURY 211

Multicultural Scholastic Achievement Award (MSA) Orientation
Office of Outreach
2:00 PM - 3:30 PM, BLB 065

Quick Prep: Don't Sweat the Test!
Learning Center
2:00 PM - 2:20 PM, CURY 204

Quick Prep: Don't You Forget About Me!
Learning Center
2:00 PM - 2:20 PM, CURY 203

Self-Advocating for Your Success
Learning Center
2:00 PM - 2:30 PM, CURY 210

SI - Keys to Academic Success
Learning Center
2:00 PM - 2:20 PM, CURY 104

Strength Talk
Career Center - College of Business
2:00 PM - 3:00 PM, BLB 010

Writing Center
UNT Writing Center
2:00 PM - 4:00 PM, Sage Hall 150
Did You Choose the Right Major?  
Career Center  
2:30 PM - 3:30 PM, Chestnut Hall 120

Learning Center Job Opportunities: How to Get Involved  
Learning Center  
2:30 PM - 2:50 PM, CURY 103

Panhellenic 101: Scholarship and Service  
Greek Life  
2:30 PM - 3:30 PM, BLB 180

Quick Prep: Leaving Procrastination Behind!  
Learning Center  
2:30 PM - 2:50 PM, CURY 203

Quick Prep: Read Like a Boss!  
Learning Center  
2:30 PM - 2:50 PM, CURY 204

Self-Advocating for Your Success  
Learning Center  
2:30 PM - 3:00 PM, CURY 210

Self-Care and Succulents  
Student Health and Wellness Center  
2:30 PM - 3:30 PM, Chestnut Hall 324

SI - Keys to Academic Success  
Learning Center  
2:30 PM - 2:50 PM, CURY 104

Working with Professors  
Honors College  
2:30 PM - 3:15 PM, Rawlins Hall Multipurpose Room

Critical Thinking Skills  
Learning Center  
3:00 PM- 3:30 PM, CURY 211

F.L.Y. Peer Ambassador Program  
Multicultural Center  
3:00 PM- 4:00 PM, See the Guidebook App

Healthy Dorm Room Cooking Hacks  
Student Health and Wellness Center  
3:00 PM- 4:00 PM, See the Guidebook App

How to Ride with DCTA Transportation Services  
3:00 PM- 5:00 PM, Highland Street Garage  
Transportation Office

Kick A** in Business School  
Career Center  
3:00 PM- 4:00 PM, BLB 090

Math Boot Camp for General Chemistry  
Chemistry Department  
3:00 PM- 4:20 PM, Chemistry 106

Plan Your Semester  
Learning Center  
3:00 PM- 3:30 PM, CURY 210

Pushups and Pizza  
UNT Army ROTC  
3:00 PM- 4:45 PM, Library Mall

Quick Prep: Studying is Better Together!  
Learning Center  
3:00 PM- 3:20 PM, CURY 203

Quick Prep: Take Note!  
Learning Center  
3:00 PM- 3:20 PM, CURY 204

SI - Keys to Academic Success  
Learning Center  
3:00 PM- 3:20 PM, CURY 104

Student Experience with Connect  
Career Connect  
3:00 PM- 3:30 PM, Hickory 252

There’s a Tutor for That  
Learning Center  
3:00 PM- 3:20 PM, CURY 103

UPC Informational  
University Program Council (UPC)  
3:00 PM- 3:30 PM, CURY 210

Working at Rec Sports  
Rec Sports  
3:00 PM- 4:00 PM, Pohl Rec Center - Room 207

Critical Thinking Skills  
Learning Center  
3:30 PM - 4:00 PM, CURY 211

First Aid 101  
Student Health and Wellness Center  
3:30 PM - 4:00 PM, Chestnut Hall 324

Greek Life 101  
Greek Life  
3:30 PM - 4:30 PM, Greek Life Center

How to Get Into Grad School  
Honors College  
3:30 PM - 4:15 PM, Rawlins Hall Multipurpose Room

Mindfully Me: a Brief Introduction to Meditation  
Office of Spiritual Life  
3:30 PM - 4:30 PM, BLB 010
Plan Your Semester  
Learning Center  
3:30 PM - 4:00 PM, CURY 210

Quick Prep: Don’t Cheat Yourself!  
Learning Center  
3:30 PM - 3:50 PM, CURY 204

Quick Prep: Don’t You Forget About Me!  
Learning Center  
3:30 PM - 3:50 PM, CURY 203

SI - Keys to Academic Success  
Learning Center  
3:30 PM - 3:50 PM, CURY 104

There’s a Tutor for That  
Learning Center  
3:30 PM - 3:50 PM, CURY 103

What I Wish I Knew In College Alumni Panel  
Career Center  
3:30 PM - 4:30 PM, Chestnut Hall 120

You are First Generation, and now what?  
Center for Student Affairs - Union  
3:45 PM - 4:30 PM, Union Room 268

Quick Prep: Keys to Grad School!  
Learning Center  
4:00 PM - 4:20 PM, CURY 204

Quick Prep: Leaving Procrastination Behind!  
Learning Center  
4:00 PM - 4:20 PM, CURY 203

Quick Prep: Take Note!  
Learning Center  
4:00 PM - 4:20 PM, CURY 103

Intro to Kayaking  
Rec Sports  
4:30 PM - 5:30 PM, Pohl Rec Center - Leisure Pool

Keeping it 100: Academic Coaching  
Learning Center  
4:30 PM - 4:50 PM, CURY 210

Quick Prep: Don’t Sweat the Test!  
Learning Center  
4:30 PM - 4:50 PM, CURY 103

Quick Prep: Read Like a Boss!  
Learning Center  
4:30 PM - 4:50 PM, CURY 204

Quick Prep: Studying is Better Together!  
Learning Center  
4:30 PM - 4:50 PM, CURY 104

Quick Prep: Succeeding in Online Classes!  
Learning Center  
4:30 PM - 4:50 PM, CURY 203

5:00 PM

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

First Aid 101  
Student Health and Wellness Center  
4:00 PM - 4:30 PM, Chestnut Hall 324

Get Involved!  
Student Activities  
4:00 PM - 5:00 PM, SAGE 116

Keeping it 100: Academic Coaching  
Learning Center  
4:00 PM - 4:20 PM, CURY 210

Learning How You Learn  
Learning Center  
4:00 PM - 4:45 PM, CURY 211

Quick Prep: It’s in the Syllabus  
Learning Center  
4:00 PM - 4:20 PM, CURY 104
## WEDNESDAY, AUGUST 21, 2019

### Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>Check your First Flight track (red, yellow, blue or green) schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>9:00 AM - 12:00 PM</td>
<td><strong>College Day</strong>&lt;br&gt;See page 7 for your college/school meeting time and location.</td>
</tr>
<tr>
<td>12:00 PM</td>
<td><strong>Lunch</strong>&lt;br&gt; Eat lunch with your small group!</td>
</tr>
<tr>
<td>throughout the day</td>
<td><strong>First Flight Programs</strong>&lt;br&gt;Find programs to attend to meet your First Flight requirements.</td>
</tr>
<tr>
<td>2:30 PM</td>
<td><strong>Small Group Meeting 4</strong>&lt;br&gt;Meet your First Flight Leader at the specified location</td>
</tr>
<tr>
<td>4:00 PM</td>
<td><strong>New Student Convocation</strong>&lt;br&gt;New students are required to attend New Student Convocation. See page 6 for more information.</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td><strong>Mean Green Fling</strong>&lt;br&gt;Location - Library Mall, Union North Green, and Union South Lawn&lt;br&gt;Mean Green Fling is the annual event that kicks off the start of the school year. Come meet representatives from hundreds of student organizations, campus departments, and local businesses. Free food, giveaways, prizes, and entertainment!</td>
</tr>
</tbody>
</table>

### Things To Do Today

- **Meet up with your First Flight Leader in the morning for information about College Day.**
- **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.
- **New Student Convocation is required of all new students.**
- **Visit the Sage Hall Academic Success Center Open House.** Open 8:00 AM - 5:00 PM in Sage 170
**8:00 AM**

Sage Hall Academic Success Center Open House
Learning Center
8:00 AM- 5:00 PM, Sage 170

**9:00 AM**

The First Generation Experience
TRIO Support Services
9:00 AM- 4:00 PM, GAB 117

**10:00 AM**

CARE Team: Active Bystander Activity
Dean of Students Office -- CARE Team
10:00 AM- 11:00 AM, BLB 295

**11:00 AM**

Design Works 101
Design Works
11:00 AM - 0.5, Union 225

Dolla Dolla Bills- Study Abroad
Student Money Management Center/ Study Abroad
11:00 AM - 0.5, Marquis 130

**12:00 PM**

25 (Give or Take) “Easy” Ways to Stay Well This Semester
TRIO Talent Search
12:00 PM - 12:45 PM, See the Guidebook App

Group Exercise Class
Rec Sports
12:15 PM- 12:45 PM, Pohl Rec Center - Group Exercise Rooms

Stop the Bleed
UNT Emergency Management & UNT Police
12:30 PM- 2:00 PM, UNT Emergency Operations Center - Coliseum 036

Unspoken School Supplies
Student Health and Wellness Center
12:30 PM- 2:00 PM, Chestnut Hall 324

**1:00 PM**

Connecting Your Experiences, Creating Your Future
Career Connect
1:00 PM- 1:30 PM, Willis Library 136

F & J Visa Requirements 101
Division of International Affairs
1:00 PM- 3:00 PM, Marquis 130

**2:00 PM**

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

Making the Most of Your Membership
Rec Sports
1:00 PM- 2:00 PM, Pohl Rec Center - Room 207

Panhellenic 101: Finances
Greek Life
1:00 PM- 2:00 PM, BLB 170

Secrets to Success: What I Wish I Knew My Freshman Year
College of Liberal Arts and Social Sciences Office of Student Advising
1:00 PM- 2:00 PM, Sage Hall 116

Transfer Community Meeting
Transfer Center
1:00 PM - 2:00 PM, Gateway 132

Career Connect ePortfolio Hands-On Training
Career Connect
1:30 PM - 2:00 PM, Willis Library 136

National Pan-Hellenic Council 101
Greek Life
1:30 PM - 2:30 PM, Greek Life Center

**3:00 PM**

SAPU Completion
Dean of Students - Survivor Advocacy
3:00 PM- 5:00 PM, Chilton 270

Transfer Meet Up - Convocation and Mean Green Fling
Transfer Center
3:15 PM- 7:00 PM, UNT Coliseum Gate A

You are First Generation, and now what?
Center for Student Affairs - Union
3:45 PM - 4:30 PM, Union Room 268

**4:00 PM**

Escape! @ First Flight
Media Library
4:00 PM - 9:00 PM, Media Library, Chilton Hall 111

Game On! First Flight
Media Library
4:00 PM - 9:00 PM, Media Library, Chilton Hall 111
5:00 PM

**Mean Green Fling**
Student Activities
5:00 PM - 7:00 PM, Library Mall & University Union

6:00 PM

*(My Health and Wellness)* Outdoor Pursuits Gear Exhibit
Rec Sports
6:30 PM - 7:30 PM, Pohl Rec Center - Outdoor Pursuits Center

8:00 PM

**New Student VIP Night**
Barnes and Noble at UNT
8:00 PM - 10:00 PM, Barnes and Noble at UNT
THURSDAY, AUGUST 22, 2019

Schedule at a Glance

throughout the day  First Flight Programs
Find programs to attend to meet your First Flight requirements.

Things To Do Today

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

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

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

Take a Class Schedule Tour and learn where your classes are.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Sage Hall Academic Success Center Open House</td>
<td>Learning Center</td>
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<tr>
<td></td>
<td></td>
<td>8:00 AM - 5:00 PM, Sage 170</td>
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<tr>
<td>9:00 AM</td>
<td>Flight to the LLELA Ecological Fieldstation</td>
<td>Institute of Applied Science</td>
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<td>9:00 AM - 12:00 PM, Off campus at LLELA. 201 E Jones, Lewisville 75057</td>
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<tr>
<td></td>
<td>How to Gym for Beginners</td>
<td>Rec Sports</td>
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<td></td>
<td>9:00 AM - 10:00 AM, Pohl Rec Center - Member Services Desk</td>
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<td></td>
<td>ROTC Orientation</td>
<td>UNT Army ROTC</td>
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<td></td>
<td>9:00 AM - 3:00 PM, Environment Science 103</td>
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<td></td>
<td>The First Generation Student Experience</td>
<td>TRIO Support Services</td>
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<td></td>
<td></td>
<td>9:00 AM - 4:00 PM, GAB 117</td>
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<tr>
<td>10:00 AM</td>
<td>First Aid 101</td>
<td>Student Health and Wellness Center</td>
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<td></td>
<td></td>
<td>10:00 AM - 10:30 AM, Chestnut Hall 324</td>
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<tr>
<td></td>
<td>Honors College Group Academic Advising Session</td>
<td>Honors College</td>
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<td></td>
<td></td>
<td>10:00 AM - 10:45 AM, Rawlins Hall Multipurpose Room</td>
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<td></td>
<td>Interfraternity Council 101</td>
<td>Greek Life</td>
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<td>10:00 AM - 11:00 AM, BLB 070</td>
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<td></td>
<td>Responding to an Active Shooter event</td>
<td>UNT Police Department</td>
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<td>10:00 AM - 11:00 AM, BLB 090</td>
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<tr>
<td></td>
<td>First Aid 101</td>
<td>Student Health and Wellness Center</td>
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<td>10:30 AM - 11:00 AM, Chestnut Hall 324</td>
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<tr>
<td>11:00 AM</td>
<td>Greek Life 101</td>
<td>Greek Life</td>
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<td>11:00 AM - 12:00 PM, Greek Life Center</td>
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<td></td>
<td>Green Dot Bystander Tabling</td>
<td>Dean of Students - Survivor Advocacy</td>
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<td>11:00 AM - 1:00 PM, See the Guidebook App</td>
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<td></td>
<td>Honors College Student Research Panel</td>
<td>Honors College</td>
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<td></td>
<td></td>
<td>11:00 AM - 11:45 AM, Rawlins Hall Multipurpose Room</td>
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<tr>
<td></td>
<td>Professionalism with CLASS 101</td>
<td>College of Liberal Arts and Social Sciences</td>
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<td>11:00 AM - 12:00 PM, GAB 210M (Dean’s Office)</td>
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<td>12:00 PM</td>
<td>Destination Denton</td>
<td>Transfer Center</td>
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<td>12:00 PM - 3:00 PM, Union Circle</td>
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<tr>
<td>1:00 PM</td>
<td>Are You #MeanGreenReady?</td>
<td>Office of Emergency Management &amp; Safety Services</td>
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<td></td>
<td></td>
<td>1:00 PM - 2:30 PM, The UNT Coliseum Room 036 - The Emergency Operations Center</td>
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<td></td>
<td>Connecting Your Experiences, Creating Your Future</td>
<td>Career Connect</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 PM - 1:30 PM, Willis Library 136</td>
</tr>
<tr>
<td></td>
<td>F &amp; J Visa Requirements 101</td>
<td>Division of International Affairs</td>
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<td></td>
<td>1:00 PM - 3:00 PM, Marquis Hall 130</td>
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<td></td>
<td>F.L.Y. Peer Ambassador Program</td>
<td>Multicultural Center</td>
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<td>1:00 PM - 2:00 PM, See the Guidebook App</td>
</tr>
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<td></td>
<td>Nationally Competitive Scholarships Information Session</td>
<td>Honors College</td>
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<td></td>
<td></td>
<td>1:00 PM - 1:45 PM, Rawlins Hall Multipurpose Room</td>
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<tr>
<td></td>
<td>Passing Perspectives</td>
<td>Office of Diversity and Inclusion</td>
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<td>1:00 PM - 2:00 PM, See the Guidebook App</td>
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<td></td>
<td>Student Experience with Connect</td>
<td>Career Connect</td>
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<td></td>
<td>1:00 PM - 1:30 PM, Hickory 252</td>
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<tr>
<td></td>
<td>This is Your Brain... This is Your Brain on College: The neuroscience of the most common issues experienced by US college students.</td>
<td>Dean of Students</td>
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<td>1:00 PM - 2:00 PM, Wooten Hall Room 215</td>
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<tr>
<td>2:00 PM</td>
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</tbody>
</table>
| Transportation 101  
Transportation Services  
1:00 PM- 3:00 PM, Highland Street Garage  
Transportation Office |
| Career Connect ePortfolio Hands-On Training  
Career Connect  
1:30 PM - 2:00 PM, Willis Library 136 |
| Emerald Eagle Scholars Kick-Off - Last Names I-Q  
Emerald Eagle Scholars Program  
2:00 PM - 4:00 PM, Sage 116 |
| Finding and Identifying Scholarly Sources for Academic Success  
Honors College  
2:00 PM - 2:45 PM, Rawlins Hall Multipurpose Room |
| How to Survive your First Year in College?  
Career Center  
2:00 PM - 3:00 PM, Chestnut 120 |
| Internships for Business Majors: What You Need to Know  
Career Center  
2:00 PM - 3:00 PM, BLB 010 |
| Varsity Esport Program - Get Involved  
Rec Sports  
2:00 PM - 3:00 PM, Pohl Rec Center - Room 207 |
| 3:00 PM |
| Employers Tell All: What Employers Wish you Knew about Finding Jobs and Internships Panel  
Career Center  
3:00 PM- 4:00 PM, Chestnut Hall 160 |
| How to Ride with DCTA  
Transportation Services  
3:00 PM- 5:00 PM, Highland Street Garage  
Transportation Office |
| Math Boot Camp for General Chemistry  
Chemistry Department  
3:00 PM - 4:20 PM, Chemistry 106 |
| Chill Out With the Career Ambassadors  
Career Center  
3:30 PM - 4:30 PM, Kerr Hall Lobby |
| Get Involved with Environmental Sustainability Projects at UNT  
We Mean Green Fund  
3:45 PM - 4:45 PM, See the Guidebook App |
| 4:00 PM |
| Escape! @ First Flight  
Media Library  
4:00 PM - 9:00 PM, Media Library, Chilton Hall 111 |
| Game On! Flight Week  
Media Library  
4:00 PM - 9:00 PM, Media Library, Chilton Hall 111 |
| Introduction to Personal Training & Free Body Fat Test  
Rec Sports  
4:00 PM - 5:00 PM, Pohl Rec Center - Basketball Lounge |
| Multicultural Greek Council 101  
Greek Life  
4:00 PM - 5:00 PM, BLB 075 |
| FOOTBALL 101  
UNT Athletics and Division of International Affairs  
4:30 PM - 7:00 PM, Club Level at Apogee Stadium |
| 5:00 PM |
| Group Exercise Class  
Rec Sports  
5:30 PM - 6:30 PM, Pohl Rec Center - Group Exercise Rooms |
| Class Cause Reveal Party  
Orientation and Transition Programs  
5:00 PM - 7:00 PM, See the Guidebook App |
| 6:00 PM |
| Gaming and Esport Clubs on Campus  
Rec Sports  
6:00 PM- 10:00 PM, Chilton Hall - UNT Media Library Commons and 111c |
| 7:00 PM |
| Honors College Programming Council Meet and Greet  
Honors College  
7:00 PM- 8:00 PM, Rawlins Hall Multipurpose Room |
| Mean Green Soccer Game  
University of North Texas Athletics  
7:00 PM- 9:00 PM, Mean Green Soccer and Track Complex |
FRIDAY, AUGUST 23, 2019

Schedule at a Glance

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

<table>
<thead>
<tr>
<th>7:00 PM - Midnight</th>
<th>Eagle Insomnia: Night at the Union</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Location - University Union</td>
</tr>
<tr>
<td></td>
<td>Experience the University Union with an evening filled with fun and memorable activities!</td>
</tr>
</tbody>
</table>

Things To Do Today

Visit the Sage Hall Academic Success Center Open House. 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](http://www.dining.unt.edu/hours).

Track your progress on First Flight Programs at [unt.edu/firstflightcheckin](http://unt.edu/firstflightcheckin). See page 8 for attendance requirements. You only have a few more opportunities to fulfill your requirements.
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<th>Time</th>
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<th>Location/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Sage Hall Academic Success Center Open House</td>
<td>Learning Center</td>
</tr>
<tr>
<td></td>
<td>8:00 AM- 5:00 PM, Sage 170</td>
<td></td>
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<tr>
<td>9:00 AM</td>
<td>The First Generation Student Experience</td>
<td>TRIO Support Services</td>
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<td>9:00 AM- 4:00 PM, GAB 117</td>
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<tr>
<td>10:00 AM</td>
<td>Critical Conversation with Hasan Minhaj</td>
<td>Honors College</td>
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<td></td>
<td>10:00 AM- 11:30 AM, Sage Hall 340</td>
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<tr>
<td></td>
<td>Greek Life 101</td>
<td>Greek Life</td>
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<td>10:00 AM- 11:00 AM, Greek Life Center</td>
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<td></td>
<td>Theft Prevention</td>
<td>UNT Police Department</td>
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<td>10:00 AM- 11:00 AM, BLB 090</td>
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<tr>
<td>11:00 AM</td>
<td>Black Professional Network Student Meet and Greet</td>
<td>Black Professional Network</td>
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<td>11:00 AM - 1:00 PM, Union 382</td>
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<tr>
<td>12:00 PM</td>
<td>Mean Green ROTC BBQ Bash</td>
<td>UNT Army ROTC</td>
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<td>12:00 PM- 2:05 PM, Mean Green Village Building P</td>
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<td></td>
<td>Group Exercise Class</td>
<td>Rec Sports</td>
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<td></td>
<td>12:15 PM- 12:45 PM, Pohl Rec Center - Group Exercise Rooms</td>
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<tr>
<td>1:00 PM</td>
<td>CARE Team: Active Bystander Activity</td>
<td>Dean of Students Office -- CARE Team</td>
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<td>1:00 PM - 2:00 PM, UNION 341</td>
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<td></td>
<td>Chill Out with the Career Ambassadors</td>
<td>Career Center</td>
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<td>1:00 PM - 2:00 PM, West Hall Lobby</td>
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<td></td>
<td>Securing Success from College to Career</td>
<td>High School Career Connect</td>
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<td>1:00 PM- 2:00 PM, Chestnut Hall 120A</td>
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<tr>
<td></td>
<td>Transportation 101</td>
<td>Transportation Services</td>
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<tr>
<td></td>
<td>1:00 PM- 3:00 PM, Highland Street Garage</td>
<td>Transportation Office</td>
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<tr>
<td>2:00 PM</td>
<td>Emerald Eagle Scholars Kick-Off - Last Names R-Z</td>
<td>Emerald Eagle Scholars Program</td>
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<td></td>
<td>2:00 PM - 4:00 PM, Sage 116</td>
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<td>Settle Your Glitter with the Honors College</td>
<td>Honors College</td>
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<td>2:00 PM - 3:30 PM, Sage Hall 340</td>
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<tr>
<td>3:00 PM</td>
<td>Greek Life 101</td>
<td>Greek Life</td>
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<td>3:00 PM- 4:00 PM, BLB 055</td>
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<td></td>
<td>How to Ride with DCTA</td>
<td>Transportation Services</td>
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<td></td>
<td>3:00 PM- 5:00 PM, Highland Street Garage</td>
<td>Transportation Office</td>
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<td></td>
<td>Math Boot Camp for General Chemistry</td>
<td>Chemistry Department</td>
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<td>3:00 PM- 4:20 PM, Chemistry 106</td>
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<tr>
<td>4:00 PM</td>
<td>The PUSH Program: Supporting Former Foster Care Youth at UNT</td>
<td>UNT PUSH Program</td>
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<td></td>
<td>4:00 PM - 5:30 PM, BLB 090</td>
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<tr>
<td>5:00 PM</td>
<td>Transfer Center Kick-Off</td>
<td>Transfer Center</td>
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<td>5:00 PM- 7:00 PM, Crumley Park</td>
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<tr>
<td>6:00 PM</td>
<td>North Texas Fair &amp; Rodeo</td>
<td>Advancement</td>
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<td>6:00 PM - 1:00 AM, North Texas State Fairgrounds,</td>
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<td></td>
<td>2217 N. Carroll Blvd Denton, TX</td>
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</tbody>
</table>
SATURDAY, AUGUST 24, 2019

Throughout the day  First Flight Programs/ Special Interest Sessions
Find programs and sessions to attend to meet your First Flight requirements.

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.

Greek Life 101
Greek Life
10:00 AM - 11:00 AM, Greek Life Center
UNIVERSITY 101

Motivating Yourself Toward Academic Success

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

Why must I be academically successful this semester?

To motivate myself I must ...

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

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

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

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

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

Are you motivated by the reward or accomplishing the task?

My support network includes:

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

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

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

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

Adopt the attitude that your professor wants to help you.
Eliminate negative thoughts such as: “She’ll just tell me it’s my fault.” “He uses trick questions on the test.” “He requires too much work.” Instead, tell yourself “He can’t solve my problem for me, but he can help me figure out what I can do.” “She can help me understand how to study for her tests so I can do better.” Respect your instructor for their expertise. Being defensive is the quickest way to turn off your instructor’s desire to help, so be open to suggestions. If you have questions about what they recommend, just ask.

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

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

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

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

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

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

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

### Deep Breathing

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

### Take a Break

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

### Get Enough Sleep

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

### Eat Well

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

### Get Some Exercise

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

### Make Your Life Easier

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

### A Sweet Snack

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

### Plan Ahead

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

### Don’t Sweat the Small Stuff

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

### Learn How to Say No

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

### Things to Avoid:

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

| **Create a Study Schedule** | Set up a realistic schedule for studying. Be sure that it allows enough time to study for each of your exams. You may have two exams on the same day, so you will need to plan ahead to be prepared to take them both.  
Be sure to allow enough time to sleep, exercise and eat well. If you take care of your body, your body will take care of your mind!  
Stick to your schedule! |
| **Review Previous Tests** | Tests that have been returned over the semester can be a good resource when preparing for the final exam. Look back over the tests to get a feel for the types of questions that the professor asks and the level of detail he/she wants in an answer. |
| **Review Your Notes** | Outline your notes. Look to see how previous tests used the material in your notes. Mark areas in your notes that you are unsure of. Ask your professor or a classmate about the areas you have marked. |
| **Review Your Text** | Skim and scan. Look to see how previous tests used the material in the text. Outline major categories and subcategories. Make notes about the areas where you feel you are the weakest, so you can concentrate on those chapters. |
| **Form Study Groups** | Study groups are a good idea all of the time, but they are particularly effective when studying for finals. Assign each person in the study group a section of the course to review and “teach” to the others. Each person should develop possible test questions to cover their section. |
| **Relax** | Final exam time does NOT mean panic time! Eat well, get plenty of sleep, and relax. You will be surprised to find that you have remembered more than you think! |
Small Group Meeting 2: Ideal College Student

Small Group Meeting 4: Goal Setting

<table>
<thead>
<tr>
<th>Specific</th>
<th>Measurable</th>
<th>Achievable</th>
<th>Relevant</th>
<th>Time Bound</th>
</tr>
</thead>
</table>

Short Term Goal

Long Term Goal
STUDENT LIFE TIME

YOUR JOURNEY STARTS NOW!

My Top 5 Talent Themes

You've taken the Clifton StrengthsFinder Assessment and now it's time to start the journey to develop your talents into Strengths.

STRENGTHS BASED DEVELOPMENT

Name It
- Discover your talent themes
- Identify phrases that resonate with you
- Write your talents in your own words

Claim It
- Identify times in your life that your talents helped you to achieve success
- Talk to people who know you about your talents

Aim It
- Invest in developing your talents
- Identify specific ways to use your talents to accomplish your goals

Visit strengths.unt.edu for Strengths Programming Information or to find a Strengths Ambassador.

Enroll in the Strengths at UNT Canvas Course: (https://unt.instructure.com/enroll/9MHBFR) for activities and resources to help you develop your talents.
CLIFTON STRENGTHS
HANDWRITING ACTIVITY

In the spaces provided below, write your name five times.


Now switch hands. In the space below write your name 5 times with your non-dominant hand.


Clifton StrengthsFinder® THEMES

**ACHIEVER®**  People exceptionally talented in the Achiever theme work hard and possess a great deal of stamina. They take immense satisfaction in being busy and productive.

**ACTIVATOR®**  People exceptionally talented in the Activator theme can make things happen by turning thoughts into action. They are often impatient.

**ADAPTABILITY®**  People exceptionally talented in the Adaptability theme prefer to go with the flow. They tend to be “now” people who take things as they come and discover the future one day at a time.

**ANALYTICAL®**  People exceptionally talented in the Analytical theme search for reasons and causes. They have the ability to think about all the factors that might affect a situation.

**ARRANGER®**  People exceptionally talented in the Arranger theme can organize, but they also have a flexibility that complements this ability. They like to determine how all of the pieces and resources can be arranged for maximum productivity.

**BELIEF®**  People exceptionally talented in the Belief theme have certain core values that are unchanging. Out of these values emerges a defined purpose for their lives.

**COMMAND®**  People exceptionally talented in the Command theme have presence. They can take control of a situation and make decisions.

**COMMUNICATION®**  People exceptionally talented in the Communication theme generally find it easy to put their thoughts into words. They are good conversationalists and presenters.

**COMPETITION®**  People exceptionally talented in the Competition theme measure their progress against the performance of others. They strive to win first place and revel in contests.

**CONNECTEDNESS®**  People exceptionally talented in the Connectedness theme have faith in the links among all things. They believe there are few coincidences and that almost every event has meaning.

**CONSISTENCY**  People exceptionally talented in the Consistency theme are keenly aware of the need to treat people the same. They try to treat everyone with equality by setting up clear rules and adhering to them.

**CONTEXT®**  People exceptionally talented in the Context theme enjoy thinking about the past. They understand the present by researching its history.

**DELIBERATIVE**  People exceptionally talented in the Deliberative theme are best described by the serious care they take in making decisions or choices. They anticipate obstacles.

**DEVELOPER®**  People exceptionally talented in the Developer theme recognize and cultivate the potential in others. They spot the signs of each small improvement and derive satisfaction from evidence of progress.

**DISCIPLINE**  People exceptionally talented in the Discipline theme enjoy routine and structure. Their world is best described by the order they create.

**EMPATHY**  People exceptionally talented in the Empathy theme can sense other people’s feelings by imagining themselves in others’ lives or situations.

**FOCUS**  People exceptionally talented in the Focus theme can take a direction, follow through, and make the corrections necessary to stay on track. They prioritize, then act.
<table>
<thead>
<tr>
<th>Theme</th>
<th>Description</th>
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<tbody>
<tr>
<td>FUTURISTIC*</td>
<td>People exceptionally talented in the Futuristic theme are inspired by the future and what could be. They energize others with their visions of the future.</td>
</tr>
<tr>
<td>HARMONY*</td>
<td>People exceptionally talented in the Harmony theme look for consensus. They don’t enjoy conflict; rather, they seek areas of agreement.</td>
</tr>
<tr>
<td>IDEATION*</td>
<td>People exceptionally talented in the Ideation theme are fascinated by ideas. They are able to find connections between seemingly disparate phenomena.</td>
</tr>
<tr>
<td>INCLUDER*</td>
<td>People exceptionally talented in the Includer theme accept others. They show awareness of those who feel left out and make an effort to include them.</td>
</tr>
<tr>
<td>INDIVIDUALIZATION*</td>
<td>People exceptionally talented in the Individualization theme are intrigued with the unique qualities of each person. They have a gift for figuring out how different people can work together productively.</td>
</tr>
<tr>
<td>INPUT*</td>
<td>People exceptionally talented in the Input theme have a craving to know more. Often they like to collect and archive all kinds of information.</td>
</tr>
<tr>
<td>INTELLECTION*</td>
<td>People exceptionally talented in the Intelllection theme are characterized by their intellectual activity. They are introspective and appreciate intellectual discussions.</td>
</tr>
<tr>
<td>LEARNER*</td>
<td>People exceptionally talented in the Learner theme have a great desire to learn and want to continuously improve. The process of learning, rather than the outcome, excites them.</td>
</tr>
<tr>
<td>MAXIMIZER*</td>
<td>People exceptionally talented in the Maximizer theme focus on strengths as a way to stimulate personal and group excellence. They seek to transform something strong into something superb.</td>
</tr>
<tr>
<td>POSITIVITY*</td>
<td>People exceptionally talented in the Positivity theme have contagious enthusiasm. They are upbeat and can get others excited about what they are going to do.</td>
</tr>
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<td>RELATOR*</td>
<td>People exceptionally talented in the Relator theme enjoy close relationships with others. They find deep satisfaction in working hard with friends to achieve a goal.</td>
</tr>
<tr>
<td>RESPONSIBILITY*</td>
<td>People exceptionally talented in the Responsibility theme take psychological ownership of what they say they will do. They are committed to stable values such as honesty and loyalty.</td>
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<td>RESTORATIVE*</td>
<td>People exceptionally talented in the Restorative theme are adept at dealing with problems. They are good at figuring out what is wrong and resolving it.</td>
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<tr>
<td>SELF-ASSURANCE*</td>
<td>People exceptionally talented in the Self-Assurance theme feel confident in their ability to manage their own lives. They possess an inner compass that gives them confidence that their decisions are right.</td>
</tr>
<tr>
<td>SIGNIFICANCE*</td>
<td>People exceptionally talented in the Significance theme want to be very important in others’ eyes. They are independent and want to be recognized.</td>
</tr>
<tr>
<td>STRATEGIC*</td>
<td>People exceptionally talented in the Strategic theme create alternative ways to proceed. Faced with any given scenario, they can quickly spot the relevant patterns and issues.</td>
</tr>
<tr>
<td>WOO*</td>
<td>People exceptionally talented in the Woo theme love the challenge of meeting new people and winning them over. They derive satisfaction from breaking the ice and making a connection with someone.</td>
</tr>
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</table>
## FOUR DOMAINS OF TEAM STRENGTH

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<thead>
<tr>
<th>Executing</th>
<th>Influencing</th>
<th>Relationship Building</th>
<th>Strategic Thinking</th>
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<tr>
<td>Those with dominant themes in the Executing domain know how to make things happen. When the team needs someone to implement a solution, these are the people who will work tirelessly to get it done. Those with a strength to execute have the ability to “catch” an idea and make it a reality.</td>
<td>Those with dominant themes in the Influencing domain help their team reach a much broader audience. These individuals can sell the team’s ideas inside and outside the organization. When the team needs someone to take charge, speak up, and make sure the group is heard, look to someone with the strength to influence.</td>
<td>Those with dominant themes in the Relationship Building domain can provide the essential glue to hold a team together. Without these strengths on a team, in many cases, the group is simply a composite of individuals. In contrast, team members with exceptional Relationship Building strength have the unique ability to help the group become much greater than the sum of its parts.</td>
<td>Those with dominant Strategic Thinking themes are the ones who keep the team focused on what could be. They are constantly absorbing and analyzing information and helping the team make better decisions. People with strength in this domain continually stretch the team’s thinking for the future.</td>
</tr>
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YOUR UNIQUE CONTRIBUTION TO THE TEAM

While each Clifton StrengthsFinder theme has its own power and edge, it can be useful to think about how your talents and strengths help you and the team execute, influence others, build relationships, and absorb and think about information.

In the table below, circle your top five Signature Themes. Then answer the questions that follow.

<table>
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<tr>
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1. Which domain is most dominant for you?

2. In which domain are you least dominant?

3. Have you been maximizing your dominant domain? (Are your colleagues aware of your talents and strengths in this domain?)

4. Have you been “blind” to any of your less dominant domains?
LOVE, CRAZY, ENVY

Identify one of your Signature Themes that you LOVE. What is it about this theme that you appreciate?

Identify one of your Signature Themes that can drive you or others CRAZY. Explain.

STRENGTHS SCAVENGER HUNT
Connect with five to seven of your colleagues. Share and record observations and stories.

<table>
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Identify one theme your colleagues shared that you wish was more dominant in you or that you ENVY in others. Be prepared to describe why this theme is valuable to others.
Building Strength
Talent X Investment = STRENGTH!

1. List your top 5 Talent Themes

2. List 10 activities/opportunities you can pursue this year that will help you build your talent themes into strength.

3. List people who can support you and hold you accountable to developing your talents.

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