### MY FIRST FLIGHT SCHEDULE

Use the schedule at a glance below to plan your week!

Throughout the week you will have the ability to make your schedule your own. You can choose what events you attend and when you attend them. Please note that there are some required events throughout the week where attendance will be taken. First Flight Groups have specific schedules for certain activities. Your First Flight Leader will give you more information about your schedule during your first small group meeting. Write your schedule locations in the spaces below.

#### Move In Weekend (Friday, August 19 - Sunday, August 21)

- **All Weekend**
  - First Flight Check In
  - Check in at your residence hall. Check in for commuter students will be Monday, August 22 during Small Group Meeting 1 at the UNT Coliseum.

- **Sunday, August 21**
  - First Flight Kick-Off
  - Union South Lawn from 2:00PM - 8:00PM

#### Monday, August 22

- **9:00 AM - 10:00 AM**
  - Small Group Meeting 1

- **10:00 AM - 12:00 PM**
  - Career Readiness/Scrappy’s Challenge/ Our Community Rotation

- **Afternoon/Evening**
  - First Flight Programs and Special Interest Sessions
  - See the Guidebook App!

#### Tuesday, August 23

- **9:00 AM - 10:00 AM**
  - Small Group Meeting 2

- **10:00 AM - 12:00 PM**
  - Career Readiness/Scrappy’s Challenge/ Our Community Rotation

- **Afternoon/Evening**
  - First Flight Programs and Special Interest Sessions
  - See the Guidebook App!

#### Wednesday, August 24

- **9:00 AM - 12:00 PM**
  - College Day
  - See page 7

- **12:00 PM - 2:30 PM**
  - Lunch and First Flight Programs
  - See the Guidebook App!

- **2:30 PM**
  - Small Group Meeting 3

- **4:00 PM**
  - New Student Convocation
  - UNT Coliseum

- **Afternoon/Evening**
  - First Flight Programs and Special Interest Sessions
  - See the Guidebook App!

#### Thursday, August 25 - Sunday, August 28

- **throughout the day**
  - First Flight Programs and Special Interest Sessions
  - See the Guidebook App!
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 will check in Monday, August 22, 2022 during Small Group Meeting 1 in the UNT Coliseum.

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

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

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

5. **Participate in College Day** with your major college or school. Additional information on page 8.

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

7. **Attend a total of 5 First Flight Programs of your choosing.** Additional information on page 9.
# FIRST FLIGHT WEEK KICK-OFF

**Sunday, August 21, 2022 | 12:00 - 8:30 PM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 3:00 PM</td>
<td>Live Music Sponsored by UPC Syndicate</td>
<td>Union Information Desk</td>
</tr>
<tr>
<td>12:00 - 3:00 PM</td>
<td>Ice Cream</td>
<td>Library Mall</td>
</tr>
<tr>
<td>4:00 - 7:00 PM</td>
<td>Take a Seat and Make a Friend</td>
<td>Library Mall</td>
</tr>
<tr>
<td>4:00 - 5:00 PM</td>
<td>Trivia</td>
<td>Union Syndicate</td>
</tr>
<tr>
<td>4:00 - 8:00 PM</td>
<td>Lawn Games</td>
<td>South Lawn/Library Mall</td>
</tr>
<tr>
<td>5:00 - 8:00 PM</td>
<td>Photo Booth</td>
<td>South Lawn / Library Mall</td>
</tr>
<tr>
<td>5:00 - 8:00 PM</td>
<td>Kick-off Party</td>
<td>South Lawn / Library Mall</td>
</tr>
<tr>
<td>8:30 PM</td>
<td>UPC Movie, Popcorn, and Kona Ice</td>
<td>Union South Lawn</td>
</tr>
</tbody>
</table>

**UNT**

**DIVISION OF STUDENT AFFAIRS**

**Orientation & Transition Programs**
SMALL GROUP MEETINGS

Similar to orientation, all students are assigned to a small group. The groups during First Flight Week are assigned based on residence hall wing. Small groups will be led by a First Flight Leader, who is your RA. Commuter students will be assigned to groups led by a current UNT student. You’ll have 3 Small Group Meetings to attend during First Flight Week to help you build connections with other students, introduce new material, and reflect on your experiences throughout the week.

<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>Monday, Aug 22</td>
<td>9:00AM - 10:00AM</td>
<td>Welcome and First Flight Overview</td>
</tr>
<tr>
<td>2</td>
<td>Tuesday, Aug 23</td>
<td>9:00AM - 10:00AM</td>
<td>Getting Involved and Using Campus Resources</td>
</tr>
<tr>
<td>3</td>
<td>Wednesday, Aug 24</td>
<td>2:30PM – 3:30PM</td>
<td>Goals and Reflection</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. 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.

MEALS DURING FIRST FLIGHT WEEK

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

<table>
<thead>
<tr>
<th>Dining Hall</th>
<th>Meal</th>
<th>Monday - Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday - Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruce</td>
<td>Breakfast</td>
<td>7:00AM - 9:00PM</td>
<td>7:00AM - 9:00PM</td>
<td>7:00AM - 9:00PM</td>
<td>7:00AM - 9:00PM</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>11:30AM - 2:30PM</td>
<td>11:30AM - 2:30PM</td>
<td>11:30AM - 2:30PM</td>
<td>11:30AM - 2:30PM</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>4:30PM - 7:00PM</td>
<td>Closed*</td>
<td>4:30PM - 7:00PM</td>
<td>4:30PM - 7:00PM</td>
<td>Closed</td>
</tr>
<tr>
<td>Champs</td>
<td>Breakfast</td>
<td>7:00AM - 9:00AM</td>
<td>7:00AM - 9:00AM</td>
<td>7:00AM - 9:00AM</td>
<td>7:00AM - 9:00AM</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>11:00AM - 2:00PM</td>
<td>11:00AM - 2:00PM</td>
<td>11:00AM - 2:00PM</td>
<td>11:00AM - 2:00PM</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>4:30PM - 7:00PM</td>
<td>Closed*</td>
<td>4:30PM - 7:00PM</td>
<td>4:30PM - 7:00PM</td>
<td>Closed</td>
</tr>
<tr>
<td>Eagle Landing</td>
<td>Breakfast</td>
<td>7:00AM - 9:00AM</td>
<td>7:00AM - 9:00AM</td>
<td>7:00AM - 9:00AM</td>
<td>7:00AM - 9:00AM</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>11:30AM - 2:30PM</td>
<td>11:30AM - 2:30PM</td>
<td>11:30AM - 2:30PM</td>
<td>11:30AM - 2:30PM</td>
<td>10:00AM - 2:30PM</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>4:00PM - 7:00PM</td>
<td>Closed*</td>
<td>4:00PM - 7:00PM</td>
<td>4:00PM - 7:00PM</td>
<td>4:00PM - 9:00PM</td>
</tr>
<tr>
<td>Mean Greens</td>
<td>Breakfast</td>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>11:30AM - 2:30PM</td>
<td>Closed</td>
<td>11:30AM - 2:30PM</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>4:30PM - 7:00PM</td>
<td>Closed*</td>
<td>4:30PM - 7:00PM</td>
<td>Closed</td>
<td>Closed</td>
</tr>
</tbody>
</table>

*All Dining Halls will close at 2:30PM on Wednesday, August 24 and dinner will be served at Mean Green Fling. Various retail dining locations will also be open during First Flight Week. Visit dining.unt.edu for the most up to date information about campus dining options.
**CAREER READINESS**

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

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

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

**OUR COMMUNITY**

Our Community is an opportunity for you to learn more about our (UNT) values as an institution. You’ll also get to explore your own identity and discover how you fit in to the Mean Green Family. Together, we’ll learn what it means to be a part of the mean green family, and how we can make our community safe and equitable for everyone.

**SCRAPPY’S CHALLENGE**

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

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

Monday, August 22, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>Be Our Guest: Making the Disney Magic!</td>
<td>Dr. Kim Williams</td>
<td>Business Leadership Building 070</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>The Economics behind Unauthorized Mexican Migration to the U.S.</td>
<td>Dr. David Molina</td>
<td>Business Leadership Building 180</td>
</tr>
</tbody>
</table>

Tuesday, August 23, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>Am I the professor your grandpa warned you about? Free speech on the College Campus</td>
<td>Dr. Gloria Cox</td>
<td>Business Leadership Building 055</td>
</tr>
<tr>
<td></td>
<td>No Escape From Reality: The Postcolonial Glam of Freddie Mercury</td>
<td>Dr. Nancy L. Stockdale</td>
<td>Union 332</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>The U.S. Death Penalty</td>
<td>Dr. Wendy Watson</td>
<td>Eagle Student Services Center 255</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Tech Solutions for Complex Problems: AR, VR, and Other Ed Tech Tools</td>
<td>Dr. Rose Baker and Dr. Yunfei Du,</td>
<td>Business Leadership Building 055</td>
</tr>
<tr>
<td></td>
<td>How Materials Have and Will Impact Us and How to Survive Your First Year at UNT</td>
<td>Dr. Rick Reidy</td>
<td>Union 332</td>
</tr>
</tbody>
</table>
### Thursday, August 25, 2022

**1:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pop Goes Perception</td>
<td>Dr. Julie Leventhal</td>
<td>Wooten 122</td>
</tr>
</tbody>
</table>

**2:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Survive Ebola Outbreak</td>
<td>Dr. Joseph Oppong</td>
<td>Eagle Student Services Center 255</td>
</tr>
</tbody>
</table>

**3:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Department of Hospitality and Tourism Management Presents: Our Special Recipe for Student Success</td>
<td>Dr. Joseph O'Donnell</td>
<td>Business Leadership Building 080</td>
</tr>
<tr>
<td>Strengths Based Development</td>
<td>Aundrea Caraway</td>
<td>Eagle Student Services Center 255</td>
</tr>
</tbody>
</table>

### Friday, August 26, 2022

**1:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>English at UNT: Getting Medieval with Geoffrey Chaucer</td>
<td>Dr. Nicole D. Smith</td>
<td>Union 332</td>
</tr>
<tr>
<td>Choose Your Electives Wisely!</td>
<td>Dr. Janice Hauge</td>
<td>Business Leadership Building 070</td>
</tr>
<tr>
<td>How to Start a Nonprofit</td>
<td>Dr. Laura Keyes</td>
<td>Business Leadership Building 055</td>
</tr>
</tbody>
</table>

**2:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNT Media Library Presents: “Atari: Game Over”</td>
<td>Steven Guerrero</td>
<td>Business Leadership Building 155</td>
</tr>
</tbody>
</table>

**3:00 PM**

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strengths Based Development</td>
<td>Aundrea Caraway</td>
<td>Eagle Student Services Center 255</td>
</tr>
<tr>
<td>Understanding the Housing Crisis</td>
<td>Dr. Nathan Hutson and Dr. Sowmya Balachandran</td>
<td>Union 332</td>
</tr>
</tbody>
</table>
NEW STUDENT CONVOCATION

Wednesday, August 24, 2022 | 4:00 PM

New Student Convocation serves as your official academic kick-off to the upcoming year. This event will include all of the President’s cabinet members, deans, and other faculty and staff. It will culminate with the official pinning of new students with an eagle lapel pin to be worn at graduation.

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 2022”.

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.
Every student is required to participate in College Day. Feeling a connection to your college or school is critical to your success. On College Day you will get to know academic leaders and some of the key resources from your college. 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>G. Brint Ryan College of Business*</td>
<td>BLB main entrance (across from Crumley Hall)</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>College of Education</td>
<td>Gateway Center, Ballroom</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Engineering*</td>
<td>Discovery Park, 1st floor, main hallway</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Health and Public Service</td>
<td>See below by department</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Addiction Studies, Public Health and Rehabilitation Studies</td>
<td>Environmental Science, Room 130</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Audiology &amp; Speech-Language Pathology</td>
<td>Chilton Hall, Room 245</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Behavior Analysis</td>
<td>Chilton Hall, Room 274</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Criminal Justice</td>
<td>Environmental Science, Room 125</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Emergency Administration &amp; Planning</td>
<td>Chilton Hall, Room 240</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Nonprofit Leadership Studies and Urban Policy &amp; Planning</td>
<td>Chilton Hall, Room 111C</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Social Work</td>
<td>Chilton Hall, Room 270</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Information</td>
<td>Chemistry Building, Room 352</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>School of Journalism</td>
<td>Physics Building, Room 102</td>
<td>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, Room 387</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Music*</td>
<td>Recital Hall, Music Building 301</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Science</td>
<td>See below by department</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Biological Sciences</td>
<td>TBD – location will be shared in Navigate</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Chemistry</td>
<td>Chemistry Building, Room 106</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Math</td>
<td>General Academic Building, Room 461</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Physics</td>
<td>Physics Building, Room 104</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Visual Arts and Design</td>
<td>Art Building, north entrance</td>
<td>10:00 AM</td>
</tr>
</tbody>
</table>

*Exceptions: Only students already accepted to the College of Business, College of Engineering, and College of Music should plan to attend these College Day events.
FIRST FLIGHT PROGRAMS

My Prep
Being prepared for college level work is your first step to a successful year. What you may need in terms of preparation will vary by student. **Throughout First Flight, you must attend 1 program in this category.**

My Life
On a campus UNT’s size, opportunities to engage in campus life are abundant. Take time this week to connect with your peers, figure out ways to be involved on campus, and immerse yourself in the spirit and traditions! **Throughout First Flight, you must attend 1 program in this category.**

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

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

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

First Flight Canvas Course
In addition to in person programs, some departments will offer online programs for you to choose from as well. All online programs will be housed in the First Flight Canvas Course. All new freshmen students are automatically enrolled in the course which launches Sunday, August 21, 2022.

First Flight Program Attendance
You’ll receive a QR code for all of the First Flight Programs and Special Interest Sessions you attend during your Flex Time. You’ll need to scan the QR code and log check in with your EUID and password to record your attendance. The QR codes are only active for 2 hours after the program ends so you need to sign in as soon as you receive your code.

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

Links to all First Flight online programs will be housed in the First Flight Canvas Course. All new freshmen students are automatically enrolled in the course which launches Sunday, August 21, 2022. Participation for online programs is automatically recorded in the First Flight Canvas Gradebook. You will not need to scan any QR codes to get your First Flight credit, you just need to complete all of the activities (knowledge checks, reflections, etc.) in the module to earn your First Flight participation credit.

Live Online Programs

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

- **Communicating with Your Professors**
  Dean of Students Office
  **Wednesday, August 24, 1:30PM - 2:30 PM**

- **Latine/x Mental Health**
  Counseling & Testing Services
  **Wednesday, August 24, 1:00PM - 1:50PM**

- **Library Orientation for First Year**
  Libraries - First Year Experience
  **Thursday, August 25, 11:00AM - 12:00PM**
  **Friday, August 26, 1:00PM - 2:00PM**
  **Saturday, August 27, 1:00PM - 2:00PM**
  **Sunday, August 28, 1:00PM - 2:00PM**

- **Making the Most: How To Get Creative With Cooking**
  UNT Food Pantry As Presented By Kroger
  **Wednesday, August 24, 1:30PM - 2:30PM**

- **Navigating Resources and Self-Advocacy 101**
  Office of Disability Access
  **Sunday, August 21, 1:00PM - 2:00PM**
  **Wednesday, August 24, 1:00PM - 2:00PM**
  **Friday, August 26, 10:00AM - 11:00AM**

- **Overcoming Test Anxiety**
  Counseling & Testing Services
  **Thursday, August 25, 11:00AM - 12:00PM**

- **Spending Habits and Mental Health**
  Counseling and Testing Services
  **Thursday, August 23, 1:00PM - 2:00PM**

- **Where Should I Go? Getting Connected on Campus.**
  Counseling & Testing Services
  **Tuesday, August 23 10:00AM - 11:00AM**
Asynchronous Online Programs

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

- **Campus Quest**
  Off-Campus Student Services (Student Activities)

- **Connecting to Campus: Academic Coaching**
  Learning Center

- **Critical Thinking Skills**
  Learning Center

- **Digital Wellness: Finding Balance and Setting Boundaries with Internet and Social Media Use**
  Counseling & Testing Services

- **Discover Frisco**
  UNT Frisco

- **Get Involved! (Online)**
  Student Activities
  *Available Wednesday, August 24, 2022*

- **Learning How You Learn**
  Learning Center

- **Mastering Math Class with the Math Lab**
  Learning Center

- **Navigating Navigate**
  Learning Center

- **North VOTExas: Your Vote Matters**
  North VOTExas

- **Online Escape! @ First Flight in the Media Library**
  Discord
  Media Library

- **Owning Your Success**
  Learning Center

- **Plan Your Semester**
  Learning Center

- **Quick Prep: Canvas 101**
  Learning Center

- **Quick Prep: Don’t Cheat Yourself!**
  Learning Center

- **Quick Prep: Don’t Sweat the Test!**
  Learning Center

- **Quick Prep: Don’t You Forget About Me!**
  Learning Center

- **Quick Prep: Hacking Time Management**
  Learning Center

- **Quick Prep: It’s in the Syllabus!**
  Learning Center

- **Quick Prep: Keys to Grad School!**
  Learning Center

- **Quick Prep: Read Like a Boss!**
  Learning Center

- **Quick Prep: Succeeding in Online Classes**
  Learning Center

- **Quick Prep: Take Note!**
  Learning Center

- **Self-Advocating for Your Success**
  Learning Center

- **Supplemental Instruction - The Key to Academic Success**
  Learning Center

- **Swipe Your Way to Success: Online**
  Navigate

- **The History Of The SMMC: A Timeless Resource**
  Student Money Management Center

- **There’s a Tutor for That**
  Learning Center
MEAN GREEN MOVE IN WEEKEND

FRIDAY, AUGUST 19 - SUNDAY, AUGUST 21

First Flight Check In

Check in for First Flight at your residence hall. Students living on campus are automatically checked in to First Flight when they move into their residence hall. Commuter students should check in during Small Group Meeting 1, Monday, August 22, 2022 in the UNT Coliseum.

Things To Do This Weekend

Get your student ID card made in the Eagle Student Services Center. The ID Card desk will be open today from 10:00AM - 3:00PM during move in weekend. You will need your ID card to check in to First Flight and to gain entry into your residence hall.

Download the First Flight schedule on the Guidebook App. In the app store, download the free app Guidebook and search for our program guide titled, UNT First Flight 2022.

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

Meals This Weekend

Meal plans begin on Friday August 19, 2022. Students are expected to use their campus meal plan throughout First Flight Week. The following dining halls will be open: Eagle Landing, Bruce Dining Hall, Mean Greens and Champs at Victory Hall.

All Dining Halls will close at 2:30PM on Sunday, August 21, 2022 and dinner will be served at the First Flight Kick Off Event.

Programs This Weekend

SUNDAY, AUGUST 21, 2022

2:00 PM
First Flight Kick-Off
Orientation and Transition Programs
2:00PM - 8:00PM, Union South Lawn

7:00 PM
Got Stress? Stress Balls to the Rescue
Counseling & Testing Services
7:00PM - 9:00PM, Chestnut Hall, Room 324

8:00 PM
Movie on the Lawn: Doctor Strange in the Multiverse of Madness
University Program Council
8:30PM - 10:30PM, Union South Lawn
### Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 9:00 AM - 10:00 AM| **Small Group Meeting 1**  
Check the First Flight check in pass that was emailed to you for your Small Group 1 location. If you can’t find your check in pass go to the UNT Coliseum and we can help you find your group. |
| 10:00 AM - 12:00 PM| **Career Readiness/Scrappy’s Challenge/Our Community Rotation**  
Check your First Flight schedule or ask your First Flight Leader about your schedule for the day. |
| throughout the day| **First Flight Programs and Special Interest Sessions**  
Find programs and sessions to attend to meet your First Flight requirements. |
| 6:00 PM - 8:30 PM | **Rec Extravaganza!!**  
Location - Pohl Recreation Center  
Come join us at the Pohl Recreation Center for an evening of fun! This annual event showcases each area of Rec Sports with activities like free climbing, free group exercise classes, free food, and live music! Get here early for the free T-Shirt. |
| 8:00 PM           | **Distinguished Lecturer Series: Keke Palmer**  
Location - UNT Coliseum |

**MONDAY, AUGUST 22, 2022**
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| **8:00 AM** | Getting Comfy at Frisco  
Frisco Student Services  
*8:00AM - 6:00PM, Frisco Hall Park A*          |
| **12:00 PM** | Where’s My Class?: Frisco Edition  
UNT at Frisco/New College  
*12:30PM - 1:30PM, Frisco Hall Park A, Room 104* |
| **1:00 PM** | Build a Brighter Future with TRIO Student Support Services  
Student Support Services  
*1:00PM - 4:00PM, Chestnut Hall 115 (Student Support Services Office)*  
Speech and Hearing Center  
Audiology and Speech-Language Pathology  
*1:00PM - 3:00PM, See Guidebook App*  
Math Boot Camp for CHEM 1410 students  
Chemistry  
*1:00PM - 2:00PM, CHEM 352*  
Meeting Our Emerald Eagle Scholars  
Emerald Eagle Scholars Program  
*1:00PM - 2:00PM, ESSC 255*  
What card swipe data tells us about student success  
Student Services Assessment  
*1:00PM - 2:00PM, BLB 035*  
Responding to an Active Shooter  
University of North Texas Police Department  
*1:00PM - 2:30PM, BLB 090*  
Chestnut Hall Open House  
Student Health and Wellness Center  
*1:00PM - 2:00PM, Chestnut Hall Rotunda*  
Stay Ready: Being Prepared for the Financial Obligations of Life  
Student Money Management Center  
*1:30PM - 2:00PM, Chestnut Hall, Room 120A* |
| **2:00 PM** | Greek-ish: Fraternity and Sorority Life 101  
Center for Fraternity and Sorority Life  
*2:00PM - 3:00PM, Center for Fraternity and Sorority Life*  
Long Distance Relationship Survival Skills  
Counseling Services  
*2:00PM - 3:00PM, Chestnut Hall Suite 313 Group room 2*  
Early College High School - UNT Student Mixer  
DSA - Special Projects; Early College High School Students  
*2:00PM - 3:00PM, Union 394*  
Involvement Hub Open House  
Center for Leadership & Service, UPC, and Student Activities  
*2:00PM - 3:30PM, Union 337*  
Disaster Jeopardy!  
UNT Emergency Management  
*2:00PM - 3:00PM, Business Leadership Building (BLB) 170*  
Owning Your Success  
Learning Center  
*2:00PM - 2:20PM, Sage 116*  
Quick Prep: Don’t Cheat Yourself!  
Learning Center  
*2:00PM - 2:20PM, Sage 354*  
Quick Prep: Take Note!  
Learning Center  
*2:00PM - 2:20PM, BLB 080*  
Quick Prep: Read Like a Boss!  
Learning Center  
*2:00PM - 2:20PM, BLB 155*  
Mastering Math Class with the Math Lab  
Learning Center  
*2:00PM - 2:20PM, BLB 010*  
Learning How You Learn  
Learning Center  
*2:00PM - 2:50PM, BLB015*  
Intro to Strengths  
Housing & Residence Life  
*2:00PM - 3:00PM, Rawlins Multi-Purpose Room*  
Postcard Print  
Union Arts and Fine Arts Series  
*2:30PM - 3:30PM, Union 333*  
Owning Your Success  
Learning Center  
*2:30PM - 2:50PM, Sage 116* |
Quick Prep: Don't Cheat Yourself!
Learning Center
2:30PM - 2:50PM, Sage 354

Quick Prep: Take Note!
Learning Center
2:30PM - 2:50PM, BLB 080

Quick Prep: Read Like a Boss!
Learning Center
2:30PM - 2:50PM, BLB 155

Mastering Math Class with the Math Lab
Learning Center
2:30PM - 2:50PM, BLB 010

3:00 PM

Theft Prevention
University of North Texas Police Department
3:00PM - 3:45PM, BLB 090

Texas Leadership Scholars Program Kick-Off
Texas Leadership Scholars Program
3:00PM - 4:00PM, Union, 339

Self-Care and Succulents
Student Health and Wellness Center
3:00PM - 4:00PM, Chestnut Hall 324

Owning Your Success
Learning Center
3:00PM - 3:20PM, Sage 116

Quick Prep: Don't Sweat the Test!
Learning Center
3:00PM - 3:20PM, Sage 354

Self-Advocating for Your Success
Learning Center
3:00PM - 3:20PM, BLB 080

Quick Prep: Read Like a Boss!
Learning Center
3:00PM - 3:20PM, BLB 155

Quick Prep: Hacking Time Management
Learning Center
3:00PM - 3:20PM, BLB 010

Learning How You Learn
Learning Center
3:00PM - 3:50PM, BLB015

Intro to Strengths
Housing & Residence Life
3:00PM - 4:00PM, Crumley Conference Room

What you Need to Know About Rec Sports
Rec Sports
3:15PM - 4:15PM, Pohl Rec Center - Room 205 & 207

Flight Class Friend-a-Thon
Frisco Student Services
3:30PM - 4:30PM, Frisco Hall Park A, Room 104

Owning Your Success
Learning Center
3:30PM - 3:50PM, Sage 116

Quick Prep: Don’t Sweat the Test!
Learning Center
3:30PM - 3:50PM, Sage 354

Self-Advocating for Your Success
Learning Center
3:30PM - 3:50PM, BLB 080

Quick Prep: Read Like a Boss!
Learning Center
3:30PM - 3:50PM, BLB 155

Quick Prep: Hacking Time Management
Learning Center
3:30PM - 3:50PM, BLB 010

4:00 PM

Get Involved! (LIVE)
Student Activities
4:00PM - 5:00PM, BLB 055

Check Off Get Inclusive
RISE Center
4:00PM - 5:00PM, Chestnut 120

SGA: How to Become an Advocate on Campus
Student Government Association
4:00PM - 6:00PM, Union Ballroom

Game On! @ First Flight
The Media Library
4:00PM - 8:00PM, The Media Library, Chilton Hall 111

Self-Care Vision Board Workshop
Dean of Students Office – CARE Team
4:00PM - 4:45PM, BLB 070

Self-Care and Succulents
Student Health and Wellness Center
3:00PM - 4:00PM, Chestnut Hall 324
Learning How You Learn  
Learning Center  
4:00PM - 4:50PM, Sage 116

Supplemental Instruction - The Key to Academic Success  
Learning Center  
4:00PM - 4:20PM, Sage 354

Quick Prep: Don't Sweat the Test!  
Learning Center  
4:00PM - 4:20PM, BLB 080

Mastering Math Class with the Math Lab  
Learning Center  
4:00PM - 4:20PM, BLB 155

Self-Advocating for Your Success  
Learning Center  
4:00PM - 4:20PM, BLB 010

Total Mind-Body Wellness  
Learning Center  
4:00PM - 4:20PM, BLB015

Frisco Fest  
UNT Admissions/Frisco SS  
4:30PM - 6:30PM, Frisco Hall Park A

Supplemental Instruction - The Key to Academic Success  
Learning Center  
4:30PM - 4:50PM, Sage 354

Quick Prep: Don't Sweat the Test!  
Learning Center  
4:30PM - 4:50PM, BLB 080

Mastering Math Class with the Math Lab  
Learning Center  
4:30PM - 4:50PM, BLB 155

Quick Prep: Take Note!  
Learning Center  
4:30PM - 4:50PM, BLB 010

Sport Club Fair  
Rec Sports  
5:00PM - 6:00PM, Pohl Rec Center

Career Ready Kahoot & Frisco Job Fair  
Frisco Student Services  
5:30PM - 6:30PM, Frisco Hall Park A, Room 104

Quick Prep: It's in the Syllabus!  
Learning Center  
5:30PM - 5:50PM, Sage 354

Quick Prep: There's a Tutor for That  
Learning Center  
5:30PM - 5:50PM, BLB 080

Mastering Math Class with the Math Lab  
Learning Center  
5:30PM - 5:50PM, BLB 155

Connecting to Campus: Academic Coaching  
Learning Center  
5:30PM - 5:50PM, BLB 010

Quick Prep: Hacking Time Management  
Learning Center  
5:30PM - 5:50PM, BLB015

Quick Prep: It's in the Syllabus!  
Learning Center  
5:00PM - 5:20PM, Sage 354

6:00 PM

Rec Extravaganza!  
Rec Sports  
6:00PM - 8:00PM, Pohl Rec Center - Outdoor Area

Rec Sports Half-Court Basketball Challenge  
Rec Sports  
6:30PM - 8:00PM, Pohl Rec Center - Outdoor Basketball Court
**Schedule at a Glance**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM - 10:00 AM</td>
<td><strong>Small Group Meeting 1</strong>&lt;br&gt;Check the First Flight check in pass that was emailed to you for your Small Group 1 location. If you can't find your check in pass go to the UNT Coliseum and we can help you find your group.</td>
</tr>
<tr>
<td>10:00 AM - 12:00 PM</td>
<td><strong>Career Readiness/Scrappy’s Challenge/Our Community Rotation</strong>&lt;br&gt;Check your First Flight schedule or ask your First Flight Leader about your schedule for the day.</td>
</tr>
<tr>
<td>throughout the day</td>
<td><strong>First Flight Programs/ Special Interest Sessions</strong>&lt;br&gt;<em>Find programs and sessions to attend to meet your First Flight requirements.</em></td>
</tr>
<tr>
<td>6:00 PM - 8:00 PM</td>
<td><strong>Spirit Night at Apogee Stadium</strong>&lt;br&gt;Location - Apogee Stadium&lt;br&gt;<em>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.</em></td>
</tr>
<tr>
<td></td>
<td><strong>Class of 2026 Photo</strong>&lt;br&gt;Location - Apogee Stadium&lt;br&gt;<em>Join us for Spirit Night at Apogee Stadium, and participate in the fifth annual class photo at UNT. The class of 2026 will spell out UNT on the football field.</em></td>
</tr>
</tbody>
</table>

**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 6:30PM - 9:00 PM.
- Visit the Sage Hall Academic Success Center. Open 8:00 AM - 5:00 PM in Sage 170.
8:00 AM

- Getting Comfy at Frisco
  Frisco Student Services
  8:00AM - 6:00PM, Frisco Hall Park A

11:00 AM

- First-Generation Success Center Open House!
  First Generation Success Center
  11:00AM - 3:00PM, Union 376

12:00 PM

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

- Plan Your Semester-Time Management
  Frisco Student Services
  12:00PM - 1:00PM, Frisco Hall Park A, Room 107

- Residence Hall Safety and the Survivor Advocate Office
  Survivor Advocacy
  12:30PM - 1:30PM, MATT 113

1:00 PM

- Build a Brighter Future with TRIO Student Support Services
  1:00PM - 4:00PM, Chestnut Hall 115 (Student Support Services Office)

- Speech and Hearing Center
  Audiology and Speech-Language Pathology
  1:00PM - 3:00PM, See Guidebook App

- Math Boot Camp for CHEM 1410 students
  Chemistry
  1:00PM - 2:00PM, CHEM 352

- Meeting Our Emerald Eagle Scholars
  Emerald Eagle Scholars Program
  1:00PM - 2:00PM, ESSC 255

- What card swipe data tells us about student success
  Student Services Assessment
  1:00PM - 2:00PM, BLB 035

- Student Employment
  2:00PM - 2:45PM, See Guidebook App

Responding to an Active Shooter
University of North Texas Police Department
1:00PM - 2:30PM, BLB 090

Preparing for Health Professions - Student Panel
Office of Health Professions
1:00PM - 2:00PM, PHYS 102

Don’t Sign Your Life Away
Student Legal Services
1:00PM - 2:00PM, Chestnut Hall 324

BIPOC Mental Health Matters
Counseling and Testing - Program for Counseling Diverse Students
1:00PM - 2:00PM, BLB 065

Major Boot Camp 2022
Orientation and Transition Programs and Advising Services
1:00PM - 3:00PM, See Guidebook App

Veterans Center Open House
Veterans Center
1:00PM - 3:00PM, Sage 236

Healthy Dorm Room Cooking Hacks
Student Health and Wellness Center
1:00PM - 2:00PM, Chestnut Hall 324

Wi-Fi, Printing, Software-Oh my!
UNT at Frisco
1:00PM - 1:30PM, UNT at Frisco, See guidebook app

North VOTExas: Your Vote Matters
North VOTExas
1:00PM - 1:30PM, ENV 115

Working at Rec Sports
Rec Sports
1:15PM - 2:15PM, Pohl Rec Center - Room 205 & 207

North VOTExas: Your Vote Matters
North VOTExas
1:30PM - 2:00PM, ENV 115

2:00 PM

- Greek-ish: Fraternity and Sorority Life 101
  Center for Fraternity and Sorority Life
  2:00PM - 3:00PM, Center for Fraternity and Sorority Life
Long Distance Relationship Survival Skills
Counseling Services
2:00PM - 3:00PM, Chestnut Hall Suite 313 Group room 2

Get Growing on Campus
We Mean Green Fund
2:00PM - 3:00PM, BLB 070

Campus Connect
Counseling and Testing Services
2:00PM - 3:30PM, Gateway 131

Student Conduct and You: What does it mean
Dean of Students
2:00PM - 2:30PM, Union 412

Until Help Arrives
UNT Emergency Management
2:00PM - 4:00PM, Business Leadership Building (BLB) 065

Mythbusting and Decoding the College Experience
Take Flight: CLASS First Year Advising
2:00PM - 3:00PM, Wooten 122

Multicultural Center Open House
Multicultural Center
2:00PM - 4:00PM, Multicultural Center

T3 Scholar Meet & Greet
Division of Enrollment
2:00PM - 3:00PM, University Union, 339

Pride Alliance Open House
Pride Alliance
2:00PM - 4:00PM, See Guidebook App

Oh the Places We’re Going!: Frisco Landing
UNT at Frisco/New College
2:00PM - 2:30PM, Frisco Hall Park A, Room 107

Intro to Strengths
Housing & Residence Life
2:00PM - 3:00PM, Bruce Concert Hall

College Day: UNT at Frisco Edition
UNT at Frisco/New College
2:30PM - 4:30PM, UNT at Frisco, See guidebook app

Becoming a Personal Trainer or Group Exercise Instructor
Rec Sports
2:30PM - 3:15PM, Pohl Rec Center - Room 205 & 207

3:00 PM

Escape! @ First Flight
The Media Library
3:00PM - 6:00PM, The Media Library, Chilton Hall 111

Theft Prevention
University of North Texas Police Department
3:00PM - 3:45PM, BLB 090

Find the Right Mentor For You
ACCESS Mentoring Programs
3:00PM - 4:00PM, Business Leadership Building 050

Wi-Fi, Printing, Software-Oh my!
UNT at Frisco
3:00PM - 3:30PM, UNT at Frisco, See guidebook app

There is an “I” in Community
Housing & Residence Life
3:00PM - 4:00PM, Crumley Conference Room

North VOTExas: Your Vote Matters
North VOTExas
3:00PM - 3:30PM, ENV 115

Where’s My Class?: Frisco Edition
UNT at Frisco/New College
3:30PM - 4:30PM, Frisco Hall Park A, Room 112

The Upside Down: Frisco Inspire Park
UNT at Frisco/New College
3:30PM - 4:00PM, Frisco Hall Park A, Room 107

North VOTExas: Your Vote Matters
North VOTExas
3:30PM - 4:00PM, ENV 115

4:00 PM

Get Involved! (LIVE)
Student Activities
4:00PM - 5:00PM, BLB 055

Check Off Get Inclusive
RISE Center
4:00PM - 5:00PM, Chestnut 120

Quick Prep: Canvas 101
Learning Center
4:00PM - 4:20PM, BLB 180
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>First Flight Week 2022</td>
</tr>
</tbody>
</table>

**Quick Prep: Don’t Sweat the Test!**
Learning Center  
4:00PM - 4:20PM, BLB 080

**Connecting to Campus: Academic Coaching**
Learning Center  
4:00PM - 4:20PM, BLB 170

**Quick Prep: Succeeding in Online Classes**
Learning Center  
4:00PM - 4:20PM, BLB 155

**Quick Prep: It’s in the Syllabus!**
Learning Center  
4:00PM - 4:20PM, BLB 005

**Self-Advocating for Your Success**
Learning Center  
4:00PM - 4:20PM, BLB 010

**Esports at UNT**
Rec Sports  
4:00PM - 5:00PM, Pohl Rec Center - Room 205 & 207

**Quick Prep: Canvas 101**
Learning Center  
4:30PM - 4:50PM, BLB 180

**Quick Prep: Don’t Sweat the Test!**
Learning Center  
4:30PM - 4:50PM, BLB 080

**Connecting to Campus: Academic Coaching**
Learning Center  
4:30PM - 4:50PM, BLB 170

**Quick Prep: Succeeding in Online Classes**
Learning Center  
4:30PM - 4:50PM, BLB 155

**Quick Prep: It’s in the Syllabus!**
Learning Center  
4:30PM - 4:50PM, BLB 005

**Self-Advocating for Your Success**
Learning Center  
4:30PM - 4:50PM, BLB 010

**Quick Prep: Don’t You Forget About Me!**
Learning Center  
5:00PM - 5:20PM, BLB 170

**There’s a Tutor for That**
Learning Center  
5:00PM - 5:20PM, BLB 155

**Quick Prep: Keys to Grad School**
Learning Center  
5:00PM - 5:20PM, BLB 005

**Self-Advocating for Your Success**
Learning Center  
5:00PM - 5:20PM, BLB 010

**Plan Your Semester**
Learning Center  
5:30PM - 5:50PM, BLB 180

**Supplemental Instruction - The Key to Academic Success**
Learning Center  
5:30PM - 5:50PM, BLB 080

**Quick Prep: Don’t You Forget About Me!**
Learning Center  
5:30PM - 5:50PM, BLB 170

**There’s a Tutor for That**
Learning Center  
5:30PM - 5:50PM, BLB 155

**Quick Prep: Keys to Grad School**
Learning Center  
5:30PM - 5:50PM, BLB 005

**Self-Advocating for Your Success**
Learning Center  
5:30PM - 5:50PM, BLB 010

6:00 PM

**Spirit Night at Apogee and Class of 2026 Photo**
UNT Athletics and Orientation and Transition Programs  
6:00PM - 8:00PM, Apogee Stadium

**Plan Your Semester**
Learning Center  
5:00PM - 5:20PM, BLB 180

**Supplemental Instruction - The Key to Academic Success**
Learning Center  
5:00PM - 5:20PM, BLB 080
### Schedule at a Glance

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<tr>
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<tbody>
<tr>
<td>8:30 AM</td>
<td>Check your First Flight 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 - 2:30 PM</td>
<td><strong>Lunch and Flex Time</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 3</strong>&lt;br&gt;Meet your First Flight Leader at the specified location</td>
</tr>
<tr>
<td></td>
<td><em>Use the link in the Guidebook App to complete your First Flight Survey</em></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>5:30 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 8:00 AM - 5:00 PM in Sage 170.
8:00 AM

Getting Comfy at Frisco
Frisco Student Services
8:00AM - 6:00PM, Frisco Hall Park A

12:00 PM

Wi-Fi, Printing, Software-Oh my!
UNT at Frisco
12:30PM - 1:00PM, UNT at Frisco, See guidebook app

1:00 PM

Build a Brighter Future with TRIO Student Support Services
Student Support Services
1:00PM - 4:00PM, Chestnut Hall 115 (Student Support Services Office)

Speech and Hearing Center
Audiology and Speech-Language Pathology
1:00PM - 3:00PM, See Guidebook App

Greek-ish: Fraternity and Sorority Life 101
Center for Fraternity and Sorority Life
1:00PM - 2:00PM, Center for Fraternity and Sorority Life

Long Distance Relationship Survival Skills
Counseling Services
1:00PM - 2:00PM, Chestnut Hall Suite 313 Group room 2

What card swipe data tells us about student success
Student Services Assessment
1:00PM - 2:00PM, BLB 035

Student Employment
Student Employment
2:00PM - 2:45PM, See Guidebook App

Class Schedule Tours
Orientation and Transition Programs
1:00PM - 3:00PM, Meet at Clark Park

5:00 PM

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

Frisco Engage Bingo
Frisco Student Services
5:30PM - 6:30PM, Frisco Hall Park A

7:00 PM

Barnes & Noble College VIP
Barnes & Noble at UNT
7:00PM - 9:30PM, Barnes & Noble (Union)
THURSDAY, AUGUST 25, 2022

Schedule at a Glance

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

Things To Do Today

- Visit the Sage Hall Academic Success Center. Open 8:00 AM - 5:00 PM in Sage 170
- Meals are on your own today. You can see dining hall hours of operation online at [www.dining.unt.edu/hours](http://www.dining.unt.edu/hours).
Barnes and Noble College presents

Vip Night

7pm - 9:30pm

8/25/2022

Putting Contest Scavenger Hunt Hoppity Ball Races

And so much more

Fashion Show Prizes and Giveaways Photo Booth
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Getting Comfy at Frisco</td>
<td>Frisco Student Services 8:00AM - 6:00PM, Frisco Hall Park A</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Atomic Habits</td>
<td>Counseling and Testing Services 10:00AM - 11:30AM, Gateway 131</td>
</tr>
<tr>
<td></td>
<td>Let’s Talk About it</td>
<td>Counseling and Testing Services 10:00AM - 11:00AM, Group Room 2, Counseling Office, Chestnut Hall</td>
</tr>
<tr>
<td></td>
<td>Choose Your Financial Adventure</td>
<td>Student Money Management Center 10:00AM - 10:45PM, BLB 090</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Black Mental Health Matters</td>
<td>Counseling and Testing - Program for Counseling Diverse Students 11:00AM - 12:00PM, BLB 065</td>
</tr>
<tr>
<td></td>
<td>Eagle Advantage &amp; Senior Year Experience Lunch Reunion</td>
<td>Orientation &amp; Transition Programs 11:30AM - 1:00PM, Eagle Landing - meet outside Eagle Landing at 11:30</td>
</tr>
<tr>
<td></td>
<td>Mentally Prepared for College</td>
<td>Student Health and Wellness Center 11:00AM - 1:00PM, Chestnut Hall Rotunda</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Career Ready Kahoot &amp; Frisco Job Fair</td>
<td>Frisco Student Services 12:00PM - 1:00PM, Frisco Hall Park A 104</td>
</tr>
<tr>
<td></td>
<td>Group Exercise Classes</td>
<td>Rec Sports 12:15PM - 1:00PM, Pohl Rec Center - Group Exercise Studio A</td>
</tr>
<tr>
<td></td>
<td>Residence Hall safety and the Survivor Advocate Office</td>
<td>Survivor Advocacy 12:30PM - 1:30PM, MATT 113</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Build a Brighter Future with TRIO Student Support Services</td>
<td>Student Support Services 1:00PM - 4:00PM, Chestnut Hall 115 (Student Support Services Office)</td>
</tr>
<tr>
<td></td>
<td>Speech and Hearing Center</td>
<td>Audiology and Speech-Language Pathology 1:00PM - 3:00PM, See Guidebook App</td>
</tr>
<tr>
<td></td>
<td>Math Boot Camp for CHEM 1410 students</td>
<td>Chemistry 1:00PM - 2:00PM, CHEM 352</td>
</tr>
<tr>
<td></td>
<td>Meeting Our Emerald Eagle Scholars</td>
<td>Emerald Eagle Scholars Program 1:00PM - 2:00PM, ESSC 255</td>
</tr>
<tr>
<td></td>
<td>Campus Safety</td>
<td>University of North Texas Police Department 1:00PM - 2:00PM, BLB 090</td>
</tr>
<tr>
<td></td>
<td>UNT Media Library Presents: “Atari: Game Over”</td>
<td>The Media Library 1:00PM - 2:30PM, Business Leadership Building (BLB), Room 055</td>
</tr>
<tr>
<td></td>
<td>Thinking of a Career in Law?</td>
<td>Student Legal Services 1:00PM - 2:00PM, Wooten Hall 117</td>
</tr>
<tr>
<td></td>
<td>Introduction to Outdoor Pursuits</td>
<td>Rec Sports 1:15PM - 2:15PM, Pohl Rec Center - Outdoor Pursuits</td>
</tr>
<tr>
<td></td>
<td>You Have Everything You Need, We’re Happy You’re Here:</td>
<td>Counseling and Testing Services 1:30PM - 2:30PM, Group Room 2, Counseling Office, Chestnut Hall</td>
</tr>
<tr>
<td></td>
<td>Hall Councils: Get Connected in your Residence Hall</td>
<td>Housing &amp; Residence Life 1:30PM - 3:30PM, Various- Residence Hall Lobbies</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Greek-ish: Fraternity and Sorority Life 101</td>
<td>Center for Fraternity and Sorority Life 2:00PM - 3:00PM, Center for Fraternity and Sorority Life</td>
</tr>
</tbody>
</table>
The Stress-Proof Brain
Counseling and Testing Services
2:00PM - 3:30PM, Gateway 131

You are Here... Now What: Tips for the Transition from High School to College
Orientation & Transition Programs
2:00PM - 3:00PM, BLB 050

Communicating with Your Professors
Dean of Students Office
2:00PM - 2:30PM, See Guidebook App

Latinx Student Experience Meet and Greet
Multicultural Center-Latinx Student Experience
2:00PM - 4:00PM, ART 223

Black Student Experience Meet and Greet
Multicultural Center-Black Student Experience
2:00PM - 4:00PM, PHYS 102

Postcard Print
Union Arts and Fine Arts Series
2:30PM - 3:30PM, Union 314A

Campus Safety
University of North Texas Police Department
2:30PM - 3:30PM, BLB 090

Rituals and Routines
Counseling and Testing Services
3:00PM - 4:00PM, Group Room 2, Counseling Office, Chestnut Hall

Escape! @ First Flight
The Media Library
3:00PM - 6:00PM, The Media Library, Chilton Hall 111

Making the Most: How To Get Creative With Cooking
UNT Food Pantry As Presented By Kroger
3:00PM - 3:30PM, Crumley Conference Room

Secrets to Success: What I Wish I Knew My Freshman Year
Take Flight: CLASS First Year Advising
3:00PM - 4:00PM, SAGE 116

All For NT: Ignite
Center for Leadership and Service
3:30PM - 5:30PM, Gateway 43

Being a Leader on campus
Housing & Residence Life
3:30PM - 4:30PM, Rawlins Multi-Purpose Room

Tours of the Pohl Rec Center
Rec Sports
3:30PM - 5:00PM, Pohl Rec Center - Front Desk

Know Before You Go
RISE Center
4:00PM - 5:00PM, Chestnut 324

Kick A** in Business School
Career Center
4:00PM - 5:00PM, BLB 005

Get the Scoop on UPC
University Program Council
5:00PM - 5:30PM, Union Room 341
FRIDAY, AUGUST 26, 2022

Schedule at a Glance

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

7:00 PM - Midnight  Eagle Insomnia: Night at the Union
Location - University Union
Experience the University Union with an evening filled with fun and memorable activities!

Things To Do Today

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

Meals are on your own today. You can see dining hall hours of operation online at www.dining.unt.edu/hours.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Getting Comfy at Frisco</td>
<td>Frisco Student Services</td>
<td>8:00 AM - 6:00 PM, Frisco Hall Park A</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Atomic Habits</td>
<td>Counseling and Testing Services</td>
<td>10:00 AM - 11:30 AM, Gateway 131</td>
</tr>
<tr>
<td></td>
<td>Class Schedule Tours</td>
<td>Orientation and Transition Programs</td>
<td>10:00 AM - 12:00 PM, Meet in Front of Kerr Hall</td>
</tr>
<tr>
<td></td>
<td>Let’s Talk About it</td>
<td>Counseling and Testing Services</td>
<td>10:00 AM - 11:00 AM, Group Room 2, Counseling Office, Chestnut Hall</td>
</tr>
<tr>
<td></td>
<td>Embrace your Main Character Era With Mentoring Programs.</td>
<td>ACCESS Mentoring Programs</td>
<td>10:00 AM - 11:00 AM, BLB 050</td>
</tr>
<tr>
<td></td>
<td>Student Leadership Growth Opportunities for Everyone!</td>
<td>Orientation &amp; Transition Programs</td>
<td>10:00 AM - 12:00 PM, Union 394</td>
</tr>
<tr>
<td></td>
<td>Caffeine and Collages</td>
<td>Frisco Student Services</td>
<td>10:00 AM - 2:00 PM, Frisco Hall Park A</td>
</tr>
<tr>
<td></td>
<td>Weight Room 101</td>
<td>Rec Sports</td>
<td>10:00 AM - 10:45 AM, Pohl Rec Center - Weight Room Help Desk</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Black Professional Network Mixer</td>
<td>UNT Black Professional Network</td>
<td>10:00 AM - 12:00 PM, Union 314</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Group Exercise Classes</td>
<td>Rec Sports</td>
<td>12:15PM - 1:00PM, Pohl Rec Center - Group Exercise Studio A</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Build a Brighter Future with TRIO Student Support Services</td>
<td>Student Support Services</td>
<td>1:00PM - 4:00PM, Chestnut Hall 115 (Student Support Services Office)</td>
</tr>
<tr>
<td></td>
<td>Speech and Hearing Center</td>
<td>Audiology and Speech-Language Pathology</td>
<td>1:00PM - 3:00PM, See Guidebook App</td>
</tr>
<tr>
<td></td>
<td>Math Boot Camp for CHEM 1410 students</td>
<td>Chemistry</td>
<td>1:00PM - 2:00PM, CHEM 352</td>
</tr>
<tr>
<td></td>
<td>PUSH: Foster Care Alumni Popcorn Party</td>
<td>DSA - Special Projects; PUSH Foster Care Alumni Program</td>
<td>1:00PM - 2:00PM, Union 385</td>
</tr>
<tr>
<td></td>
<td>You Have Everything You Need, We’re Happy</td>
<td>You’re Here: Counseling and Testing Services</td>
<td>1:30PM - 2:30PM, Group Room 2, Counseling Office, 1800 W. Chestnut Street Suite 366</td>
</tr>
<tr>
<td></td>
<td>You’re Here:</td>
<td>Housing &amp; Residence Life</td>
<td>1:30PM - 2:00PM, Various Residence Hall Lobbies</td>
</tr>
<tr>
<td></td>
<td>Greek-ish: Fraternity and Sorority Life</td>
<td>Center for Fraternity and Sorority Life</td>
<td>2:00PM - 3:00PM, Center for Fraternity and Sorority Life</td>
</tr>
<tr>
<td></td>
<td>The Stress-Proof Brain</td>
<td>Counseling and Testing Services</td>
<td>2:00PM - 3:00PM, Gateway 131</td>
</tr>
<tr>
<td></td>
<td>Cookies, Community, and Conversation</td>
<td>RISE Center</td>
<td>2:00PM - 3:00PM, Chestnut 324</td>
</tr>
<tr>
<td></td>
<td>Class Schedule Tours</td>
<td>Orientation and Transition Programs</td>
<td>2:30PM - 4:30PM, See Guidebook App</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Rituals and Routines</td>
<td>Counseling and Testing Services</td>
<td>3:00PM - 4:00PM, Group Room 2, Counseling Office, Chestnut Hall</td>
</tr>
<tr>
<td></td>
<td>Start a Green Project at UNT!</td>
<td>We Mean Green Fund</td>
<td>3:00PM - 4:00PM, BLB 080</td>
</tr>
</tbody>
</table>
4:00 PM
Jazz and Gender Equity Initiative Jam Session
Jazz Studies
4:00PM - 5:00PM, Lab West (MU 282)

6:00 PM
UNT Esports : Rocket League Dorm Clash
Rec Sports
6:00PM - 10:00PM, Union - Lyceum Theater

7:00 PM
Eagle Insomnia
University Program Council
7:00PM - 11:00PM, UNT University Union

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

7:00 PM
Mean Green Game Watch Party & Kickoff
University Program Council and UNT Athletics
7:30PM - 11:00PM, Union South Lawn

SATURDAY, AUGUST 27, 2022
SMALL GROUP MEETING

MY FIRST YEAR ENGAGEMENT PLAN

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

INTERESTS

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

MAJOR AND CAREER

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

CONNECTING PAST EXPERIENCES

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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Long Term Goals</th>
<th>Goals that are more far reaching and take longer to achieve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Term Goals</td>
<td>Goals that can be completed in the near future</td>
</tr>
</tbody>
</table>

SMART GOALS

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

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

Short Term Goal


Long Term Goal
OUR COMMUNITY

SOCIAL IDENTITY WHEEL

Classifications and categories that reflect affinity groups to which an individual prescribes or is prescribed to.

Race
Gender
Family Structure/Family Role
Age
Class (socioeconomic status)
Sexual Orientation
Spirituality/Religion
(Dis)ability
OUR COMMUNITY

PERSONAL IDENTITY WHEEL

Characteristics that describe personality, habits, and behaviors that reflect the individual without regard to groups or categories.

- Hobbies
- Favorite Music
- Birth Order
- Favorite Color
- Skills/Interest
- Favorite Movie/Book/TV Show
- Personal Motto
- Favorite Food
### Values Exercise

<table>
<thead>
<tr>
<th>Accountability</th>
<th>Achievement</th>
<th>Adaptability</th>
<th>Adventure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy</td>
<td>Ambition</td>
<td>Appreciation</td>
<td>Authenticity</td>
</tr>
<tr>
<td>Balance</td>
<td>Beauty</td>
<td>Being the best</td>
<td>Belonging</td>
</tr>
<tr>
<td>Benevolence</td>
<td>Boldness</td>
<td>Calmness</td>
<td>Caring</td>
</tr>
<tr>
<td>Charity</td>
<td>Compassion</td>
<td>Collaboration</td>
<td>Commitment</td>
</tr>
<tr>
<td>Community</td>
<td>Contentment</td>
<td>Competence</td>
<td>Confidence</td>
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<tr>
<td>Consistency</td>
<td>Creativity</td>
<td>Contribution</td>
<td>Cooperation</td>
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<tr>
<td>Courage</td>
<td>Dependability</td>
<td>Credibility</td>
<td>Curiosity</td>
</tr>
<tr>
<td>Decisiveness</td>
<td>Empathy</td>
<td>Dignity</td>
<td>Diversity</td>
</tr>
<tr>
<td>Efficiency</td>
<td>Equality</td>
<td>Encouragement</td>
<td>Enthusiasm</td>
</tr>
<tr>
<td>Environment</td>
<td>Fairness</td>
<td>Ethics</td>
<td>Excellence</td>
</tr>
<tr>
<td>Expressiveness</td>
<td>Forgiveness</td>
<td>Faith</td>
<td>Family</td>
</tr>
<tr>
<td>Flexibility</td>
<td>Future generations</td>
<td>Freedom</td>
<td>Friendship</td>
</tr>
<tr>
<td>Fun</td>
<td>Gratitude</td>
<td>Generosity</td>
<td>Giving back</td>
</tr>
<tr>
<td>Grace</td>
<td>Health</td>
<td>Growth</td>
<td>Happiness</td>
</tr>
<tr>
<td>Harmony</td>
<td>Humility</td>
<td>Home</td>
<td>Honesty</td>
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<tr>
<td>Hope</td>
<td>Individuality</td>
<td>Humor</td>
<td>Inclusion</td>
</tr>
<tr>
<td>Independence</td>
<td>Justice</td>
<td>Integrity</td>
<td>Intelligence</td>
</tr>
<tr>
<td>Joy</td>
<td>Learning</td>
<td>Kindness</td>
<td>Knowledge</td>
</tr>
<tr>
<td>Leadership</td>
<td>Loyalty</td>
<td>Legacy</td>
<td>Leisure</td>
</tr>
<tr>
<td>Love</td>
<td>Nature</td>
<td>Making a difference</td>
<td>Mindfulness</td>
</tr>
<tr>
<td>Motivation</td>
<td>Passion</td>
<td>Optimism</td>
<td>Order</td>
</tr>
<tr>
<td>Originality</td>
<td>Personal Development</td>
<td>Patience</td>
<td>Patriotism</td>
</tr>
<tr>
<td>Peace</td>
<td>Professionalism</td>
<td>Personal fulfillment</td>
<td>Power</td>
</tr>
<tr>
<td>Pride</td>
<td>Resilience</td>
<td>Punctuality</td>
<td>Recognition</td>
</tr>
<tr>
<td>Relationships</td>
<td>Risk Taking</td>
<td>Resourcefulness</td>
<td>Respect</td>
</tr>
<tr>
<td>Responsibility</td>
<td>Self-respect</td>
<td>Safety</td>
<td>Self-Control</td>
</tr>
<tr>
<td>Self-expression</td>
<td>Stability</td>
<td>Simplicity</td>
<td>Spirituality</td>
</tr>
<tr>
<td>Sportsmanship</td>
<td>Thoughtfulness</td>
<td>Success</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Thankfulness</td>
<td>Understanding</td>
<td>Time</td>
<td>Tradition</td>
</tr>
<tr>
<td>Trust</td>
<td>Wealth</td>
<td>Usefulness</td>
<td>Vision</td>
</tr>
<tr>
<td>Vulnerability</td>
<td></td>
<td>Well-being</td>
<td>Wisdom</td>
</tr>
</tbody>
</table>

List your top 3 values below:
OUR COMMUNITY

TRUE COLORS

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

<table>
<thead>
<tr>
<th>Row One</th>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>Active</td>
<td>Parental</td>
<td>Authentic</td>
<td>Versatile</td>
</tr>
<tr>
<td>Opportunistic</td>
<td>Traditional</td>
<td>Harmonious</td>
<td>Inventive</td>
</tr>
<tr>
<td>Spontaneous</td>
<td>Responsible</td>
<td>Compassionate</td>
<td>Competent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Row Two</th>
<th></th>
<th></th>
<th></th>
</tr>
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<tbody>
<tr>
<td>E</td>
<td>F</td>
<td>G</td>
<td>H</td>
</tr>
<tr>
<td>Curious</td>
<td>Unique</td>
<td>Practical</td>
<td>Competitive</td>
</tr>
<tr>
<td>Conceptual</td>
<td>Empathetic</td>
<td>Sensible</td>
<td>Impetuous</td>
</tr>
<tr>
<td>Knowledgeable</td>
<td>Communicative</td>
<td>Dependable</td>
<td>Impactful</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Row Three</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>J</td>
<td>K</td>
<td>L</td>
</tr>
<tr>
<td>Loyal</td>
<td>Devoted</td>
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OUR COMMUNITY

ABOUT ME

IDENTITIES

VALUES

STRENGTHS AND TALENTS
List your top 5 talent themes from the Clifton StrengthsFinder Assessment (in your pre-orientation homework).

TRUE COLORS

OTHER OPPORTUNITIES FOR SELF EXPLORATION

MBTI

ENNEAGRAM

HOW DO THESE THINGS AFFECT HOW I INTERACT WITH OTHERS?
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 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
FREE SPEECH & HAZING POLICIES

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

Read the policies below to understand your expectations.

### Free Speech

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

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

The UNT Free Speech policy can be found at [https://policy.unt.edu/policy/07-006](https://policy.unt.edu/policy/07-006)

### Hazing

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

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

By definition, hazing is any intentional, knowing or reckless act by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in or maintaining membership in an organization whose members are or include UNT students. Hazing occurs regardless of whether the act is committed on or off the university campus and regardless of whether the student victim may have consented to or acquiesced in the activity.

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

Students may be prosecuted for committing an act of hazing or for failing to report first-hand knowledge of hazing.
Examples of hazing include but are not limited to:

- Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing a harmful substance on the body, or similar activity.

- Any type of physical activity that subjects a student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of a student, such as sleep deprivation, exposure to the elements, confinement in a small space or calisthenics.

- Involves sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other similar activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student; Any activity involving consumption of alcoholic beverages, liquor, drugs, food, liquid or any other substance that exposes a student to unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

- Any activity that intimidates or threatens a student with ostracism or that subjects the student to extreme mental stress, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered at UNT, or that may reasonably be expected to cause the student to leave the organization or UNT rather than submit to hazing whether the act is committed in person or communicated by other media including social networking.

- Any activity that induces, causes or requires a student to perform a duty or task that requires commission of an illegal act.

How to Report Hazing

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

Amnesty

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

The UNT Hazing policy can be found at https://policy.unt.edu/policy/07-013
The **UNT First Flight 2022 Guide** is the most up to date list of programs and events happening on campus during First Flight Week. Stay in the know about program changes and updates and have links to resources and important information right on your device.

1. Download the Free Guidebook App
2. Search for the **UNT First Flight 2022 Guide**
3. Download the guide
4. Explore all of the great things happening on campus during First Flight Week