UNT’S WELCOME WEEK
AUGUST 19-26, 2018

Name_______________________________  Group #_______
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 19

<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>Check in at your residence hall. All commuter students can check-in from 3:00pm - 4:00pm at the Coliseum</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>First Flight BBQ</td>
<td>UNT Coliseum</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 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 2/ Lunch</td>
<td>Small Group</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>Lunch</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td>Dinner</td>
<td>Meet your small group!</td>
</tr>
</tbody>
</table>

### Tuesday, August 21

<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>Small Group</td>
</tr>
<tr>
<td>Afternoon/Evening</td>
<td>First Flight Programs and Special Interest Sessions</td>
<td>See the Guidebook App!</td>
</tr>
<tr>
<td>5:00 PM - 7:00 PM</td>
<td>Dinner</td>
<td>Meet your small group!</td>
</tr>
</tbody>
</table>

### Wednesday, August 22

<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>See page 7</td>
</tr>
<tr>
<td>12:00 PM - 1:00 PM</td>
<td>Lunch</td>
<td>Meet your First Flight Leader after College Day!</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>First Flight Programs</td>
<td>See the Guidebook App!</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>New Student Convocation</td>
<td>UNT Coliseum</td>
</tr>
</tbody>
</table>

### Thursday, 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>See the Guidebook App!</td>
</tr>
</tbody>
</table>

### Friday, 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 and Special Interest Sessions</td>
<td>See the Guidebook App!</td>
</tr>
</tbody>
</table>

### Saturday, 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>See the Guidebook App!</td>
</tr>
</tbody>
</table>

### Sunday, August 26

<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>See the Guidebook App!</td>
</tr>
</tbody>
</table>
To complete your First Flight Week expectations, all new freshman must complete the following:

**PROGRAM EXPECTATIONS**

**1. Check in for First Flight** at your residence hall.
   All commuter students can check-in from 3:00pm - 4:00pm on Sunday, August 19 at the Coliseum, Gate A.

**2. Attend the TIME Speaker Kick-Off Event** - Sunday, August 19 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 19 | 4:30 PM - 6:30 PM | UNT Coliseum

Harlan Cohen is a New York Times bestselling author, nationally syndicated advice columnist, and speaker who has visited over 400 college campuses. He is the author of five books including, The Naked Roommate: And 107 Other Issues You Might Run Into In College (Sourcebooks). He is a frequent guest on radio and television programs around the country and is the creator of BestFirstYear.com.

You can find Harlan on social media @HarlanCohen and on his website www.HarlanCohen.com. When he’s not on the road, Harlan can be spotted in Chicago, Illinois.

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.

<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 19</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 20</td>
<td>11:00 AM - 1:00 PM</td>
<td>Being a College Student</td>
</tr>
<tr>
<td>3</td>
<td>Tuesday, August 21</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 22</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 of the ways you can utilize UNT’s 4 libraries for living and learning in North Texas. You will meet Lilly, a Subject Librarian, to learn about databases, the catalog, subject and course guides, virtual help and other resources and services available specifically for your studying and research needs.

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

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

**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.
SPECIAL INTEREST SESSIONS

Every student is required to attend at least 1 special interest session. This is an opportunity to get to know one of UNT’s academic administrators, learn something cool, and get a sense of what a large classroom feels like. Pick the one that sounds most interesting to you!

**Tuesday, August 21**

1:00 PM

<table>
<thead>
<tr>
<th>Special Interest Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>What Did I Just Read??</td>
<td>Wendy Middlemiss, Ph.D.</td>
<td>Business Leadership Building (BLB) 080</td>
</tr>
<tr>
<td>How to Survive Ebola Outbreak</td>
<td>Joseph Oppong, Ph.D.</td>
<td>Business Leadership Building (BLB) 070</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>Famous Criminals of London’s Past</td>
<td>Peter Johnstone, Ph.D.</td>
<td>Business Leadership Building (BLB) 055</td>
</tr>
<tr>
<td>Investing in your Future</td>
<td>Marilyn Wiley, Ph.D. CFA</td>
<td>Business Leadership Building (BLB) 155</td>
</tr>
<tr>
<td>iClicker Reef - Engage with Your Courses</td>
<td>Kathryn Roberts</td>
<td>Eagle Student Services Center (ESSC) 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>Cooking with Chef Joe... Preparing a Recipe for Success</td>
<td>Joseph O’ Donnell, Ed.D.</td>
<td>Business Leadership Building (BLB) 070</td>
</tr>
<tr>
<td>The Economics behind Unauthorized Mexican Migration to the U.S.</td>
<td>David Molina, Ph.D.</td>
<td>Business Leadership Building (BLB) 080</td>
</tr>
</tbody>
</table>
### Thursday, August 23

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM</td>
<td><strong>The Roots of American Democracy</strong></td>
<td>Wendy L Watson, JD, Ph.D.</td>
<td>Business Leadership Building (BLB) 070</td>
</tr>
<tr>
<td></td>
<td><em>Senior Lecturer, Political Science</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td><strong>Pop Goes Perception</strong></td>
<td>Julie Leventhal, M.S., CFLE</td>
<td>Business Leadership Building (BLB) 070</td>
</tr>
<tr>
<td></td>
<td><em>Senior Lecturer, College of Education</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Media Ethics in the Evolving Digital Age</strong></td>
<td>Dorothy Bland, MBA</td>
<td>Business Leadership Building (BLB) 080</td>
</tr>
<tr>
<td></td>
<td><em>Professor, Mayborn School of Journalism</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td><strong>Starting a Nonprofit from Scratch: From Homelessness to Arts and Jazz</strong></td>
<td>Laura Keyes, Ph.D.</td>
<td>Business Leadership Building (BLB) 155</td>
</tr>
<tr>
<td></td>
<td><em>Lecturer, College of Health and Public Service</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>Movie Time with the Media Library</strong></td>
<td>Laura Treat, MS</td>
<td>Business Leadership Building (BLB) 080</td>
</tr>
<tr>
<td></td>
<td><em>Assistant Librarian, Libraries</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Base-10 Logarithms and Their Decimal Representations</strong></td>
<td>John Quintanilla, Ph.D.</td>
<td>Business Leadership Building (BLB) 070</td>
</tr>
<tr>
<td></td>
<td><em>Academic Associate Dean, College of Science</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Friday, August 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td><strong>The Death Penalty in the U.S.</strong></td>
<td>Wendy L Watson, JD, Ph.D.</td>
<td>Business Leadership Building (BLB) 070</td>
</tr>
<tr>
<td></td>
<td><em>Senior Lecturer, Political Science</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Check the Guidebook App for descriptions of each session and additional Special Interest Sessions!
NEW STUDENT CONVOCATION

Wednesday, August 22 | 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.

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 2018”.

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. Go to the college or school that corresponds with the major you are currently pursuing. It is okay to attend a different college from where you attended at orientation or applied to the university with (*although you should review the exceptions below).

<table>
<thead>
<tr>
<th>College/School</th>
<th>Room Location</th>
<th>Starting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>College of Business* (only students already accepted)</td>
<td>Business Leadership Building (BLB), Atrium</td>
<td>Check-in between 8:00 AM - 9:00 AM</td>
</tr>
<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* (only students already accepted)</td>
<td>Program will take place on the Discovery Park campus.</td>
<td>Wave 1: Electrical Engineering; Engineering Undecided; Computer Engineering; and Biomedical Engineering Majors: Meet at 8:15 a.m. at Coliseum shuttle stop</td>
</tr>
<tr>
<td></td>
<td>At your designated time (based on your major), go to the circle drive outside of the Coliseum (between Gates A and B).</td>
<td>Wave 2: Mechanical &amp; Energy Engineering; Mechanical Engineering Technology; Construction Engineering Technology; Materials Science and Engineering; Information Technology Majors: Meet at 9:00 a.m. at Coliseum shuttle stop</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wave 3: Computer Science Majors: Meet at 9:45 a.m. at Coliseum shuttle stop</td>
</tr>
<tr>
<td>College of Health and Public Service (go with your intended major)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Audiology &amp; Speech Language Pathology</td>
<td>ECB 110 (East Classroom Building)</td>
<td>9:00 AM</td>
</tr>
<tr>
<td></td>
<td>Environmental Science 110</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Behavior Analysis</td>
<td>Chilton Hall 363</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Criminal Justice</td>
<td>Environmental Science 110</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Emergency Administration and Planning</td>
<td>ECB 120 (East Classroom Building)</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Non-Profit Leadership Studies</td>
<td>Chilton Hall 220</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Rehabilitation Studies</td>
<td>Chilton Hall 270</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Public Health</td>
<td>Chilton Hall 270</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Social Work</td>
<td>Chilton Hall 274</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Information</td>
<td>Environmental Science Building, Room 120</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>Frank W. and Sue Mayborn School of Journalism</td>
<td>General Academic Building, Room 105</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 345</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>Auditorium Building, Auditorium</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>College of Visual Arts and Design</td>
<td>Art Building, Monumental Staircase</td>
<td>9:00 AM</td>
</tr>
</tbody>
</table>

*Exceptions: Only students already accepted to the College of Business, College of Engineering, and College of Music should plan to attend these College Day events. PREP (pre-engineering) students should go with their intended major.
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 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](http://unt.edu/firstflightcheckin) to enter your code and track your progress. By the end of the week, you must attend at least 3 My Prep programs, 2 My Life programs, 1 My Health and Wellness program, and 1 My Future program. You have the flexibility to make your own schedule, but you must attend programs.

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

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

Program Descriptions
You can find a complete list of all First Flight Programs, as well as program descriptions and event details, on the Guidebook app. See page 6 of this book for more information.

CAREER CONNECT
Career Connect programs will engage students through action-based experiential learning in the context of communities, both in the public and private sector, to develop communication, teamwork, and critical thinking skills. First Flight programs related to Career Connect will have the following logo:
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 unt.instructure.com with your EUID (example: abc1234) and password. On the left menu bar, select “courses” and select First Flight. Click the program you are interested in participating in and follow the instructions to complete the program.
Leave Your Blues Behind: Stress and Depression  
Counseling & Testing Services

Leave Your Blues Behind: Understanding Depression  
Counseling & Testing Services

Leave Your Blues Behind: Unhealthy and Healthy Thoughts  
Counseling & Testing Services

Let Go & Be Well: Acceptance  
Counseling & Testing Services

Let Go & Be Well: Fusion and Diffusion  
Counseling & Testing Services

Let Go & Be Well: Getting Stuck in Our Thoughts  
Counseling & Testing Services

Let Go & Be Well: Taking Action  
Counseling & Testing Services

Making UNT a Healthier Campus  
Student Health and Wellness Center

Online Tutoring  
Learning Center

Pain Management: Alternative Medical Treatments  
Counseling & Testing Services

Pain Management: Basic Pain  
Counseling & Testing Services

Pain Management: Medications and Pain  
Counseling & Testing Services

Pain Management: Reducing the Negative Impact of Pain  
Counseling & Testing Services

Plan Your Semester: Online  
Learning Center

Setting Yourself Up for Success During Your First Week: Online  
Learning Center

Sexual Consent 101  
Student Health and Wellness Center

SHWC @ UNT  
Student Health and Wellness Center

Speed Reading Tips and Tricks: Online  
Learning Center

Succeeding in Online Classes: Online  
Learning Center

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

Test Your Financial Aid Knowledge  
Student Money Management Center

Test Your Knowledge on College Costs  
Student Money Management Center

The Condom Club  
Student Health and Wellness Center
SUNDAY, AUGUST 19, 2018

Schedule at a Glance

9:00 AM - 4:00 PM  First Flight Check In
Check In will take place at your residence hall front desk. 
*All new freshman students are required to check in for First Flight. After you check in, you have free time until the TIME Speaker and opening program.*

4:30 PM  First Flight BBQ
Location - UNT Coliseum (enter through Gate B)
*Join your new classmates for dinner before the TIME Speaker and opening program.*

5:00 PM  First Flight Opening Program
Location - UNT Coliseum
*See the seating chart below to know where you should sit to meet your First Flight Leader and small group. Section locations were listed on the First Flight Check In Pass sent to you via email.*

5:15 PM  TIME (This is My Experience) Speaker: Harlan Cohen
Location - UNT Coliseum
*The TIME Speaker is the official kick-off event of First Flight Week.*

6:30 PM  Small Group Meeting 1
Location - various campus locations (see your First Flight Leader)

Things To Do Today

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

Meals Today

Meal plans begin on Monday, August 20. 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)

Soccer vs. Alabama
Athletics
1:00 PM - 3:00 PM, Mean Green Village

Panhellenic 101: Parent and Family Session
Greek Life
4:30 PM - 5:30 PM, Greek Life Center

Coliseum Seating Chart - See your First Flight Check In Pass (emailed to you prior to First Flight) to know where to sit!
MONDAY, AUGUST 20, 2018

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 2/ 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.

1:00 PM - 3:00 PM | 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.

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

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

6:30 PM - 9:00 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, 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!

9:30 PM | First Flight Movie Night ft. Avengers: Infinity War
Location - Union South Lawn
Be sure to bring a blanket to enjoy the movie from the south lawn.

Things To Do Today

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

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 2018.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>The First Generation Student Experience</td>
<td>9:00 AM - 4:00 PM, Sage 215</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Group Exercise Class</td>
<td>12:15 PM - 12:45PM, Pohl Rec Center Basketball Court 1</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>A Taste of Difference</td>
<td>1:30 PM - 2:30 PM, BLB 080</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Denton on a Dime</td>
<td>2:00 PM - 3:00 PM, PHYS 116</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>GTF Scholars 2.0 Kick-Off</td>
<td>2:00 PM - 3:00 PM, Union 385</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Healthy Dorm Room Cooking Hacks</td>
<td>2:30 PM - 3:30 PM, Rawlins Hall Kitchen</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>&quot;It's on Us&quot; Resource Fair</td>
<td>3:00 PM - 5:00 PM, Kerr Hall Lobby</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Black Student Experience Meet and Greet</td>
<td>3:00 PM - 4:00 PM, ESSC 255</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Connecting Your Experiences, Creating Your Future</td>
<td>3:00 PM - 3:30 PM, Willis Library 140</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Chestnut Hall Open House</td>
<td>3:00 PM - 4:00 PM, Chestnut Hall Rotunda</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>ECHS Graduate Meet and Greet</td>
<td>3:00 PM - 4:00 PM, Union 333AB</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>How to Find a Job on Campus</td>
<td>3:00 PM - 4:00 PM, Chestnut 120</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>How to Ride with DCTA</td>
<td>3:00 PM - 5:00 PM, Highland Street Garage Transportation Office</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Introduction to Personal Training &amp; Free Body Fat Test</td>
<td>3:00 PM - 4:00 PM, Pohl Rec Center Basketball Lounge</td>
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<tr>
<td>3:00 PM</td>
<td>Know Your GRIT</td>
<td>3:00 PM - 4:00 PM, Language 310</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Learning How You Learn</td>
<td>3:00 PM - 3:45 PM, Sage 170 Lab</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Quick Prep: Leaving Procrastination Station</td>
<td>3:00 PM - 3:20 PM, Sage 116</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Responding to an Active Shooter Event</td>
<td>3:00 PM - 4:30 PM, Willis Library 250H</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Tour the UNT Doctors’ Office</td>
<td>3:00 PM - 5:00 PM, Student Health and Wellness Center (Chestnut 2nd Floor)</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Where Will Your Money Take You</td>
<td>3:00 PM - 4:00 PM, Gateway 132</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Quick Prep: Don’t Sweat the Test</td>
<td>3:00 PM - 3:30 PM, Sage 230</td>
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<tr>
<td>3:00 PM</td>
<td>Career Connect ePortfolio Hands-On Training</td>
<td>3:00 PM - 4:30 PM, Willis Library 136</td>
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<tr>
<td>3:00 PM</td>
<td>Intro to Kayaking</td>
<td>3:00 PM - 4:30 PM, Pohl Rec Center - Leisure Pool</td>
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<tr>
<td>3:00 PM</td>
<td>Cookies and Careers</td>
<td>3:00 PM - 4:30 PM, Maple Hall Living Room</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Healthy Dorm Room Cooking Hacks</td>
<td>3:00 PM - 4:30 PM, See Guidebook App</td>
</tr>
</tbody>
</table>
Get Involved!
Student Activities
3:30 PM - 4:30 PM, BLB 080

Honors College Group Advising Session
Honors College
3:30 PM - 4:30 PM, Rawlins Hall Multipurpose Room

La primera generación and now what?
Union - Center for Student Affairs
3:30 PM - 4:30 PM, Union 332

Learning Center Job Opportunities: How to Get Involved
Learning Center
3:30 PM - 4:30 PM, BLB 080

Mindfully Me: An Introduction to Meditation
Office of Spiritual Life
3:30 PM - 4:30 PM, LIFE A419

Potential New Member Orientation
Greek Life
3:30 PM - 5:00 PM, Lyceum

Union Art Tour
Fine Arts Series
3:30 PM - 4:15 PM, Union Art Gallery

Quick Prep: Read Like a Boss
Learning Center
3:30 PM - 4:30 PM, BLB 080

Quick Prep: It’s in the Syllabus
Learning Center
4:20 PM - 4:40 PM, Sage 116

Critical Thinking Skills
Learning Center
4:30 PM - 5:00 PM, Sage 170 Lab

First Aid 101
Student Health and Wellness Center
4:30 PM - 5:00 PM, Chestnut Hall 324

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

Learning Center Job Opportunities
Learning Center
4:30 PM - 4:50 PM, Sage 230

Quick Prep: Keys to Grad School
Learning Center
4:40 PM - 5:00 PM, Sage 116

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

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

Rec Extravaganza!
Rec Sports
6:30 PM - 9:30 PM, Pohl Rec Center

Intramural Texas Hold’em
Rec Sports
7:00 PM - 12:00 AM, Pohl Rec Center Room 205

Greek Life 101
Greek Life
7:30 PM - 8:30 PM, Greek Life Center

First Flight Movie Night ft. Avengers: Infinity War
UPC
9:00 PM - 11:30 PM, Union South Lawn
**Schedule at a Glance**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 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 Leader 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 2022 Photo  
Location - Apogee Stadium  
Join us for Spirit Night at Apogee Stadium, and participate in the second annual class photo at UNT. The class of 2022 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>
<th>Event</th>
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<tbody>
<tr>
<td>5:00 AM</td>
<td>Group Exercise Class</td>
<td>Rec Sports</td>
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<td></td>
<td>5:30 AM - 6:30 PM, Pohl Rec Center Basketball Court 1</td>
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<tr>
<td>10:00 AM</td>
<td>The First Generation Student Experience</td>
<td>TRIO Student Support Services</td>
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<td></td>
<td>10:00 AM - 4:00 PM, Sage 215</td>
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<tr>
<td></td>
<td>Class Schedule Tours</td>
<td>Orientation and Transition Programs</td>
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<td></td>
<td></td>
<td>10:00 AM - 2:00 PM, Library Mall</td>
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<tr>
<td>11:00 AM</td>
<td>Ask A Professor Lunch</td>
<td>Orientation and Transition Programs</td>
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<td>11:00 AM - 1:00 PM, Willis Forum (140)</td>
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<td>12:00 PM</td>
<td>Multicultural Center Open House</td>
<td>Multicultural Center</td>
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<td>12:00 PM - 3:00 PM, Union 335</td>
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<td></td>
<td>Pride Alliance Open House</td>
<td>Pride Alliance</td>
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<td>12:00 PM - 4:00 PM, Union 372</td>
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<td>1:00 PM</td>
<td>First Aid 101</td>
<td>Student Health and Wellness Center</td>
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<td>1:00PM - 1:30 PM, Chestnut Hall 324</td>
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<td></td>
<td>Get the Scoop on Careers: Ice Cream Social</td>
<td>Career Center</td>
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<td>1:00 PM - 3:00 PM, Chestnut Hall Rotunda (1st floor lobby)</td>
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<td></td>
<td>Making the Most of Your Membership</td>
<td>Rec Sports</td>
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<td>1:00 PM - 2:00 PM, Pohl Rec</td>
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<td></td>
<td>Honors College Group Advising Session</td>
<td>Honors College</td>
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<td></td>
<td></td>
<td>1:00 PM - 2:00 PM, Union 382</td>
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<tr>
<td></td>
<td>Speak Textbook</td>
<td>Barnes &amp; Noble at UNT</td>
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<td></td>
<td></td>
<td>1:00 PM - 2:00 PM, Barnes &amp; Noble at UNT</td>
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<tr>
<td></td>
<td>SI - Keys to Academic Success</td>
<td>Lang 104</td>
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<tr>
<td></td>
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<td>1:00 PM - 1:30 PM, Lang 104</td>
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<tr>
<td></td>
<td>Infinity Debt War: Battle to Fend Off Student Loan Debt</td>
<td>Student Money Management Center and Student Financial Aid &amp; Scholarships Office</td>
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<td>1:00 PM - 2:00 PM, BLB 075</td>
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<td></td>
<td>Know Your GRIT</td>
<td>Career Connect</td>
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<td></td>
<td></td>
<td>1:00 PM - 2:00 PM, Language 316</td>
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<td></td>
<td>Healthy Dorm Room Cooking Hacks</td>
<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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<tr>
<td></td>
<td>Multicultural Greek Council 101</td>
<td>Greek Life</td>
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<td>1:00 PM - 2:00 PM, Greek Life Center</td>
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<td></td>
<td>Plan Your Semester</td>
<td>Sage 170 Lab</td>
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<td>1:00 PM - 1:30 PM, Sage 170 Lab</td>
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<td></td>
<td>Quick Prep: It’s in the Syllabus</td>
<td>Sage 116</td>
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<td>1:00 PM - 1:20 PM, Sage 116</td>
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<td></td>
<td>Save &amp; Engage: Discovering</td>
<td>Student Money Management Center</td>
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<td>1:00 PM - 2:00 PM, Curry 211</td>
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<td></td>
<td>Transportation 101</td>
<td>Transportation Services</td>
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<td>1:00 PM - 3:00 PM, Highland Street Garage Transportation Office</td>
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<td>Quick Prep: Take Note!</td>
<td>Sage 116</td>
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<td></td>
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<td>1:20 PM - 1:40 PM, Sage 116</td>
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<td></td>
<td>Connecting Your Experiences, Creating Your Future</td>
<td>Career Connect</td>
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<td></td>
<td>1:30 PM - 2:00 PM, Willis Library 250H</td>
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<td></td>
<td>First Aid 101</td>
<td>Student Health and Wellness Center</td>
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<td></td>
<td>1:30 PM - 2:00 PM, Chestnut Hall 324</td>
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<td></td>
<td>High School to College Transition</td>
<td>Orientation &amp; Transition Programs</td>
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<td>1:30 PM - 2:30 PM, Matt 311</td>
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<td></td>
<td>Secrets to Success: What I wish I knew my Freshman year</td>
<td>College of Liberal Arts and Social Sciences</td>
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<td></td>
<td>1:30 PM - 3:00 PM, Union 333</td>
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<tr>
<td></td>
<td>SI - Keys to Academic Success</td>
<td>Lang 104</td>
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<tr>
<td></td>
<td></td>
<td>1:30 PM - 2:00 PM, Lang 104</td>
</tr>
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</table>

First Flight Week 2018 | August 19 - 26, 2018
transition.unt.edu/first-flight-week
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<tr>
<th>Time</th>
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<tr>
<td>1:30 PM</td>
<td>Meet your Housing Counselors! Counseling and Testing Services</td>
<td>2:00 PM - 3:00 PM, Maple Hall Living Room</td>
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<tr>
<td></td>
<td>North Texas in DC (NTDC) Info Session</td>
<td>2:00 PM - 3:00 PM, Life Science Building A419</td>
</tr>
<tr>
<td>1:40 PM</td>
<td>Outdoor Pursuits Gear Exhibit Rec Sports</td>
<td>2:00 PM - 3:00 PM, Pohl Rec Center - Outdoor Pursuits Center</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Quick Prep: Succeeding in Online Classes</td>
<td>2:00 PM - 2:20 PM, Sage 116</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>SGA is a Homerun</td>
<td>2:00 PM - 3:30 PM, Union 337</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Student Veteran Services Open House</td>
<td>2:00 PM - 4:00 PM, GAB 119</td>
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<tr>
<td>2:00 PM</td>
<td>Achoo! What to Do When You Get Sick at UNT</td>
<td>2:00 PM - 3:00 PM, Chestnut Hall 324</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Career Connect ePortfolio Hands-On Training</td>
<td>2:00 PM - 3:00 PM, Willis Library 136</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Did You Choose the Right Major?</td>
<td>2:00 PM - 3:00 PM, Chestnut Hall 160</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Eagles in Action</td>
<td>2:00 PM - 4:00 PM, Gateway Ballroom</td>
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<tr>
<td>2:00 PM</td>
<td>Healthy Relationships 101</td>
<td>2:00 PM - 3:00 PM, GAB 317</td>
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<tr>
<td>2:00 PM</td>
<td>Honors College Student Research Panel</td>
<td>2:00 PM - 3:00 PM, Union 382</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Know Your Rights: How to Navigate Police Encounters</td>
<td>2:00 PM - 3:00 PM, Union Rm. 338</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Learning Center Job Opportunities: How to Get Involved</td>
<td>2:00 PM - 2:20 PM, Lang 104</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Learning How You Learn</td>
<td>2:00 PM - 2:45 PM, Sage 170 Lab</td>
</tr>
<tr>
<td>2:20 PM</td>
<td>Quick Prep: Flashcards, Mnemonics, and Mind Maps</td>
<td>2:20 PM - 2:40 PM, Sage 116</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>UNT’s Pre-Law Program</td>
<td>2:00 PM - 3:00 PM, Wooten 130</td>
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<tr>
<td>2:30 PM</td>
<td>SI - Keys to Academic Success</td>
<td>2:30 PM - 3:00 PM, Lang 104</td>
</tr>
<tr>
<td>2:40 PM</td>
<td>Quick Prep: Don’t Sweat the Test</td>
<td>2:40 PM - 3:00 PM, Sage 116</td>
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<tr>
<td>3:00 PM</td>
<td>Critical Thinking Skills</td>
<td>3:00 PM - 3:30 PM, Sage 170 Lab</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Displaying Your Marketable Skills</td>
<td>3:00 PM - 4:00 PM, Language 310</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>How to Ride with DCTA</td>
<td>3:00 PM - 5:00 PM, Highland Street Garage Transportation Office</td>
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<tr>
<td>3:00 PM</td>
<td>Healthy Dorm Room Cooking Hacks</td>
<td>3:00 PM - 5:00 PM, See the Guidebook App</td>
</tr>
</tbody>
</table>

**2:00 PM**

- **Meet your Housing Counselors!** Counseling and Testing Services
  - 2:00 PM - 3:00 PM, Maple Hall Living Room
- **North Texas in DC (NTDC) Info Session** Division of Student Affairs
  - 2:00 PM - 3:00 PM, Life Science Building A419
- **Outdoor Pursuits Gear Exhibit** Rec Sports
  - 2:00 PM - 3:00 PM, Pohl Rec Center - Outdoor Pursuits Center
- **Quick Prep: Succeeding in Online Classes**
  - 2:00 PM - 2:20 PM, Sage 116
- **SGA is a Homerun** Student Government Association
  - 2:00 PM - 3:30 PM, Union 337
- **Student Veteran Services Open House**
  - 2:00 PM - 4:00 PM, GAB 119
- **Union Art Tour**
  - University Union
  - 2:00 PM - 2:30 PM, Union Art Gallery
- **Quick Prep: Flashcards, Mnemonics, and Mind Maps**
  - 2:20 PM - 2:40 PM, Sage 116
- **UNT’s Pre-Law Program**
  - Political Science
  - 2:00 PM - 3:00 PM, Wooten 130
- **SI - Keys to Academic Success**
  - 2:30 PM - 3:00 PM, Lang 104
- **Quick Prep: Don’t Sweat the Test**
  - 2:40 PM - 3:00 PM, Sage 116

**3:00 PM**

- **Critical Thinking Skills**
  - 3:00 PM - 3:30 PM, Sage 170 Lab
- **Displaying Your Marketable Skills**
  - 3:00 PM - 4:00 PM, Language 310
- **How to Ride with DCTA**
  - Transportation Services
  - 3:00 PM - 5:00 PM, Highland Street Garage Transportation Office
- **Healthy Dorm Room Cooking Hacks**
  - Student Health and Wellness Center
  - 1:30 PM - 2:30 PM, See the Guidebook App
Quick Prep: Keys to Grad School
3:00 PM - 3:20 PM, Sage 116

SI - Keys to Academic Success
3:00 PM - 3:30 PM, Lang 104

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

UNT Men of Color Initiatives
Multicultural Center
3:00 PM - 4:00 PM, Union 394

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

Working at Rec Sports
Rec Sports
3:00 PM - 4:00 PM, Pohl Rec Center Room 205

Working with Professors
Honors College
3:00 PM - 4:00 PM, Union 382

Quick Prep: Leaving Procrastination Station
3:20 PM - 3:40 PM, Sage 116

Critical Thinking Skills
3:30 PM - 4:00 PM, Sage 170 Lab

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

Mindfully Me: An Introduction to Meditation
Office of Spiritual Life
3:30 PM - 4:30 PM, LIFE A419

SI - Keys to Academic Success
3:30 PM - 4:00 PM, Lang 104

Quick Prep: Take Note!
3:40 PM - 4:00 PM, Sage 116

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

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

Honors College Community Engagement Recognition Information Session
Honors College
4:00 PM - 5:00 PM, Union 382

How to Survive your First Year in College?
Career Center
4:00 PM - 5:00 PM, Chestnut 120

Intramural 3-point contest
Rec Sports
4:00 PM - 5:30 PM, Pohl Rec Center Basketball Court 3

Learning Center Job Opportunities: How to Get Involved
4:00 PM - 4:20 PM, Lang 104

Learning How You Learn
4:00 PM - 4:45 PM, Sage 170 Lab

Quick Prep: Don't Sweat the Test
4:00 PM - 4:20 PM, Sage 230

Quick Prep: Flashcards, Mnemonics, and Mind Maps
4:20 PM - 4:40 PM, Sage 230

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

SI - Keys to Academic Success
4:30 PM - 5:00 PM, Sage Lang 104

Quick Prep: Succeeding in Online Classes
4:40 PM - 5:00 PM, Sage 230

5:00 PM

Stress Management BINGO
Student Health and Wellness Center
5:30 PM - 7:00 PM, Chestnut Hall 324

6:00 PM

Student Spirit Night at Apogee Stadium/Class of 2022 Photo on the Field
Athletics
6:30 PM - 8:30 PM, Apogee Stadium. Enter Gate 3 or Gate 4.
**WEDNESDAY, AUGUST 22, 2018**

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<table>
<thead>
<tr>
<th><strong>Schedule at a Glance</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:30 AM</strong></td>
</tr>
</tbody>
</table>
| **9:00 AM - 12:00 PM** | **College Day**  
*See page 7 for your college/school meeting time and location.* |
| **12:00 PM** | **Lunch**  
*Eat lunch with your small group!* |
| **throughout the day** | **First Flight Programs**  
*Find programs to attend to meet your First Flight requirements.* |
| **2:30 PM** | **Small Group Meeting 4**  
*Meet your First Flight Leader at the specified location* |
| **4:00 PM** | **New Student Convocation**  
*New students are required to attend New Student Convocation. See page 6 for more information.* |
| **5:00 PM - 7:00 PM** | **Mean Green Fling**  
*Location - Library Mall, Union North Green, and Union South Lawn  
*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!* |

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**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.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>The First Generation Student Experience</td>
<td>Sage 215</td>
<td>9:00 AM - 4:00 PM, Sage 215</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>QUEER Life @UNT</td>
<td>Chestnut Hall Suite 311</td>
<td>11:00 AM - 11:50 AM</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Haven Completion</td>
<td>Sage 330</td>
<td>12:00 PM - 2:00 PM, Sage 330</td>
</tr>
<tr>
<td></td>
<td>Group Exercise Class</td>
<td>Pohl Rec Center Basketball Court 1</td>
<td>12:15 PM - 12:45 PM</td>
</tr>
<tr>
<td></td>
<td>Connecting Your Experiences, Creating Your Future</td>
<td>Maple Hall Living Room</td>
<td>12:30 PM - 1:45 PM</td>
</tr>
<tr>
<td></td>
<td>Sex and Money Bingo</td>
<td>Chestnut Hall 324</td>
<td>12:30 PM - 1:30 PM</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Career Connect ePortfolio Hands-On Training</td>
<td>Willis Library 136</td>
<td>1:00 PM - 2:00 PM, Willis Library 136</td>
</tr>
<tr>
<td></td>
<td>How to Find a Job on Campus</td>
<td>Chestnut Hall 120</td>
<td>1:00 PM - 2:00 PM</td>
</tr>
<tr>
<td></td>
<td>Making the Most of Your Membership</td>
<td>Pohl Rec Center Room 205</td>
<td>1:00 PM - 2:00 PM</td>
</tr>
<tr>
<td></td>
<td>Nationally Competitive Scholarships Information Session</td>
<td>Rawlins Hall Multipurpose Room</td>
<td>1:30 PM - 2:30 PM</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Infinity Debt War: Battle to Fend Off Student Loan Debt</td>
<td>Chestnut 160</td>
<td>1:30 PM - 2:30 PM, Chestnut 160</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>UNT Men of Color Initiatives</td>
<td>Union 339</td>
<td>2:00 PM - 3:00 PM</td>
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<td></td>
<td>F.L.Y. Peer Ambassador Program</td>
<td>Union 339</td>
<td>3:00 PM - 4:00 PM</td>
</tr>
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<td></td>
<td>Theft Prevention</td>
<td>Willis Library 250H</td>
<td>3:00 PM - 4:10 PM</td>
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<td></td>
<td>Reality Check</td>
<td>BLB 065</td>
<td>3:00 PM - 4:00 PM</td>
</tr>
<tr>
<td></td>
<td>Transfer Meet Up - Convocation &amp; Mean Green Fling</td>
<td>UNT Coliseum - Gate A</td>
<td>3:15 PM</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Escape! @ First Flight in the Media Library</td>
<td>Media Library, Chilton 111</td>
<td>4:00 PM - 9:00 PM</td>
</tr>
<tr>
<td></td>
<td>Game On! First Flight</td>
<td>Media Library, Chilton 111</td>
<td>4:00 PM - 9:00 PM</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Mean Green Fling</td>
<td>Library Mall, Union North Green, and Union South Lawn</td>
<td>5:00 PM - 7:00 PM</td>
</tr>
<tr>
<td></td>
<td>Outdoor Pursuits Gear Exhibit</td>
<td>Pohl Rec Center - Outdoor Pursuits Center</td>
<td>5:30 PM - 6:30 PM</td>
</tr>
</tbody>
</table>
7:00 PM
Honors College Programming Council Meet and Greet
Honors College
7:00 PM - 8:00 PM, Rawlins Hall Multipurpose Room

8:00 PM
New Student VIP Night
Barnes & Noble at UNT
8:00 PM - 10:00 PM, Barnes & Noble at UNT
### THURSDAY, AUGUST 23, 2018

#### Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>throughout the day</td>
<td>First Flight Programs</td>
<td>Find programs to attend to meet your First Flight requirements.</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Distinguished Lecturer Series: Amara La Negra</td>
<td>Location: UNT Coliseum</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bring your student ID for entrance into this event</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>UNT Alumni Relations Ice Cream Social</td>
<td>Location - Gateway Arch</td>
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<tr>
<td></td>
<td></td>
<td>Enjoy some ice cream provided by the UNT Alumni Association after the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>First Flight Distinguished Lecturer Series event! Our Student Alumni</td>
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<tr>
<td></td>
<td></td>
<td>Ambassadors will be serving some ice cream as we welcome you to the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>UNT Family!</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
- **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.
- **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).
- **Take a Class Schedule Tour** and learn where your classes are.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location/Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Student Legal Services Open House</td>
<td>Student Legal Services 8:30 AM - 4:30 PM, Union Rm #411</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>The First Generation Student Experience</td>
<td>TRIO Student Support Services 9:00 AM - 4:00 PM, Sage 215</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Student Pathways</td>
<td>Career Connect 10:00 AM - 10:30 AM, Language 310</td>
</tr>
<tr>
<td></td>
<td>Class Schedule Tours</td>
<td>Orientation and Transition Programs 10:00 AM - 2:00 PM, Library Mall</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Bob Ross and Chill</td>
<td>Student Health and Wellness Center 11:00 AM - 1:00 PM, Chestnut Hall 324</td>
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<tr>
<td></td>
<td>Greek Life 101</td>
<td>Greek Life 11:00 AM - 12:00 PM, BLB 055</td>
</tr>
<tr>
<td></td>
<td>Honors College Podcast Discussion #1</td>
<td>Honors College 11:00 AM - 12:30 PM, Rawlins Hall Multipurpose Room</td>
</tr>
<tr>
<td></td>
<td>Know Your GRIT</td>
<td>Career Connect 11:00 AM - 12:00 PM, Language 310</td>
</tr>
<tr>
<td></td>
<td>Where Will Your Money Take You</td>
<td>Student Money Management Center and Study Abroad 3:00 PM - 4:00 PM, Gateway 132</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Destination Denton</td>
<td>Transfer Center 12:00 PM - 3:00 PM, Meet at the Union</td>
</tr>
<tr>
<td></td>
<td>Honors College Podcast Discussion #2</td>
<td>Honors College 12:30 PM - 2:00 PM, Rawlins Hall Multipurpose Room</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Displaying Your Marketable Skills</td>
<td>Career Connect 1:00 PM - 2:00 PM, Language 310</td>
</tr>
<tr>
<td></td>
<td>Emerald Eagle Scholars Kick-Off</td>
<td>Emerald Eagle Scholars Program 1:00 PM - 3:00 PM, Sage 116</td>
</tr>
<tr>
<td></td>
<td>How to Be Marketable for Internships and Jobs?</td>
<td>Career Center 1:00 PM - 2:00 PM, Chestnut 120</td>
</tr>
<tr>
<td></td>
<td>Orient Yourself to the Campus through the Therapy Dogs (Willow and Dakota)</td>
<td>Counseling and Testing Services 1:00 PM - 2:00 PM, Chestnut Hall 311</td>
</tr>
<tr>
<td></td>
<td>Quick Prep: Succeeding in Online Classes</td>
<td>Learning Center 1:00 PM - 1:20 PM, Sage 230</td>
</tr>
<tr>
<td></td>
<td>Strength Talk</td>
<td>Career Center - College of Business 1:00 PM - 2:00 PM, Business Leadership Building - 010</td>
</tr>
<tr>
<td></td>
<td>Transportation 101</td>
<td>Transportation Services 1:00 PM - 3:00 PM, Highland Street Garage Transportation Office</td>
</tr>
<tr>
<td></td>
<td>Writing Center</td>
<td>Writing Center 1:00 PM - 3:00 PM, Sage 150</td>
</tr>
<tr>
<td></td>
<td>Quick Prep: Don’t Sweat the Test</td>
<td>Learning Center 1:20 PM - 1:40 PM, Sage 230</td>
</tr>
<tr>
<td></td>
<td>Connecting Your Experiences, Creating Your Future</td>
<td>Career Connect 1:30 PM - 2:00 PM, Willis Library 140</td>
</tr>
<tr>
<td></td>
<td>Cultural Humility- Seeing Ourselves to See Others</td>
<td>The Office of Diversity and Inclusion 1:30 PM - 3:00 PM, BLB 060</td>
</tr>
<tr>
<td></td>
<td>Quick Prep: Leaving Procrastination Station</td>
<td>Learning Center 1:40 PM - 2:00 PM, Sage 230</td>
</tr>
</tbody>
</table>
**2:00 PM**

- **Achoo! What to Do When You Get Sick at UNT**
  Student Health and Wellness Center
  2:00 PM - 3:00 PM, Chestnut Hall 324

- **Career Connect ePortfolio Hands-On Training**
  Career Connect
  2:00 PM - 3:00 PM, Willis Library 136

- **Employers Tell All: What Employers Wish you knew about Finding Jobs and Internships**
  Career Center
  2:00 PM - 3:00 PM, Chestnut 160

- **Honors College Group Advising Session**
  Honors College
  2:00 PM - 3:00 PM, Rawlins Hall Multipurpose Room

- **Quick Prep: Take Note!**
  Learning Center
  2:00 PM - 2:20 PM, Sage 230

- **Quick Prep: Read Like a Boss**
  Learning Center
  2:20 PM - 2:40 PM, Sage 230

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

- **Quick Prep: Flashcards, Mnemonics, and Mind Maps**
  Learning Center
  2:40 PM - 3:00PM, Sage 230

**3:00 PM**

- **Campus and Personal Safety**
  UNT Police Department
  3:00 PM - 4:15 PM, Willis Library 250H

- **Careers in Health Professions Panel**
  Career Center
  3:00 PM - 4:00 PM, Chemistry Building, Rm. 109

- **Eagle Watch**
  Student Health and Wellness Center
  3:00 PM - 4:00 PM, Chestnut Hall 324

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

- **Intro to ACCESS**
  Orientation and Transition Programs
  3:00 PM - 4:00 PM, Union 332

- **Mean Green Lead: CLS Leadership Basics**
  Center for Leadership and Service
  3:00 PM - 4:00 PM, Union 341

- **Total Mind-Body Wellness**
  Learning Center
  3:00 PM - 3:30 PM, Sage 230

- **Cultural Humility-Seeing Ourselves to See Others**
  The Office of Diversity and Inclusion
  3:30 PM - 5:00 PM, BLB 060

- **SI - Keys to Academic Success**
  Learning Center
  3:30 PM - 4:00 PM, Sage 230
4:00 PM

- **Escape! @ First Flight in the Media Library**
  UNT Libraries
  4:00 PM - 9:00 PM, Media Library, Chilton 111

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

- **SI - Keys to Academic Success**
  Learning Center
  4:00 PM - 4:30 PM, Sage 230

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

5:00 PM

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

- **Plan Your Semester**
  Learning Center
  4:40 PM - 5:00 PM, Sage 230

6:00 PM

- **Group Exercise Class**
  Rec Sports
  5:30 PM - 6:30 PM, Pohl Rec Center Basketball Court 1

- **2022 Class Cause Reveal Party**
  Orientation and Transition Programs
  5:30 PM - 7:00 PM, See the Guidebook App

7:00 PM

- **International Students Football 101**
  Athletics
  7:00 PM - 9:00 PM, Apogee Stadium, Hub Club. Enter Gate 2.

8:00 PM

- **Ice Cream Social**
  UNT Alumni Relations
  8:00 PM - 9:00 PM, Gateway Arch

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First Flight Week 2018 | August 19 - 26, 2018
transition.unt.edu/first-flight-week

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**AMARA La NEGRA**

Presented by UNT’s Distinguished Lecture Series

Thursday, August 23, 2018
UNT Coliseum
7:00 p.m.

Free with UNT student ID!

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**ICE CREAM SOCIAL**

Thursday, Aug. 23 • 8 p.m.
UNT Gateway Arch

FREE as a welcome from the UNT Alumni Association
FRIDAY, AUGUST 24, 2018

Schedule at a Glance

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

5:00 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 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.

UNT DAY AT THE North Texas Fair & Rodeo
FRIDAY, AUGUST 24, 2018
$5 OFF FOR UNT STUDENTS
SPECIAL GUEST ELI YOUNG BAND 9:30 P.M.
MORE INFO AT NTFAIR.COM
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>The First Generation Student Experience</td>
<td>Sage 215</td>
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<tr>
<td></td>
<td>TRIO Student Support Services</td>
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<td></td>
<td>9:00 AM - 4:00 PM, Sage 215</td>
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<tr>
<td>10:00 AM</td>
<td>Emerald Eagle Scholars Kick-Off</td>
<td>Sage 116</td>
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<tr>
<td></td>
<td>Emerald Eagle Scholars Program</td>
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<td>10:00 AM - 12:00 PM, Sage 116</td>
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<td></td>
<td>Greek Life 101</td>
<td>Greek Life Center</td>
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<td></td>
<td>Greek Life</td>
<td>10:00 AM - 11:00 AM, Greek Life Center</td>
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<td></td>
<td>Healthy Relationships 101</td>
<td>Wooten 121</td>
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<td>Dean of Students</td>
<td>10:00 AM - 11:00 AM, Wooten 121</td>
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<td></td>
<td>Student Pathways</td>
<td>Language 310</td>
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<td></td>
<td>Career Connect</td>
<td>10:00 AM - 10:30 AM, Language 310</td>
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<tr>
<td>11:00 AM</td>
<td>Mean Green Athletics and YOU!</td>
<td>Union 339</td>
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<tr>
<td></td>
<td>Athletics</td>
<td>11:00 AM - 12:00 PM, Union 339</td>
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<tr>
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<td>National Merit Scholar &amp; Donor Flight Luncheon</td>
<td>Union 333</td>
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<td></td>
<td>Office of Admissions</td>
<td>11:30 AM - 1:30 PM, Union 333</td>
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<tr>
<td></td>
<td>Black Professional Network Student Mixer</td>
<td>See the Guidebook App</td>
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<tr>
<td></td>
<td>UNT Black Professional Network</td>
<td>11:00 AM - 1:00 PM, See the Guidebook App</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Fall 2018 UNT Part-Time On-Campus &amp; Off-Campus Job Fair</td>
<td>Union 314 A/B</td>
</tr>
<tr>
<td></td>
<td>Career Center</td>
<td>12:00 PM - 3:00 PM, Union 314 A/B</td>
</tr>
<tr>
<td></td>
<td>Mean Green Athletics and YOU!</td>
<td>Union 339</td>
</tr>
<tr>
<td></td>
<td>Athletics</td>
<td>12:00 PM - 1:00 PM, Union 339</td>
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<tr>
<td></td>
<td>Unspoken School Supplies: DIY Condom Carriers</td>
<td>Chestnut Hall 324</td>
</tr>
<tr>
<td></td>
<td>Student Health and Wellness Center</td>
<td>12:00 PM - 2:00 PM, Chestnut Hall 324</td>
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<tr>
<td></td>
<td>Volleyball vs. Nichols State</td>
<td>Mean Green Village Volleyball Center</td>
</tr>
<tr>
<td></td>
<td>Athletics</td>
<td>12:00 PM - 2:00 PM, Mean Green Village Volleyball Center</td>
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<td></td>
<td>Group Exercise Class</td>
<td>Pohl Rec Center Basketball Court 1</td>
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<td></td>
<td>Rec Sports</td>
<td>12:15 PM - 12:45 PM, Pohl Rec Center Basketball Court 1</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Emerald Eagle Scholars Kick-Off</td>
<td>Sage 116</td>
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<tr>
<td></td>
<td>Emerald Eagle Scholars Program</td>
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<td></td>
<td>1:00 PM - 3:00 PM, Sage 116</td>
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<td></td>
<td>Perspectives in Undergraduate Research</td>
<td>Sage Hall 258</td>
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<tr>
<td></td>
<td>Honors College</td>
<td>1:00 PM - 3:00 PM, Sage Hall 258</td>
</tr>
<tr>
<td></td>
<td>Transportation 101</td>
<td>Highland Street Garage Transportation Office</td>
</tr>
<tr>
<td></td>
<td>Transportation Services</td>
<td>1:00 PM - 3:00 PM, Highland Street Garage Transportation Office</td>
</tr>
<tr>
<td></td>
<td>Connecting Your Experiences, Creating Your Future</td>
<td>Willis Library 140</td>
</tr>
<tr>
<td></td>
<td>Career Connect</td>
<td>1:30 PM - 2:00 PM, Willis Library 140</td>
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<tr>
<td></td>
<td>Cultural Humility-Seeing Ourselves to See Others</td>
<td>BLB 060</td>
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<tr>
<td></td>
<td>The Office of Diversity and Inclusion</td>
<td>1:30 PM - 3:00 PM, BLB 060</td>
</tr>
<tr>
<td></td>
<td>High School to College Transition</td>
<td>BLB 245</td>
</tr>
<tr>
<td></td>
<td>Orientation and Transition Programs</td>
<td>1:30 PM - 2:30 PM, BLB 245</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Achoo! What to Do When You Get Sick at UNT</td>
<td>Chestnut Hall 324</td>
</tr>
<tr>
<td></td>
<td>Student Health and Wellness Center</td>
<td>2:00 PM - 3:00 PM, Chestnut Hall 324</td>
</tr>
<tr>
<td></td>
<td>Career Connect ePortfolio Hands-On Training</td>
<td>Willis Library 136</td>
</tr>
<tr>
<td></td>
<td>Career Connect</td>
<td>2:00 PM - 3:00 PM, Willis Library 136</td>
</tr>
</tbody>
</table>
### SATURDAY, AUGUST 25, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 PM</td>
<td><strong>How to Ride with DCTA</strong></td>
<td>Transportation Services</td>
</tr>
<tr>
<td></td>
<td><strong>Transportation Services</strong></td>
<td>3:00 PM - 5:00 PM, Highland Street Garage</td>
</tr>
<tr>
<td>5:00 PM</td>
<td><strong>Transfer Kick-Off</strong></td>
<td>Transfer Center</td>
</tr>
<tr>
<td></td>
<td><strong>Transfer Kick-Off</strong></td>
<td>5:00 PM - 7:00 PM, Crumley Park</td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>North Texas Fair &amp; Rodeo</strong></td>
<td>Advancement</td>
</tr>
<tr>
<td></td>
<td><strong>North Texas Fair &amp; Rodeo</strong></td>
<td>6:00 PM - 1:00 AM, North Texas State Fairgrounds, 2217 N. Carroll Blvd Denton, TX</td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>Eagle Insomnia</strong></td>
<td>University Program Council</td>
</tr>
<tr>
<td></td>
<td><strong>Eagle Insomnia</strong></td>
<td>7:00 PM - 12:00 AM, University Union</td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>Soccer vs. Southeast Louisiana State</strong></td>
<td>Athletics</td>
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<td><strong>Soccer vs. Southeast Louisiana State</strong></td>
<td>7:00 PM - 9:00 PM, Mean Green Village</td>
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<tr>
<td>7:00 PM</td>
<td><strong>Volleyball vs. Northeastern</strong></td>
<td>Athletics</td>
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<td><strong>Volleyball vs. Northeastern</strong></td>
<td>7:00 PM - 9:00 PM, Mean Green Village</td>
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<td><strong>Volleyball vs. Kent State</strong></td>
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<td></td>
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<td>1:00 PM - 3:00 PM, Mean Green Village Volleyball Center</td>
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</tbody>
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**Things To Do Today**

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

- 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).
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. ________________________________________ 6. ______________________________
2. ________________________________________ 7. ______________________________
3. ________________________________________ 8. ______________________________
4. ________________________________________ 9. ______________________________
5. ________________________________________ 10. ______________________________

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

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

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

Internal External

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

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:
UNIVERSITY 101

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 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! |
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<tbody>
<tr>
<td><strong>Review Previous Tests</strong></td>
<td>Tests that have been returned over the semester can be a good resource when preparing for the final exam. Look back over the tests to get a feel for the types of questions that the professor asks and the level of detail they want in an answer.</td>
</tr>
<tr>
<td><strong>Review Your Notes</strong></td>
<td>Outline your notes. Look to see how previous tests used the material in your notes. Mark areas in your notes that you are unsure of. Ask your professor or a classmate about the areas you have marked.</td>
</tr>
<tr>
<td><strong>Review Your Text</strong></td>
<td>Skim and scan. Look to see how previous tests used the material in the text. Outline major categories and subcategories. Make notes about the areas where you feel you are the weakest, so you can concentrate on those chapters.</td>
</tr>
<tr>
<td><strong>Form Study Groups</strong></td>
<td>Study groups are a good idea all of the time, but they are particularly effective when studying for finals. Assign each person in the study group a section of the course to review and “teach” to the others. Each person should develop possible test questions to cover their section.</td>
</tr>
<tr>
<td><strong>Relax</strong></td>
<td>Final exam time does NOT mean panic time! Eat well, get plenty of sleep, and relax. You will be surprised to find that you have remembered more than you think!</td>
</tr>
</tbody>
</table>
### TRUE COLORS QUIZ

For each row, rank the groups of words in each column from 1 to 4 (1 being least like you and 4 being the most like you). Add each column and write the total at the bottom. Create your rankings based on how you and others actually see yourself, not as how you would like to be seen. BE HONEST! There is no right or wrong answer to this activity.

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<thead>
<tr>
<th></th>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
<th>Column 4</th>
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<tr>
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<td>Parental Traditional</td>
<td>Authentic Harmonious</td>
<td>Versatile</td>
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<td>Responsible</td>
<td>Compassionate</td>
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<td>Row 2</td>
<td>Competitive Impetuous</td>
<td>Practical Sensible</td>
<td>Unique Empathetic</td>
<td>Curious Conceptual</td>
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<td>Impactful</td>
<td>Dependable</td>
<td>Communicative</td>
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<td>Realistic Open-Minded</td>
<td>Loyal Conservative</td>
<td>Devoted Warm</td>
<td>Theoretical Seeking</td>
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<td>Adventurous</td>
<td>Organized</td>
<td>Poetic</td>
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<td>Row 3</td>
<td>Daring Impulsive</td>
<td>Concerned Procedural</td>
<td>Tender Inspirational</td>
<td>Determined Complex</td>
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<td>Fun</td>
<td>Procedural Cooperative</td>
<td>Dramatic</td>
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<td>Row 4</td>
<td>Exciting Courageous</td>
<td>Orderly Conventional</td>
<td>Vivacious Affectionate</td>
<td>Philosophical</td>
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<td>Caring</td>
<td>Sympathetic</td>
<td>Principled Rational</td>
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**Total**

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