



SCHEDULE AT A GLANCE

BREAKFAST: 7:00-9:00am

LUNCH: Noon-2:00pm

DINNER: 5:00-6:45pm

SUNDAY

Time	Session Name
1:00PM	New Student Convocation: College of Business Administration College of Health Science College of Humanities and Social Sciences College of Arts and Media
3:30PM	New Student Convocation: College of Criminal Justice College of Education College of Osteopathic Medicine College of Science and Engineering Technology
7:00PM	Kat Karnival

MONDAY

Time	Session Name
9:00AM	Small Group: Meet Your Sam Fam
10:00AM	SH Class Photo
10:30AM	Mental Health Through Music: Kai Roberts
2:30PM and 3:30PM	Find Your Community Events: Rec Fest Student Org and Dept Fair Sneak Peak at Greek SHSU Traditions Library Tours & Register to Vote First-Gen Zen Den
7:00PM	Mandatory Floor Meeting (At your scheduled time of 7:00pm, 8:00pm, or 9:00pm)

TUESDAY

Time	Session Name
9:00AM	Small Group: Engagement Reflection
10:00AM	Intoxicating Insights: The Effects of Alcohol and Cannabis
11:00AM	How to Ace Your First Day of Class
Noon	Wellness to Go Sleep & Succulents (1:00-1:45pm) Explore the Rec
2:00PM	The More You Know, The Less You Pay!
3:00PM	Overcoming College Stressors
4:00PM	Blackboard 101
6:00PM	Bearkat Bingo

WEDNESDAY

Time	Session Name
9:00AM	Small Group: What do I have to support my success?
10:00AM	Red Flag, Green Flag: Navigating Healthy Relationships
11:00AM	Cultivating Your Accountability
Noon	Wellness to Go Sleep & Succulents (1:00-1:45pm) Explore the Rec
2:00PM	Small Groups: Traditions
3:00PM	Steps to Success in STEM Courses
4:00PM	Who Do You Call? Where to go for Support
7:00PM	Scary Movie Night

THURSDAY

Time	Session Name
10:00AM	Small Group: Goals & Next Steps
11:00AM	Grown-ish: Understanding your Responsibilities as a Bearkat
Noon	Bearkats Get Hired! Campus Jobs
2:00PM	Small Groups: See you around campus!
2:30PM	College Day: College of Arts & Media College of Business Administration College of Criminal Justice College of Education College of Health Science College of Humanities & Social Sciences College of Science & Engineering Technology
7:30PM	Sammy Safety Scoop
8:30PM	Party in the Pit