**Orientation Programming**

Welcome to Austin College! We’re so glad you’re here! Please read below for details about various Orientation activities taking place before classes start. There are lots of options, and definitely something for everyone. Take a look, mark your calendar, and get ready to meet some wonderful people and learn about what Austin College has to offer!

**Monday, August 26**

**Welcome First Generation College Students!**

**Date/Time:** Monday, August 26, 12:00 to 1:15pm  
**Location:** WCC 254  
**Description:** Are you the first in your family to attend college? Austin College would like to welcome you to campus and invite you to talk to current first generation college students and faculty. You will be given the opportunity to connect with others and ask questions that will help you be successful as a student.

Lunch is open to all students identifying as a first generation college student. Please scan your card and go through the cafeteria line, then carry your tray to WCC 254 (upstairs). (Students not on a meal plan can sign the form next to the register in the cafeteria.)

**You Are Here: A Day at AC**

**Date/Time:** Monday, August 26, 2-3:30pm  
**Location:** Meet at Ida Green Communication Center  
**Description:** Attend this session to explore campus and get a feel for what a day at AC is like: see where your classes will be held, find where important campus offices are housed, and get the scoop on the best places to study, relax, or grab a quick nap. You’re here now; learn how to make yourself at home!

**First We Serve**

**Date/Time:** Monday, August 26, 3:45-5:45pm  
**Location:** Sid Rich Auditorium  
First We Serve is an annual event held to engage the incoming class in a service opportunity right from the beginning of their AC experience. The college, in collaboration with the local organization Send Hope and the global organization Kids Against Hunger, work together to contribute to the mission of eradicating world hunger. In August 2018, 250 members of the freshman class participated and 38,000 meals were weighed, packaged, boxed and sent to children in Honduras. First We Serve is a wonderful opportunity to engage the servant hearts of our Austin College students.
‘Roo Well

**Date/Time:** Monday, August 26, 3:45-5:15pm (sessions will begin at 3:45, 4:15, and 4:45pm--choose a different option for each!)

**Location:** Wright Campus Center (various rooms), Abell Library, College Green

**Description:** College is a big adjustment, so it's important to maintain balance in your life. Choose a mix of wellness-oriented sessions to connect with others and learn about incorporating behaviors or activities that will help you to Roo Well. (These activities can be combined with *First We Serve.*)

‘Roo Well Workshop Options:

- **Reflecting on Your Success by Walking the Labyrinth**  
  *Abell Library atrium, Dr. Ivette Vargas-O’Bryan (Associate Professor of Religious Studies)*  
  So you made it to college, now what? How do you figure out what path to take, or prioritize with all the voices in your head competing for your attention? Sometimes we need to find a quiet space to think. Modeled after the famous Chartres Cathedral in France, this unicursal cloth labyrinth is meant to be walked on, like a walking meditation, to help us clear our heads, relax, focus, and get in touch with ourselves.  
  *This session will only be offered at 3:45 and 4:15.*

- **Journaling: Writing for You**  
  *Scarborough Center for Writing (Abell Library 102), Dr. Lisha Daniels Storey and Peer Writing Assistants*  
  College can be stressful — why not try writing about it? Journaling can be an effective way to manage and tackle stress and anxiety, can be a tool for building a meditative routine, and offers a creative outlet. Come talk with us and learn different techniques and resources to build your own journaling practice.

- **Mindful Photography: Learning the Art of Seeing**  
  *WCC 254A, Dr. Syed Kamal (Assistant Professor of Business Administration)*  
  The practice of mindful photography can foster your wellness by bringing your mind into frame and focus. In this session, we will discuss and do hands-on exercises to help you develop a photographer’s eye. We will learn to notice more of the beauty that’s all around us and connect more with our environment. Bring your phone to start taking more impactful images!

- **Financial Wellness**  
  *WCC 254B, Shannon Cornelison-Brown (Assistant Professor of Business Administration)*  
  Financial wellness is a state of comfort in which an individual has achieved minimal financial stress due to strong financial principles, and ultimately achieves future short, intermediate, and long-term goals. For college students, the lack of financial knowledge can lead to financial distress, compounding feelings of stress.
and anxiety in a new environment with a busy academic schedule. This session offers ways to maximize financial wellness by developing financially smart habits, tailored to achieve your future goals.

- **Around Campus**
  *Meeting Place: In front of Abell Library, Cece O'Day (First Lady of Austin College)*
  This session offers an opportunity to wander campus and do some further investigating. Find your way around—not only to your classes but to other campus landmarks. Where is the red ‘Roo?

- **Every ‘Roo Matters: Especially YOU**
  *Wright Campus Center 255, Tracy Powers (Director of Counseling Services) and Liz Washington (‘RoosReact Coordinator)*
  A seemingly simple concept that is often discounted, self-care health is crucial to positive moods, reduced anxiety and positive relationships with others. Come and learn about self-care practices that can support various aspects of your life including: mental, emotional, physical, spiritual, social, and financial health.

- **A Walk in the Woods: Hiking in North Texas**
  *Wright Campus Center 245, Dr. Andrea Overbay (Associate Professor of Mathematics)*
  Hiking is a fun activity that provides a variety of health benefits, and Sherman has many excellent hiking trails to explore. In this session, we will learn about local hiking trails, community hiking organizations, and hiking safety.

- **Cafeteria 101**
  *Wright Campus Center Dining Room, Thomas Hermanson (Director of Food Services)*
  How can you navigate all the dining choices offered at AC (and avoid just eating ice cream for dinner)? At Austin College Dining Services, we believe that good nutrition is essential to good health, and that community dining is an important part of our campus experience. This session will help you learn how to eat well away from home.

- **Let’s Play**
  *Pouch Club (Wright Campus Center), CLs*
  Stop by the Pouch Club for games, puzzles, and coloring! *This is an open, come-and-go session.*
• **Color & Craft**  
*Pouch Club (Wright Campus Center), Heidi Rushing (Office of Public Affairs Marketing Specialist)*  
Join us for some coloring fun on a giant Austin College themed coloring sheet, or bring your own portable craft project and hang with fellow arts & crafts enthusiasts.  
*This is an open, come-and-go session.*

• **Videogames Get Together**  
*Moody Esports Lab, Dr. Ryan Felix (Assistant Professor of Chemistry) and Dr. Felix Harcourt (Assistant Professor of History)*  
Swing by the Austin College Esports lab and get in some quick game time with your fellow students. Players of all skill levels are welcome to come and play on consoles and on the PCs used by the Esports team! It’s a great chance to meet people with common interests and an opportunity to learn more about Esports at AC.  
*This is an open, come-and-go session. Recommended to bring your own gaming headset.*

• **Outdoor Activities**  
*College Green, Dr. Miki Mohammed (Assistant Professor of Economics)*  
You don’t have to be an athlete to move around and meet new people. Join us on the College Green for some low-key outdoor games.  
*This is an open, come-and-go session.*
Welcome Students of Color!

**Date/Time:** Tuesday, August 27, 12:00 to 1:15 pm  
**Location:** WCC 254  
**Description:** Do you identify as a person of color? Austin College would like to welcome you to campus and invite you to talk to current students and faculty of color. You will be given the opportunity to connect with others and ask questions that will help you be successful as a student.

Lunch is open to all students identifying as a student of color. Please scan your card and go through the cafeteria line, then carry your tray to WCC 254 (upstairs). (Students not on a meal plan can sign the form next to the register in the cafeteria.)

Insiders’ Guide to College

**Date/Time:** Tuesday, August 27, 2:30-4:00 pm  
**Location:** Ida Green Theater  
**Description:** In this required session, we’ll consider some key questions to keep in mind as you transition to college. What does it take to do well in college? How are the academic expectations and demands different from those of high school—and how can you manage them? A panel of students and faculty offer important insights for navigating the transition to college and answer your questions about academic success.
**Wednesday, August 28**

**Explore AC**

**Date/Time:** Wednesday, August 28, 9-11am (each session will be offered at 9am and 10am--choose a different option for each!)

**Description:** From your first campus visit to applying to become a ‘Roo - there’s a lot to take in about Austin College. Now you’re here, so it’s time to learn even more! Choose from several hands-on workshops to get a sampling of what college coursework and expectations are like, or learn more about important campus offices and services that can help you succeed at AC.

**Explore AC Workshop Options:**

- **Fake News**
  *Abell Library 116, Andrew Smith (Instruction & Research Librarian)*
  You’ve heard about “fake news,” but do you know it when you see it? In this session, learn how to spot and fact-check false or misleading information typically encountered through social media.

- **Success Needs A Plan!**
  *Wright Campus Center 254A, Margie Norman (Director of Career Services)*
  It’s never too early to start exploring career possibilities, including internships and other opportunities. Come and meet your Career Services Coaches and Peer Advisors to learn how to develop your career plan!

- **Design Thinking**
  *Abell Library 233, Dr. David Griffith (Professor of Business Administration)*
  Design Thinking is a process that can help us systematically teach, learn, and apply human-centered techniques to solve problems in creative and innovative ways. In this session, you’ll be introduced to design thinking as a way to approach group work during your college years and beyond.

- **Study Abroad 411: How You Can Do It**
  *Wright Campus Center 254B, Cheryl Marcelo (Director of International Programs)*
  Ever thought about studying in a different country? Discover all the possible ways to do it during your time at Austin College and how to make sure it happens.

- **College Writing Myth Busters**
  *Scarbrough Center for Writing - Abell Library 102, Dr. Lisha Daniels Storey (Writing Center Director)*
  We come to college with ideas and rules about writing—from teachers, parents, AP courses. How do they hold up to the realities of college writing? This session will offer resources for approaching college writing with confidence.
• **Wi-Fi, Printing and Other Student Technologies**  
  *Wright Campus Center 231, Matt Gaskill (Computer and Media Technician, IT Dept.)*  
  Did you know you have free access to Microsoft Office and that you can print wirelessly from any location on campus? Learn about what Austin College has to offer students in the way of technological resources and support.

• **Thinking Green at Austin College**  
  *Wright Campus Center - Pouch Club, Kelby Archer (Coordinator, Center for Environmental Studies)*  
  Members of the Environmental Studies Department and related student organizations will discuss opportunities in Environmental Studies, how to be an “ecosponsible” Roo, and green student organizations. If you’re interested in saving the environment or have questions about how you can get involved in greening the campus, this is the workshop for you!

• **Research Opportunities at Austin College**  
  *Abell Library Atrium, Current Student Researchers*  
  This session will highlight the many opportunities for you to conduct research during your time in college, perhaps as soon as your first year. You can hear from and ask questions of current science, social science, and humanities students as they describe how they got involved in student research and discuss the value of their experience.

• **Connecting with your Community through Service**  
  *Wright Campus Center 255, Andrea Restrepo (Coordinator of Volunteer Services)*  
  Looking to immerse yourself in your new community both on and off campus? Attend this session to learn about the student-run Service Station, volunteering and other service opportunities available at AC and the Sherman area.

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**Welcome LGBTQQ Students!**

**Date/Time:** Wednesday, August 28, 12:15 to 1:15 pm  
**Location:** WCC 254  
**Description:** Do you identify as lesbian, gay, bisexual, trans*, queer, or questioning? Austin College would like to welcome you to campus and invite you to talk to current LGBTQQ students and faculty. You will be given the opportunity to connect with others and ask questions that will help you be successful as a student.

Lunch is open to all students identifying as LGBTQQ. Please scan your card and go through the cafeteria line, then carry your tray to WCC 254 (upstairs). (Students not on a meal plan can sign the form next to the register in the cafeteria.)