

# ON TRACK

WITH ARKANSAS TECH UNIVERSITY™



ACTIVE MIND AND BODY



ADVANCE TO CAREER



ASPIRING LEADER



LEADER IDENTIFIED



ELEVATED CITIZEN



GLOBAL FOCUS



UNITE



GRADUATE SCHOLAR

## FALL 2019 ROAD MAP

To request an accommodation for this event, please contact Campus Life at [campuslife@atu.edu](mailto:campuslife@atu.edu) or (479) 968-0276 at least 10 days in advance.

# ON TRACK

## WHAT IS ON TRACK?

On Track is a co-curricular experience designed to enhance student development beyond the classroom setting, encourage students to network socially among peers, and to include students in traditional and signature university events. Each semester, a map of events and activities will be available to students categorized by interests.

## GET LICENSED

All students are auto-licensed for the program. Visit theLink at [atu.presence.io](http://atu.presence.io) and login with your OneTech username and password. Click Opportunities at the top right corner and then Experiences. Click the On Track icon to learn about the program and how you can complete tracks listed below. The Road Map is our full event list and can be found at [www.atu.edu/ontrack](http://www.atu.edu/ontrack).

## COMPLETION

A student completes a track by fulfilling three (3) options offered as part of the track in any given semester. Most tracks will have over six (6) opportunities for fulfillment each semester. A student will have the most well-rounded experience by choosing different tracks to participate in each semester; however, criteria for each track does change every semester, so a student can participate in the same track more than once.



**Active Mind and Body**  
is designed to assist students in

understanding wellness concepts and experience activities that will help them develop habits to maintain a healthy mind and body.



**Aspiring Leader**  
is designed to help develop foundational

leadership and social skills for the ensuing years of collegiate life.



**Advance to Career**  
is designed to hone students' skills in

preparation for the "real world" through career-focused programming by utilizing the student involvement experience.



**Elevated Citizen**  
is designed to facilitate active

citizenship for students to understand their role in the local and global community.



**Global Focus**  
is designed to expose students to a variety of situations and topics that they may experience as a member of a global population allowing students to become more culturally aware



**Leader Identified**  
is designed to cultivate leadership skills and reflect on experiences to prepare for future opportunities.



**Unite**  
is designed with the goal of

connecting students with student involvement opportunities throughout campus and helping students become more diverse leaders.



**Graduate Scholar**  
is designed to engage graduate students on campus and to encourage scholarly development as well as provide opportunities for professional development.  
*(For Graduate Students Only)*

# ARE YOU ON TRACK TO... D.C.? SAN DIEGO, CA?

## Undergraduate Student

Students, who choose to complete all seven (7) tracks, become eligible to apply for an all-expenses paid trip following the completion of the last track. For specific application details, please visit [www.atu.edu/ontrack](http://www.atu.edu/ontrack). Trips will be taken in May following graduation.

Destinations will vary from year to year in order to give students different opportunities to practically apply what they have learned while participating in On Track programs. Students, who are selected to travel, will be actively exposed to leadership practices, cultural heritage, community service, professional networking, and other college and university campuses that are part of the destinations they visit.

In May 2020, Arkansas Tech students who have gone above and beyond to participate in the co-curricular experience will be On Track to Washington, D.C. and San Diego, CA.

These cities are rich in opportunities and have a number of activities for students to immerse themselves in during their stay! Some popular attractions include:

### Washington, D.C.

- Meeting with US Senator or US Representative
- Tour Capital Building
- Service Activity
- Tour national monuments
- Smithsonian Natural History Museum
- National Museum of American History
- Performance at Kennedy Center
- Newseum
- Arlington National Cemetery (Changing of the Guard)
- George Washington University
- Bus tour

### San Diego, CA

- Visit with a business professional
- San Diego Museum of Man
- Service activity
- Balboa Park
- Gaslamp Quarter
- Coronado Island
- Theater performance
- La Jolla beach
- Boat tour
- San Diego State University
- San Diego Padres game

## Graduate Students

Graduate students, who complete the Graduate Scholar track and three other tracks of their choosing, become eligible to apply for payment of their graduate hood prior to their graduation. Tracks can be completed at any time while enrolled as a graduate student. To obtain a graduate hood, please complete the application by sixty (60) days prior to graduation (spring, summer, or fall). For specific application details, please visit [www.atu.edu/ontrack](http://www.atu.edu/ontrack).



## ACTIVE MIND AND BODY

# ON TRACK

### ACTIVE MIND AND BODY LEARNING OUTCOMES:

- Students will understand mental and emotional health issues and how it relates to their personal development.
- Students will recognize safety issues and techniques to employ when needed.
- Students will identify ways to take an active role in their personal physical health.

1

#### Tuesday Tournaments (Pick one)

**What's it about?** Check out these one evening tournaments in a variety of sports.

**How do I sign up?** Register on IMLeagues. Each sport has registration open and close dates so sign up early!

**Sponsor:** Campus Recreation

**Where do I swipe my ID?** Campus Rec staff will submit attendance to On Track staff after the event.

##### Bubble Football

**How many people are needed?** Minimum of 5 players maximum of 8 players

**When is it?** Tuesday, September 3 from 6 PM to 10 PM

**Where is it?** Campus Recreation Outdoor Complex

OR

##### Flag Football Combine

**How many people are needed?** Minimum of 1 player

**When is it?** Tuesday, September 10 from 6 PM to 10 PM

**Where is it?** Campus Recreation Outdoor Complex

OR

##### Baggo

**How many people are needed?** Minimum of 2 players

**When is it?** Tuesday, September 17 from 6 PM to 10 PM

**Where is it?** Campus Recreation Outdoor Complex

OR

##### Ping Pong Singles

**How many people are needed?** Minimum of 1 player

**When is it?** Tuesday, September 24 from 6 PM to 10 PM

**Where is it?** Doc's Place

OR

##### Spikeball

**How many people are needed?** Minimum of 2 players

**When is it?** Tuesday, October 1 from 6 PM to 10 PM

**Where is it?** Recreation Volleyball Court

OR

##### Canoe Battleship

**How many people are needed?** Minimum of 2 players

**When is it?** Tuesday, October 8 from 6 PM to 10 PM

**Where is it?** Russellville Aquatic Center

OR

##### Softball Home Run Derby

**How many people are needed?** Minimum of 1 player

**When is it?** Tuesday, October 15 from 6 PM to 10 PM

**Where is it?** Campus Recreation Outdoor Complex

OR

##### Kickball

**How many people are needed?** Minimum of 8 players

**When is it?** Tuesday, October 22 from 6 PM to 10 PM

**Where is it?** Campus Recreation Outdoor Complex

OR

##### Racquetball

**How many people are needed?** Minimum of 1 player

**When is it?** Tuesday, October 29 from 6 PM to 10 PM

**Where is it?** Hull Racquetball Courts

OR

##### Archery Tag

**How many people are needed?** Minimum of 4 players

**When is it?** Tuesday, November 5 from 6 PM to 10 PM

**Where is it?** Hull Double Gym

OR

##### Checkers

**How many people are needed?** Minimum of 1 player

**When is it?** Tuesday, November 12 from 6 PM to 10 PM

**Where is it?** Doc's Place

OR

##### Rock Climbing Competition

**How many people are needed?** Minimum of 1 player

**When is it?** Tuesday, November 19 from 6 PM to 10 PM

**Where is it?** The Wall

2

### Know Your IX

**What's it about?** Stop by one of these informational meetings to learn about your rights under Title IX, where and how to report cases of Sexual Misconduct, and opportunities for getting involved in sexual assault and relationship violence prevention on campus.

**When is it? (Pick one)**

Tuesday, August 27 from 2:30 PM- 3:30 PM

Wednesday, September 4 from 5 PM- 6 PM

Thursday, September 26 from 5 PM- 6 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Title IX

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

3

### Yoga on the Lawn

**What's it about?** Stressed? Overwhelmed? Come relieve all your worries with Yoga on the Lawn!

**When is it?** Wednesday, September 4 from 8 AM- 9 AM

**Where is it?** Caraway Lawn

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

4

### QPR/Suicide Prevention Tabling

**What's it about?** Suicide is the 2nd leading cause of death among college-age adults. Visit our table to find out more about college student suicide and what you can do to help prevent this tragedy.

**When/Where is it? (Pick one)**

Tuesday, September 10 from 10 AM- 2 PM at Hindsman Bell Tower

Wednesday, September 11 from 10 AM- 2 PM at Hindsman Bell Tower

Thursday, September 12 from 11 AM- 1 PM at Chambers Hallway

Thursday, September 12 from 5:30 PM- 7 PM at Doc Bryan 133

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the tower throughout the event.

5

### Survivor Support 101

**What's it about?** When we consider how many people are impacted by sexual and relationship violence, there is a good chance someone might disclose his or her own experience to you. This workshop explores the impacts of violence, resources available, and practical things you can do and say to support the survivors in your life.

**When is it?** Thursday, September 19 from 5:30 PM- 6:30 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Title IX

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

OR

### Survivor Support 2.0: Neurobiology of Trauma

**What's it about?** Trauma can impact a person's brain, body, and memory in a number of (sometimes very confusing!) ways. This presentation will examine the neurobiology of trauma, specifically trauma from sexual or relationship violence. We will discuss how the body and brain respond to traumatic events and re-frame distressing symptoms and behaviors to emphasize how individuals adapt to overwhelming stress. Armed with this knowledge, participants will be better able to support survivors of sexual and relationship violence by understanding some of the weird subconscious things we do in the wake of trauma.

**When is it?** Wednesday, November 13 from 12 PM- 1 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Title IX

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.



## ACTIVE MIND AND BODY

# ON TRACK

6

### Mindfulness Workshop

**What's it about?** This workshop incorporates mindfulness practices with movement which, when combined, creates a new level of embodied, active peace. In this class you will learn breathing, stretching, and meditative patterns that release tension and produce a feeling of calm and peaceful focus. Please wear comfortable clothes that allow for easy movement.

**When is it?** Monday, September 23 from 5:30 PM- 7 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

7

### Mental Health Matters

**What's it about?** Join fellow students in the discussion regarding the importance of mental health and why the topic has been stigmatized for so long, but is now becoming more normalized in society. All in attendance are welcome to share personal stories of struggles and/or triumphs with mental health but will not be forced to.

**When is it?** Tuesday, September 24 from 1:30 PM - 2:30 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

8

### Healthapalooza

**What's it about?** For new and returning students to have access to information regarding current issues that affect today's college students and the on-campus resources available to them that are conducive to student success in a health fair type setting.

**When is it?** Thursday, September 26 at 10 AM - 2 PM

**Where is it?** Young Ballroom

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance, throughout the event.

9

### Jana's Campaign (Pick one)

#### Her Toolkit

**What's it about?** Empowering Young Women. A program that educates young women about issues like healthy relationships, body image, self-confidence, and digital respect.

**When is it?** Tuesday, October 1 from 6 PM- 7:30 PM

**Where is it?** Doc Bryan Lecture Hall

**Sponsor:** Title IX

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

OR

#### Man2Man

**What's it about?** A Conversation with Men about Gender Violence. A male-specific program which addresses the role men can and should play in reducing gender and relationship violence.

**When is it?** Tuesday, October 1 from 6 PM- 7:30 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Title IX

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

10

### Test Anxiety Workshop

**What's it about?** This workshop will be facilitated by a licensed counselor from the Health and Wellness Center and is intended to provide students with a better understanding of what test anxiety is and from where it comes. The workshop will also introduce students to various skills to help offset the effects of test anxiety.

**When is it?** Wednesday, October 2 from 5:30 PM- 7 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

11

### National Collegiate Alcohol Awareness Day

**What's it about?** This program will be a joint effort between various departments to provide students with information on the responsible use of alcohol.

Screenings will be available for students who may have concerns about their alcohol use. Students will also have the opportunity to practice driving with drunk-driving simulation goggles. "Mocktails" and giveaways will be available for students, as well!

**When is it?** Tuesday, October 8 from 10 AM- 2 PM

**Where is it?** Hindsman Bell Tower and Doc Bryan Courtyard

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

15

### Combating Rape Culture

**What's it about?** How do music, advertisements, movies, and TV impact the way we view sexual violence? What practical steps can we take to fight rape culture in our spheres of influence? This workshop takes a look at the deep roots of gender-based violence and provides attendees with practical tools for dismantling myths about sexual violence encountered in everyday life.

**When is it?** Tuesday, November 5 from 5 PM- 6 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Title IX

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

12

### Mental Health Checkup

**What's it about?** Come by for a quick and private check-up on your mental health. Resources will be available to help you handle the stress of college life.

**When is it?** Tuesday, October 15 from 10 AM- 2 PM

**Where is it?** Baz Tech 202, 203, 204

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance throughout the event.

16

### Self Defense Class

**What's it about?** Join SAB to learn real-life awareness skills and practice escapes to keep yourself safe!

**When is it?** Tuesday, November 12 from 3 PM- 4:30 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

13

### The Real Cost of Vaping

**What's it about?** An informational session on what effects vaping and other e-cigarettes has on your body.

**When is it?** Thursday, October 17 from 12 PM- 2 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

17

### Healthy Habits: How to live a healthy lifestyle

**What's it about?** Exercise and nutrition information and tips on how to live a healthy lifestyle.

**When is it?** Thursday, November 14 from 12 PM- 2 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

14

### Flu Clinic with Informational Session

**What's it about?** Don't Let the Flu Sneak Up On You: Learn facts about influenza including: what is the flu, symptoms of the flu, how it is spread, how it is treated and ways to prevent it. Free flu vaccines for students. We will have free food and giveaways.

**When is it? (Pick one)**

Thursday, October 24 from 9 AM- 2 PM

Wednesday, November 6 from 9 AM- 2 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Health and Wellness

**Where do I swipe my ID?** At the entrance throughout the event.





## ADVANCE TO CAREER

# ON TRACK

### ADVANCE TO CAREER LEARNING OUTCOMES:

- Students will be able to list professional manners, behaviors, and expectations.
- Students will be able to build and develop a network of peers and professionals.
- Students will be able to relate how their knowledge within a field of study connects to current and future experiences.

1

#### Mo' Money Mo' Problems

**What's it about?** There is an epidemic in the Black student community by way of student loan debt. Studies show that student debt is much more of a risk for Black/African American students and as of 2017 Black women have the highest amount of student loan depth. This event will discuss the issue along with giving anecdotal evidence and advice about ways for Black students to avoid the extreme debt of student loans.

**When is it?** Tuesday, August 27 from 5 PM - 6 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Black Faculty and Staff Organization

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

2

#### DDI Student Outreach Day Tabling

**What's it about?** Come chat with DDI to learn about resources to be successful as you work towards a successful fall semester.

**When is it?** Tuesday, September 3 from 12 PM- 2 PM

**Where is it?** Chambers Dining Hall

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the table, throughout the event.

OR

#### Mid-Term Outreach Day

**What's it about?** Visit with the DDI team mid-term grades to get one-on-one referrals to campus resources concerning grade improvement and academic wellness. Resources for study tips, note taking methods, etc. will be provided.

**When is it?** Monday, October 21 from 12 PM - 2 PM

**Where is it?** Residence Halls

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the table, throughout the event.

3

#### Career Fairs

**What's it about?** Come meet with professionals in your field to talk about potential job opportunities and learn what to expect from their organizations. This is a great opportunity to find out about potential openings and make new connections for the future. Business professional attire is required.

**Where is it?** Young Ballroom

**Sponsor:** Norman Career Services

**Where do I swipe my ID?** At the entrance, throughout the event.

#### When is it? (Pick one)

##### Nursing Career Fair:

Thursday, September 5 from 12 PM- 2:30 PM

##### Graduate School Fair:

Tuesday, September 10 from 12 PM- 2:30 PM

##### Business, Communication and Media Fair:

Monday, September 16 from 12 PM- 2:30 PM

##### STEM Career Fair:

Tuesday, September 17 from 12 PM- 2:30 PM

##### Government and Non-Profit Fair:

Wednesday, September 18 from 12 PM- 2:30 PM

##### Agricultural, Food, and Resource Fair:

Thursday, September 19 from 12 PM- 2:30 PM



4

### Resume Review Day

**What's it about?** Stop by throughout the day for on-the-spot resume advice to prepare for career fairs or meetings with employers.

**When/Where is it? (Pick one)**

**Wednesday, August 28** from 9 AM- 4 PM  
at Dean Lobby

**Tuesday, September 3** from 9 AM- 4 PM  
at Rothwell Lobby

**Friday, September 6** from 9 AM- 4 PM  
at Energy Center Lobby

**Wednesday, September 11** from 9 AM- 4 PM  
at Corley Lobby

**Tuesday, October 1** from 9 AM- 4 PM  
at McEver Lobby

**Thursday, October 3** from 9 AM- 4 PM  
at Crabaugh Lobby

**Thursday, October 30** from 9 AM- 4 PM  
at Tomlinson Lobby

**Friday, November 15** from 9 AM- 4 PM  
at Witherspoon Lobby

**Sponsor:** Norman Career Services

**Where do I swipe my ID?** At the table, throughout the event.

7

### ENACTUS Resume Roundtable

**What's it about?** Meet with employers who can give you direct feedback on your resume based on their industry experience.

**When is it?** Wednesday, September 11 from 4 PM - 5 PM

**Where is it?** Doc Bryan 242

**Sponsor:** ENACTUS and Norman Career Services

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

8

### ENACTUS Practice Interviews

**What's it about?** Come practice interviewing and get feedback on your responses.

**When is it?** Tuesday, September 12 from 2:30 PM - 5:30 PM

**Where is it?** Rothwell 138

**Sponsor:** ENACTUS and Norman Career Services

**Where do I swipe my ID?** At the entrance, throughout the event.

9

### #Adulting: (Making) Friends in Low Places

**What's it about?** Leaving home for the first time to take a job out of state? Excited for the adventure of moving to a new place, but stressed about starting a completely new life in a place where you know no one? This is a one stop shop to hear from some ATU professionals on how they managed the complexity of taking that first job, finding a new place to live, and making friends along the way.

**Who's talking?** Thomas Strahan, Coordinator of Fraternity and Sorority Life, and Aubrey Holt, Assistant Dean for Campus Life

**When is it?** Wednesday, October 9 from 12 PM- 1 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Campus Life

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

5

### Intern for A Day

**What's it about?** This offers the chance to "test-drive" a career without risk of a semester or longer-term commitment. It can also help you get your foot in the door for a competitive internship program or job. Sign up under the event name "Intern for a Day" on Handshake.

**When is it?** August 21 - December 13

**Where is it?** Look on Handshake for more details

**Sponsor:** Norman Career Services

**Where do I swipe my ID?** NCS staff will report attendance at the completion of the activity.

6

### ENACTUS Networking Workshop

**What's it about?** Come practice conversations with strangers and how to stay in contact with people who can impact your career future.

**When is it?** Tuesday, September 10 from 4 PM - 5 PM

**Where is it?** Rothwell 138

**Sponsor:** ENACTUS and Norman Career Services

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

10

### So, you want to be a Dr.?

**What's it about?** Black students made up 5.4% percent of the doctorates that were awarded in 2017. Only 80% of those students were African-American. This event will provide students with a panel of Black and African-American faculty (tenured/non-tenured/instructors) who graduated from rural and urban, teaching and R1 institutions. The panel will provide a description of what is to be expected of a Black doctoral student and will answer any student questions.

**When is it?** Thursday, November 14 from 5 PM - 6:30 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Black Faculty and Staff Organization

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.



## ASPIRING LEADER

# ON TRACK

### ASPIRING LEADER LEARNING OUTCOMES:

- Students will be able to identify the methods and techniques of leadership.
- Students will be able to effectively communicate their personal definition of leadership.
- Students will discover an awareness of self and others and how these differences impact leadership and group dynamics.

1

#### How to Start an RSO

**What's it about?** Registered Student Organizations (RSOs) are a great way to organize a group of friends around a common interest. Maybe you are interested in exploring new places, enjoying a hobby, making career connections, or meeting new people. Attend this quick workshop to find out how you can create an RSO around your interest or learn of existing RSOs you may want to check out!

**When is it? (Pick one)**

Wednesday, August 21 from 2 PM- 2:30 PM

Thursday, August 29 from 12:30 PM- 1 PM

Tuesday, September 3 from 3 PM- 3:30 PM

Monday, September 9 from 5 PM- 5:30 PM

**Where is it?** Baz Tech 202

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

3

#### Student Leader Round Table

**What's it about?** Attend the Student Leader Round Table to learn what goes through the mind of a student leader and have all of your questions answered!

**Who's talking?** Student Leaders

**When is it?** Tuesday, September 24 from 12 PM - 1 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

4

#### Myers Briggs + Leadership

**What's it about?** Curious about how your Myers Briggs Personality type affects your leadership style? Come find out at this session led by Myers Briggs enthusiast, Stacy Galbo.

**Who's talking?** Stacy Galbo, Deputy Title IX Coordinator for Education Outreach and Training

**When is it?** Wednesday, September 25 from 2 PM- 3 PM

**Where is it?** Rothwell 221

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

2

#### What does leadership mean to you?

**What's it about?** Before leading an organization, you must understand what leadership means to you. Attend this workshop to better understand your own style of leadership.

**Who's talking?** Meighan Burke, Director of Student Transition

**When is it?** Wednesday, September 11 from 11 AM - 12 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

5

#### Inclusive Leadership: How to not be a Mean Girl

**What's it about?** It's October 3rd, let's wear pink but not be Mean Girls. Come learn how to be inclusive while being an effective leader!

**Who's talking?** Chelsea Lairamore, Coordinator of Student Leadership and Carly Copeland, GA for Student Leadership

**When is it?** Thursday, October 3 from 4 PM- 5 PM

**Where is it?** Baz Tech 202

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

6

### Leadership with Jon Snow

**What's it about?** Do you love Game of Thrones? Do you love leadership? In this program, you will learn about the specific leadership skills the iconic character from Game of Thrones possesses, and how to incorporate them into your leadership style.

**Who's talking?** Thomas Strahan, Coordinator of Fraternity and Sorority Life

**When is it?** Tuesday, October 8 from 3 PM- 4 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

9

### Servant Leadership: Do's and Don't's

**What's it about?** Have you ever wondered what a servant leader looks like? Or how they shape other leaders? Come to this Aspiring Leader session to learn more about the do's and don'ts of servant leaders.

**Who's talking?** Shelley Culwell, Arkansas Tech Career Center

**When is it?** Thursday, November 14 from 4:30 PM- 5:30 PM

**Where is it?** Baz Tech 203

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

7

### Where Should You Plug in on Campus?

**What's it about?** Wanting to learn more about the opportunities to get involved on campus? Attend this event to find out where you should plug in on campus!

**Who's talking?** Jackie Charette, Resident Director

**When is it?** Monday, October 14 from 3 PM- 4 PM

**Where is it?** Baz Tech 203

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

10

### Leadership Competencies

**What's it about?** Do you know your strengths and weaknesses when it comes to your leadership style? Come learn more about yourself and how to better lead others.

**Who's talking?** Carly Copeland, GA for Student Leadership

**When is it?** Tuesday, November 19 from 2:30 PM- 3:30 PM

**Where is it?** Rothwell 132

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

8

### Leadership: Beyond A Title

**What's it about?** Do you have to have an official title to be a leader? Come to this workshop to explore what leadership without an official title looks like.

**Who's talking?** Kevin Solomon, Associate Dean for Campus Life

**When is it?** Wednesday, November 13 from 3 PM- 4 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.



LEADER IDENTIFIED

# ON TRACK

## LEADER IDENTIFIED LEARNING OUTCOMES:

- Students will be able to effectively communicate their personal philosophy of leadership.
- Students will be able to assess their personal leadership abilities and identify areas for growth.

1

### Be a Master of Your Own Communication

**What's it about?** Great leaders are great communicators! Attend this session to learn how to be the master of your communication and improve your leadership skills!

**Who's talking?** Dr. Alexis Johnson, Assistant Professor of Communication

**When is it?** Wednesday, September 4 from 3 PM - 4 PM

**Where is it?** Baz Tech 203

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

4

### Lunch with a Leader

**What's it about?** These round table discussions will offer students a chance to learn from the experience of seasoned professionals from a variety of different fields as well as an opportunity to engage in conversation about the University community as a whole. Lunch is provided on a first come, first serve basis.

**Who's talking?** Cody Black, Senior Vice President of First State Bank

**When is it?** Wednesday, October 9 from 12 PM- 1 PM

**Where is it?** Baz Tech 203

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

2

### How to Strengthen Your Student Organization

**What's it about?** Attend this session to learn tips on how to strengthen your student organization from the expert!

**Who's talking?** Dr. Brett Bruner, Dean of Student Engagement

**When is it?** Monday, September 16 from 4 PM- 5 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

5

### Be a Goal Digger

**What's it about?** Everyone has goals but are you crushing yours? Come learn the best ways to dominate every goal you have!

**Who's talking?** Chelsea Lairamore, Coordinator of Student Leadership

**When is it?** Tuesday, October 22 from 2:30 PM- 3:30 PM

**Where is it?** Baz Tech 202

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

3

### How to Be a Positive Role Model

**What's it about?** Attend this session to learn how you can become a positive role model to those around you!

**Who's talking?** Daniel Rivera, GA for Student Transition

**When is it?** Monday, September 23 from 2 PM- 3 PM

**Where is it?** Baz Tech 202

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

6

### Passion vs Purpose

**What's it about?** Have you ever felt in a rut with where your life is? Maybe you aren't living your passion out in your daily life. How can you change that?

**Who's talking?** Jana Crouch, Associate Director for Enrollment

**When is it?** Thursday, October 24 from 4 PM- 5 PM

**Where is it?** Brown 148

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

7

### Self-Awareness Workshop

**What's it about?** Attend this workshop to learn how self-awareness is essential to leadership!

**Who's talking?** Alex Mount, GA for Campus Life

**When is it?** Monday, November 4 from 2 PM- 3 PM

**Where is it?** Baz Tech 203

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

8

### How Can Your Enneagram Enhance Your Leadership Style?

**What's it about?** Obsessed with all things enneagram? Come find out how to enhance your leadership style based on your enneagram number.

**Who's talking?** Kara Johnson, Coordinator of Civic Engagement

**When is it?** Thursday, November 14 from 10 AM- 11 AM

**Where is it?** Baz Tech 202

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

9

### Volunteering in the Workplace

**What's it about?** Come learn the importance of volunteerism in the workplace and how you can make a difference.

**Who's talking?** Kara Johnson, Coordinator of Civic Engagement

**When is it?** Thursday, November 14 from 2 PM- 3 PM

**Where is it?** Baz Tech 203

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

10

### Lunch with a Leader

**What's it about?** These round table discussions will offer students a chance to learn from the experience of seasoned professionals from a variety of different fields as well as an opportunity to engage in conversation about the University community as a whole. Lunch is provided on a first come, first serve basis.

**Who's talking?** Tamhra Hutchins-Frye, retired Air Force Brig General

**When is it?** Wednesday, November 20 from 12 PM - 1 PM

**Where is it?** Baz Tech 203

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.



ELEVATED CITIZEN

# ON TRACK

## ELEVATED CITIZEN LEARNING OUTCOMES:

- Students will be able to articulate the needs of their community on a local and global scale.
- Students will be able to connect their role as an active citizen in creating a positive impact within their community.

1

### September Action Days

Sponsor: Office of Civic Engagement  
(Pick one)

#### Art Walk- Main Street Mission

**What's it about?** Students will help Main Street Mission set up and run the booth for September's Downtown Art Walk!

**When is it?** Friday, September 6 at 9 AM -12 PM

**Where is it?** Russellville Depot, 320 W. C St., Russellville, AR

**Where do I swipe my ID?** At the main entrance of the train depot, 15 minutes prior to the event.

OR

#### Animal Shelter

**What's it about?** Come out to play, clean, and feed some of the animals. Make sure to wear closed toe shoes and clothes you don't mind getting dirty.

**When is it?** Wednesday, September 11 at 3 PM - 5 PM

**Where is it?** Animal Shelter, 3115 S Mobile Ave, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 3 PM-4:30 PM

OR

#### Pope County Library

**What's it about?** Students will help the wonderful staff at the Pope County Library!

**When is it?** Tuesday, September 17 at 3 PM - 5 PM

**Where is it?** Pope Co. Library, 117 E. 3rd Street, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 3 PM-4:30 PM

OR

#### Equestrian Zone

**What's it about?** Students will be working on a large number of outdoor projects ranging from clearing brush to helping build a sensory trail, constructing/installing stations, painting, etc. Dress appropriate for the weather and working outside. Please park at the barn, not the house.

**When is it?** Friday, September 27 at 9 AM - 12 PM

**Where is it?** Equestrian Zone, 4800 S Frankfort Ave, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 9 AM - 11:30 AM

OR

#### Public Lands Day- Lake Dardanelle

**What's it about?** Students will help clean Lake Dardanelle State Park! Dress appropriate for the weather and working outside.

**When is it?** Saturday, September 28 from 8 AM- 12 PM

**Where is it?** Meet at Doc Bryan for assigned area

**Where do I swipe my ID?** At the entrance, 15 minutes prior to event.

2

### October Action Days

Sponsor: Office of Civic Engagement  
(Pick one)

#### Equestrian Zone

**What's it about?** Students will be working on a large number of outdoor projects ranging from clearing brush to helping build a sensory trail, constructing/installing stations, painting, etc. Dress appropriate for the weather and working outside. Please park at the barn, not the house.

**When is it?** Friday, October 11 at 3 PM - 6 PM

**Where is it?** Equestrian Zone, 4800 S Frankfort Ave, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 3 PM - 5:30 PM



OR

### **Pope County Library**

**What's it about?** Students will help the wonderful staff at the Pope County Library!

**When is it?** Tuesday, October 15 at 3 PM - 5 PM

**Where is it?** Pope Co. Library, 117 E. 3rd Street, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 3 PM-4:30 PM

OR

### **Animal Shelter**

**What's it about?** Come out to play, clean, and feed some of the animals. Make sure to wear closed toe shoes and clothes you don't mind getting dirty.

**When is it?** Wednesday, October 23 at 3 PM - 5 PM

**Where is it?** Animal Shelter, 3115 S Mobile Ave, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 3 PM-4:30 PM

OR

### **Fall Festival- Main Street Mission**

**What's it about?** Students will help Main Street Mission set up and run the booth for Fall Festival!

**When is it?** October 25- October 26 at 9 AM - 12 PM (Both days)

**Where is it?** Russellville Depot, 320 W. C St., Russellville, AR

**Where do I swipe my ID?** At the main entrance of the train depot, from 9 AM - 11:30 AM

3

### **Play Unified- Special Olympics**

**What's it about?** Stop by the Play Unified event during Homecoming week and participate in Special Olympic games with athletes! You will have the chance to play Bocce Ball, Flag Football, and Kickball with Special Olympics athletes of Arkansas. You will have the opportunity to learn more about Special Olympics and ways to get connected with this organization. Meet at the Bell Tower, swipe in, and have FUN!

**When is it?** Thursday, October 3 from 4 PM- 6 PM

**Where is it?** Hindsman Tower

**Sponsor:** Office of Civic Engagement and Campus Recreation

**Where do I swipe my ID?** At the tower, 15 minutes prior to the event.

4

### **Social Justice in the Age of Social Media**

**What's it about?** Black Lives Matter, Women's Rights, The fight against police brutality; these are all social justice movements that have a major and impactful presence on social media. This session will examine the importance of social media in the fight for equality, specifically regarding race and gender.

**When is it?** Monday, October 7 from 5 PM- 6 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Black Faculty and Staff Organization

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

5

### **How to Run for Office**

**What's it about?** Ever wondered what goes into running for office? Join this discussion with former Mayor Randy Horton and other local leaders to learn about their experiences running for office.

**When is it?** TBD

**Where is it?** Baz Tech 202

**Sponsor:** Office of Civic Engagement

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

6

### **Trip to the Arkansas Supreme Court, Capitol, and the Clinton Presidential Library**

**What's it about?** Join Arkansas Tech as we journey to Little Rock, AR to explore the Arkansas Supreme Court, the Capitol Building, and the Clinton Presidential Library. This will be an opportunity to see our state government in action! Library admission and transportation will be provided by Arkansas Tech. Students will need to bring lunch money.

**When is it?** Monday, October 21 at 8:30 am - 5:00 pm  
Depart from Tucker Coliseum at 8:30 am and return to campus by 5 pm.

**Where do I sign up?** Register on theLink on this event page under Forms by October 14 at 5 pm. Seating is limited. To request accommodations that will facilitate your full participation in this trip, please contact Campus Life at [campuslife@atu.edu](mailto:campuslife@atu.edu) or 479.968.0276 by October 14.

**Where is it?** Little Rock, AR

**Sponsor:** Department of Behavioral Sciences, Department of Accounting and Economics, and Department of Campus Life

**Where do I swipe my ID?** Attendance will be reported to Campus Life



ELEVATED CITIZEN

# ON TRACK

7

## November Action Days

Sponsor: Office of Civic Engagement  
(Pick one)

### Equestrian Zone

**What's it about?** Students will be working on a large number of outdoor projects ranging from clearing brush to helping build a sensory trail, constructing/installing stations, painting, etc. Dress appropriate for the weather and working outside. Please park at the barn, not the house.

**When is it?** Friday, November 1 at 9 AM - 12 PM

**Where is it?** Equestrian Zone, 4800 S Frankfort Ave, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 9 AM - 11:30 AM

OR

### Animal Shelter

**What's it about?** Come out to play, clean, and feed some of the animals. Make sure to wear closed toe shoes and clothes you don't mind getting dirty.

**When is it?** Tuesday, November 12 at 3 PM - 5 PM

**Where is it?** Animal Shelter, 3115 S Mobile Ave, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 3 PM-4:30 PM

OR

### Pope County Library

**What's it about?** Students will help the wonderful staff at the Pope County Library!

**When is it?** Wednesday, November 27 at 3 PM - 5 PM

**Where is it?** Pope Co. Library, 117 E. 3rd Street, Russellville, AR

**Where do I swipe my ID?** At the entrance, from 3 PM-4:30 PM

8

## Student Activism

**What's it about?** Join this session to learn about activism and what that looks like in today's social media driven world!

**When is it?** Tuesday, November 5 from 10 AM - 11 AM

**Where is it?** Baz Tech 202

**Sponsor:** Office of Civic Engagement

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

9

## Green and Gold Give Back

**What's it about?** Have you ever wanted to give back to Tech or the Russellville community? This is YOUR chance to get out and make not only Tech campus a beautiful place as well as the Russellville area with a wide variety of service options. Grab a group of friends and come enjoy your morning by serving greater Russellville community. You will get breakfast, lunch, AND a free t-shirt!

**When is it?** Saturday, November 9 from 9 AM- 2 PM

**Where is it?** Meet at Doc Bryan Rotunda for location assignment

**How do I sign up?** Register on theLink on this event page under Forms by November 1.

**Sponsor:** Office of Civic Engagement

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.



GLOBAL FOCUS

# ON TRACK

## GLOBAL FOCUS LEARNING OUTCOMES:

- Students will discover aspects of culture(s) different from their own and have the ability to compare and contrast those differences.

1

### Minority Student Mixer

**What's it about?** Incoming freshmen minority students are invited to attend this social to become acquainted with minority faculty and staff, members of the Black Faculty and Staff Organization, and minority student leaders to welcome them to campus!

**When is it?** Wednesday, August 28 from 5 PM- 7 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, throughout the event.

2

### Mid-Autumn Festival

**What's it about?** Join the celebration of bringing students together to learn about the Mid-Autumn festival of the abundance of summer's harvest in some countries in East-Asia. Light traditional snacks & mooncakes will be served.

**When is it?** Friday, September 13 from 6 PM- 8 PM

**Where is it?** Hindsman Bell Tower

**Sponsor:** International Student Services

**Where do I swipe my ID?** At the entrance, throughout the event.

3

### Hispanic Heritage Month Kickoff

**What's it about?** Celebrate the start of Hispanic Heritage Month, including Hispanic foods, music, and informational booths!

**When is it?** Wednesday, September 18 from 1:30 PM- 2:30 PM

**Where is it?** Hindsman Bell Tower

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, throughout the event.

4

### Hispanic Heritage Keynote Speaker

**What's it about?** Join us for our keynote speaker to learn more about the contributions and the state of Hispanic persons in modern America.

**When is it?** Monday, October 7 from 7 PM- 8 PM

**Where is it?** Ross Pendergraft Library (RPL) 300

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

5

### Columbus Day vs. Indigenous Peoples Day

**What's it about?** More and more cities across the U.S. are dismissing the celebration of Columbus Day in which some say is false rhetoric to credit a man for discovering a place that was already inhabited by millions of native people. Many also say it's a reminder of a violent history of the colonization of the Americas and are instead adopting Indigenous Peoples Day, also called First People's Day. This is to honor the Native people who were here long before Christopher Columbus set foot on American soil. Join DDI for a cultural discussion, facilitated by a faculty member on the perceived miseducation of American history and how it's now changing.

**When is it?** Monday, October 14 from 3 PM- 4 PM

**Where is it?** Baz Tech 204

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

6

### Safe Zone Training

**What's it about?** Join us for a comprehensive training to educate any interested person on the LGBTQ+ community and becoming an ally for this community.

**When is it? (Pick one)**

Tuesday, October 15 from 5 PM- 7 PM

Thursday, November 21 from 5 PM- 7 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

7

### International Pronouns Day

**What's it about?** International Pronouns Day celebrates all identities. Come learn how you can raise awareness regarding referencing all persons with the correct pronouns to honor basic human dignity and on why this is essential for transgender and gender-nonconforming people.

**When is it?** Wednesday, October 16 from 12 PM- 4 PM

**Where is it?** Baz Tech Commons

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, throughout the event.

8

### A Life or Death Issue

**What's it about?** Join this roundtable discussion with partners from ATU's C.A.R.E. Team, Counseling Services, and the Department of Public Safety about the effects of bullying and how they've sometimes been deadly.

**When is it?** Wednesday, October 23 from 3 PM- 4 PM

**Where is it?** Brown 355

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

9

### My Culture Isn't a Costume

**What's it about?** Join this roundtable discussion on cultural appropriation as Halloween draws closer. Students, faculty, and staff are encouraged to engage in dialogue about what's appropriate and what's not in regard to imitating other ethnic and cultural norms that are highly offensive. i.e. black face, Native-American garb, etc.

**When is it?** Tuesday, October 29 from 3:30 PM- 4:30 PM

**Where is it?** Doc Bryan 242

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

10

### Diversified Faith

**What's it about?** Join DDI and faith-based and non-religious belief-based registered student organizations in a discussion where each group gets to share about their values, experiences, and customs. DDI recognizes that all beliefs are not rooted in a certain faith and wants to encourage dialogue between every group on either side.

**When is it?** Tuesday, November 5 from 6:30 PM- 7:30 PM

**Where is it?** Baz Tech 204

**Sponsor:** Department of Diversity and Inclusion

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

11

### Mind & Body with SOUL: Mental Health for Minority Students

**What's it about?** The topic of mental health care in the minority community often met with confusion, disinterest and at times, anger. The stigma has maintained through decades. This event will examine the truths and myths about mental health care for the minority community and will report the current trends and research regarding minority students seeking help for their mental health.

**When is it?** Wednesday, November 6 from 5 PM- 6 PM

**Where is it?** Doc Bryan 133

**Sponsor:** Black Faculty and Staff Organization

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

12

### SPECTRUM's 9th Annual Drag Show

**What's it about?** Drag performances from professional performers and from student competitors will be present. Admission is \$3, donations accepted. 70% of all funds raised will go to Lucie's Place, a transitional home for homeless LGBT+ youth. \*Admission is free for students on the Global Focus track.

**When is it?** Thursday, November 7 from 7 PM- 10 PM

**Where is it?** Witherspoon Auditorium

**Sponsor:** SPECTRUM

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

13

### A Tale from Africa

**What's it about?** Experience a vivid culture of Africa in which the audience can get a taste of delicious food, fun dancing, and learning about the beautiful culture.

**When is it?** Monday, November 18 from 6 PM- 8 PM

**Where is it?** Young Ballroom

**Sponsor:** International Student Services

**Where do I swipe my ID?** At the entrance, throughout the event.

14

### International Fashion Show

**What's it about?** Appreciate the traditional clothing around the world where international students wear their beautiful traditional clothes, walk the runway as a model, and describe their attire.

**When is it?** Tuesday, November 19 from 12 PM- 1 PM

**Where is it?** Baz Tech Main Floor

**Sponsor:** International Student Services

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.



GLOBAL FOCUS

# ON TRACK

15

## International Perspectives

**What's it about?** This event listens to a panel of students from different cultures as they give their country's perspective on a variety of topics ranging from typical holidays, daily life, customs, food, schools, dating, marriage, and many more while having great snacks.

**When is it?** Wednesday, November 20 from 4 PM- 6 PM

**Where is it?** Doc Bryan 242

**Sponsor:** International Student Services

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

16

## A Journey to 2 Nations

**What's it about?** The audience goes on a journey of exploring two nations through traditional food, creative crafts & activities, cultural show, presentations, and more.

**When is it?** Thursday, November 21 from 6 PM- 8 PM

**Where is it?** Doc Bryan 242

**Sponsor:** International Student Services

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

17

## International Talent Expo

**What's it about?** Attend the finale of the International Education Week with great food representing various regions around the world and closing with talent show.

**When is it?** Friday, November 22 from 6 PM- 9 PM

**Where is it?** Doc Bryan Rotunda

**Sponsor:** International Student Services

**Where do I swipe my ID?** At the entrance, throughout the event.



UNITE

# ON TRACK

## UNITE LEARNING OUTCOMES:

- Students will be able to discover opportunities to connect with Arkansas Tech University and recognize options for campus involvement.

1

### SGA Tabling

**What's it about?** Find out how you can represent your fellow students by serving on Student Government Association!

**When/where is it?**

Thursday, August 22 from 12 PM- 2 PM at RPL South Entrance

Monday, August 26 from 11 AM- 1 PM at West Chambers Lawn

**Sponsor:** Student Government Association

**Where do I swipe my ID?** At the table, throughout the event.

2

### SAB Tabling

**What's it about?** Check out what SAB events are going on this semester and find out how you can get involved with SAB!

**When/where is it?**

Monday, August 26 from 11:30 AM- 1:30 PM at Chambers Cafeteria Main Entrance

Thursday, August 29 from 10:30 AM- 1 PM at Hindsman Bell Tower

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the table, throughout the event.

3

### Student Leadership Tabling

**What's it about?** Employers are looking for candidates and interns who can lead their teams. What skills and experiences do you have to set you apart? Come see us to learn about opportunities to grow your skill set!

**When/where is it?**

Tuesday, August 27 from 12 PM- 2 PM at Witherspoon North Entrance

Wednesday, September 4 from 11 AM- 1 PM at RPL South Entrance

**Sponsor:** Office of Student Leadership

**Where do I swipe my ID?** At the table, throughout the event.

4

### Noon Tunes

**What's it about?** Want to hear some free live music and eat your lunch? Come enjoy some acoustic performances from our very talented Arkansas Tech students and staff. Feel free to sign up for our next one!

**When is it?** Wednesday, September 4 from 11 AM- 1 PM

**Where is it?** Baz Tech

**Sponsor:** Campus Life

**Where do I swipe my ID?** At the entrance, throughout the event.

OR

### Acoustic Night

**What's it about?** Want to hear some free live music? Come enjoy some acoustic performances from our very talented Arkansas Tech students and staff.

**When is it?** Tuesday, September 17 from 8 PM 10 PM

**Where is it?** Baz Tech

**Sponsor:** Campus Life

**Where do I swipe my ID?** At the entrance, throughout the event.

5

### Tech Talks

**What's it about?** Join us in Doc Bryan Lecture Hall to get amazing advice from successful upperclassmen about navigating life at Tech! Drawings for prizes will be between each session. Don't miss out on your chance to win!

**When is it?** Thursday, September 5 from 6 PM- 8 PM

**Where is it?** Doc Bryan Lecture Hall

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.



6

### Wonder Boys Football Games

**What's it about?** Cheer on the Wonder Boys to a victory!

**Where is it?** Thone Stadium

**Sponsor:** Athletics

**Where do I swipe my ID?** At the entrance from the start of the game to the beginning of the 3rd quarter.

**(Pick one)**

**ATU vs Ouachita Baptist:**

Saturday, September 14 at 6 PM

**ATU vs Southern Arkansas:**

Saturday, September 28 at 6 PM

**ATU vs Oklahoma Baptist:**

Wednesday, October 5 at 6 PM

**ATU vs Northwestern Oklahoma:**

Saturday, October 19 at 2 PM

**ATU vs Southeastern Oklahoma:**

Saturday, November 2 at 2 PM

**ATU vs Harding:**

Saturday, November 16 at 2 PM

7

### Golden Suns Volleyball Games

**What's it about?** Cheer on the Golden Suns to a victory!

**Where is it?** Thone Stadium

**Sponsor:** Athletics

**Where do I swipe my ID?** At the trophy case.

5:45 - 7:00 pm for 6:00 games

1:45 - 3:00 pm for 2:00 games

**(Pick one)**

**ATU vs Southern Arkansas:**

Tuesday, September 24 at 6 PM

**ATU vs Ouachita Baptist:**

Tuesday, October 1 at 6 PM

**ATU vs Southeastern Oklahoma:**

Friday, October 18 at 6 PM

**ATU vs Northeastern Oklahoma:**

Saturday, October 19 at 2 PM

8

### Tech's Got Talent Prelims

**What's it about?** Annual talent competition for students to audition and have the chance to share their talents with the campus!

**When is it? (Pick one)**

Tuesday, October 1 from 8 PM- 11 PM (Prelims)

Friday, October 4 from 8 PM- 10 PM (Finals)

**Where is it?** Witherspoon Auditorium

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance from 8 PM - 9:30 PM

19

### Mock Rock

**What's it about?** Come watch the sororities perform routines in a unique competition to benefit the Circle of Sisterhood philanthropy!

**When is it?** Wednesday, October 2 from 9 PM- 10:30 PM

**Where is it?** Tucker Coliseum

**Sponsor:** College Panhellenic Council

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

10

### Big Money Bingo

**What's it about?** The annual Big Money Bingo is filled with lots of chances to win prizes. Don't miss out on winning prizes varying from \$100 gift cards to iPads and more!

**When is it?** Thursday, October 3 from 8 PM- 9:30 PM

**Where is it?** Witherspoon Auditorium

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance, throughout the event.

11

### Party at the Tower

**What's it about?** Be at the Tower for a night full of excitement. There will be food, games, music, give-aways, and a RIDES. Come see campus from a whole new perspective!

**When is it?** Friday, October 4 from 6 PM- 8 PM

**Where is it?** Hindsman Bell Tower

**Sponsor:** Homecoming Executive Committee

**Where do I swipe my ID?** At the entrance, throughout the event.

12

### Goggles & Golf Carts

**What's it about?** Goggles & Golf Carts will bring awareness to drunk driving while getting to wear goggle simulators & driving a golf cart. Find a ride, don't drink and drive!

**When is it?** Tuesday, October 8 from 12 PM- 2 PM

**Where is it?** Hindsman Bell Tower

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance, throughout the event.



UNITE

# ON TRACK

13

## Fall Festival

**What's it about?** SAB loves Fall! Join us for an exciting Fall Festival with games, prizes, and food!

**When is it?** Tuesday, October 29 from 6 PM- 8 PM

**Where is it?** Hindsman Bell Tower

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance, throughout the event.

14

## NCCO Preview Concert

**What's it about?** The ATU Choral Artists have been invited to perform at the National Collegiate Choral Organization Conference at the University of Maryland in College Park, MD. This event is a preview presentation of this concert. The ATU Choral Artists will perform a concert of music by living Latvian composer, Eriks Esenvalds, a prolific composer of choral music. The concert will feature choral music in various languages with a unique variety of instruments (harp, organ, horns, timpani, and tuned water-filled wine glasses).

**When is it?** Sunday, November 3 from 2:30 PM - 3:30 PM

**Where is it?** First United Methodist Church, 304 S Commerce Ave, Russellville, AR

**Sponsor:** ATU Choral Department

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

15

## Bowling with Bowen

**What's it about?** Hit the lanes with everyone's favorite, President Dr. Bowen! Bring your Tech ID, a friend, and head to Strikers Bowling Alley to bowl a free game with free pizza!

**When is it?** Tuesday, November 19 from 7 PM- 9 PM

**Where is it?** Strikers Bowling Alley, 3700 W Main St., Russellville, AR

**Sponsor:** Student Activities Board

**Where do I swipe my ID?** At the entrance, throughout the event.



# ON TRACK

## GRADUATE SCHOLAR LEARNING OUTCOMES:

- Students will be able to transfer professional development into their academic field.
- Students will be able to list scholarly skills, behaviors, and expectations.

1

### Grant Writing

**What's it about?** This workshop provides hands-on practice to help students develop effective grant writing skills. Students will learn grant-writing techniques and receive advice from an experienced faculty member.

**Who's talking?** Dr. Rejina Manandhar, Assistant Professor of Emergency Management

**When is it?** Wednesday, September 4 from 2 PM- 3 PM

**Where is it?** Ross Pendergraft Library 300 A

**Sponsor:** Graduate Student Council

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

2

### Doctoral Discussion Panel

**What's it about?** Learn about the application process, securing assistantships, and success strategies from a diverse panel of ATU faculty. This event is a great opportunity for students considering taking the next step in their academic careers.

**When is it?** Thursday, September 5 from 3 PM- 4 PM

**Where is it?** Ross Pendergraft 300 B

**Sponsor:** Graduate Student Council

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

3

### Meet the Dean Cookout

**What's it about?** Bring your family and come enjoy fellowship with your peers while building your professional network. We will meet at the football tailgate area for a cookout to meet the Graduate College Dean, Dr. Jeff Robertson.

**When is it?** Saturday, September 14 from 3 PM- 6 PM

**Where is it?** Football Tailgate area

**Sponsor:** Graduate Student Council

**Where do I swipe my ID?** At the entrance, throughout the event.

4

### Statistics 101

**What's it about?** Want to develop and refine your skills? During this workshop, students will learn to interpret quantitative data using statistical tools.

**Who's talking?** Dr. Daniel Warwick, Assistant Professor of Psychology

**When is it?** Tuesday, October 8 from 3 PM- 4 PM

**Where is it?** Ross Pendergraft Library 300 B

**Sponsor:** Graduate Student Council

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

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### Research 101

**What's it about?** During this session, students will engage in a creative and systematic process that broadens their knowledge base for future studies.

**When is it?** Monday, October 14 from 1 PM- 2 PM

**Where is it?** Ross Pendergraft Library 300 A

**Sponsor:** Graduate Student Council

**Where do I swipe my ID?** At the entrance, 15 minutes prior to the event.

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**Event title:** Pumpkin Carving

**What's it about?** Carve out some time for yourself and enjoy a holiday-themed social event with your friends from the Graduate Student Council.

**When is it?** Tuesday, October 29 from 5 PM- 7 PM

**Where is it?** Tomlinson 110

**Sponsor:** Graduate Student Council

**Where do I swipe my ID?** At the entrance, throughout the event.

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### Grad & Go

**What's it about?** The Graduate Student Council appreciates you! Come to your departmental office and grab a treat, compliments of the Graduate Student Council.

**When is it?** Tuesday, November 19 from 10 AM- 12 PM

**Where is it?** Tomlinson 113 & Departmental Offices

**Sponsor:** Graduate Student Council

**Where do I swipe my ID?** At the entrance, throughout the event.

# EVENTS BY DATE

Track	Event Title	Date
Aspiring Leader	How to Start an RSO	8/21/2019
Unite	SGA tabling	8/22/2019
Unite	SGA tabling	8/26/2019
Unite	SAB Tabling Day	8/26/2019
Unite	Student Leadership Tabling	8/27/2019
Active Mind & Body	Know Your IX	8/27/2019
Advance to Career	Mo' Money, Mo' Problems	8/27/2019
Advance to Career	Resume Review Day	8/28/2019
Global Focus	Minority Student Mixer	8/28/2019
Unite	SAB Tabling Day	8/29/2019
Aspiring Leader	How to Start an RSO	8/29/2019
Advance to Career	Resume Review Day	9/3/2019
Advance to Career	DDI Student Outreach Day Tabling	9/3/2019
Aspiring Leader	How to Start an RSO	9/3/2019
Active Mind & Body	Bubble Football	9/3/2019
Active Mind & Body	Yoga on the Lawn	9/4/2019
Leader Identified	Be a Master of Your Own Communication	9/4/2019
Unite	Student Leadership Tabling	9/4/2019
Unite	Noon Tunes	9/4/2019
Graduate Scholar	Grant Writing 101	9/4/2019
Active Mind & Body	Know Your IX	9/4/2019
Advance to Career	Nursing Career Fair	9/5/2019
Graduate Scholar	Doctoral Discussion Panel	9/5/2019
Unite	Tech Talks	9/5/2019
Advance to Career	Resume Review Day	9/6/2019
Elevated Citizen	Art Walk- Main Street Mission	9/6/2019
Aspiring Leader	How to Start an RSO	9/9/2019
Active Mind & Body	QPR/Suicide Prevention Tabling	9/10/2019
Advance to Career	Graduate School Fair	9/10/2019
Advance to Career	ENACTUS Networking Workshop	9/10/2019
Active Mind & Body	Flag Football Combine	9/10/2019

<b>Track</b>	<b>Event Title</b>	<b>Date</b>
<b>Advance to Career</b>	Resume Review Day	9/11/2019
<b>Active Mind &amp; Body</b>	QPR/Suicide Prevention Tabling	9/11/2019
<b>Aspiring Leader</b>	What does leadership mean to you?	9/11/2019
<b>Elevated Citizen</b>	Animal Shelter	9/11/2019
<b>Advance to Career</b>	ENACTUS Resume Roundtable	9/11/2019
<b>Active Mind &amp; Body</b>	QPR/Suicide Prevention Tabling	9/12/2019
<b>Active Mind &amp; Body</b>	Active Bystander Training	9/12/2019
<b>Advance to Career</b>	ENACTUS Practice Interviews	9/12/2019
<b>Active Mind &amp; Body</b>	QPR/Suicide Prevention Tabling	9/12/2019
<b>Global Focus</b>	Mid-Autumn Festival	9/13/2019
<b>Graduate Scholar</b>	Meet the Dean Cookout	9/14/2019
<b>Unite</b>	ATU vs Ouachita Baptist	9/14/2019
<b>Advance to Career</b>	Business, Communication and Media Fair	9/16/2019
<b>Leader Identified</b>	How to Strengthen Your Student Organization	9/16/2019
<b>Advance to Career</b>	STEM Career Fair	9/17/2019
<b>Elevated Citizen</b>	Pope County Library	9/17/2019
<b>Active Mind &amp; Body</b>	Baggo	9/17/2019
<b>Unite</b>	Acoustic Night	9/17/2019
<b>Advance to Career</b>	Government and Non-Profit Fair	9/18/2019
<b>Global Focus</b>	Hispanic Heritage Month Kickoff	9/18/2019
<b>Advance to Career</b>	Agricultural, Food, and Resource Fair	9/19/2019
<b>Active Mind &amp; Body</b>	Survivor Support 101	9/19/2019
<b>Leader Identified</b>	How to be a positive role model	9/23/2019
<b>Active Mind &amp; Body</b>	Mindfulness Workshop	9/23/2019
<b>Aspiring Leader</b>	Student Leader Round Table	9/24/2019
<b>Active Mind &amp; Body</b>	Ping Pong Singles	9/24/2019
<b>Unite</b>	ATU vs Southern Arkansas	9/24/2019
<b>Aspiring Leader</b>	Myers Briggs + Leadership	9/25/2019
<b>Active Mind &amp; Body</b>	Mental Health Matters	9/24/2019
<b>Active Mind &amp; Body</b>	Healthapalooza	9/26/2019
<b>Active Mind &amp; Body</b>	Know Your IX	9/26/2019
<b>Elevated Citizen</b>	Equestrian Zone	9/27/2019
<b>Elevated Citizen</b>	Public Lands Day- Lake Dardanelle	9/28/2019
<b>Unite</b>	ATU vs Southern Arkansas	9/28/2019
<b>Advance to Career</b>	Resume Review Day	10/1/2019
<b>Active Mind &amp; Body</b>	Spikeball	10/1/2019
<b>Active Mind &amp; Body</b>	Jana's Campaign	10/1/2019

<b>Track</b>	<b>Event Title</b>	<b>Date</b>
<b>Unite</b>	<b>ATU vs Ouachita Baptist</b>	<b>10/1/2019</b>
<b>Unite</b>	<b>Tech's Got Talent Prelims</b>	<b>10/1/2019</b>
<b>Unite</b>	<b>Party at the Tower</b>	<b>10/4/2019</b>
<b>Active Mind &amp; Body</b>	<b>Test Anxiety Workshop</b>	<b>10/2/2019</b>
<b>Unite</b>	<b>Mock Rock</b>	<b>10/2/2019</b>
<b>Aspiring Leader</b>	<b>Inclusive Leadership: How to not be a Mean Girl</b>	<b>10/3/2019</b>
<b>Elevated Citizen</b>	<b>Play Unified- Special Olympics</b>	<b>10/3/2019</b>
<b>Unite</b>	<b>Big Money Bingo</b>	<b>10/3/2019</b>
<b>Advance to Career</b>	<b>Resume Review Day</b>	<b>10/3/2019</b>
<b>Unite</b>	<b>Tech's Got Talent Finals</b>	<b>10/4/2019</b>
<b>Unite</b>	<b>ATU vs Oklahoma Baptist</b>	<b>10/5/2019</b>
<b>Elevated Citizen</b>	<b>Social Justice in the Age of Social Media</b>	<b>10/7/2019</b>
<b>Global Focus</b>	<b>Hispanic Heritage Month Keynote Speaker</b>	<b>10/7/2019</b>
<b>Active Mind &amp; Body</b>	<b>National Collegiate Alcohol Awareness Day</b>	<b>10/8/2019</b>
<b>Unite</b>	<b>Goggles &amp; Golf Carts</b>	<b>10/8/2019</b>
<b>Aspiring Leader</b>	<b>Leadership with Jon Snow</b>	<b>10/8/2019</b>
<b>Graduate Scholar</b>	<b>Statistics 101</b>	<b>10/8/2019</b>
<b>Active Mind &amp; Body</b>	<b>Canoe Battleship</b>	<b>10/8/2019</b>
<b>Leader Identified</b>	<b>Lunch with a Leader-Cody Black</b>	<b>10/9/2019</b>
<b>Advance to Career</b>	<b>#Adulthood: (Making) Friends in Low Places</b>	<b>10/9/2019</b>
<b>Elevated Citizen</b>	<b>Equestrian Zone</b>	<b>10/11/2019</b>
<b>Graduate Scholar</b>	<b>Research 101</b>	<b>10/14/2019</b>
<b>Aspiring Leader</b>	<b>Where should you plug in on campus?</b>	<b>10/14/2019</b>
<b>Global Focus</b>	<b>Columbus Day vs. Indigenous Peoples Day</b>	<b>10/14/2019</b>
<b>Active Mind &amp; Body</b>	<b>Mental Health Checkup</b>	<b>10/15/2019</b>
<b>Elevated Citizen</b>	<b>Pope Co. Library</b>	<b>10/15/2019</b>
<b>Global Focus</b>	<b>Safe Zone Training</b>	<b>10/15/2019</b>
<b>Active Mind &amp; Body</b>	<b>Softball Home Run Derby</b>	<b>10/15/2019</b>
<b>Elevated Citizen</b>	<b>How to Run for Office</b>	<b>TBD</b>
<b>Global Focus</b>	<b>International Pronouns Day</b>	<b>10/16/2019</b>
<b>Active Mind &amp; Body</b>	<b>Active Bystander Training</b>	<b>10/16/2019</b>
<b>Active Mind &amp; Body</b>	<b>The Real Cost of Vaping</b>	<b>10/17/2019</b>
<b>Unite</b>	<b>ATU vs Southeastern Oklahoma</b>	<b>10/18/2019</b>
<b>Unite</b>	<b>ATU vs Northwestern Oklahoma</b>	<b>10/19/2019</b>
<b>Unite</b>	<b>ATU vs Northeastern Oklahoma</b>	<b>10/19/2019</b>
<b>Elevated Citizen</b>	<b>Trip to the Arkansas Supreme Court, Capitol, and the Clinton Presidential Library</b>	<b>10/21/2019</b>



<b>Track</b>	<b>Event Title</b>	<b>Date</b>
<b>Advance to Career</b>	Mid-Term Outreach Day	10/21/2019
<b>Leader Identified</b>	Be a Goal Digger	10/22/2019
<b>Active Mind &amp; Body</b>	Kickball	10/22/2019
<b>Elevated Citizen</b>	Animal Shelter	10/23/2019
<b>Global Focus</b>	Bullying: A Life or Death issue	10/23/2019
<b>Active Mind &amp; Body</b>	Flu Clinic with Informational Session	10/24/2019
<b>Leader Identified</b>	Passion vs Purpose	10/24/2019
<b>Elevated Citizen</b>	Fall Festival - Main Street Mission	10/25-26/2019
<b>Global Focus</b>	My Culture Isn't a Costume	10/29/2019
<b>Graduate Scholar</b>	Pumpkin Carving	10/29/2019
<b>Active Mind &amp; Body</b>	Racquetball	10/29/2019
<b>Unite</b>	Fall Festival	10/29/2019
<b>Advance to Career</b>	Resume Review Day	10/30/2019
<b>Elevated Citizen</b>	Equestrian Zone	11/1/2019
<b>Unite</b>	ATU vs Southeastern Oklahoma	11/2/2019
<b>Unite</b>	NCCO Preview Concert	11/3/2019
<b>Leader Identified</b>	Self-awareness	11/4/2019
<b>Elevated Citizen</b>	Student Activism	11/5/2019
<b>Active Mind &amp; Body</b>	Combating Rape Culture	11/5/2019
<b>Active Mind &amp; Body</b>	Archery Tag	11/5/2019
<b>Global Focus</b>	Diversified Faith	11/5/2019
<b>Active Mind &amp; Body</b>	Flu Clinic with Informational Session	11/6/2019
<b>Global Focus</b>	Mind & Body with SOUL: Mental Health for Minority Students	11/6/2019
<b>Leader Identified</b>	How Can Your Enneagram Enhance Your Leadership Style?	11/14/2019
<b>Global Focus</b>	SPECTRUM's 9th Annual Drag Show	11/7/2019
<b>Elevated Citizen</b>	Green & Gold Give Back	11/9/2019
<b>Active Mind &amp; Body</b>	Self Defense Class	11/12/2019
<b>Elevated Citizen</b>	Animal Shelter	11/12/2019
<b>Active Mind &amp; Body</b>	Survivor Support 2.0: Neurobiology of Trauma	11/13/2019
<b>Aspiring Leader</b>	Leadership: Beyond A Title	11/13/2019
<b>Active Mind &amp; Body</b>	Healthy Habits: How to live a healthy lifestyle	11/14/2019
<b>Leader Identified</b>	Volunteering in the workplace	11/14/2019
<b>Aspiring Leader</b>	Servant Leadership: Do's and Don'ts	11/14/2019
<b>Advance to Career</b>	So, you want to be a Dr.?	11/14/2019
<b>Advance to Career</b>	Resume Review Day	11/15/2019
<b>Unite</b>	ATU vs Harding	11/16/2019
<b>Global Focus</b>	A Tale from Africa	11/18/2019
<b>Graduate Scholar</b>	Grad & Go	11/19/2019

<b>Track</b>	<b>Event Title</b>	<b>Date</b>
<b>Global Focus</b>	<b>International Fashion Show</b>	<b>11/19/2019</b>
<b>Aspiring Leader</b>	<b>Leadership Competencies</b>	<b>11/19/2019</b>
<b>Active Mind &amp; Body</b>	<b>Checkers</b>	<b>11/19/2019</b>
<b>Unite</b>	<b>Bowling with Bowen</b>	<b>11/19/2019</b>
<b>Leader Identified</b>	<b>Lunch with a Leader - Tamhara Hutchins-Frye</b>	<b>11/20/2019</b>
<b>Global Focus</b>	<b>International Perspectives</b>	<b>11/20/2019</b>
<b>Global Focus</b>	<b>Safe Zone Training</b>	<b>11/21/2019</b>
<b>Global Focus</b>	<b>A Journey to 2 Nations</b>	<b>11/21/2019</b>
<b>Global Focus</b>	<b>International Talent Expo</b>	<b>11/22/2019</b>
<b>Elevated Citizen</b>	<b>Pope Co. Library</b>	<b>11/27/2019</b>
<b>Active Mind &amp; Body</b>	<b>Rock Climbing Competition</b>	<b>12/3/2019</b>
<b>Advance to Career</b>	<b>Intern for A Day</b>	<b>8/21-12/13/19</b>

# ON TRACK

## Questions?

Contact *Campus Life*  
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