

# ON TRACK

WITH ARKANSAS TECH UNIVERSITY™



ACTIVE MIND AND BODY



ADVANCE TO CAREER



ASPIRING LEADER



LEADER IDENTIFIED



ELEVATED CITIZEN



GLOBAL FOCUS



UNITE



GRADUATE SCHOLAR

## SPRING 2020 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 [thelink.atu.edu](http://thelink.atu.edu) 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

#### Ring In The New You

**What's it about?** It is very easy to fall off track when you set a New Year's Resolution, but we want to make sure that you are successful when it comes to sticking to your goals. Come to this event for free male & female meal plans, a weekly workout guide, & tips on how to stay motivated.

**When is it?** Wednesday, January 15 from 12pm- 2pm

**Where is it?** Doc Bryan 133

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

2

#### Mindfulness Workshop

**What's it about?** Learn to cultivate the powers of attention and awareness to help you de-stress, relax, and relieve anxiety. Food will be provided.

**When is it?** Monday, January 27 from 5:30pm- 7pm

**Where is it?** Doc Bryan 133

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

3

#### Stress Management Workshop

**What's it about?** As a student, your days can be filled with stress. You may be struggling with adjusting to college, social interactions, finances, balancing responsibilities or physical responses to stress. During this program you will learn to cope, manage, and decrease stress. Meal is provided.

**When is it?** Tuesday, February 11 from 5:30pm- 6:30pm

**Where is it?** Doc Bryan 133

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

4

#### Sexual Responsibility Day

**What's it about?** Students frequently enter college without adequate sexual health knowledge, and, subsequently, they often engage in sexual behaviors that place them at increased risk for unintended health outcomes such as pregnancy, human immunodeficiency virus (HIV), and other sexually transmitted infections (STIs). This event will provide knowledge on sexual health and will allow students to participate in optional STI screening at no charge. We will have food and free giveaways.

**When is it?** Wednesday, February 12 from 10am- 2pm

**Where is it?** Doc Bryan 133

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

5

#### QPR: Suicide Prevention Gatekeeper Training

**What's it about?** QPR Gatekeeper Training is an evidence-based program that teaches individuals the appropriate steps to take with someone who may be experiencing thoughts of suicide. Come learn skills to help your friends and peers who may be experiencing suicidal ideation get the help they need. Food will be provided.

**When is it?** Thursday, February 27 from 5:30pm- 6:30pm

**Where is it?** Doc Bryan 133

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

6

### Test Anxiety Workshop

**What's it about?** The Test Anxiety Workshop is designed to give students a better idea of what test anxiety is, where it comes from, and healthy ways to cope with it. A counselor from the ATU Health and Wellness Center will host the workshop and food will be provided!

**When is it?** Tuesday, March 10 from 5:30pm- 6:30pm

**Where is it?** Doc Bryan 133

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

7

### Safe Spring Break Tabling

**What's it about?** Come to this tabling event for tips on having a fun and safe Spring Break. You will leave with some great information as well as free goodies.

**When is it?** Wednesday, March 18 12pm- 2pm

**Where is it?** Doc Bryan 133

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

8

### Out of the Darkness Walk

**What's it about?** This 2-mile walk is held to raise awareness and funds for suicide prevention. The Tech community and Russellville community are welcome to participate! Registration is free and will begin at 9:00 a.m. with the walk beginning outside of Doc Bryan at 10:00 a.m. Those wishing to participate in fundraising can visit [www.afsp.org](http://www.afsp.org).

**When is it?** Saturday, April 4 from 9am- 11am

**Where is it?** Doc Bryan Entrance

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

9

### Mindfulness Workshop

**What's it about?** Learn to cultivate the powers of attention and awareness to help you de-stress, relax, and relieve anxiety. Food will be provided.

**When is it?** Tuesday, April 7 from 5:30pm- 7pm

**Where is it?** Doc Bryan 133

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

10

### Sensory Awareness Tabling Day

**What's it about?** Come learn about sensory awareness with Delta Sigma Omicron!

**When is it?** Wednesday, April 15 from 1pm- 2pm

**Where is it?** Chambers Dining Hall

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

11

### Don't Be FUUL'D

**What's it about?** Did you know that nicotine rewires your brain and creates cravings that can lead to addiction? Come to learn more about the effects that vaping can have on your body. We will have food and free giveaways.

**When is it?** Tuesday, April 21 from 12pm- 2pm

**Where is it?** Doc Bryan 133

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

12

### Ping Pong Doubles Tournament

**When do I register?** Registration opens on Jan 30 12:30AM and closes on Feb 13 2:00PM on IM Leagues

**When is it?** Tuesday, February 18 from 6pm- 8pm

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

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

13

### Billiards Tournament

**When do I register?** Registration opens on Feb 6 12:30AM and closes on Feb 20 2:00PM on IM Leagues.

**When is it?** Tuesday, February 25 from 6pm- 8pm

**Where is it?** Beezer's Fine Billiards

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

14

### Bubble Soccer Tournament

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Monday, March 9 from 6pm- 8pm

**Where is it?** Intramural Fields

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

15

**2K Tournament**

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Tuesday, March 10 6pm- 8pm

**Where is it?** Brown 134

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

20

**Gold Two-Man Scramble**

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Tuesday, April 14 from 4pm- 6pm

**Where is it?** TBD

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

16

**Kickball Tournament**

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Monday, March 30 from 6pm- 8pm

**Where is it?** Intramural Fields

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

21

**Disc Golf**

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Tuesday, April 21 from 2:30pm- 4:30pm

**Where is it?** Old Post

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

17

**Canoe Battleship**

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Tuesday, March 31 from 6pm- 8pm

**Where is it?** Russellville Aquatic Center

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

22

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

Wednesday, January 15 from 5:30-6:30 PM

Doc Bryan 133

Tuesday, February 4 from 12:30-1:30 PM

Baz Tech 202

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

18

**Archery Tag**

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Wednesday, April 1 from 6pm- 8pm

**Where is it?** Hull Double Gym

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

23

**Survivor Ally Training**

**What's it about?** Trauma can impact a person's brain, body, and memory in a number of (sometimes very confusing!) ways. This workshop explores the impacts of violence, resources available, and practical things you can do and say to support the survivors in your life. Survivor Allies who complete this training will be better equipped to help friends and loved ones who have experienced sexual and/or relationship violence as well as other forms of trauma.

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

• Thursday, February 13 from 5:30-6:30 PM

• Thursday, March 12 from 12-1 PM

**Where is it?** Baz Tech 202

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

19

**Dodgeball Tournament**

**When do I register?** Registration opens on Feb 20 12:30AM and closes on Mar 5 2:00PM on IM Leagues.

**When is it?** Thursday, April 2 from 6pm- 8pm

**Where is it?** Hull Double Gym

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

#### Resume Building

**What's it about?** Resume building, writing, and applying 101.

**When is it?** Thursday, February 27 from 2-3 PM

**Where is it?** Commuter Lounge

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

2

#### Health Industry Fair

**What's it about?** Come meet local and regional employers that are specifically interested in hiring you into health-industry positions! Opportunities will range from internships and co-ops to full-time positions for seniors about to graduate. Students who attend will need to adhere to the BUSINESS PROFESSIONAL dress code for this event. Bring a copy of your resume, and check out the list of attendees in Handshake ahead of time!

**When is it?** Tuesday, February 4 from 12-2:30 PM

**Where is it?** Young Ballroom

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

3

#### Education Fair

**What's it about?** Come meet local and regional employers that are specifically interested in hiring you into Education positions! Opportunities for full-time positions as well as networking with multiple school districts are great for students close to graduation and those that are looking to the future. Students who attend will need to adhere to the BUSINESS PROFESSIONAL dress code for this event. Bring a copy of your resume, and check out the list of attendees in Handshake ahead of time!

**When is it?** Wednesday, February 5 from 10 AM- 12 PM

**Where is it?** Young Ballroom

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

4

#### Business Communications and Career Fair

**What's it about?** Come meet local and regional employers that are specifically interested in hiring you into industry positions! Opportunities for internships, co-ops, full-time positions will be available to students at all levels. Students who attend will need to adhere to the BUSINESS PROFESSIONAL dress code for this event. Bring a copy of your resume, and check out the list of attendees in Handshake ahead of time!

**When is it?** Monday, February 17 from 12-2:30 PM

**Where is it?** Young Ballroom

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

5

#### STEM Fair

**What's it about?** Come meet local and regional employers that are specifically interested in hiring you into industry positions! Opportunities for internships, co-ops, full-time positions will be available to students at all levels. Students who attend will need to adhere to the BUSINESS PROFESSIONAL dress code for this event. Bring a copy of your resume, and check out the list of attendees in Handshake ahead of time!

**When is it?** Tuesday, February 18 from 12-2:30 PM

**Where is it?** Young Ballroom

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



6

### Agriculture, Food, Natural Resources Fair

**What's it about?** Come meet with employers in your industry that are specifically interested in hiring you! These organizations will have internships, co-ops, and full-time positions available for students at all levels of their college career. Check out the list of employers registered to attend in advance through Handshake. BUSINESS PROFESSIONAL dress code will be required. Don't forget to bring your resume!

**When is it?** Wednesday, February 19 from 12-2:30 PM

**Where is it?** Young Ballroom

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

10

### Resume Day

**What's it about?** Stop by our Peer Career Advisor table to get a quick review of your resume or help creating one for the first time! No appointment needed. Just bring a copy of your resume on paper, USB, or email it to yourself.

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

Wednesday, January 29 from 12 - 4 PM

Dean Hall Lobby

Wednesday, February 12 from 12 - 4 PM

Corley Lobby

Wednesday, March 4 from 12 - 4 PM

McEver Lobby

Wednesday, March 18 from 12 - 4 PM

Tomlinson Lobby

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

7

### Comprehending Collegiate Speak: Put it on a Resume

**What's it about?** Are you involved on campus? Are you involved in multiple organizations or activities? Are you having trouble trying to communicate all that you did in one line on a resume? Look no further, we are going to talk about how to translate your co-curricular activities to your resume, and how to make employers understand your work!

**When is it?** Wednesday, February 26 from 12-1 PM

**Where is it?** Doc Bryan 242

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

8

### Budgeting 101

**What's it about?** Budgeting can be made easy with these tips and tricks! Join in the conversation in the Commuter Lounge in Doc Bryan.

**When is it?** Monday, March 18 from 2-3 PM

**Where is it?** Commuter Lounge

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

**When is it?** Wednesday, April 8 from 12-1 PM

**Where is it?** Baz Tech 204

**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

#### Desserts with Darynne

**What's it about?** Join Miss Arkansas 2019 Darynne Dahlem as she performs and shares her experience competing in the Miss America Organization and her work with her Social Impact Initiative Know Who You Are.

**When is it?** Thursday, February 6 from 6-7 PM

**Where is it?** West Chambers

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

4

#### Women's Leadership Panel

**What's it about?** This event will explore the world of women in leadership roles in male dominated industries. Come learn from the women in these roles and get a chance to hear their stories and how they've navigated their career paths.

**When is it?** Wednesday, March 11 from 12-1 PM

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

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

2

#### Problem Solving in Leadership

**What's it about?** Have you ever encountered a problem in your role as a student leader? Come learn from our very own ATU Cheer Coach, Tristan Cagle on how to strategically solve your leadership woes.

**When is it?** Wednesday, February 19 from 5:30-6:30 PM

**Where is it?** Doc Bryan Rotunda

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

5

#### How to Motivate Others In Your Organization

**What's it about?** Come learn from your peers about the best way to motivate students in your organization to do more!

**When is it?** Monday, March 16 from 12-1 PM

**Where is it?** Doc Bryan 242

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

3

#### Leading Your Peers

**What's it about?** It can be hard to lead people that are the same age as you and it takes a good approach to get through. In this session Colton Watson, GA for Student Transition will discuss how to best lead your peers while developing your own skills.

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

**Where is it?** Baz Tech 202

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

6

#### **Self-confidence: How to Get It, How to Maintain It**

**What's it about?** Needing a little self-esteem booster? Join this workshop for information on self confidence, how to get it and how to maintain it!

**When is it?** Monday, April 6 from 10-11 AM

**Where is it?** Baz Tech 202

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

7

#### **TED Talk: Start with Why**

**What's it about?** Simon Sinek has a simple but powerful model for inspirational leadership all starting with a golden circle and the question "Why?" He explores how leaders can inspire cooperation, trust and change. During this session, participants will watch clips of Sinek's TEDTalk, discuss the golden circle, and find their own WHY.

**When is it?** Monday, April 6 from 4-5 PM

**Where is it?** Baz Tech 202

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

8

#### **How to Create a Life Plan**

**What's it about?** "What are you going to do after graduation?" "Do you have a job yet?" "What's next?" We all love being asked questions like these, right? Come to this workshop to figure out what comes next and to realize that it's okay to not be sure!

**When is it?** Tuesday, April 14 from 2-3 PM

**Where is it?** Baz Tech 202

**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

### Leadership Opportunities in the Community

**What's it about?** You've graduated college. Now how do you make friends when you've moved off? Come to this workshop to find out how to be a leader within your future community!

**When is it?** Tuesday, February 11 from 3-4 PM

**Where is it?** Baz Tech 202

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

2

### Conflict Resolution

**What's it about?** No one likes conflict but it is inevitable so why not learn how to master it? Come learn how to effectively resolve conflict.

**When is it?** Wednesday, February 12 from 5:30-6:30 PM

**Where is it?** Baz Tech 202

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

3

### Is it On Brand For You? 10 Do's & Don'ts of Social Media

**What's it about?** Liz Chrisman, Director of Photography & lead of ATU's content marketing team, attributes her career success to two things: hard work & proper social media usage. She'll share her top tools that she's used along the way to build a solid brand and reputation online. (Hint, it begins off-line.)

**When is it?** Tuesday, February 18 from 4-5 PM

**Where is it?** Baz Tech 202

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

4

### Credibility

**What's it about?** Credibility...seems easy to gain right? Maybe you are looking for ways to gain that credibility with a student organization or even a group of classmates but you aren't sure where to start or how to maintain that credibility once it is earned. Mr. Will Cooper is here to guide the way, teaching you how to gain credibility and how not to lose it.

**When is it?** Thursday, February 27 from 3:30-4:30 PM

**Where is it?** Doc Bryan 133

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

5

### Inclusive Leadership

**What's it about?** Come learn how to be a better inclusive leader from Jay Anderson, Graduate Assistant for Diversity and Inclusion.

**When is it?** Thursday, March 5 from 2-3 PM

**Where is it?** Baz Tech 203

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

6

### How to Handle the Pressures of Leadership

**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!

**When is it?** Wednesday, March 18 from 4-5 PM

**Where is it?** Baz Tech 202

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

7

### 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?** Misty Duffy, the CEO and Founder of Creekbaby

**When is it?** Tuesday, March 31 from 12pm-1pm

**Where is it?** Baz Tech 202

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

11

### Lunch with a Leader-Dustin Shoptaw

**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.

**When is it?** Wednesday, April 22 from 12pm-1pm

**Where is it?** Baz Tech 202

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

8

### Receiving the Recognition You've Earned

**What's it about?** This presentation will discuss how students can get recognition for their leadership accomplishments. Dr. Warnick will focus on a variety of competitive national/international awards and scholarships. He will be sharing information about these awards with students and teaching them how to apply for some of these awards in the 2020-2021 application cycle.

**When is it?** Tuesday, March 31 from 5-6 PM

**Where is it?** Baz Tech 202

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

9

### 5 Practices of Exemplary Leadership

**What's it about?** Attend this presentation to learn how any student can be a leader, regardless of age and experience by incorporating the Five Practices of Exemplary Leadership that are common when leaders are able to make extraordinary things happen.

**When is it?** Thursday, April 2 from 4-5 PM

**Where is it?** Baz Tech 202

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

10

### "How I See It:" Students' Understanding and Experiences of Diversity on a College Campus

**What's it about?** Join Dr. Sarah Gordon for a conversation on the important role of diversity and how it relates to student leadership on college campuses.

**When is it?** Thursday, April 9 from 4-5 PM

**Where is it?** Baz Tech 203

**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

### February Action Days Pope County Animal Shelter

**What's it about?** Come to the Pope County Animal Shelter. You can hang out with the animals, while also helping the staff around the office.

**When is it?** Monday, February 10 from 2:30-4:30 PM

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

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

OR

### Equestrian Zone

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

**When is it?** Friday, February 21 at 1 PM - 4 PM

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

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

OR

### Mainstreet Russellville

**What's it about?** Students will be helping with beautification of the Russellville Train Depot in the downtown area. It is suggested students wear comfy clothing.

**When is it?** Tuesday, February 25 from 2-5 PM

**Where is it?** 320 W C St, Russellville, AR 72802

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

### March Action Days River Valley Assisted Living

**What's it about?** Students get the chance to socialize, craft, and play games with the residents at River Valley Assisted Living.

**When is it?** Tuesday, March 10 from 2-4 PM

**Where is it?** 1901 E Fairway Blvd, Russellville AR 72802

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

OR

### Pope County Library

**What's it about?** Help library staff members sort, organize, and take inventory of books for public use.

**When is it?** Wednesday, March 18 from 9-11 AM

**Where is it?** 116 E 3rd St, Russellville AR 72802

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

OR

### Pope County Senior Wellness Activity Center

**What's it about?** Students will teach senior citizens how to use smart phones, tablets, and new technology.

**When is it?** Thursday, March 19 from 10-11 AM

**Where is it?** 1010 N Rochester, Ave, Russellville, AR 72802

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

**April Action Days  
River Valley Assisted Living**

**What's it about?** Students get the chance to socialize, craft, and play games with the residents at River Valley Assisted Living.

**When is it?** Wednesday, April 1 from 2-4 PM

**Where is it?** 1901 E Fairway Blvd, Russellville AR 72802

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

OR

**Pope County Library**

**What's it about?** Help library staff members sort, organize, and take inventory of books for public use.

**When is it?** Thursday, April 9 from 3-5 PM

**Where is it?** 116 E 3rd St, Russellville AR 72802

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

OR

**Pope County Senior Wellness Activity Center**

**What's it about?** Students will teach senior citizens how to use smart phones, tablets, and new technology.

**When is it?** Monday, April 13 from 4-6 PM

**Where is it?** 1010 N Rochester, Ave, Russellville, AR 72802

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

OR

**Equestrian Zone**

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

**When is it?** Friday, April 24 from 1-4 PM

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

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

2

**House Buying 101**

**What's it about?** Need to know the basics on how to rent, buy, or sell a house? Jennifer Samuels of First State Bank in Russellville is going to give you all the insight!

**When is it?** Thursday, March 12 from 3:30-4:30 PM

**Where is it?** Doc Bryan 180

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

3

**Balling on a Real Life Budget**

**What's it about?** Join in on the conversation of how to budget while enjoying life with an Arkansas Tech Alumni!

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

**Where is it?** Doc Bryan 133

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

4

**Walk a Mile**

**What's it about?** Join Campus Life & the Student Activities Board to learn more about campus sexual assault education and awareness. At this event, you will learn about campus resources for support concerning sexual assault and healthy relationships.

**When is it?** Monday, March 9 from 2-4 PM

**Where is it?** Hindsman Bell Tower

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

5

**Panel of Rehabilitation Science Speakers**

**What's it about?** Become more aware and learn details about different disabilities from peers.

**When is it?** Monday, March 9 from 6-7 PM

**Where is it?** Library Room 300B

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

6

**Jerry's H.E.R.O.E.S**

**What's it about?** We all have the ability to step in and speak up when we observe concerning behavior. This bystander intervention workshop focuses on practical things you can do to safely intervene in troubling circumstances.

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

Tuesday, March 17 from 5:30-6:30 PM

Thursday, April 16 from 5:30-6:30 PM

**Where is it?** Baz Tech 202

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

7

**Work/Life Balance: Work Hard Play Hard**

**What's it about?** Learn all the tips and tricks on how to create an inner and outer peace that will help you balance your career and personal life!

**When is it?** Tuesday, April 7 from 2-3 PM

**Where is it?** Doc Bryan 133

**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

### Lunar New Year

**What's it about?** If you are interested to find out more about new year celebrations other than traditional Gregorian calendar based new year, then please come and join us for the evening of the lunar new year celebration! The Lunar New Year is based on the traditional Chinese lunisolar calendar and celebrated around East Asian and Southeast Asia. This event would provide insights on Lunar New Year celebrations, related culture and customs, and food along with some performances. Tech's International Students from East and Southeast Asian countries and/or regions would organize the event under the shadow of the International Student Services (ISS).

**When is it?** Thursday, January 23 from 6-8 PM

**Where is it?** Young Ballroom

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

2

### ATU Choral Artists Performances

**What's it about?** The ATU Choral Artists have been selected as the only choral university group honored to perform at the Arkansas All-State Music Conference in February 2020. This concert on February 18th represents a preview of the concert that the Choral Artists will give at that convention. They will sing a variety of music with various accompaniments and languages, spanning diverse genres, styles, and time periods, and from composers of many nationalities.

**When is it?** Tuesday, February 18 from 7-8 PM

**Where is it?** Witherspoon Auditorium

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

3

### Holi Festival

**What's it about?** Holi is a spring festival also known as the festival of colors or the festival of love. It is an ancient Hindu religious festival which has become popular in many parts of South Asia, as well as people of other communities outside Asia. It is celebrated at the end of the winter season on the last full moon day of the lunar month, which usually falls in March, sometimes in late February. The festival has many purposes; most prominently, it celebrates the beginning of spring. Hindus believe it is a time of enjoying spring's abundant colors and saying farewell to winter. Holi festivities mark the beginning of the new year to many Hindus, as well as justification to reset and renew broken relationships, end conflicts, and stored-up emotional impurities from the past. Come join us to celebrate the festival of color hosted by International Student Services (ISS). Please, dress-wearing your old white T-shirt as you will be celebrating Holi by throw colors (powder and/or liquid) at each other!

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

**Where is it?** Doc Bryan Courtyard

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

4

### Women's Week Art Exhibit

**What's it about?** Check out artwork from Arkansas Tech students. The pieces featured were created by the artist's interpretation of the 2020 Women's Week theme Women with a Why. Contest winner will be announced and light refreshments will be served.

**When is it?** Wednesday, March 11 from 6:30-7:30 PM

**Where is it?** Witherspoon Lobby

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



5

### Light the Night

**What's it about?** Light the Night is the flagship spring event organized by the International Student Services (ISS). Arkansas Tech University has international students from all over the world and this event is organized with the vision in mind to bring the diversity these international students have to offer to Arkansas Tech and to the Russellville community. The event will be hosted at Hindsman Belltower with multiple tent units. Each unit would represent a country and/or region with cultural identities, activities, and food. Please come by to have a taste of the foods around the world while learning their norms!

**When is it?** Wednesday, April 8 from 7-9:30 PM

**Where is it?** Hindsman Bell Tower

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

6

### ATU Dance Company ATU Dance Company 6th Annual Spring Performance

**What's it about?** Enjoy performances from the ATU Dance Company in the Lecture Hall!

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

Friday, April 17 from 7-9 PM

Saturday, April 18 from 7-9 PM

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

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

7

### 5th International Film Festival

**What's it about?** Enjoy 8 different international films throughout the month of March!

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

Wednesday, March 4 from 7-9 PM

Thursday, March 5 from 7-9 PM

Tuesday, March 10 from 7-9 PM

Wednesday, March 11 from 7-9 PM

Thursday, March 12 from 7-9 PM

Tuesday, March 17 from 7-9 PM

Wednesday, March 18 from 7-9 PM

Thursday, March 19 from 7-9 PM

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

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

### Skate Night

**What's it about?** Join the Student Activities Board for Skate Night at the Russellville Skate Station. The Skate Station is located at 1102 E. 2nd Street, Russellville AR 72801. We will have free skating, free pizza, and prizes!

**When is it?** Tuesday January 21 from 7-9 PM

**Where is it?** Russellville Skate Station

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

2

### Karaoke Night

**What's it about?** Join us for Karaoke Night. Whether you are coming to sing or to just cheer on your friends, you're guaranteed to have a great time. We will have snacks, prizes, and fun!

**When is it?** Thursday, January 30 from 7 PM- 9PM

**Where is it?** Baz Tech Main

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

3

### Tie- Dye and Tacos

**What's it about?** Head over to Doc Bryan Rotunda to Tie-Dye some T-Shirts and eat some yummy tacos for FREE! We will also have drinks and prizes!

**When is it?** Tuesday, February 4 from 5-7 PM

**Where is it?** Doc Bryan Rotunda

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

4

### Drive In: Throwback Movie

**What's it about?** Come take a blast from the past with the Student Activities Board with a Drive-In movie! Bring your blankets and snacks; You won't want to miss this!

**When is it?** Tuesday, February 11 from 8-10 PM

**Where is it?** Witherspoon Parking Lot A

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

5

### Gold Rush Bingo

**What's it about?** Money? Prizes? Yes please! Join us for Gold Rush Bingo during Homecoming Week for a chance to win big money and big prizes with BINGO!

**When is it?** Wednesday, February 19 from 7-9 PM

**Where is it?** Witherspoon Auditorium

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

6

### Gold Rush Party

**What's it about?** Join us for our first ever Pre-Basketball Game party! This event will be happening right before the Basketball Homecoming Game. We will have food, drinks, and FREE SWEATSHIRTS! We will also have prizes you can win at the game!

**When is it?** Thursday, February 20 from 4-5 PM

**Where is it?** Doc Bryan Rotunda

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

7

### Trivia Night

**What's it about?** Head over to Young Ballroom to test your Trivia knowledge with our annual Trivia Night! We will have lots of fun and prizes for 1st, 2nd, 3rd place winners.

**When is it?** Thursday, March 12 from 7-9 PM

**Where is it?** Young Ballroom

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

8

### Outdoor Movie

**What's it about?** Come watch a recently released movie on Caraway Lawn! As always, there will be drinks and popcorn!

**When is it?** Tuesday, March 17 from 7-9 PM

**Where is it?** Caraway Lawn

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

9

**Concert & Food Trucks**

**What's it about?** Come listen to some awesome music with great company! We will also have several food trucks out giving out FREE food with a voucher on a first come, first serve basis. You won't want to miss this!!

**When is it?** Thursday, April 2 from 6-8 PM

**Where is it?** Tucker Parking Lot

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

10

**Egg Hunt**

**What's it about?** Come hunt eggs and take home lots of candy.... maybe even prizes! Candy filled, plastic eggs will be hidden all over Caraway Lawn for students to hunt. There will be some eggs that have a prize slip inside! Return a prize slip to the SAB exec team in order to claim your prize!

**When is it?** Thursday, April 9 from 5-7 PM

**Where is it?** Caraway Lawn

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

11

**Farmer's Market**

**What's it about?** Come out to the Witherspoon Parking Lot and enjoy free food, rides, and fun! We will also have free t-shirts available until we run out!

**When is it?** Wednesday, April 15 from 3-5 PM

**Where is it?** Hindsman Bell Tower

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

12

**Summer Sendoff**

**What's it about?** Come out to the Witherspoon Parking Lot and enjoy free food, rides, and fun! We will also have free t-shirts available until we run out!

**When is it?** Thursday, April 23 from 6-11 PM

**Where is it?** Witherspoon Parking Lot

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

13

**ATU Women's Basketball Games**

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

**Where is it?** Tucker Coliseum

**Where do I swipe my ID?** At the entrance near the trophy case, students can swipe throughout the end of the third quarter.

**(Pick one)**

ATU vs Harding: Thursday, January 16 from 5:30-7:30 PM

ATU vs Southwestern Oklahoma State University: Thursday, January 23 from 5:30-7:30 PM

ATU vs Oklahoma Baptist: Thursday, February 20 from 5:30-7:30 PM

14

**ATU Men's Basketball Games**

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

**Where is it?** Tucker Coliseum

**Where do I swipe my ID?** At the entrance near the trophy case, students can swipe throughout the end of the third quarter.

**(Pick one)**

ATU vs Harding: Thursday, January 16 from 7:30-9:30 PM

ATU vs Southwestern Oklahoma State University: Thursday, January 23 from 7:30-9:30 PM

ATU vs Oklahoma Baptist: Thursday, February 20 from 7:30-9:30 PM

15

**ATU Baseball Games**

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

**Where is it?** Tech Field

**Where do I swipe my ID?** At the entrance

**(Pick one)**

ATU vs Henderson State: Tuesday, March 3 from 6-8 PM

ATU vs Delta State: Tuesday, March 24 from 6-8 PM

ATU vs Southern Arkansas: Friday, April 10 from 6-8 PM

16

**ATU Softball Games**

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

**Where is it?** Chartwell Field

**Where do I swipe my ID?** At the entrance

**(Pick one)**

ATU vs Southern Arkansas: Friday, April 10 from 3-5 PM

ATU vs Harding: Tuesday, April 14 from 3-5 PM



# 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

### Donuts with the Dean

**What's it about?** An opportunity to meet the new Graduate College dean and share ideas on how we can improve the graduate experience at Arkansas Tech.

**When is it?** Thursday, January 16 from 8-9:30 AM

**Where is it?** Baz Tech 202

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

2

### Making the most of your Conference Experience

**What's it about?** Faculty share their experiences with proposal preparation, submission, and presentation in addition to selecting a conference that fits your networking needs.

**When is it?** Tuesday, February 4 from 1-2 PM

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

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

3

### Game Night

**What's it about?** Join the Graduate Student Council for a night of games and fun. This is a great opportunity to network with your peers in a relaxed setting.

**When is it?** Thursday, February 6 from 5-7 PM

**Where is it?** Tomlinson 102

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

4

### Career Advancement

**What's it about?** Melanie Diffey, Career Counselor and Specialist, will present a talk on the career resources available to graduate students and how to organize and execute an effective job search.

**When is it?** Tuesday, March 10 from 2-3 PM

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

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

5

### Developing Your Elevator Speech

**What's it about?** This workshop will help students develop concise, cogent "elevator speeches" that will enable them to convey information most salient to their research and/or experience during interviews and in settings where garnering support matters most.

**When is it?** Thursday, March 19 from 2-3 PM

**Where is it?** Doc Bryan 133

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

6

### Graduate Research Symposium

**What's it about?** Graduate Students present on research projects they are working on or have recently completed. The competition features three main categories: 15-minute, 3-Minute Thesis, and Poster.

**When is it?** Thursday, April 16 from 5-7 PM

**Where is it?** RCB (floor 1 and 2)

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

# ON TRACK

## Questions?

Contact *Campus Life*  
at 479.968.0276 or  
[campuslife@atu.edu](mailto:campuslife@atu.edu)