

ON TRACK

with Arkansas Tech University.™



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SPRING 2015

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ON TRACK ACTIVE MIND & BODY



with Arkansas Tech University.™

- A Healthy Relationships/Healthy Hearts** ✕
Free cholesterol, blood sugar, and blood pressure testing as well as weight and BMI analysis offered. Counselors will have information and activities related to creating and maintaining healthy friendships, dating relationships, and family relationships. Free give-aways!
 - B Nutrition 101 for College Students**
Come get tips on healthy eating, learn how to navigate the cafeteria, and hear why we should avoid a "diet" mentality!
 - C Walk a Mile in Her Shoes**
Walk a Mile in Her Shoes is a national men's march to stop rape, sexual assault and gender violence and raise awareness about the serious causes and effects of violence against women. Female students can show up to support the cause. All males interested in participating need to sign up on SAB's page on theLink by March 4 to guarantee shoes. Be there by 10:50 a.m. to sign in.
 - D Safe Spring Break Fair**
Stop by and learn how you can make healthy and safe choices over your Spring Break! Free to all students, faculty, and staff! Prizes and give-aways.
 - E Sex on the Lawn**
Sex on the Lawn is an educational fair and safe space for Tech students to seek information about having healthy sex lives and healthy relationships to be utilized throughout each student's life.
 - F On Big Piney Creek**
Rafting: Head to the Ozark mountains to float the Big Piney Creek with Moore Outdoors in a guided white-water rafting trip. Leaving campus at 10:00 a.m. Registration is open from March 8 - April 8 on IM Leagues.
- OR**
- Canoeing: Enjoy the sights and sounds of the Big Piney Creek as you float down stream. Experienced paddlers only as the river will still be somewhat high with Class I-III rapids. Bring snacks and some clothes that can get wet. Leaving campus at 10:00 a.m. Registration is open from March 22 - April 22 on IM Leagues.
 - G Zipline & Rock Climbing at Horseshoe Canyon Ranch**
Come to HCR to experience the largest zip-line in the state or rent climbing shoes and boulder. Not interested in climbing? There is a disc golf course! All activities are free for Tech students! Leaving campus at 9:00 a.m. Registration is open from March 15 - April 15 on IM Leagues.

- H Out of the Darkness Campus Walk (Suicide Prevention)**
Join efforts with people nationwide to raise money for research and programs to prevent suicide and save lives. This campus walk raises awareness about depression and suicide, and provides assistance to those who have lost someone to suicide. Register at <http://www.afsp.org/out-of-the-darkness-walks> or at 8:00 am in person the day of the walk for free.



ON TRACK

ADVANCE TO CAREER

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A Build-A-Resume

Norman Career Services will host a resume building workshop every Monday. There will be a Dell Venue Tablet available for you to use. Be sure to bring a flash drive so you can take your finished product with you. The dates available are February 9, February 16, February 23, March 2, March 9, March 16, March 30, and April 6. Register on CareerLink. Seating is limited.

B LinkedIn Profile Building

Norman Career Services will provide you with a Dell Venue Tablet to create your LinkedIn account. They will also provide you with the benefits of having a LinkedIn profile as well as tips on how to use the business social media platform when networking and/or seeking employment. The dates available are February 17, March 17, and April 21. Register on CareerLink. Seating is limited.

C Career Fairs

This is a great opportunity for you to meet with industry professionals. Bring your critiqued resume to provide to potential employers.
Educator's Career Fair, Thursday, February 26
Engineering & Technology Career Fair, Tuesday, March 3
Spring Career Fair, Wednesday, April 8

D Benefit Workshop

This is a discussion on employment benefits where you can learn about what may come in a standard package as well as why you need it. Guest speaker, Sherry Williams, the Senior Vice President of Human Resources at AgHeritage/Farm Credit will lead the talk.

E Eating & Greeting: Etiquette Dinner

Dining etiquette is an area of etiquette which pertains to dining, whether at home or out in a restaurant. Norman Career Services will have a guest speaker to teach you proper dining etiquette while you enjoy your dinner! You must register in Career Services by March 31 at 5 p.m.

F Professional Communication Workshop

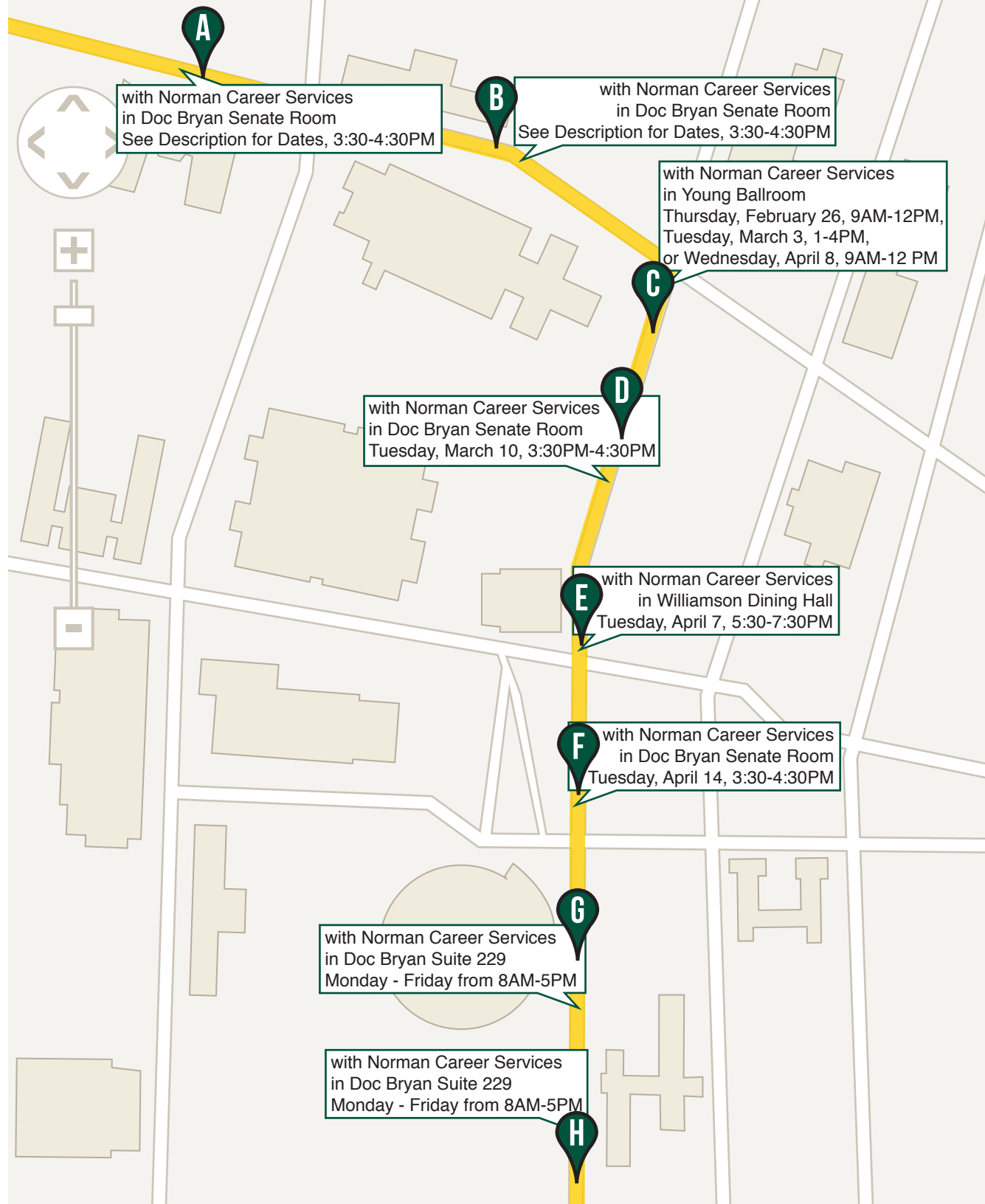
Learn about professional communication and discuss the do's and don'ts of communicating in a professional environment. This workshop will be lead by Dr. Jeremy Schwehm, Assistant Professor of Professional Studies.

G Mock Interview

Call 479.968.0278 to make an appointment.

H Resume, Cover Letter, Reference Sheet Critique

Call 479.968.0278 to make an appointment.



ON TRACK

ASPIRING LEADER

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A Student Success

Time Management and Procrastination: This program will help you to learn tips and tricks to good time management, as well as how to avoid the pitfalls of procrastination and make better use of your time.

OR

Discovering Your Learning Style: This program will help you to determine your learning style and how to employ that learning style to have more effective study sessions.

OR

Stress Management: This program will teach you techniques to relax and decompress, as well as how to keep balance in life.

B TEDTalk: The Power of Vulnerability

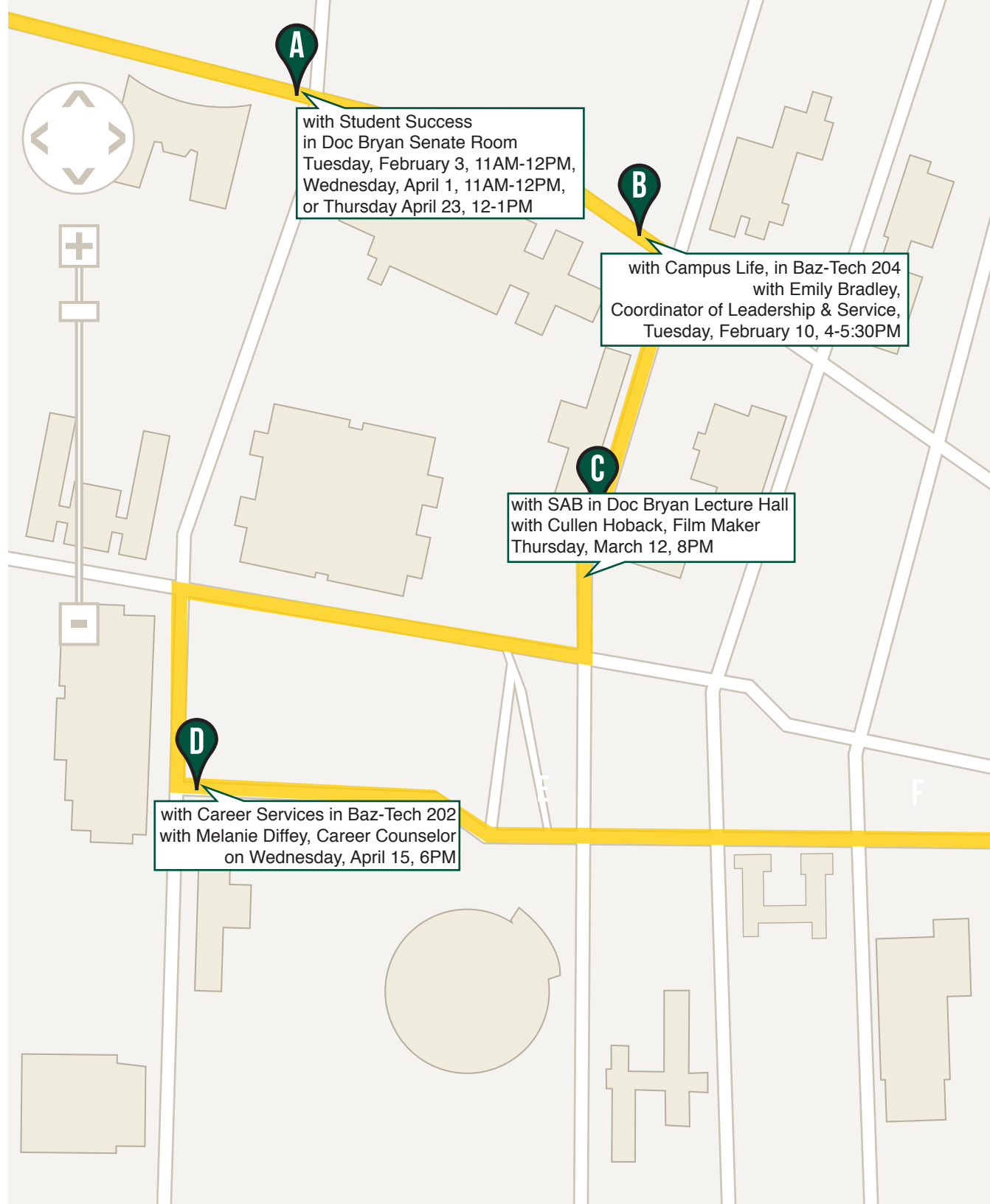
This session centers around a TEDTalk given by Brené Brown, who studies human connection — our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. This TEDTalk session will touch on how the power of vulnerability can open up doors of possibility for you as a leader. Vulnerability can allow you to be honest with yourself, be honest with others, and create relationships that can leave a positive impact in the world around you.

C Terms & Conditions

Think you have nothing to hide? Guess again! Admit it: you don't read the endless "terms and conditions" connected to every website, cell phone or app. With fascinating examples so-unbelievable-they-are-almost-funny, filmmaker Cullen Hoback exposes what governments and corporations are legally taking from you-making the future of privacy and civil liberties uncertain. In this session, you will: discover what you've really agreed to; learn how to better protect yourself; get involved in the digital privacy movement; and hear wild behind-the-scenes stories of what happens when you stand up to BIG DATA.

D Leading with Natural Talent

Do you ever wonder if you are wasting too much time focusing on the things that don't come naturally? Come to this session with Norman Career Services to discuss your built-in strengths and how to apply them in every-day life to improve yourself and lead those around you.



ON TRACK

LEADER IDENTIFIED



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A Lunch with a Leader Series

These round table discussions will offer students a chance to learn from the experience of seasoned professionals as well as engage in conversation about the University community. Lunch is provided on a first come, first serve basis.

Jeff Pipkin, President and CEO of Russellville Chamber of Commerce: Jeff Pipkin works to improve the climate for doing business in our community and serves as an advocate to attract new businesses to our area. Mr. Pipkin also serves as president and CEO for the Arkansas Valley Alliance for Economic Development, which has brought 17 new industries and 950 new jobs to Russellville since 1997.

OR

Dr. Mary Gunter, Dean of the Graduate College and Professor of Educational Leadership:

In her 17 years on the Arkansas Tech faculty, Dr. Gunter has been the visionary behind re-shaping our graduate degree programs in education and the development of multiple new degrees, including the first doctoral degree in the history of the university. Enrollment in graduate programs at Arkansas Tech has increased by 61 percent under her leadership.

OR

Amy Pennington, Dean of Students: Dean Pennington has worked in higher education for 18 years in a variety of positions including admissions and student recruitment, residence life, and international and multicultural student services. She holds a master's degree in Higher Education Leadership from the University of Arkansas.

B TEDTalk: Start with Why

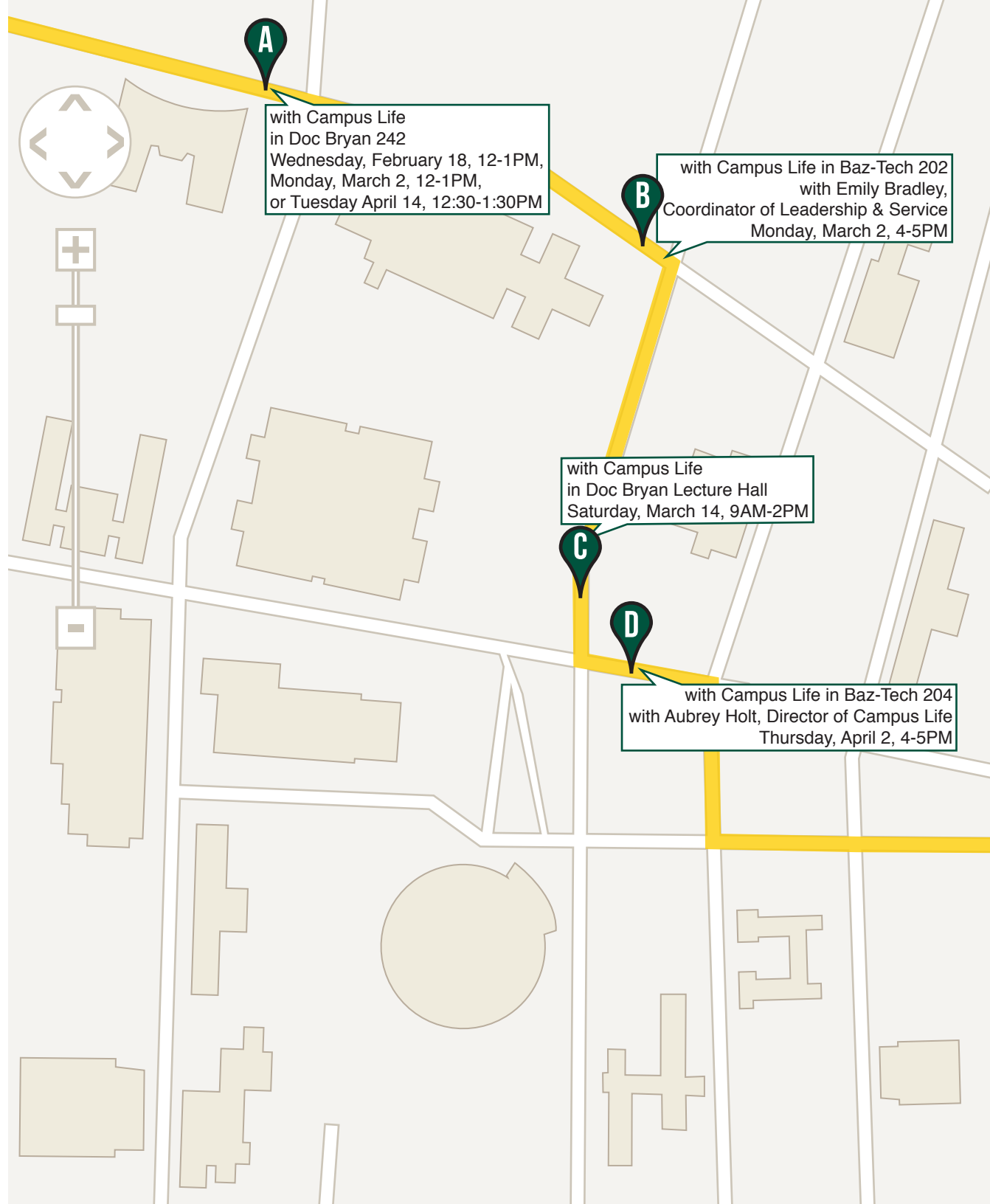
Simon Sinek explores how leaders can inspire cooperation, trust and change. During this session, participants will watch clips of Sinek's TEDTalk, discuss the golden circle, and find their own WHY.

C Women's Leadership Conference: Inspiring Change

Participants will learn and engage in sessions surrounding women's empowerment, gender inclusivity, educational/professional growth, equity, and wellness. As a participant, you will also hear from our keynote speaker, Stacy Nadeau. Stacy speaks to men and women about the role they play in changing the message that young women receive. Register on theLink under the Forms tab on the Campus Life page by March 11 at 5 pm. This program is open to males and females.

D Leadership and Involvement After College, How does that work?

Come to this session to learn how to get involved and take on leadership positions after college to continue your development after you receive your diploma.



ON TRACK ELEVATED CITIZEN



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A Gallery Walk

As the closing portion of the MLK Jr. Celebration, this gallery will display images, videos, display boards, and other creative works which highlight social justice and diversity themes. The gallery will focus on equality for all.

B Poverty Simulation

Poverty often times does not seem visible to all, sometimes all it takes is actually looking. You will be given money, tasks, and the main objective of keeping yourself fed and sheltered. Register on theLink under Forms on the Campus Life page by Wednesday, February 18 at 5 pm. Seating is limited.

C February Action Day: Pope County Library*

Help staff take inventory of, scan and sort books. Please RSVP by searching this event on theLink to secure your spot.

D March Action Day:

Ray of Hope Food Pantry*: Help take donations at Walmart in Dardanelle. Please RSVP by searching this event on theLink to secure your spot.

OR

ARVAC Food Bank*: Sort and deliver food donated to the food bank to support the Russellville community. Please RSVP by searching this event on theLink to secure your spot.

E April Action Day:

ARVAC Food Inc.*: Help develop a new community garden for Russellville! Wear clothes you don't mind getting dirty.

F National Volunteer Week*

Available Options:
 Russellville Animal Shelter, April 13, 10AM-12PM or 2-4PM. Space is limited. Register on theLink under Forms on the Campus Life page.
 Arkansas Health Hospice, April 14, 1-4PM
 River Valley Food 4 Kids, April 15, 9:30AM-1PM
 ARVAC Food Bank, April 16, 3-6PM
 Bona Dea Trail Clean-Up, April 17, 11AM-1PM

G See the "Other" Side of Public Service: Tour the Clinton Presidential Center

Spend the afternoon learning how former President Bill Clinton made the most out of his career in public service. Transportation and dinner is included. Register on theLink under Campus Life forms by Friday, April 3. Space is limited.

H Earth Day

Come celebrate Earth Day! Enjoy eating locally grown food, play outdoor games, and visit the booths.



A with Campus Life in Young Ballroom
Wednesday, January 21, 4-7PM

B with Campus Life in Young Ballroom
Tuesday, March 31, 3-6PM

with Campus Life
at the Pope County Library
Thursday, February 12, 9AM-12PM

with Campus Life
See Description for Locations
Saturday, March 7, 8AM-4PM
or Tuesday, March 17, 3-6PM

with Campus Life
See theLink for Descriptions
and Information of Each Option

with Campus Life
Leave from Doc Bryan
Friday, April 10, 12:30-7PM

with Campus Life
Leave from Doc Bryan
Saturday, April 4, 9AM-12PM

G

with Campus Life
at Hindsman Bell Tower
Wednesday, April 22, 10AM-3PM

H

* Off campus location addresses can be found on each event page on theLink.

ON TRACK

GLOBAL FOCUS



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- A Straight Talk about Gay Stuff**
Straight Talk About Gay Stuff is a panel of LGBT*QIA students at Arkansas Tech University. Students will answer questions about their experiences and offer insight about what it means to be an LGBT*QIA student and how other students can be allies to the LGBT*QIA community.
- B Hunger Banquet**
Change the way you think about poverty and hunger. At the Hunger Banquet, the place you sit and the meal you eat are determined by the luck of the draw
- C Black History Month Keynote Speaker**
Dr. Strayhorn will educate, entertain and inspire in this keynote address. As a leading voice for social justice, Strayhorn is a highly-acclaimed scholar, award-winning author, and celebrated teacher. Come hear what he has to share as we celebrate Black History Month!
- D IMSSO Chinese New Year**
You are invited to celebrate the Chinese New Year Festival by learning about and experiencing Chinese culture. Come enjoy an exciting evening of Chinese dancing, singing, interactive media and a variety of authentic Chinese food!
- E Light the Night**
IMSSO will be sponsoring an outdoor international festival of the cultures represented on Tech's campus. Each group will compete to represent the best of their culture in three categories; 1. decorations, 2. food, 3. interactive cultural activities. Come enjoy the outdoor decorations, food and fun.
- F Holi Festival**
Holi festival is a spring festival also known as the festival of colors. This festival signifies the arrival of spring, end of winter, and the victory of good over evil. Come have fun at this free for all with water balloons and colored powder! Get ready to have fun and get messy!
- G Miss Representation Screening**
Miss Representation explores how mainstream media contributes to the under-representation of women in positions of power and influence in America. The film challenges the media's limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself. Viewing is open to both men and women.
- H 50 Minute Tour of a Foreign Country**
Have you ever had questions about how other cultures differ from those in the United States? This discussion is a great chance to discuss in depth how other countries and cultures view certain aspects of life.



ON TRACK

UNITE



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A Skating Party with SAB

Throw on your rollerblades and come join SAB for the Skate Party! All costs are covered by SAB.

B I Bleed Green & Gold Games

Gold Rush Basketball Game: Muster up your loudest Green and Gold spirit for the Gold Rush basketball game. Join us and give our Wonder Boys and Golden Suns support! There will be FREE t-shirts! Located at Tucker Coliseum.

OR

Softball vs. Pittsburg State: Cheer on the Golden Suns as they take on Pittsburg State! There will be tons of great give-aways! Located at the Chartwell's Women's Sports Complex.

OR

Baseball vs. Harding University: Come out for a great Saturday afternoon and support the Wonder Boys as they take on Harding! There will be lots of give-aways and t-shirts available! Located at the Baseball Field.

C Loco Ropes Trip with Outdoor Rec

Loco Ropes is a state-of-the art treetop adventure park experience. A thrilling high wire adventure rope course with three different segments totaling 30+ challenges to test your nerve, endurance, agility, and strength. Registration is open February 10-March 10 on IM Leagues.

D Tech's Got Talent

Have you ever wondered about what hidden talents your classmates have? Well this is the perfect chance to come see all of those talents come to life!

E The Omega Factor

The Omega Factor is a lip syncing competition sponsored by the men of Alpha Tau Omega! Come see what your classmates have to offer on the stage as individuals or as groups! If you would like to participate, register on ATO's page on theLink under forms.

F Kickball Tournament with SAB

Come out & have a great time playing some old fashioned kickball with your friends! You must be on team roster and participate to receive credit for this event. Register team on theLink on SAB's page under Forms by Thursday, April 6 at 5 pm.

G Presidential Inauguration

Come be a part of history as Dr. Robin Bowen is formally installed as the 12th president of Arkansas Tech University. This prestigious event is the conclusion to a week of excitement as we formally welcome Dr. Bowen and her family into our Tech family.

