## Jack Camp Orientation
**Saturday, August 15, 2020**

<table>
<thead>
<tr>
<th>TIME</th>
<th>DESCRIPTION</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>11:00 – 11:30 a.m.</td>
<td><strong>Check-In/Welcome</strong></td>
<td>Twilight Ballroom</td>
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| 11:30 – 12:15    | **Campus Resources**  
Learn about two of the many campus resources that SFA has to offer. Hear from our friends from the AARC and Student Engagement. | Twilight Ballroom |
| 12:15 p.m. – 1:30 p.m. | **Lunch & Learn: Workshop: Study Skills**  
Learn the tips and tricks of being successful in the classroom | Twilight Ballroom |
| 1:30 – 3:30 p.m. | **Family Group Time**  
Divide into your family groups and get to know other students that are also athletes. Start the support now! | Family Group Location |
| 3:30 – 4:30 p.m. | **Workshop: Growth Mindset**  
Knowing where your mindset is can be beneficial for you as a college student, partaking in this workshop will allow you to develop a better understanding of where your mindset is at and can challenge yourself to grow. | Twilight Ballroom |
| 4:30 – 7:00 p.m. | **Dinner Pick Up & Lumberjack Life**  
While eating dinner, you will be in your family group to discuss mental wellness and the resources available to you as a student from SFA Counselling Services. | Family Group Location |