You made it! Welcome to the Lumberjack Family! You have already moved into your residence hall, met your roommate, reunited with friends from Orientation and Jack Camp, and now it is time to tackle all of those college classes!

College classes are different from traditional high school classes. Whether you have a morning, afternoon, or night class schedule, it will take some adjustment in getting use to having spare time. Getting involved on campus through community service, social and academic organizations will benefit you in not only filling up that spare time, but also in connecting you to the campus. Your goal is to balance your academic and social life so you can get the most out of this college experience.

Living in a residence hall is also a new transition for you. Having a roommate, doing your own laundry, and having a community style or suitemate style bathroom are all college living experiences in which you may be finding some difficulty. That is where your CA’s and hall directors come in handy! These individuals are here for all of your residence hall concerns. If you are not sure about where something is located or just need someone to talk to, check in with your CA’s! They live in your hall; they are there to assist YOU.

As a student at SFA, some options for you to take advantage of are the AARC tutoring services, the involvement center to sign up for student organizations, Campus Rec where you can shoot hoops, float on the lazy river, or play sand volleyball! Getting to know the people around you and making connections is what the college experience is all about. Find out who you are!

We hope you are enjoying your SFA 101 class this semester. These classes are designed to help you not only adjust from high school to college, but to also assist you with advice and tools to help you succeed here at SFA. Your instructor and student instructor are useful resources in helping you become more acquainted with the university and its resources. Ask them about student employment, health clinic services, getting involved on campus, and popular hang out spots and fun things to do in Nacogdoches.

SFA has so much to offer, and we will only be skimming the surface in the newsletters to follow. We hope that these newsletters will be beneficial to your questions and quandaries about SFA and your new journey.

Stop by and see us in the SFA 101 office on the 2nd Floor of Steen Library Rm 203! We would like to help you in any way we can!

Axe ‘em Jacks!
The Academic Assistance Resource Center is the place to go to for all of your FREE tutoring and academic assistant needs. Located on the 1st floor of the library, the staff and tutors in the AARC are ready and waiting to help you. The assistance provided through the Academic Assistance and Resource Center can benefit you in many different ways.

Over time, AARC clients have been shown to have higher GPAs, retention rates, and graduation rates than non-clients. Freshmen who take advantage of the center during their first semester have the opportunity to connect with successful upperclassmen who can teach you not only course concepts, but also share effective studying tips for a broad range of classes, provide general advice for surviving and thriving in college, give you the occasional “reality check” on what is required to do well, offer encouragement, and maybe even become long term friends.

Because all of the tutors at the AARC are SFA students, once you have settled in here at SFA and have proven that you can succeed academically, the center also provides an excellent opportunity to hone your skills in academics and interpersonal communication through tutoring the courses you love. As a tutor, you would have the opportunity to maintain close contact with teaching faculty. Relationships with faculty members can pay off tremendously in the long-term because these are the people who can serve as mentors, act as references, and even write letters of recommendation for graduate or professional school.

We were once you...

We struggled with hard classes.
We juggled hectic schedules.
We worried about grades and money and friends.

We get it.
But you have something we didn’t—a place to get help with homework and prepare for exams with students who have passed the hard classes already.

Walk-in Tables: No appointment needed!

- **ASL (American Sign Language)**
  - M 4:00 PM - 8:00 PM, AARC, First floor Steen Library
  - TR 6:00 PM - 8:00 PM
  - Sun 4:00 - 6:00 PM
- **Chemistry**
  - M-TR 5:00 - 8:00 PM, AARC, First floor Steen Library
  - Sun 5:00 - 7:00 PM
- **Physics/Astronomy**
  - M-TR 5:00-8:00 PM AARC, First floor Steen Library
  - Sun 5:00-7:00 PM
- **Forestry**
  - M - TR 5:00-8:00 PM, Forestry Building
- **Math**
  - M-R 1:00 - 8:00 PM, AARC, First floor Steen Library
- **Writing**
  - M-R 4:00 - 8:00 PM, AARC, First floor Steen Library
- **Computer Science**
  - M-R 5:00-8:00 PM, 3rd floor McKibbon Bld

**AARC Services:**
- Weekly Appointments
- Online Writing Lab
- SI Groups
- Walk-in Tables

**Location:** 1st Floor Steen Library
**Phone:** (936) 468-4108
**Email:** aarcdesk@sfasu.edu
**Website:** [http://library.sfasu.edu/aarc/](http://library.sfasu.edu/aarc/)
Skip Downing asked thousands of college educators to identify the behaviors that they see their successful students doing consistently throughout the semester. Here is some of their advice.

- Attend every class and be on time.
- Do all of your assignments to the best of your ability and come to every class fully prepared.
- Participate actively in every class: Ask questions, volunteer for activities, answer questions.
- Get to know your professors: go to their office hours, help sessions, etc.
- Party only on weekends.
- Display behaviors that reflect interest in learning (be on time, sit in "T" area, ask questions, etc.)
- Be realistic about your goals. If you have difficulty in math, you probably shouldn't pursue an engineering degree. If you work 40 hours a week you will probably not be able to be successful in 18 semester hours of school.
- Be a responsible participant in your education. Do not rely on counselors, advisors, coaches, or anyone else to tell you what you need to fulfill to graduate. Read the catalog and be accountable for your own education; it affects no one more than you!
- Find any resource centers available (Math, Writing, Libraries, etc.) and USE THEM.
- Meet at least two people in each of your classes who are willing to exchange phone numbers and be contacted -- for when you miss class, need to get information, or just to see if they want to study together.
- Write down your goals and read them nightly. Renew your commitment to success regularly!
- Plan your week and stick to it as much as possible. Time management skills are a valuable tool for success at my school.
- Learn about all the resources available to help you achieve your goals: your instructor, instructor assistants, honor students, class advisor, topic workshops, classmates who may act as study partners, as well as support from family.
- Use positive self-talk; believing you can do it is powerful!
- Discover your preferred learning style.
- Talk to as many people as possible, both in the classes you are taking and out, about approaches for LEARNING the material; then use as many of the approaches as you can to find the study methods that work best for you.

http://www.oncourseworkshop.com
Great is the art of beginning, but even greater is the art of ending.

www.sfasu.edu/sfa101

Visit
http://www.sfasu.edu/orientation/96.asp
for event information!

JACKS BACK
WEEKS OF WELCOME
August 26 - September 11

AUGUST
26th
- Welcome Back, Let’s Unpack
- Panhellenic Potential New Member Convocation
- Decades Party
27th
- Welcome Back, Let’s Unpack
- ACE Study Skills Workshops
- Welcome Celebration/Lunch Courtesy of the City of Nacogdoches
- WOW’s First Year Friendzee
- All Faith Barbecue
- IFC Pool Party
- Barnes & Noble VIP Night
- SFA After Hours/Casino Night
28th
- IFC Tailgate/Barbecue
- Buses to Target
- Find Your Classes Campus Tour
- Purplepalooza

SEPTEMBER
1st
- DecoRAKE with the BIG Event
- WOW Days
- Popsicle Palooza
- Decorating Axe Handles
- Welcome Mugs
- SFA Hollywood Game Night
- Residence Hall Mandatory Floor Meeting
2nd
- Grocery Bingo
3rd
- IFC Steps
4th
- Block Party
5th
- Karaoke Night
6th
- WOW Days
- First Year Photo Project Kickoff Meeting
- Interfraternity Sports Kickball Tournament
- SFA Volleyball vs. ULM
- Tomorrow’s Alumni Generation and Traditions
- Council Bingo/Traditions Tours
7th
- Part-Time Job, Volunteer and Internship Fair
- WOW Days
- Purple Haze Association Interest Meeting
- Dinner with Your Orientation Leaders
- Office of Multicultural Affairs Game Night

Visit
http://www.sfasu.edu/orientation/96.asp
for event information!

DONT FORGET! Class of 2020 Photo
7:45 p.m., Friday, Sept. 9, at Homer Bryce Stadium

Visit
http://www.sfasu.edu/orientation/96.asp
for event information!
<table>
<thead>
<tr>
<th>Attending High School</th>
<th>Differs From</th>
<th>Attending SFA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Same structured schedule every day in the same place - schedule takes up the entire day</td>
<td>Classes</td>
<td>Daily schedule differs: classes meet for 60-90 minutes throughout the day—some classes are early in the morning, some late in the day, and most are in separate buildings</td>
</tr>
<tr>
<td>Many Lumberjacks excelled and were ranked highly in their high school classes</td>
<td>Competition</td>
<td>The playing field is now level—everyone is very bright and it will take more effort to keep up</td>
</tr>
<tr>
<td>Used one textbook that is provided by the school per course</td>
<td>Books</td>
<td>Most courses require more than one textbook and all books must be purchased by the student</td>
</tr>
<tr>
<td>Preparing minimally through rote memorization or not at all</td>
<td>Study Habits</td>
<td>Good study habits are essential: proper note-taking, reviewing, organizing material, time management, test prep</td>
</tr>
<tr>
<td>Wrote infrequently and briefly, maybe a couple of 5-10 page papers per year</td>
<td>Writing</td>
<td>You will write much more frequently, often several 10-20 page papers per semester in some courses</td>
</tr>
<tr>
<td>Spent the entire year on fundamentals</td>
<td>Content</td>
<td>Much more academic content will be covered in a shorter period of time</td>
</tr>
<tr>
<td>Relatively small classes with plenty of personal attention from the teacher</td>
<td>Class Size</td>
<td>May be in larger classes for certain courses that may seem impersonal or unfriendly</td>
</tr>
<tr>
<td>Many students never conducted research in high school; those that did did so using only a minimum number of sources and the limited facilities available</td>
<td>Library Research</td>
<td>Necessary to develop thorough research skills while mastering a larger and more complex library system with many different types of available media.</td>
</tr>
<tr>
<td>Parents were directly involved in decisions related to academics and probably had regular contact with the teacher</td>
<td>Parent and Faculty</td>
<td>Parents have minimal contact with faculty and decisions related to academics are ultimately up to you, the student.</td>
</tr>
<tr>
<td>Students interacted with teachers in a predictable, structured way; Teachers often took responsibility for getting to know the student</td>
<td>Student and Faculty</td>
<td>The responsibility is on the student to get to know the faculty by taking advantage of office hours, etc.</td>
</tr>
<tr>
<td>Spent on average of 30 minutes per course per week studying outside of class</td>
<td>Time &amp; Effort</td>
<td>Will spend more time preparing for course outside of class time than time spent in class. Recommended: double the hours spent in class (so if you are taking 15 hours per semester, you should spend at least 30 hours per week studying)</td>
</tr>
<tr>
<td>Teachers monitor daily progress with quizzes, homework, asking about reading, etc. Grades are given daily with many assignments, tests, and quizzes.</td>
<td>Performance Feedback</td>
<td>Students are responsible for self-monitoring; instructors give little feedback other than through relatively fewer assignments and exams. No one will ask you if you are keeping up with the work.</td>
</tr>
<tr>
<td>Parroting back facts</td>
<td>Learning</td>
<td>Dealing with theories and learning to convert raw data (events, dates, names, places, and facts) into ideas, concepts and generalizations</td>
</tr>
<tr>
<td>Working at the pace set by the teacher</td>
<td>Pace</td>
<td>Working at a faster pace, budgeting time and avoiding procrastination (the last minute approach rarely produces high quality work!)</td>
</tr>
<tr>
<td>Rarely needed help and teachers and parents anticipated needs and knew when help might be needed</td>
<td>Help</td>
<td>Taking responsibility for yourself, being proactive, asking for help, and researching resources to assist with problems</td>
</tr>
<tr>
<td>Teachers and parents guided most decisions</td>
<td>Autonomy</td>
<td>Students exercise greater freedom in decisions related to whether to attend class or not, which courses to take, how to balance academics and social life</td>
</tr>
<tr>
<td>Fewer consequences for poor decisions</td>
<td>Mistakes</td>
<td>Now viewed as an adult so there are many more consequences that can impact the rest of your life</td>
</tr>
</tbody>
</table>