JACK LIFE

Get the most out of your SFA experience

Welcome to SFA!

College should be a time that challenges you academically while also providing opportunities to learn about yourself, hone your passions and develop lifelong friends. SFA's Department of Student Life is dedicated to developing students outside the classroom through exciting involvement, leadership and engagement opportunities to help you get the most out of your experience as a Lumberjack.

Dr. Hollie Smith
Executive Director of Student Life

Toward that end, I encourage you to explore the following areas housed within the Student Life pillar: Student Engagement, Orientation and Transition Programs, Student Publications, and Center for Career and Professional Development

If you're like most students, you'll find tips about college success are never in short supply. Even so, I would like to offer a bit of my own advice that is specific to your success here at SFA.

Get involved. Involved students are more likely to graduate and enjoy their collegiate experience. I encourage you to use your free time to participate in a student organization or a club sports team, work on a project with a faculty member, join a fraternity or sorority, or find another way to get involved. Don't know where to start? Visit The Handle, attend an involvement fair or swing by the Student Life office for help finding what's right for you!

Invest in yourself. The more time and energy you commit to yourself, the more you will benefit. Be intentional in setting aside time to foster personal relationships, learn new skills, relieve stress and just have fun. I promise if you treat your college experience as an opportunity to develop and grow, you can be successful here at SFA.

Seek help when you need it. While attending SFA, you will undoubtedly face challenges, and you may need help overcoming them. We find that the most successful Lumberjacks students take advantage of the resources available to help them when they are struggling. Our Lumberjack Wellness Network can connect you with targeted SFA resources to support every dimension of your well-being.

"Be intentional in setting aside time to foster personal relationships, learn new skills, relieve stress and just have fun."

Lastly, if I can help you at any point during your Lumberjack journey, please don't hesitate to reach out. My office is located on the third floor of the Baker Pattillo Student Center (Room 3.105).

Axe 'em, Jacks!

Photo courtesy of University Marketing Communications

Lumberjack Orientation attendees throw up their axes for a massive group photo June 23 in the atrium of the Baker Pattillo Student Center. Approximately 2,000 first-year and transfer students attended Orientation sessions throughout the summer months in preparation for their first fall semester as Lumberjacks. Orientation Leaders hosted the events designed to familiarize new Lumberjacks with campus, introduce them to new and current students, faculty and staff, and prepare for them for the transition to life at SFA.

Lumberjack spirit, traditions abound

For almost 100 years, every SFA student's journey has been highlighted with the unique Lumberjack spirit and traditions that set our University apart from all others. As a new Lumberjack, you can get into the spirit by painting your first axe handle at Holler at Homer shortly after the fall semester begins.

Photo courtesy University Marketing Communications

The Lumberjack mascot celebrates SFA Homecoming at the annual bonfire at the Intramural Fields, one of the University's most popular traditions.

Consider joining AXEperience, the university-sponsored student organization responsible for preserving and promoting the spirit and traditions that make the Lumberjack experience unique. The group strives to be the main facilitators of Lumberjack Spirit across campus, supporting SFA athletic teams both at home and away.

AXEperience's core values include showing respect through sportsmanlike behavior, demonstrating responsible actions while representing any aspect of the University; caring for the SFA name and its traditions; maintaining the highest level of integrity; and remaining united by Purple Pride.

AXEperience also works closely with the SFA Alumni Association to plan SFA's annual Homecoming, a weeklong celebration for all students and alumni that includes a concert, bonfire, fireworks, downtown parade, 5K race, court elections, football game, tailgating and much more.

Along with these traditional Homecoming events and activities, students also take part in Spirt Service Week, collecting donations for the Lumberjack Food Pantry, hosting a blood drive and participating in other service-based initiatives across campus. This year, Homecoming will take place Oct. 24 to 29.

Our student sections always bring the Purple Pride and the fun wherever our Lumberjacks and Ladyjacks compete. So, raise your axe high, and start making those "Happy mem'ries!—All hail to SFA!"

Whether you love athletics or just love to be around people who are super excited to be Lumberjacks, joining the Purple Haze student section is one of the best ways to demonstrate your SFA pride!

One of the Lumberjacks' favorite athletic traditions, Purple Haze is the nickname for the student cheering section at all sporting events. Everyone becomes a member of the Purple Haze student section after receiving their Purple Haze T-shirt at Orientation. What are your duties as a member? Simply unite with your fellow Lumberjacks, and scream for the home team in the Purple Haze section. Don't forget to wear your purple!

Of course, there's more to Purple Haze than cheering: Jacks' Charge is a special tradition for football season, when the Purple Haze section rushes the field before kickoff, waving their axe handles proudly.

During basketball season, members of the Purple Haze student section put on crazy costumes, sit right behind the visitors' hoop and do their best to distract the opposing team.

Involvement Center connects students to SFA opportunities

SFA's Involvement Center on the third floor of the Baker Pattillo Student Center is here to connect students with organizations and other engagement opportunities to help them make friends, have fun and gain valuable skills outside the classroom.

To get started, email getinvolved@sfasu.edu, and schedule a meeting with an involvement expert. They take the time to get to know students and help match them with involvement opportunities that fit your interests, hobbies, talents and field of study. All of SFA's registered organizations are listed on The Handle, the University's virtual student engagement platform. Students may also start their your own SFA club with a few friends.

Virtual Advising

Are you a remote student or otherwise have trouble fitting a face-to-face meeting into your schedule? No worries—students are welcome to access our online involvement advising services. Call (936) 468-3703 or email getinvolved@sfasu.edu to set up a virtual appointment via Zoom.

Involvement Fairs

One of the best ways to get involved at SFA is to visit an involvement fair. The Office of Student Engagement hosts involvement fairs on the second Thursday of each fall and spring semester. Members of our student organizations set up display tables, talk to visitors about their clubs and activities, sign up new members, and pass out swag.

Promote Your Organization

Student organizations, SFA departments and community partners are invited to promote their upcoming activities through the Involvement Center. We will gladly display flyers, brochures and publications in the Student Engagement office.

Free career center services include student résumé critiques, job fairs

Photo courtesy of the Center for Career and Professional Development

The Center for Career and Professional Development hosts job fairs, conducts mock interviews, provides résumé critiques and more to help students prepare for a successful career after graduation.

SFA's Center for Career and Professional Development offers many free services to all students, regardless of major or classification.

These services have been designed with Lumberjacks' present and future in mind, and students are encouraged to engage with the CCPD many times during their time at SFA. It's never too early for even incoming students to being planning for their future careers, according to CCPD Director Brent McLemore.

"In fact, the first steps toward that career have already been taken," he said. "Students choose to attend college because they think it is a good career decision. They choose a major because they think it will help them start a career that best fits them."

CCPD's services are designed to assist students as they journey toward the start of their careers, he said. "Our purpose is to help students make the most of their time while attending SFA by keeping their respective careers in mind and an end goal finding meaningful employment," he said.

Early on, students can take advantage of CCPD services that help them explore the possibilities through individual coaching appointments, self-assessments, online databases of informational interviews with working professionals and more.

"Students arrive to campus sometimes knowing exactly what they want to do when they graduate; they just may not be sure how to get there," McLemore said. "Sometimes students are not sure at all what they want to do, but they feel very confident about their major. And, sometimes students very honestly and bravely admit they have no clue. In any case, the CCPD can help students feel better about their steps forward through intentional exploration with our office."

Students can also rest assured they are meeting with a team that is dedicated to better understanding the career fields and industries related to their major and interest, he said. The CCPD operates within a career liaison

See **CCPD** *on* **Page 2B**