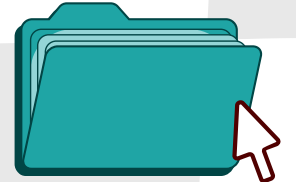


# FIRST 6 WEEKS CHALLENGE



Affirmations



Pics of Rev



How to BTHO Midterms.pdf



## WEEK 1: AUG 18-24

- Write three goals of what you want the first 6 weeks of the semester to look like.
- Introduce yourself to two new people. You can do it! 😊
- Add **CARPOOL's** phone number to your contacts. 979.693.9905
- Follow Student Life on Instagram **@tamu\_studentlife** to see upcoming events.

### GOALS

- 1
- 2
- 3


## WEEK 2: AUG 25-31

- Identify your personal values. Circle five words from the list below and rank them by importance to you.
- Attend **MSC Open House** and identify an organization that interests you.
- Help prevent hazing at Texas A&M. Visit [studentconduct.tamu.edu/stophazing](http://studentconduct.tamu.edu/stophazing) to learn about warning signs of hazing.
- Visit [JoinOneLove.org](http://JoinOneLove.org) to identify characteristics of healthy relationships and consider how they apply to your friendships and romantic relationships.

- |                         |                     |                   |
|-------------------------|---------------------|-------------------|
| <b>Acceptance</b>       | <b>Excellence</b>   | <b>Leadership</b> |
| <b>Achievement</b>      | <b>Health</b>       | <b>Loyalty</b>    |
| <b>Adventure</b>        | <b>Humor</b>        | <b>Passion</b>    |
| <b>Community</b>        | <b>Independence</b> | <b>Peace</b>      |
| <b>Creativity</b>       | <b>Integrity</b>    | <b>Purpose</b>    |
| <b>Empathy</b>          | <b>Knowledge</b>    | <b>Respect</b>    |
| <b>Selfless Service</b> | <b>Stability</b>    |                   |



## WEEK 3: SEPT 1-7

- Call or text a friend or loved one from back home.
- Watch the Good Bull Race on YouTube.  
- What is one sign of alcohol poisoning?**
- Choose one night this week to do something fun with others, like a movie night with friends or a social event to meet new people.
- Write down three boundaries you want to maintain with others regarding your personal time and space.

- 1
- 2
- 3

## WEEK 4: SEPT 8-14

- List three things you can do or say if someone pressures you to do something you're not comfortable with. (e.g. like drinking alcohol, going to a restaurant that's out of your price range, etc.)
- Create a plan for when you feel down or stressed to cheer yourself up with healthy coping mechanisms. (e.g. dance party, watching a comfort movie, talking to a counselor, etc.).
- Sign up for a naloxone training. Naloxone reverses the effects of an opioid overdose. Many free trainings exist online and help keep our community safe!

- 1
- 2
- 3

## WEEK 5: SEPT 15-21

- Spend one evening doing something for yourself.
- Create a mocktail or try a new non-alcoholic drink. This can be your go-to beverage to enjoy when you're spending time with friends. (e.g. Izze, Topo Chico, Liquid Death)
- Come up with a fun alcohol-free activity to do with your friends. If you initiate the plans, you can have some control over how it goes!
- Help make Aggieland safer. Register for a virtual overview:
  - [Green Dot Virtual Overview](#)  
Oct. 10 | tx.ag/GreenDot
  - [STAND Up Virtual Overview](#)  
Oct. 28 | tx.ag/STANDUp

## WEEK 6: SEPT 22-28

Describe how your first six weeks have been.

State a goal you would like to meet by the end of the semester.

What would you tell your past self on your first day of the semester?

Be one of the first 50 to take a pic of your completed poster and upload it to [tx.ag/first6](https://tx.ag/first6) to earn a "First Six Weeks Champion" door placard.