

FIRST 6 WEEKS CHALLENGE



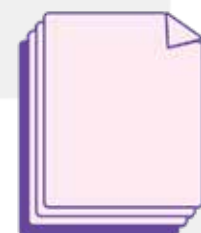
Provided by:
Student Life
Residence Life



Affirmations



Pics of Rev



How to BTHO Midterms.pdf



WEEK 1: AUG 24-30

- Write three goals of what you want the first 6 weeks of the semester to look like.
- Introduce yourself to two of your neighbors. You can do it!
- Add **CARPOOL's** phone number to your contacts. **979.693.9905**
- Follow Student Life on Instagram **@tamu_studentlife**. On-Campus residents should also follow **@tamureslife!**
- Make a plan for your first Aggie Game Day. Be sure to hydrate and party smart!

GOALS

- 1
- 2
- 3

WEEK 2: AUG 31-SEPT 6

- Identify your personal values. Circle five words from the list below and rank them by importance to you.
- Attend **CLUB CRAWL: The Official Involvement Festival of Texas A&M** and identify an organization (or a few) that interests you.
- Scan the QR code to identify characteristics of healthy relationships and consider how they apply to your friendships and romantic relationships.



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



WEEK 3: SEPT 7-13

- Call or text a friend or loved one from back home.
- Visit one of our university libraries and learn about all the services that can support your success!
- 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 14-20

- 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.).
- Connect with a Peer Mentor to enhance your academic skills.
Options include Academic Peer Mentors, LAUNCH Peer Mentors, First-Gen Peer Mentors, Hullabaloo U Peer Mentors and more.

- 1
- 2
- 3

WEEK 5: SEPT 21-27

- 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.
- Visit the Green Dot table in the Memorial Student Center on **Wednesday, September 24** from **11:30 a.m.-1:30 p.m.** to learn how to make Aggieland safer.

WEEK 6: SEPT 28-OCT 4

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?

Visit tx.ag/First6 to participate each week and gain the chance to win some awesome prizes.