

# K-STATE FIRST

## INCORPORATING CO-CURRICULAR EVENTS

Co-curricular events have a huge impact on student learning and community building. Students often note that they remember these out of the classroom experiences as the time when they were most able to bond with their peers and connect what they were learning inside the classroom to their lives.

### General Guidelines:

For our K-State First CAT Communities and First-Year Seminars, our program requires a **minimum of three** outside of the classroom co-curricular events. These can range from short field trips to local businesses, theatre performances, lectures, athletic games, or exhibits and tours.

One of these events should **connect to the K-State Book Network (KSBN) common book** of the year. Often KSBN will bring the author and provide a large campus-wide event for all of our classes, but there is also typically a series of faculty/staff lectures and other events related to the book that could be used as well.

One of these events should have a **focus on diversity/inclusion** as a way to enhance students' understanding of their identities and to prepare them to work with a diverse group of peers at the university and in their future careers. This will help to build students' cultural competency skills and further engage with the intercultural learning initiatives happening across the university. Depending on the common read for the year, that event might also overlap with this category as well.

We also recommend that one event have a more specific **focus on building the community within your class**. Hiking the Konza, escape room puzzling, Challenge Course adventures, attending athletic events, or even something simple like a bowling night gives students the chance to get to know each other better and build up their communication and collaboration skills.

2019





### Funding:

K-State First is typically able to fund one co-curricular event per class at about \$10 per student. Our funds are limited, so this funding is offered on a first come, first served basis. If you plan on taking your class to an event that costs money, we recommend you fill out our [field trip funding form](#) at the beginning of the semester. Also, please keep in mind that food is not an allowable expense.

K-State First is often able to leverage our campus and community connections to find discounts and expedite reservations. We will need at least two weeks notice before the event as this will allow us to do things like buy a packet of tickets for an event, reserve a van for travel, or schedule a tour or visit at a facility. Please call our office at 785-532-1501, email [kstatefirst@k-state.edu](mailto:kstatefirst@k-state.edu), or email [mandi@k-state.edu](mailto:mandi@k-state.edu) to work directly with Mandi McKinley on scheduling, funding, and logistics for your co-curricular events.


### Scheduling:

To make sure the majority of your students are able to attend all three events and to provide us the necessary time for scheduling and reservations, we recommend that you plan your co-curricular events as you prep your course and include them in your syllabus. This gives your students the chance to get the events scheduled into their calendars right away, and if there is a time conflict you can work together to plan a make-up activity with them. On the next few pages you will find a list of events that have already been scheduled that you can use to easily incorporate into your existing syllabus and schedule.

### Co-Curricular Reflection:

One of the most powerful learning components of the co-curricular events happens when students are given the opportunity to reflect on the experience together. You can create an assignment with 3-4 reflection questions to gauge the impact on each student individually, and also set aside some class time to discuss their thoughts about the event and connect it more fully to your class outcomes and goals. This integration of the co-curricular event outcomes will help students build a bridge between their academics and lived experiences.

### K-State 360\*:

Our program sponsored events all count towards the K-State First and KSBN **K-State 360** badges. Please indicate this to your students so they can earn those badges. Other events that connect to the work we do and are promoted by our program will have the  icon next to them. Some events listed that are not specifically planned or sponsored by our program might also count for K-State 360 credit, so please encourage your students to explore those options as well.

*\*K-State 360 is a program designed to provide students with a well-rounded experience of co-curricular programs with the ultimate goal of helping students stand out to future employers or graduate and professional schools. K-State 360 helps navigate involvement while tracking progress. Activities are placed into a series of categories (teamwork, diversity, leadership, problem solving, communication, and career development), guiding students toward an inclusive K-State experience and a developed skillset that will give students an edge. Once students complete all the category requirements, they will gain the K-State 360 designation to share with potential employers and graduate schools.*

## Fall 2019 Events:

Below are events that are sponsored or promoted by K-State First followed by a sampling of events currently listed on the K-State website. Be sure to check our **K-State First events calendar** and the **University Calendar** periodically for other upcoming options that might work for your class!

### K-State First and K-State Book Network (KSBN):

#### **Finding Your Place: Explore Darius the Great Is Not Okay**

Wednesday, August 28, 3:30-5 pm

Holton Hall Lobby

Week of Welcome Event

#### **KSU Student Welcome, Common Book and Common Works of Art Open House**

September 5, 5:00-7:30 pm

Marianna Kistler Beach Museum of Art

Activities and features of this free event will include:

- Travel slides featuring sites the character Darius visits in Yazd, Iran
- Persian tea and snacks
- Screening of *Star Trek: The Next Generation* episodes
- The exhibition Beyond Gravity – your mini trip to Outer Space
- Mini soccer tournament with prizes for all!
- Rok/Shelem, a traditional Persian card game
- Making Arabic geometric designs and coloring Tolkien coloring sheets

#### **KSBN Author Visit: Public Lecture by Adib Khorram**

September 12, 7-8 pm

Grand Ballroom, K-State Student Union

#### **Wildcat Dialogues**

September 16, 7-9 pm

Grand Ballroom, K-State Student Union

Join 1000 fellow Wildcats for a night of courageous conversation and building connections for intercultural learning and inclusive leadership development.

#### **Sports and Well-Being**

September 18, 5-6 pm

Union Cottonwood Room

Panel discussion with Anne Weese, Mike Dibbini, and a student athlete

#### **The City of Yazd: Understanding the Heart of Iran**

October 3, 12-1:30 pm

Regnier Forum

Panel discussion with Dorna Eshрати, Todd Gabbard, Sara Hadavi, & Hamed Goharipour

**Please note:** KSBN will be posting additional sponsored and affiliated events at [www.ksu.edu/ksbn](http://www.ksu.edu/ksbn) as we finalize them. Please check the web site for additional event opportunities. If you are organizing an event related to the 2019 selection and you would like KSBN to help promote it, please email us the event details: [ksbn@k-state.edu](mailto:ksbn@k-state.edu).





## Diversity/Inclusion:

### Diversity and Multicultural Student Affairs Open House

August 27, 6-8 pm

Courtyard, K-State Student Union

### Ebony Theatre's First Friday

K-State's Ebony Theatre hosts First Friday in the Sandy Chastan Purple Masque lobby on the first Friday of each month during the academic year. The monthly arts-infused social gathering gives a variety of student performers of color a chance to share their work while attendees gather for conversation and refreshments. And, each month a multicultural student organization is honored for their work on campus. First Friday is free and open to the public.

### International Student Center Coffee Hours

Learn about cultures from international students. Check their events page for details:

<http://www.k-state.edu/iss/programs-events/coffee-hour.html>

### Indigenous Peoples Day 2019

Asserting Sovereignty: Innovations and Battlegrounds

October 14

K-State Student Union

### KSUnite

November 6

Grand Ballroom, K-State Student Union

### World AIDS Day

As part of the World AIDS Day events for 2019, the LGBT Resource Center will be working with student organizations and other campus affiliates to provide events and recognition to World AIDS Day throughout the week of December 1 - December 7, 2019.

## Movies on The Grass:

### Anthropocene: The Human Epoch

September 8, 7 pm

Town Hall, Leadership Studies Building

### Salam Neighbor

September 15, 7 pm

Town Hall, Leadership Studies Building

### RiverBlue

September 22, 8 pm

Sunset Zoo

### MOG and UPC Present: Three Identical Strangers

September 29, 7 pm

Wildcat Chamber, K-State Student Union

## Exhibits and Tours:

**K-State Insect Zoo tours:** these sessions have live animal interaction & are led by a member of the Entomology department. Schedule a tour here: [www.k-state.edu/butterfly/scheduletour.html](http://www.k-state.edu/butterfly/scheduletour.html)

**Sunset Zoo:** Call more than 2 weeks before your scheduled visit, and K-State students enjoy free admission. <http://ks-manhattanzoo2.civicplus.com/114/Group-School-Admission>

**The Beach Museum of Art** offers tours of the permanent art collection and temporary exhibitions. Schedule tours: 785-532-7718; [klwalk@ksu.edu](mailto:klwalk@ksu.edu).

There are a number of options for tying the museum in to your curriculum including guided tours, pre-planned gallery activities, bringing your students on your own, extra credit assignments, and attending special events and programs. View a list of upcoming exhibits and events on their [website](#).

Some things to keep in mind:

- While the museum is open 10-5 Tuesday, Wednesday and Friday and 10-8 on Thursday, they do open early for guided tours, and will try to make special arrangements to assist you if you have a class that meets outside of those hours.
- Please try to give them a four week lead time – this will increase your chances of their staff being available for your desired time and time to tailor your tour/program.
- If you do plan to bring a class on your own, they do ask that you let them know the date and time so they may manage the number of larger groups trying to use the space at one time. Priority will be given to tours/classes that are on their schedule.

## Wildcats Make a Pact:

Wildcats Make a Pact is a bystander intervention training that provides participants with the skills to help them intervene safely when they see behavior that puts others at risk for violence, victimization, or perpetration. These include speaking out against rape myths and sexist language, supporting victim/survivors, and intervening in potentially violent situations. RSVP at [www.ksu.edu/care/wmap](http://www.ksu.edu/care/wmap).

## Undergraduate Research and Creative Inquiry:

**SPARK Week** (Students Promoting the Advancement of Research at K-State) - October

A week of campus-wide collaboration celebrating and promoting the opportunities for undergraduate research & creative inquiry at K-State. Check out their website [HERE](#) to learn more about the upcoming events throughout the week.





## Counseling Services:

Counseling Services provides a wide range of outreach programs and services on a variety of topics to empower students to gain skills to care for themselves and others, decrease stigma about mental health, and promote the importance of overall wellness for personal, academic, and social success. Below is a sampling of upcoming events. View a full list of their events and details about times and places [online](#).

- Aug. 28th: Pet Away Stress feat. Stress Relief Project
- Sept. 3rd: Pop Over to the Pantry with P.A.W.S.
- Sept. 10th: Suicide Awareness and Prevention
- Sept. 19th: Relax & Unwind
- Sept. 25th: Gardening Away Guilt
- Oct. 7th: Are You Living an Insta Lie?
- Oct. 8th: Drawing Out Your Emotions
- Oct. 8th: Yogatta Meditate
- Oct. 9th: Pet Away Stress feat. Fresh Check Day
- Oct. 10th: Stomp the Stigma
- Oct. 11th: Lend a Hand & Take a Stand
- Oct. 31st: Halloween Photo Booth
- Nov. 13th: Cats, Crafts, and Cameras
- Nov. 21st: Lego my Eggo
- Dec. 10th: You Don't Have to BEE Perfect

## Lectures, Readings, and Events:

### Career Center

The Career Center designed their events to connect K-State students and employers. [Check their website](#) for Career Meet-Ups and other event information.

#### All-University Career Fair

Sept. 24: Recruiting majors in Agriculture, Arts and Sciences, Business, and Health and Human Sciences

Sept. 25: Recruiting from all majors.

Sept. 26: Recruiting majors in Engineering and Technology

#### Majors, Minors, and More Fair

Oct. 16, 11 am-3 pm

Grand Ballroom, second floor of the K-State Student Union

### Study Abroad Sessions

Education Abroad sponsors a 30-minute session each week to discuss study abroad opportunities. For more information, visit their website: <http://www.k-state.edu/abroad/>

### UPC Events

The Union Program Council provides various events and films throughout the year that are free to attend. Check out their event calendar for more information:

[www.kstateupc.com/our-events/](http://www.kstateupc.com/our-events/)

## Lectures, Readings, and Events (cont):

### Health-a-Palooza

August 27, 11 am  
Coffman Commons

### Activities Carnival

August 29, 6 pm  
K-State Student Union

### Wildcat Welcome Day

August 29, 6 pm  
K-State Alumni Center

### Pop-Up to Powercat Financial

September 6, 9 am  
302, K-State Student Union

### Farmers Market

September 10, 11 am  
Bosco Plaza, K-State Student Union

### Suicide: The Ripple Effect

September 10, 8 pm  
Forum Hall, K-State Student Union

### Wildcats Run for Wellness 5K

September 14, 8 am  
Recreation Complex

### Jared Estes: FIRE BACK

September 17, 7:30 pm  
Wildcat Chambers, K-State Student Union

### Ekdahl Lecture Series: Brian Graham,

Principal | Graham Designs  
September 18, 4:30 pm  
Regnier Forum, Regnier Hall

### Kintsugi: Finding the treasure in life's scars

September 24, 11 am-1 pm  
Union Terrace, K-State Student Union

### Lou Douglas: *Strangers in Town*

A Film about Diversity  
September 24, 7 pm  
Forum Hall, K-State Student Union

### Farmers Market

September 25, 11 am  
Bosco Plaza, K-State Student Union

### Ekdahl Lecture Series: Renee

Kemp-Rotan, Assoc. AIA  
September 18, 4:30 pm  
Regnier Forum, Regnier Hall

### Henry C. Gardiner Global Food Systems Lecture Series

Dennis Dimick, National Geographic Executive Editor Emeritus  
October 14, 7 pm  
McCain Auditorium

### Pop-Up to Powercat Financial

October 4, 9 am  
302, K-State Student Union

### Eating Healthy on a Budget

October 7, 5-6 pm  
227, K-State Student Union

### Lou Douglas: Sarah Smarsh

Working Hard and Being Broke in the Richest Country on Earth  
October 8, 7 pm  
Forum Hall, K-State Student Union

### The History and Art of Tea

Talk and demonstration by Tea Master Shozo Sato  
October 24, 5:30-7 pm  
Town Hall, Leadership Studies Building

### Stroll the K-State Gardens on Family Day

October 26, 7 am-10 pm  
K-State Gardens

### Farmers Market

October 30, 11 am  
Bosco Plaza, K-State Student Union

### Pop-Up to Powercat Financial

November 1, 9 am  
302, K-State Student Union

### Personhood and Dementia Workshop

November 7, 9 am-4 pm  
Bluemont Hotel





## K-State Music, Theatre, and Dance:

### **Taking Steps**

Oct. 10,-12 & 17-19, 7:30pm  
Oct. 20, 2:30pm  
Mark A. Chapman Theatre,  
Nichols Hall

### **Stop Kiss**

Oct. 24-26, 7:30pm  
Oct. 27, 2:30pm  
Purple Masque Theatre,  
West Stadium

### **A Christmas Carol, The Musical**

Nov. 7-9, 7:30pm  
Nov. 10, 2:30pm  
McCain Auditorium

### **Winter Dance 2019**

Dec. 5-7, 7:30pm  
Dec. 7, 2:30pm  
Mark A. Chapman Theatre,  
Nichols Hall



Be sure to snap a pic  
of your Co-Curricular  
adventures & send it to us at  
[kstatefirst@ksu.edu](mailto:kstatefirst@ksu.edu)  
or tag us on



## McCain Performance Series:

All events are in McCain  
Auditorium at 7:30 pm

### **Nitty Gritty Dirt Band**

September 8

### **The Four Italian Tenors**

September 13

### **Steve Martin and Martin Short**

September 22

### **The Kingdom Choir**

October 2

### **Siudy Garrido Flamenco Dance**

October 10

### **Russian Renaissance**

October 13

### **Acoustic Evening with John Hiatt**

October 16

### **Ken Jeong**

October 27

### **Diavolo: Architecture in Motion**

November 14

### **42FT - A Menagerie of Mechanical Marvels - Cirque Mechanics**

November 19

### **Oak Ridge Boys: Christmas Tour**

December 1

### **Jane Lynch: Swingin' Little Christmas**

December 10

### **Travis Tritt**

December 13

## Classroom Presentations:

If you are interested in introducing various campus resources to your students but already have planned your three co-curricular outside of the classroom events, you might consider reaching out to incorporate an in-class presentation. The following offices and programs provide various workshops, trainings, and informational sessions.

### Academic Achievement Center

Looking for a presentation or workshop on student success resources? **Request a presenter** to cover K-State specific resources as well as academic and life skills information.

### Career Center

Your requests for a Career Center presentation should be made at least 2 weeks before your preferred program date. Staff availability is limited for presentations after typical business hours and is best arranged at least a month prior to your requested date. **Request a speaker for career-related topics.**

Career Readiness Curriculum includes the following topics:

- Career Center Overview
- Resumes
- Interviewing
- Salary Negotiation
- Economy/Industry Research
- Other topics may be available by special request but depend on staff availability

### Center for Advocacy, Response, and Education (CARE)

The CARE advocates offer a variety of interactive training options for K-State students, faculty, and staff members. Presentations are designed to engage audiences and offer insight about best-practices from the advocates extensive experience working with survivors of sexual violence, dating violence, domestic violence, stalking, and sexual harassment.

If you would like to have someone from CARE come to your location (residence hall, community, class, etc.) to give a presentation, facilitate a discussion, or provide prevention education materials, please complete the online **Workshop Request Form**. For preparation and planning purposes, please make your request at least two weeks in advance.

### Counseling Services

Counseling Services provides psycho-educational and informational presentations to campus entities. If you are interested in having them present to your class, group, or department please contact Wendy Barnes at [counsel2@ksu.edu](mailto:counsel2@ksu.edu).

### Powercat Financial

Peer financial counselors can provide any student group a financial presentation. **Request a presentation online.** Some of the topics include:

- Creating a spending or savings plan
- How to build good credit
- Understanding student loan repayment, consolidation and refinancing
- Personal financial management overview
- Transitioning into work and understanding benefits

### WellCAT Ambassadors - Lafene Health Center

Certified peer educators offer a wide-variety of interactive, evidence-based health and well-being presentations that can be tailored to meet the needs of your group. View a menu of presentations and request a presentation [here](#).

### Writing Center

Faculty and staff are integral to the goal of improving student writing. If you would like a short presentation about the Writing Center in your class, or if you would like for them to facilitate a writing workshop, please fill out the **Qualtrics outreach form**.