

# K-STATE FIRST INCORPORATING CO-CURRICULAR EVENTS 2025

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 **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 First Book (KSFB) common book** of the year. Often KSFB will bring the author and provide a large campus-wide event for all of our classes, but there are also typically a series of engaging faculty/staff lectures and other exciting events related to the book that could be used as well.

One of these events should have a **focus on student perspectives and experiences** which emphasizes fostering a rich understanding of identities, preparing students to collaborate effectively with their peers at the university and colleagues in their future careers. This will play a significant role in enhancing students' cultural competency skills and encouraging participation in the valuable learning initiatives throughout the university. Depending on the selected common book for the year, that event could also align with this focus.

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.

## How To Use The Co-Curricular Guide:

Within this guide are our K-State First program expectations and tips for co-curricular events, as well as a detailed list of options available for online, on-campus, and off-campus event planning. If text is **bolded purple** within a description, that means it is a hyperlink, and if you click on it you will be directed to that website, form, or email.

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### Funding:

K-State First is typically able to fund one co-curricular event per class at about \$10 per student. This funding is offered on a first-come, first-served basis. Many events on campus are free and sometimes offered virtually. If you do plan on taking your class to an event that costs money, you will need to fill out our **Co-Curricular 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, free admission opportunities, 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 or email [kstatefirst@k-state.edu](mailto:kstatefirst@k-state.edu) to work on scheduling, funding, and logistics for your co-curricular events.

There are no free dining passes from Housing & Dining Services this fall. But, for those faculty members who want to eat with their Residential CAT Community in one of the dining halls, we can offer one meal pass this semester for you individually, which we will fund from our limited Foundation account. We encourage you to spend time with your students, of course, but we won't be able to pick up the cost for meal passes beyond the first one.

### 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 and schedule**. This gives your students the chance to get the events scheduled into their calendars right away at the beginning of the semester, 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.

Some example reflection questions could be as follows:

- What is a comment or point that resonated with you during the event? Tell us more...
- One prominent theme of the event was \_\_\_\_\_. What does this mean to you?
- How did the event help you to understand yourself or your peers more fully?

## Fall 2025 Events:

Below are events that are sponsored or promoted by K-State First and K-State First Book. Be sure to check our [K-State First events calendar](#) and the [University Calendar](#) periodically for updated information and other upcoming options that might work for your class! Students can also find the events on OrgCentral as well.

### K-State First and K-State First Book Signature/Sponsored Events:

#### New Student Convocation

Your K-State Journey Starts Here - this year's convocation we will hear from many speakers, who will share a voice of a community that is focused on belonging and student success.

Sunday, August 24, 5:00 pm  
Bramlage Coliseum

#### International Student Block Party

The K-State Alumni Association invites the Wildcat community to the International Block Party! The party will feature music and free food while supplies last. Food trucks featuring cuisines from around the globe will be served, including Halal-friendly foods. Sponsored by the K-State Alumni Association, K-State Union Programming Council, Dow Center for Multicultural and Community Studies at K-State Libraries and Week of Welcome.

Friday, August 29, 2025, 7-10pm  
Location: Bosco Student Plaza, K-State Student Union

#### Together: The Joyful and Unexpected

Five panelists will share their experiences of collaboration on multi-disciplinary projects, both professional and personal revelations, and take questions from the audience. This APDPro event open to all K-Staters. Sponsored by the College of Architecture, Planning, and Design.

Wednesday, September 3, 2025, 5:30-6:30pm  
Location: Regnier Forum (Seaton-Regnier Hall) with **concurrent Zoom streaming**

#### Board Game Night

Join friends old and new to play games both old and new!  
Monday, September 8, 2025, 6-8 pm  
Location: Hale Library

#### K-State MANRRS and Together

Join the K-State Minorities in Agriculture, Natural Resources, and Related Sciences (MANRRS) Chapter as we dive into a conversation about the book "Together." Panel discussion led by Max Contreras, President of MANRRS. **Register for the meeting.** Sponsored by MANRRS. Part of the Fall 2025 K-State MANRRS Week.

Thursday, September 18, 2025, 11:30am-12:30pm  
Location: Zoom





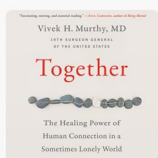
## K-State First and K-State First Book Signature/Sponsored Events:

### Connecting for Health: Tackling the Effects of Loneliness

A virtual presentation for the K-State community about physical and mental health and loneliness. Sponsored by Morrison Family Center for Student Well-being in partnership with the Teaching and Learning Center's Professional Development Series. Visit the [website](#) for more information and to register.

Wednesday, October 8, 2025, 12:00-12:50pm

Location: Zoom



### Better Together: Building Community One Story at a Time

Join us for an engaging discussion where students, staff, and faculty come together to share their favorite moments from our 2025 common read, *Together*, and explore how we can combat loneliness through meaningful connections.

Drawing from Dr. Vivek Murthy's powerful insights on community and belonging, this interactive event creates space for authentic conversation about the challenges many college students face—from social isolation to academic stress—while celebrating our fundamental need for connection. Through sharing stories and perspectives from the common read, we'll discover practical ways to build stronger relationships, support one another, and create a campus community we all might thrive in.

Whether you're looking to meet new people, deepen existing friendships, or simply engage in thoughtful dialogue about wellness and belonging, this event offers a welcoming environment to connect and learn. Come ready to listen, share, and be part of building the supportive community that makes us all better together.

**Tuesday, October 14, 6-8 pm**

**K-State Student Union**

**Registration Required** - free and open to campus and community

### A Panel Discussion of the Human-Animal Bond as an Additional Connection to Alleviate a Lonely World

A panel of veterinary medical and animal welfare experts will interact with the audience and discuss the Human-Animal bond and its ability to enhance or even substitute for Human-Human interactions in a sometimes lonely world. Sponsored by the College of Vet Med.

Thursday, November 20, 2025, 12:00-1:00pm

Location: Behringer-Ingelheim Auditorium (enter behind the flagpoles and statues between Trotter and Mosier Halls)





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



## K-State First and K-State First Book Signature/Sponsored Events:

### Community Safety Talk: Social Health

The Community Safety Talks series aims to promote a safe environment for everyone. Held in Hale Library, these brief sessions feature campus safety experts who share practical tips, resources and updates on emergency procedures and personal safety. This workshop will explore the effects of loneliness and the decrease in social engagement. Sponsored by K-State Libraries and Housing and Dining.

Wednesday, December 3, 2025, 2:00-3:00pm

Location: 181 Hale Library

### Ongoing Events:

#### The 2025 Common Work of Art

Location: Beach Museum

Painter Carol Pylant's "No Masters" is on display starting September 11, 2025. Pylant has stated that her goal was to explore human dynamics in an intimate setting. Inspired by the light and composition of Dutch painter Johannes Vermeer, the work asks viewers to consider "the psychology of the place and the relationship between the individuals." Sponsored by the Beach Museum. More information at the [Beach website](#).

#### Episodes of the student-led podcast WellCAT 101

Location: WellCAT 101 is available on all major streaming platforms, including Spotify, Apple Podcasts, Amazon Music, and YouTube. Four episodes, 30-60 mins each, sponsored by the Morrison Family Center for Student Well-being. By shedding light on how loneliness affects K-State students, the podcast episodes aim to raise awareness, offer comfort, and provide resources for its audience.

#### Episode 5 "Where Do I Belong in a Residence Hall?"

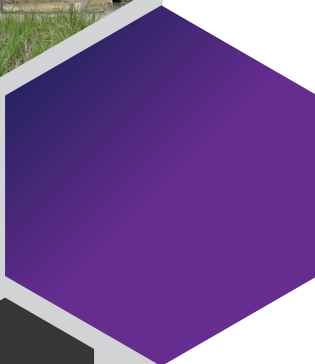
Assistant Director of Academic Success and Community Development Aisha Lee, along with Assistant Coordinators for Departmental Initiatives (ACDIs) Fernanda Martinez and Rosalie Oliver, and student host Belle Chavey discuss topics relating to what loneliness looks like on K-State's campus, particularly in residence halls, and how that can impact mental and physical health.

#### Episode 6 "On Campus Connection: Finding Belonging Far from Home"

Director of Student Engagement and Belonging, Kevin Santos Flores, and student host Belle Chavey discuss topics relating to student belonging, how to find your community, and how to find community as a first-generation student at a university.

#### Episode 7 "Can You Feel Lonely In a Crowded Room? The Effects of Loneliness on Mental Health"

Karan Bhatia, a therapist with the Lafene Counseling and Psychological Services (CAPS) staff, and student host Belle Chavey discuss the mental health perspective of chronic loneliness. They delve into topics relating to the emotional/psychological effects of chronic loneliness, how loneliness impacts mental health issues like anxiety, and when/how to seek support.



## K-State First and K-State First Book Signature/Sponsored Events:

### *Episode 8 "Does Loneliness Impact Physical Health?"*

Dr. Michael Campbell, Medical Director at Lafene Health Center, and student host Belle Chavey discuss the physical health perspective of chronic loneliness. Although loneliness and physical health may seem like they have very little to do with each other, this episode delves into topics including how loneliness and physical health impact each other, how chronic loneliness affects the body, and how a sense of community can improve our physical wellbeing

## Student Perspectives and Experiences:

### **Indigenous People's Day**

The conference is hosted each year by the Indigenous Faculty & Staff Alliance. Visit [www.ksu.edu/indigenous-alliance](http://www.ksu.edu/indigenous-alliance) for more information.

### **Division of Student Belonging**

The department provides leadership in building an inclusive campus climate that fosters mutual understanding among diverse groups. The office works with deans, department heads, faculty and other key units throughout the university. Check out their [website](#) for upcoming events.

### **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**

Coffee Hour is a culturally enriching experience designed to give international students a chance to present their country and culture to others in an open and relaxed setting. Student presenters share their thoughts and feelings on a variety of topics and issues concerning their country's culture, history, and politics and also promotes awareness and discussion among those attending the presentation. Enjoy a cup of coffee and sample traditional cuisine from the presenter's culture. Check their [events page](#) for details.



## Activities, Exhibits, and Tours:

### Beach Museum of Art

They offer tours of the permanent art collection and temporary exhibitions. Schedule tours: 785-532-7718; [klwalk@ksu.edu](mailto:klwalk@ksu.edu). Explore 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, let them know the date and time so they may manage the number of larger groups trying to use the space.

### Goblin Games and Village Geek Games

**Goblin Games** is a great spot for to find board games, RPGs, Tabletop Mini Games, and the accessories you need to play! **Village Geek** is a place for gamers of all ages and levels. Both can help teach basic games, organize an event, rent out a space to play, and more!

### Konza Prairie Trails

Konza Prairie's **hiking trails** wind through lowland gallery forest, cross Kings Creek, and climb over ancient limestone ledges into the native tallgrass prairie. Enjoy spectacular views with a moderate walk with occasional steep climbs, uneven footing and narrow pathways.

### K-State Challenge Course

A challenge course is composed of wood, poles, cables, logs and belaying systems that are used for activities such as ice breakers, group initiatives, and low and/or high element challenges. Explore your options on their [website](#).

### K-State Insect Zoo Tours

These sessions have live animal interaction and are led by a member of the Entomology department. Schedule a tour [online](#).

### Locked Manhattan

The first **escape room adventure** in Manhattan, Kansas. An hour of fun, challenging, and unique entertainment with an unforgettable story. K-State First classes receive a discount - so be sure to work with our office before making any reservations.

### Sunset Zoo

Looking for a deeper exploration of the natural world? The Education Staff offer a variety of adventures to meet your needs! Schedule 2 weeks ahead and K-State students enjoy **free admission**.



## Events, Films, Lectures, Performances, and Readings:

### Beach Film Club

Watch films at your leisure in advance and then join the free virtual discussions led by Shannon Skelton, Assistant Professor at K-State School of Music, Theatre and Dance. Email questions to [beachart@k-state.edu](mailto:beachart@k-state.edu) or [sbskelton@k-state.edu](mailto:sbskelton@k-state.edu).

### 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.

### Lafene Health Center - Adulting 101 Workshops

WellCAT Ambassadors offers a series of Adulting 101 workshops every fall semester. These workshops are designed to teach K-State students basic life skills that are not often taught in the academic classroom. Check their [website](#) for the fall lineup.

### K-State Athletics

Attend an athletics event together, including football, baseball, basketball, soccer, and volleyball. Events schedule and ticket information available [online](#).

### K-State Department of English

Connect with visiting writers and speakers. Upcoming events in the series can be found [here](#).

### K-State Music Theatre and Dance

Attend student performances as they pursue their creative passions and expand and develop their talents to share with others. A full lineup of upcoming performances can be found [here](#).

### McCain Performance Series

McCain Auditorium is the campus cultural center for the live performing arts. McCain has a rich history of bringing world-class engaging experiences to northeastern Kansas. A full lineup of upcoming performances can be found [here](#).

### OrgCentral

**OrgCentral** is K-State's online student organization management and student engagement platform. Students can explore upcoming events, engage in student organizations, and connect with other students using the platform. All registered student organizations have a group page in the system to manage their organizational operations.

### Undergraduate Research and Creative Inquiry SPARK Week

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

### University-Wide

For additional ideas, explore the [University Calendar](#) to see a list of all upcoming events happening at K-State.







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

### 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.

### Wildcats Make a Pact - CARE Center

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. Please contact the CARE office directly at (785) 532-6444 or email [ksucare@ksu.edu](mailto:ksucare@ksu.edu) to discuss scheduling Wildcats Make a Pact sessions.

## Online Community Building:

### Accessibility

*Check with your students to make sure they have access to a computer and the internet. If access is an issue, offer resources and alternatives.*

### Films and Theatre Productions Available for Online Streaming

K-State has a variety of online resources where you can find movies, theatre productions, documentaries, educational videos, and more that are free for you and your students!

- **Swank** – Hollywood, international films, classics and documentaries
- **Kanopy** – art house, Criterion Collection, international films
- **Academic Video Online** – documentaries and educational videos

Visit [guides.lib.k-state.edu/streaming\\_video](http://guides.lib.k-state.edu/streaming_video) for a full list of titles available. Fill out the [Video Request Form](#) to access and use them in your classes.

### General Resources for Online Events (K-State)

- **Anthropology** with Professor Mike Wesch
- **Art** with Professor Shreepad Joglekar
- **Beach Museum of Art - Interactive Tools** - The Beach Museum of Art offers online engagement tools for continued art experiences through the museum's collection.
- **College of Education Documentaries**
- **Landon Lectures** - Video and audio of speakers include Dr. Temple Grandin, Sonia Sotomayor, Vincente Fox, Jesse Jackson, Cokie Roberts, Doris Kearns Goodwin, and many more.
- **School of Music, Theatre, and Dance**

## Online Community Building (cont):

### General Resources for Online Events (Beyond K-State)

- **Classical Music**
- Documentaries PBS, Documentarymania, Documentary Heaven
- Galleries and Museums – Virtual Tours
- **Manhattan Public Library** - Hoopla and Libby
- **Open Culture** - Films, Podcasts, Videos, Readings and Lectures
- **PLAYBILL** - Theatre productions
- Podcasts
- **TED Talks**
- Webinars

### Hosting a Watch Party

Watch a movie/show together using the **Google Chrome Extension** and have a Netflix Party, or use **another platform** that aligns more with your needs! If you're using Zoom, use the following directions to get started:

- Make sure everyone has a link to your Zoom meeting and set safety measures as host to avoid Zoom bombing.
- When sharing your screen on your desktop, go to the menu at the bottom of your Zoom screen once you're in your video call and hit "Share Screen".
- Be sure to tap on the window that has the event playing.
- Check the boxes "Share sound" and "Optimize for video clip".
- Utilize the chat feature to discuss what's happening and encourage engagement!

### Jackbox Games

If someone has purchased **Jackbox**, they can share their screen and allow others to remotely log in to play. As long as everyone can see the screen, they can use their phones to play along.

### Talent Show or PowerPoint Party

Explore some of your students' talents and interests in a fun, lighthearted way with a talent show or planned **PowerPoint Party**.

### Trivia

Use a **Random Trivia Generator**, or create your own trivia game.

### Yoga

Share your screen of a YouTube Yoga (or any workout) class, and get moving together.



## 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 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 give a presentation, facilitate a discussion, or provide prevention education materials, please **ksucare@ksu.edu**. For preparation and planning purposes, please make your request at least two weeks in advance.

### Center for Student Involvement (CSI)

The CSI provides opportunities for students to get connected, engaged, and involved on campus. First-year students may especially be interested in the Cat Trax program, which serves as a roadmap to experiences every K-State student should have, such as joining a student organization, attending campus events and activities, participating in K-State traditions, and much more! **Contact** the CSI to schedule a presentation about student involvement resources, programs and opportunities!

### Education Abroad

The Education Abroad Office can customize classroom presentations based on your available time and needs. Presentations can be short 10 minute overviews about study abroad, information about programs for specific majors or fields of study, Q&A sessions with study abroad returnees, or they can be longer presentations by study abroad peer advisors or members of their staff. Complete the information form **here** or email **overseas@ksu.edu** to request a classroom presentation.

### Office of Institutional Equity

The Office of Institutional Equity (OIE) is engaged in coordinating K-State's compliance with laws, regulations, executive orders and other applicable policies that uphold our guiding principles. OIE also serves as a resource for the University. Visit the **website** for upcoming events and resources for you and your students.

### 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

### Thrive Navigators - Counseling Services

Thrive Navigators provide evidence-based education, host events, collaborate with other campus and community partners, and serve as role models to encourage fellow K-State students to make well-informed decisions regarding their health and well-being. Request a presentation on their **website**.

### 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**