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 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.

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.
**How To Use The Co-Curricular Guide:**
Within this guide are our K-State program expectations and tips for Co-Curricular events, as well as a detailed list of options available for online, on-campus, and off-campus options. If text is **bolded purple**, that means it is a hyperlink, and if you click on it you will be directed to that website, form, or email.

**Funding:**
K-State First is typically able to fund one co-curricular event per class at about $10 per student. This year, we have a smaller events budget and funds are limited, so this funding is offered on a first come, first served basis. Many events will be virtual and free this fall. If you do plan on taking your class to an event, or providing an online 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, or email mandi@k-state.edu to work directly with Mandi McKinley 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 CAT Community in one of the dining halls, we can offer one meal pass this semester, 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**. 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.

- 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?
Fall 2020 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 First Book (KSFB):

New Student Convocation
This year's convocation we will hear from many speakers, including K-State Alum Tyler Lockett, President Meyers, Provost Taber, Student Body President Tel Wittmer, and Distinguished Young Alumnae Mindy McBee and Sarah Sexton-Bowser! Each speaker shares a voice of a community that is focused on student success.
   August 16, 5:30 pm
   Online

KSU Student Welcome, Common Book and Common Work of Art Open House
   September 3, 5:30 pm
   Online

Wildcat Dialogues
Join 1000 fellow Wildcats for a night of courageous conversation and building connections for intercultural learning.
   September 21, 7-9 pm
   Online

Wildcat Dialogues - Continuing Conversations - K-State First Book and The Boy Who Harnessed the Wind
   TBD

KSFB Author Visit: Public Lecture by William Kamkwamba
Author William Kamkwamba extends the story behind The Boy Who Harnessed the Wind to share what has happened in the years since the book's publication as well as low-cost, high-impact projects currently in development for communities around the world.
   September 30, 7-8 pm
   Online

COVID-19 Considerations
Unfortunately, we will have to continue to adjust to the evolving situation around the pandemic. Face-to-face events will be limited to a certain number of people, some events will be online only, and some previously held events might not happen at all. If you need help connecting to, or creating your own, online co-curricular events, please reach out to us at kstatefirst@k-state.edu, and we will be happy to brainstorm and plan with you.
K-State First and K-State First Book (cont):

**Resilience and Perseverance: How Engagement Transforms Lives**
As demonstrated in *The Boy Who Harnessed the Wind*, resilience and perseverance are the essence of changing lives. The Feed the Future Labs at Kansas State University are involved on a daily basis with people in developing countries around the world. Join us for a panel session featuring stories of accomplishments and life changing achievements, both large and small, by those who have engaged and whose lives have been transformed by this interaction. Co-sponsored by the Global Food Initiative, K-State Feed the Future Labs, and KSFB.

October 1, 12:00-1:00pm
Zoom link: https://ksu.zoom.us/j/91577384830

**KSUnite**
“Difference Makes Us Stronger” - All members of the K-State Family have an opportunity to meaningfully engage and holistically embrace opportunities for respect, civility, and tolerance, and to feel pride in participation, as we prepare students for global citizenry.

October 13, 1-4 pm
Online

**Perspectives of the Global Food System: From Kansas to Sub-Saharan Africa**
Join faculty from the secondary major in Global Food Systems Leadership and alumni of the Mandela Washington Fellowship program from Sub-Saharan Africa for an online panel discussion about the food system, sustainable agriculture, and energy as they connect with ideas of leadership today and for the future. Co-sponsored by Leadership Studies and KSFB.

Thurs Oct 22, 12:00-1:00pm
Zoom link: https://ksu.zoom.us/j/97853018357

**Diversity in Kansas Farming**
A virtual panel presentation in partnership with the K-State chapter of MANRRS (Minorities in Agriculture, Natural Resources and Related Sciences), Kansas Black Farmers Association (KBFA), and the Manhattan, KS Martin L. King Committee. Co-sponsored by the College of Ag Diversity Programs Office and KSFB.

Date and time: TBA
Zoom link: https://ksu.zoom.us/j/95772702937

Please note: KSFB will be posting additional information about sponsored and affiliated events at www.ksu.edu/ksfb as we finalize them. Please check the web site for additional event opportunities. If you are organizing an event related to the 2020 selection and you would like KSFB to help promote it, please email us the event details: ksbn@k-state.edu.
Create Online Community Building Events:

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 [www.lib.k-state.edu/streaming-services](http://www.lib.k-state.edu/streaming-services) for a full list of titles available. Contact Felisa Osburn at felisa@k-state.edu to access and use them in your classes.

Campus Resources for Online Events

• **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.
• **College of Education Documentaries**
• **The School of Music, Theatre, and Dance**
• **Beach Museum of Art - Interactive Tools**
  The Beach Museum of Art offers online engagement tools for continued art experiences through the museum’s collection.
• **Anthropology** with Professor Mike Wesch
• **Art** with Professor Shreepad Joglekar
• **Theatre** with Professor Jennifer Vellenga

Beyond Campus Options to Explore

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

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. You will need to share a password or permit individuals to enter as the host.
• 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 box “Share computer sound.”
• Utilize the chat feature to discuss what’s happening and encourage engagement!
Create Online Community Building Events (cont):

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.

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.

Charades
Split your group into two teams and use a charades idea generator to choose your words and phrases. The person who’s acting out the charade uses the Zoom “spotlight” feature, and their team has one minute to figure out the phrase.

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.

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.

Diversity/Inclusion:

Diversity Dialogue: The Role of Student Activism for Social Change
September 2, 4-5 pm

Hispanic Heritage Month Kick-Off
September 15, 11:30 am - 1 pm
K-State Student Union Courtyard

Hispanic Heritage Month Panel: Navigating College Campuses as a Hispanic/Latino Student
September 23, 11:30 am - 1 pm

Diversity Dialogue: DACA: All Facts, No Cap!
September 29, 6 pm

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.
Lafene Adulting 101 Workshops

Conflict Resolution/Difficult Conversations
September 8, 5:30-6:30 pm

How to Be An Informed Voter in Local & National Elections
September 22, 5:30-6:30 pm

Car Maintenance w/ MATC
October 6, 5:30-7:00 pm

The Perfect Job Candidate
October 20, 5:30-6:30 pm

Go Green!
November 3, 5:30-6:30 pm

Survival Guide: Life Hacks for Adult Life
November 17, 5:30-6:30 p.m.

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](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.

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) A week of campus-wide collaboration celebrating and promoting the opportunities for undergraduate research & creative inquiry at K-State. Check out their website [HERE](http://www.ksu.edu/care/wmap) 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. View a full list of their events and details about times and places [online](http://www.ksu.edu/care/wmap).

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.

**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/](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/)

**Movies on the Grass**
Movies on the Grass offers the campus and community new films that portray current issues in an informal setting. This is a FREE film series now in its sixteenth year. Visit [https://www.k-state.edu/mog/](https://www.k-state.edu/mog/).

- **The Story of Plastic**
  Online w/ Zoom Q&A
  September 17

- **Just Mercy**
  Forum Hall, K-State Student Union
  September 25, 7 pm
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 counsel@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.