



WHAT'S NEW BU

BROUGHT TO YOU BY BAYLOR UNIVERSITY STUDENT LIFE

March 13-19, 2017

MONDAY

Monday Healthy Tip from Monday Campaigns



Start this week with a fresh beginning. This exercise serves a dual purpose: It helps clear your mind of worries, stress, and unhappiness. And it creates a clean slate for you to refresh your healthy intentions. To begin, find a quiet place and concentrate on your breathing. Take deep, steady breaths and visualize letting go of all your troubles: the stress, the worries and unhappiness. Let these negative thoughts drift further away with each passing breath, until you feel calm and centered. In these clear-minded moments, set a healthy intention for yourself. For instance, maybe you intend to develop a more positive outlook. Or become more compassionate. Or feel more confident. Set your intention and focus on it throughout the week. Reward yourself for making progress. (www.destressmonday.org/healthy-intentions/)

GRIT Workshops



Monday, March 13, 3 p.m. Do you have GRIT? Remember there are multiple pathways to success, know when and how to ask for help, work hard even when you fail or want to quit, and stay passionate about your purpose. Join to learn more ways that you can get gritty and achieve your goals. Each week will cover different topics. The next session, held on Monday, March 13, is titled, "Facing Failure: Turning Failure into Success." All sessions will be held in the Wellness Office, 2nd floor of the McLane Student Life Center, at 3 p.m. For additional information, contact Sarah_Ritter@baylor.edu or Teran_Yaklin@baylor.edu.

Movie Mondays at the Hippodrome



Monday, March 13, 7 p.m. Join us for a screening of the powerful film: *Olympic Pride, American Prejudice* at the Waco Hippodrome. Free tickets for entry are available at www.baylor.edu/tickets. For additional information and future screenings, visit www.baylor.edu/studentactivities/ or contact student_union@baylor.edu.

TUESDAY

Softball vs. Incarnate Word



Tuesday, March 14, 3 p.m., Getterman Stadium

Indian Subcontinent Student Association Hosting HOLI: The Festival of Colors



Tuesday, March 14, 5-7 p.m. at Fountain Mall. Come and join for an evening of color, fun, water balloons, and food trucks. They will have Pokey Os and Club Sandwich for purchase during and after the event. Admission is free and everyone is invited. The organization is excited to share this Indian tradition with Baylor campus and show what the festival of color is truly about. Be sure to wear white and get ready to get messy. For additional information, contact Greeshma_Chilukuri@baylor.edu.

Softball vs. UTSA



Tuesday, March 14, 6 p.m., Getterman Stadium

WEDNESDAY

The Beall Poetry Festival



Wednesday, March 15 All events are free and open to the public.

- Student Literary Contest, 3:30 p.m. in Carroll Science, Room 101
- Poetry Reading by Catriona O'Reilly, 7 p.m. in Kayser Auditorium

For additional information, call 254-710-1768 or visit www.baylor.edu/beall.

THURSDAY

The Beall Poetry Festival



Thursday, March 16 All events are free and open to the public.

- Virginia Beall Ball Lecture in Contemporary Poetry: Margaret Mills Harper, 3:30 p.m. in Carroll Science, Room 101
- Poetry Reading by Adrian Rice, 7 p.m. in Kayser Auditorium

For additional information, call 254-710-1768 or visit www.baylor.edu/beall.

Hispanic Student Association and Baylor Activities Council Hosting ¡Fiesta!



Thursday, March 16, 6-9 p.m. at the Vera Martin Plaza. ¡Fiesta! is a cultural celebration highlighting the diversity and vivacity of Latin America. This event is an enlightening experience characterized by Latin sights, sounds, and flavors from places like Brazil, Colombia, Venezuela, and many more. As soon as you step foot into this event, it will take you through the streets of Guatemala and the Mercado of San Cosme. ¡Fiesta! is a historical Baylor tradition that attracts the Baylor and Waco communities, encouraging them to expand their horizons, promote unity, and have fun. This event is open to all. Admission is free. Food, entertainment, and prizes will be provided. For additional information, contact Gabriela_Fierro@baylor.edu.

The Baylor Institute for Air Science Hosting Presentation by The United States Air Force Thunderbirds



Thursday, March 16, 6 p.m. in Kayser Auditorium, Room 101. This event is open to the public and will feature pilots, officer, and enlisted support members including those in the medical field. For additional information, contact Kelley_Oliver@baylor.edu.

FRIDAY

Active Minds' Outdoor Stress Less Event



Friday, March 17, 3-5 p.m. on Fountain Mall. Active Minds, a student organization dedicated to mental health advocacy, will be hosting an event for reducing stress. Join us for popsicles, frisbee, coloring, play doh, and information about how to get involved with Active Minds on campus!

The Beall Poetry Festival



Friday, March 17 All events are free and open to the public.

- Panel discussion with participants, 3:30 p.m. in Carroll Science, Room 101
- Poetry Reading by Michael O'Siadhail, 7 p.m. in Kayser Auditorium

For additional information, call 254-710-1768 or visit www.baylor.edu/beall.

Help Mission Waco Build Urban REAP



Friday, March 17, 3:30-5:30 p.m. Meet at 3:15 p.m. at the Bobo Spiritual Life Center to carpool. Mission Waco is beginning construction on a canopy greenhouse which will house an aquaponics system for their Renewable Energy and Agriculture Project. There will be staff to teach and guide, but Mission Waco needs some extra hands to help. Join to learn about the importance of renewable energy and sustainable agriculture in an urban setting. For additional information or if you're interested, contact Alexis_Carlsson@baylor.edu.

PhiLamb's PhiHop for Philanthropy



Friday, March 17, 6-8 p.m. at the Barfield Drawing Room of the SUB. Sigma Phi Lambda, Sisters for the Lord, will be serving pancakes in support of their philanthropy, World Vision. The suggested donation is \$4. For additional information, contact Stephanie_Schaefer@baylor.edu.

Baseball vs. West Virginia



Friday, March 17, 8 p.m. Baylor Ballpark

SATURDAY

Baseball vs. West Virginia



Saturday, March 18, 3:05 p.m. Baylor Ballpark

SUNDAY

Baseball vs. West Virginia



Sunday, March 19, 11:05 a.m., Baylor Ballpark

OTHER EVENTS AND INFORMATION

Sign up for Battle of the Bands



Want to win a perform slot at Dia del Oso? Sign up to compete in the Battle of the Bands hosted on *Thursday, March 30*, at 6 p.m. All solo artists and bands are encouraged to apply! Applications and demos are due on *Friday, March 17*, at 5 p.m. For additional information, contact rachel_barto@baylor.edu or bevin_mairura@baylor.edu.

GRE Exam Prep



Jump-start your graduate career with the first step – a preparation course for the GRE entrance exam. Dr. Adam McCune, lecturer in the Department of English, will provide comprehensive instruction focused on question types, exam formats, and strategies to improve your performance on the exam. Please note that enrollment in this course does not register you for the exam. Students must attend a proctored pre-test on *Thursday, May 11, 5:30-8:30 p.m.* An optional proctored post-test will be held on *Monday, June 6, 5:30-8:30 p.m.* The course will be held on *Saturday, May 20*, and *Saturday, June 3, 9:30 a.m.-4 p.m.* The deadline to register is *Thursday, May 4*. For additional information, visit www.baylor.edu/continuingeducation or call 254-710-6440.

Seniors! Ring Out



Be a part of Baylor history through your participation in Ring Out. Ring Out will be held on *Friday, April 28, 4 p.m.* at Burleson Quadrangle. Women who want to participate in Ring Out need to attend at least one of two rehearsals scheduled on *Sunday, April 23, 1-2 p.m.* or on *Tuesday, April 25, 12:30-1:30 p.m.* in Miller Chapel. Women and men are required to attend the final rehearsal on *Friday, April 28, 2:30-3 p.m.* in Miller Chapel. For additional information or to register, visit www.baylor.edu/ringout.

Book Club



Baylor Missions is starting a book club. They will be reading *Wrecked: When a Broken World Slams into your Comfortable Life* by Jeff Goins. The book club will meet once a week for four weeks to discuss their short reading, beginning after spring break. For additional information or to join, contact Alexis_Carlsson@baylor.edu.

Mind Body Lab at Counseling Center is Now Open!

Mind Body Lab is a tranquil environment designed to help Baylor students explore various resources for improving their emotional health. The room provides self-guided training on deep breathing, meditation, and audio instructions on a variety of topics. It is located in the Counseling Center at the Dutton Avenue Office. For additional information, click [here](#).

My HEALTH

My HEALTH is your online portal for access to the Health Center. Go to www.baylor.edu/health and click on MY HEALTH in the upper right corner. Log in using your Baylor ID (firstname_lastname) to make appointments, receive secure messages, print immunization records, and sign up to receive a reminder text message one hour before your next appointment. Give it a try today.

Campus Programs Applications

Applications are available at www.baylor.edu/studentactivities. Apply to join Baylor Activities Council, Union Board, or Student Productions Committee. Applications are due *Monday, March 20*. For additional information, contact Megan_Harper@baylor.edu.

New Scholarships!

New scholarships for next fall's Baylor in St. Andrews study abroad program have been approved for students in the College of Arts and Sciences. If you take advantage of the scholarships that are available, you could well break even or perhaps even save money studying abroad in Scotland versus what you would pay here at Baylor. There has never been a more economical time to study in Scotland because of a highly favorable exchange rate, a discount in the cost of the program, and greater availability of scholarships. For additional information, contact Charles_McDaniel@baylor.edu or Lexi_English@baylor.edu.

Stay Connected to Campus Events

If you have items you would like to see appear in What's New BU, submit them for consideration by Wednesday at 8 a.m. to WhatsNew@baylor.edu. View past issues of What's New BU on the Baylor Horizon at http://www.baylor.edu/student_life/index.php?id=83704.