CAMP COWBOY 2023
# Camp Cowboy
## Schedule of Events

### Friday
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30 - 4:30 PM</td>
<td>Camper Check-In</td>
</tr>
<tr>
<td>4:30 - 5:00 PM</td>
<td>Walking to Student Union</td>
</tr>
<tr>
<td>5:00 - 5:30 PM</td>
<td>Opening Session</td>
</tr>
<tr>
<td>5:30 - 6:45 PM</td>
<td>Small/Large Group Games</td>
</tr>
<tr>
<td>6:45 - 9:40 PM</td>
<td>Dinner &amp; Evening Activities</td>
</tr>
<tr>
<td>9:40 - 10:30 PM</td>
<td>OSU Unplugged (Skits)</td>
</tr>
<tr>
<td>10:30 - 11:45 PM</td>
<td>Dance Lessons &amp; Small Group</td>
</tr>
<tr>
<td>11:45 - 12:15 AM</td>
<td>Return to Dorms</td>
</tr>
</tbody>
</table>

### Saturday
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 - 8:30 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30 - 12:00 PM</td>
<td>High Ropes Course, Low Ropes Course, &amp; Cowboy Cup Rotation</td>
</tr>
<tr>
<td>12:00 - 1:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 - 3:00 PM</td>
<td>High Ropes Course, Low Ropes Course, &amp; Cowboy Cup Rotation</td>
</tr>
<tr>
<td>3:00 - 4:00 PM</td>
<td>Break</td>
</tr>
<tr>
<td>4:00 - 5:00 PM</td>
<td>Project Pete (Service Activity)</td>
</tr>
<tr>
<td>5:00 - 7:00 PM</td>
<td>OSWhoRU Identity Groups</td>
</tr>
<tr>
<td>7:00 - 8:00 PM</td>
<td>Dinner</td>
</tr>
<tr>
<td>8:00 - 9:30 PM</td>
<td>Spirit Night</td>
</tr>
<tr>
<td>9:30 - 11:30 PM</td>
<td>Campfire &amp; Small Group</td>
</tr>
<tr>
<td>11:30 - 12:15 PM</td>
<td>Hoedown Throwdown</td>
</tr>
<tr>
<td>12:15 - 12:30 PM</td>
<td>Return to Dorms</td>
</tr>
</tbody>
</table>

### Sunday
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 - 8:30 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30 - 9:45 AM</td>
<td>Large/ Small Group Pictures</td>
</tr>
<tr>
<td>9:45 - 10:45 AM</td>
<td>OSU Unplugged (Skits)</td>
</tr>
<tr>
<td>10:45 - 11:45 AM</td>
<td>Final Small Group</td>
</tr>
<tr>
<td>11:45 - 12:15 PM</td>
<td>Closing Session</td>
</tr>
</tbody>
</table>
Coordinator

Mckinley Paratore
She/Her/Hers
Oswego, IL

Dir. of Student Involvement

Elise Burmeister
She/Her/Hers
Tulsa, OK

Dir. of Programming

Rachel Davis
She/Her/Hers
Argyle, TX

Dir. of Marketing

Claire Castagna
She/Her/Hers
Bentonville, AR

Director of Operations

Zane Trinidad
He/Him/His
Jenks, OK

Dir. of Outdoor Experience

Seth Young
He/Him/His
Amarillo, TX

Intern

DJ Hardwick
He/Him/His
Buffalo, NY
Draw your counselor

Name:
Pronouns:
Year:
Major:
Phone #:

Name:
Pronouns:
Year:
Major:
Phone #:
| Name     | Hometown | Fun Fact |
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1. University Commons
2. Nancy Randolph Davis (NRD)
3. Edmon Low Library
4. Student Union
5. Theta Pond
6. Boone Pickens Stadium
## Boundaries 101

### Boundaries are...

### Your Boundaries

<table>
<thead>
<tr>
<th>TIME</th>
<th>I need...</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATERIAL</td>
<td>I want...</td>
</tr>
<tr>
<td>SEXUAL</td>
<td>I expect...</td>
</tr>
<tr>
<td>INTELLECTUAL</td>
<td>Next time...</td>
</tr>
<tr>
<td>EMOTIONAL</td>
<td>Do not...</td>
</tr>
<tr>
<td>PHYSICAL</td>
<td></td>
</tr>
</tbody>
</table>

### I will express my boundaries by saying...

- I need...
- I want...
- I expect...
- Next time...
- Do not...
What Campus Clubs/Organizations are you Interested in?

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OSU Fight Songs

The Waving Song
Oklahoma State! Oklahoma State!
We’ll sing your praise tonight;
To let you know where e’re we go,
For the Orange and Black we’ll fight
We’ll sing your worth o’er all the Earth
And shout: Ki Yi! Ki Ye!
In books of fame we’ll write your name,
Oklahoma State!

———

Ride 'Em Cowboys
Ride, ride, ride, ride,
Ride ‘em Cowboys,
Right down the field;
Fight! Fight! Fight! Fight!
Fight ‘em Cowboys, and never yield.
Ride, ride, ride, ride,
Ride on, Cowboys, to victory;
Cross (opponent)’s goal;
Then we’ll sing “O-kla-homa State!”
OSU Chant
GO! GO! GO POKES! GO POKES! GO POKES
GO!
O!...S!...U!
O S U
The greatest in the nation
O S U
The team that’s got the go spirit and the will
to win
Make a score and we’ll shout
Beat (opponent)!
O S U
It’s orange and black we’re cheering on to
victory today
And then we’ll say
O-K-L-A-H-O-M-A
STATE!
Univer-si-ty!

Rock 'n Roll
O-S-U COWBOYS!
We're gonna beat the hell out of you!
*call and response yell*
Oook-lahoma, where the wind comes sweepin' down the plain
And the wavin' wheat can sure smell sweet
When the wind comes right behind the rain.
Oklahoma, Ev'ry night my honey lamb and I
Sit alone and talk and watch a hawk
Makin' lazy circles in the sky.

We know we belong to the land
And the land we belong to is grand!
And when we say
Yeeow! Ayipiooeay!
We're only sayin'
You're doin' fine, Oklahoma!

Oklahoma
O.K.L.A.H.O.M.A
OKLAHOMA
STATE
Alma Mater
Proud and Immortal
Bright Shines Your Name
Oklahoma State
We Herald Your Fame
Ever You'll Find Us
Loyal and True
to Our Alma Mater
O-S-U!
Camp Cowboy Memories

Who won the Spirit Stick?

Cowboy Cup Winner

Favorite Wrangler Skit

Campfire Memory
Now that you’re a Cowboy

MOVE-IN

WHAT YOU NEED TO KNOW

PLANNING YOUR MOVE

CHECK-IN PROCESS

TIPS FOR A SUCCESSFUL MOVE-IN DAY

MAPS AND LOADING ZONES

OSU HOUSING AND RESIDENTIAL LIFE
SUCCESS COACHING
Help with Time Management, Academic Accountability, Study Skills, Planning, etc. Can meet for one hour a week, every week.

SUPPLEMENTAL INSTRUCTION
A collaborative group environment, breaking down the most complex aspects of the most challenging courses. Three sessions are held by each SI Leader every week.

TUTORING
Hour long one-on-one tutoring appointments for 100 courses at no additional costs!

Scan the QR Code to learn more about all three of LASSO's academic support programs!

021 CLB | 405-744-3309 | lasso.okstate.edu
UNIVERSITY DINING SERVICES

MORE THAN A MEAL PLAN

27 DINING CONCEPTS IN 7 DIFFERENT BUILDINGS ACROSS CAMPUS OPEN 7 DAYS A WEEK FROM 7 A.M. TO 11 P.M.

EMPLOYMENT, LEADERSHIP & NETWORKING

HEALTHY DINING w/ ALLERGEN FRIENDLY OPTIONS

1 ON 1 DIETITIAN COUNSELING AVAILABLE

SUSTAINABILITY EFFORTS

SUPPORTING LOCALLY SOURCED SMALL BUSINESSES

DINING@OKSTATE.EDU | 405.744.4424

FOLLOW US ON SOCIAL MEDIA @OSUDINING
SAS offers support to students with disabilities attending the Stillwater campus. SAS is committed to fostering a community that promotes equitable participation for all students.

Find us in the Seretean Wellness Center!

Our Services:
- Academic Accommodations
- Housing Accommodations
- Emotional Support Animals
- Dining Accommodations
- Temporary Accommodations
- Other services based on disability-related need.

Students can apply for services by contacting SAS.

Scan the QR code to see the steps to register for accommodations.

Contact Us:
- 405-744-7116
- accessibility@okstate.edu
- www.accessibility.okstate.edu
- Seretean Wellness Center - Office 103A
OSU takes incidents of sexual violence extremely seriously and believes that 1 victim is 2 many. 1 is 2 Many invites all members of the campus community to join in creating a culture of consent at OSU.

- Complete mandatory New Student Online Training
- Follow @okstate1is2many on social media
- Connect with 1 is 2 Many on CampusLink
- Become familiar with campus resources

1is2many.okstate.edu, 1is2many@okstate.edu
YOUR FUTURE IS BRIGHT! START BUILDING CAREER SKILLS TODAY.

Our team of professionals is here to help you every step of the way!

OUR SERVICES

- One-on-One Appointments
- Career Exploration
- Part-time Jobs & Work Study
- Resume Reviews
- Mock Interviews
- Career Fairs
- Educational Programming

Upcoming EVENTS

- Part-Time & Volunteer Job Fair
  Aug. 29, 2023

- Majors & Minors Fair
  Oct. 11, 2023

hireosugrads.com  360 Student Union  careers@okstate.edu
START VOLUNTEERING TODAY!

The Student Volunteer Center provides a variety of purposeful volunteer opportunities aimed at giving back to the Stillwater Community. We host service events, the CORD Reward Program, and Into the Streets!

Email: volunteer.center@okstate.edu
Website: volunteer.okstate.edu
Instagram: @svc_okstate

The Center for Sovereign Nations serves as a home base for Native students and their friends enrolled on the OSU Stillwater campus and helps connect them with resources to be successful.

We have a 3-fold mission:
- Sovereignty
- Students
- Partnerships

CSN Weekly Update
Follow us on Social Media to stay connected to us!

SovNationCenter
SovNationCenter.OKState.Edu
INCLUSIVE EXCELLENCE, SUPPORT, AND ENGAGEMENT (IESE)
Provides resources and opportunities for academic, social and emotional growth.

RETENTION INITIATIVE (RISE) FOR STUDENT EXCELLENCE
Assists first-year and underrepresented students to help them be successful at OSU through mentorship.
CONTACT | maura.loyola@okstate.edu

INCLUSION LEADERSHIP PROGRAM (ILP)
Equips participating second-year students with the skills and knowledge necessary to become effective leaders in a more diversely inclusive world.
CONTACT | ilp@okstate.edu

OKLAHOMA LOUIS STOKES ALLIANCE FOR MINORITY PARTICIPATION (OK-LSAMP)
A National Science Foundation funded consortium of 12 Oklahoma colleges and universities to increase historically underrepresented students in the STEM fields. Program activities focus on undergraduate engagement in research, conferences, internships, international experiences and graduate school preparation.
CONTACT | oklsamp@okstate.edu

STUDENT SUPPORT SERVICES (SSS)
Engages with and provides fundamental and holistic support to undergraduate students from first-generation, low-income backgrounds or students with documented disabilities. TRIO-SSS students enjoy a variety of resources on their journey to obtain their undergraduate degree.
CONTACT | trio-sss@okstate.edu

McNAIR SCHOLARS PROGRAM
Encourages and mentors eligible underrepresented students for graduate programs through research and scholarly activities.
CONTACT | mcnairscholars@okstate.edu

UPWARD BOUND (UB)
Provides college preparation for eligible high school students. Upward Bound serves students who are classified as low-income and first-generation college students.
CONTACT | trioub@okstate.edu

ORANGE STRIDES (OS)
A TRIO Talent Search project that provides college readiness and career preparatory programming to first-generation and low-income 6th through 12th grade students in North Central Oklahoma.
CONTACT | triots@okstate.edu

TRIO
Federally funded programs focused on first-generation students.
OFFICE OF MULTICULTURAL AFFAIRS (OMA)
A place for students of all cultures, backgrounds, and experiences.

AFRICAN AMERICAN STUDENT PROGRAMS AND RESOURCES
Promotes unity and celebrates African American culture and history, as well as houses various African American student organizations and programs.

CONTACT | oma@okstate.edu

ASIAN AMERICAN STUDENT PROGRAMS AND RESOURCES
Promotes the diversity of Asian cultures and provides a platform to education, networking and social engagement.

CONTACT | oma@okstate.edu

HISPANIC/LATINX STUDENT PROGRAMS AND RESOURCES
Serves Hispanic/Latinx students by providing opportunities for social and cultural programming around various Hispanic/Latinx customs and traditions.

CONTACT | oma@okstate.edu

LGBTQ STUDENT PROGRAMS AND RESOURCES
Provides support, safe spaces and opportunities to address issues affecting LGBTQ individuals. The All-Gender restroom list, Transgender Name/Pronoun change resources and support groups are some of the resources available.

CONTACT | oma@okstate.edu

WOMEN’S PROGRAMS AND RESOURCES
Focuses on creating equitable opportunities for women on the OSU campus such as the Red Pantry for free menstrual products, All-Gender restrooms and more.

CONTACT | oma@okstate.edu

HERITAGE MONTH CELEBRATIONS AND SIGNATURE EVENTS
Honors and celebrates the complex and vibrant heritages of our diverse communities by coordinating signature events and heritage month celebrations.

INCLUSIVE EXCELLENCE WORKSHOPS AND CERTIFICATE PROGRAMS
Focuses on diversity, inclusion, equity, social justice and the LGBTQ Safe Zone Ally Program.
The purpose of SUAB is to stimulate, motivate, educate, and involve the student body through creative and fun events.

**AUGUST**

- **16** SUAB NIGHT
- **21** Snocones with SUAB
- **21** 1st Day of School Pics
- **23** Socks & Pops
- **24** NASA Bingo
- **28** SUAB Info Session 5-7pm

Oklahoma Room

**SEPTEMBER**

- **1** Paint Night
- **7** Snapshot Studio
- **11** Dive In Movie
- **13** Paws for a Cause
- **20** Picklefest

The fraternity and sorority community at Oklahoma State University is composed of almost 50 fraternity and sorority chapters and four governing councils: the Interfraternity Council, Multicultural Greek Council, National Pan–Hellenic Council, and Panhellenic Council. Fraternity and sorority membership offers students a unique opportunity to have a balanced college life with a focus on academic excellence, brotherhood/sisterhood, leadership development, community service and responsible social interaction. Greek affiliation also allows students to make lasting friendships with individuals with similar ideals and common purposes.

**Important Dates:**

- **Interfraternity Council: Signing Day**
  - July 1, 2023
- **Panhellenic Council: Fall Recruitment**
  - August 9–10, 2023 (Virtual Days), August 15–19, 2023 (In-person), Registration closes on August 31, 2023
- **Multicultural Greek Council: Convocation**
  - September 11, 2023
- **National Pan–Hellenic Council: Convocation**
  - September 19, 2023

**Contact Us:** 405-744-5490  gogreek@okstate.edu
Leadership Development Series - LDS is a three-part workshop series offered to all students with content focusing on an array of leadership skills. All workshops are one-hour and there are three offered each semester.

SUMMIT is a one-day leadership advancement conference that serves as an entry point for leadership development with curriculum centering around identity, relationships, and skills.

The Hargis Leadership Institute has partnered with the Center for Creative Leadership to host the internationally accredited leadership development program, "Lead 4 Success". L4S is a robust 16-hour leadership development training that features hands-on, real-world application of four fundamental skills to current leadership challenges.

Students have the opportunity to earn a Certificate in Ethical Leadership, which will empower them to explore their identity and values, to develop strategic skills, and to build relationships throughout their experience at OSU.
The 3+1 Program allows undergraduate students to complete the academic requirements for their bachelor’s degree and Doctor of Osteopathic Medicine degree in seven years instead of eight. Students are selected among a smaller pool of applicants for a guaranteed interview if program requirements are met.

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OSU Student Government Association strives to serve the students of Oklahoma State University. It is our goal to make YOUR voice heard on this campus. Our goal is to provide implement changes to better our campus community and most importantly the students’ way of life.

First Year Representative Council (FRC) is an dynamic initiative for first year students to learn about all aspects of OSU’s Student Government, participate in community service projects, and develop personally and professionally.
DEPARTMENT OF WELLNESS

PROMOTING A HEALTHY CAMPUS CULTURE THROUGH HIGH QUALITY PROGRAMS / SERVICES / FACILITIES

The Colvin Recreation Center has everything from:
- Group Fitness Classes
- Climbing Rock Wall
- Weight Lifting Equipment
- Intramural Sports

WE HAVE MENTAL HEALTH RESOURCES AND EVENTS, TOO!

wellness@okstate.edu    wellness.okstate.edu
405-744-5510
YOUR COLLEGE.
YOUR EXPERIENCE.
YOUR HOME.

Become part of our family today!
Apply at: go.okstate.edu/apply
Thank you to our Sponsors