CAMP COWBOY 2023

Camp Cowboy Schedule of Events

Friday

2:30 - 4:30 PM	Camper Check-In
4:30 - 5:00 PM	Walking to Student Union
5:00 - 5:30 PM	Opening Session
5:30 - 6:45 PM	Small/Large Group Games
6:45 - 9:40 PM	Dinner & Evening Activities
9:40 - 10:30 PM	OSU Unplugged (Skits)
10:30 - 11:45 PM	Dance Lessons & Small Group
11:45 - 12:15 AM	Return to Dorms

Saturday

7:45- 8:30 AM	Breakfast
8:30 - 12:00 PM	High Ropes Course, Low Ropes Course, & Cowboy Cup Rotation
12:00 - 1:00 PM	Lunch
1:00 - 3:00 PM	High Ropes Course, Low Ropes Course, & Cowboy Cup Rotation
3:00 - 4:00 PM	Break
4:00 - 5:00 PM	Project Pete (Service Activity)
5:00 - 7: 00 PM	OSWhoRU Identity Groups
7:00 - 8:00 PM	Dinner
8:00 - 9:30 PM	Spirit Night
9:30 - 11:30 PM	Campfire & Small Group
11:30 - 12:15 PM	Hoedown Throwdown
12:15 - 12:30 PM	Return to Dorms

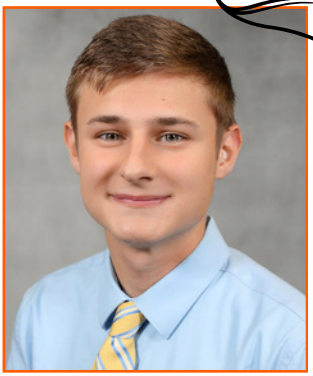
Sunday

7:45 - 8:30 AM	Breakfast
8:30 - 9:45 AM	Large/ Small Group Pictures
9:45 - 10:45 AM	OSU Unplugged (Skits)
10:45 - 11:45 AM	Final Small Group
11:45 - 12:15 PM	Closing Session

Coordinator

Mckinley Paratore
She/Her/Hers
Oswego, IL

Intern



DJ Hardwick
He/Him/His
Buffalo, NY

Director of Student Involvement

Elise Burmeister
She/Her/Hers
Tulsa, OK

Director of Programming

Rachel Davis
She/Her/Hers
Argyle, TX

Director of Marketing

Claire Castagna
She/Her/Hers
Bentonville, AR

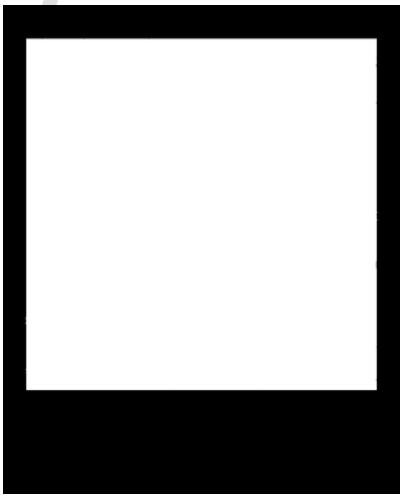
Director of Operations

Zane Trinidad
He/Him/His
Jenks, OK

Director of Outdoor Experience

Seth Young
He/Him/His
Amarillo, TX

Draw your counselor



Name:

Pronouns:

Year:

Major:

Phone #:

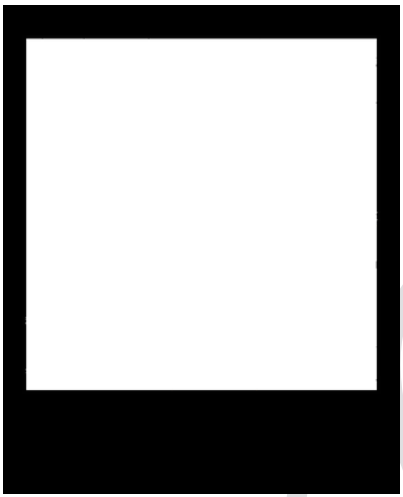
Name:

Pronouns:

Year:

Major:

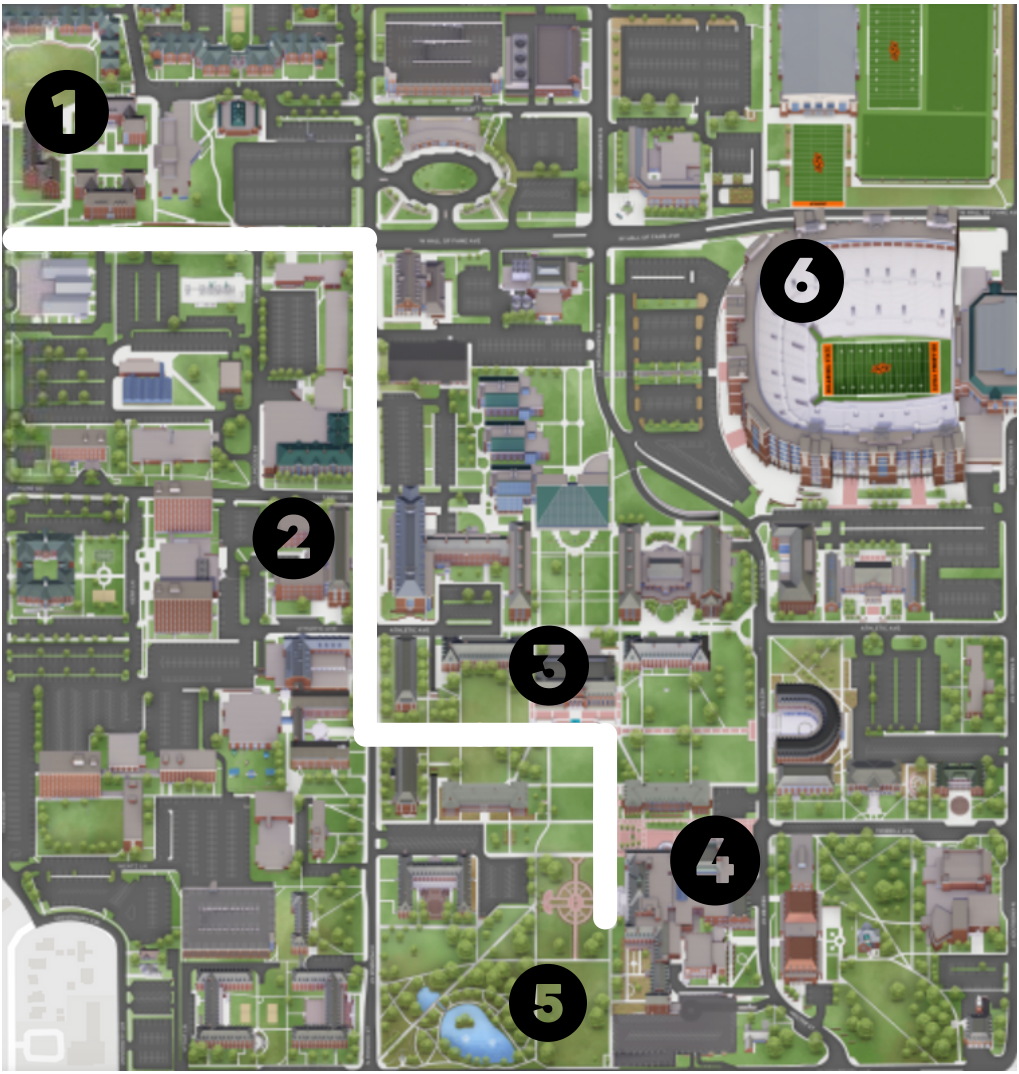
Phone #:



Group #_

Name	Hometown	Fun Fact

Campus Map



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

TIME

MATERIAL

SEXUAL

INTELLECTUAL

EMOTIONAL

PHYSICAL

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?

- _____
- _____
- _____
- _____
- _____
- _____

OSU Fight Songs

The Waving Song

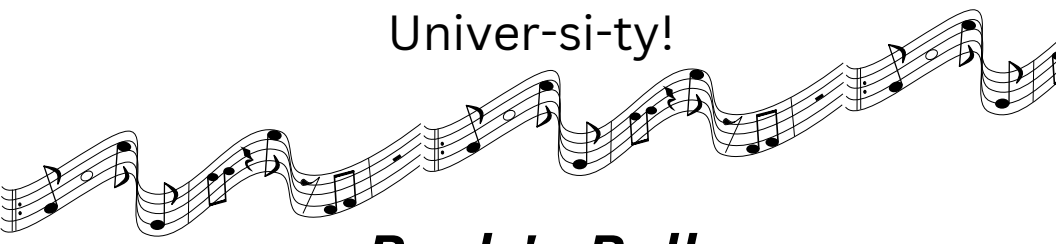
Oklahoma State! Oklahoma State!
We'll sing your praise tonight;
To let you know where e're we go,
For the Orange and Black we'll fight
We'll sing your worth o'er all the Earth
And shout: Ki Yi! Ki Ye!
In books of fame we'll write your name,
Oklahoma State!

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

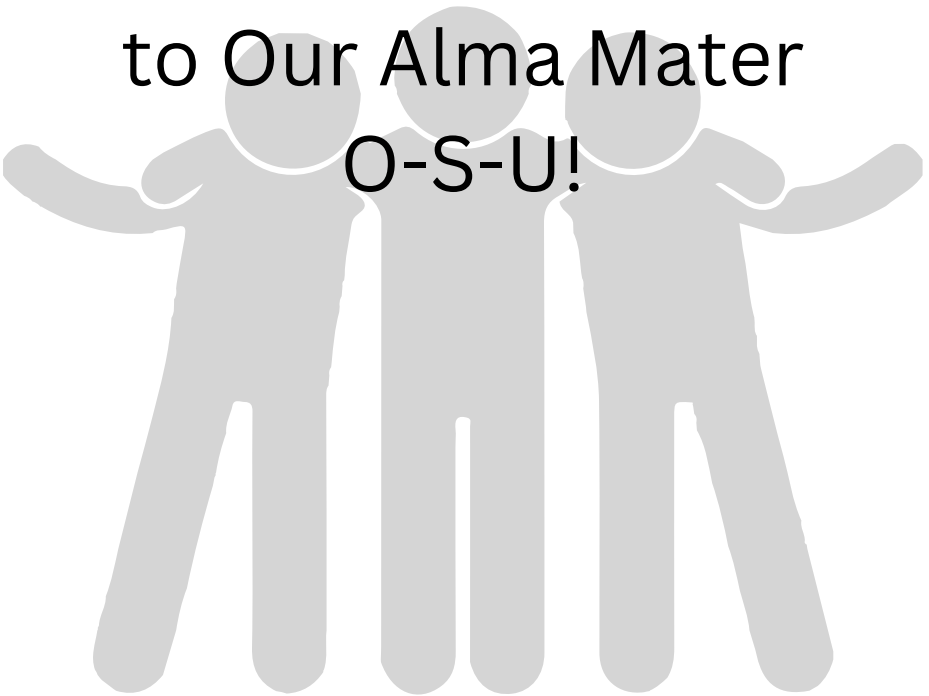
O-S-U COWBOYS!
We're gonna beat the hell out of you!
call and response yell

Ooook-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! Ayipioeeay!
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

Resources

Camp Cowboy Website

Identity Resource List
Student Org. Slideshow
Virtual Booklet
Various Camp Resources

Meet the Staff

Follow us on social media!

@campcowboyosu

@campcowboyosu

Oklahoma State Camp Cowboy

NOTES

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

LASSO CENTER

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

DINING@OKSTATE.EDU | 405.744.4424

FOLLOW US ON SOCIAL MEDIA @OSUDINING

STUDENT ACCESSIBILITY SERVICES (SAS)

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!

STUDENT ACCESSIBILITY SERVICES

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

CONNECT WITH BASIC NEEDS RESOURCES!

FOLLOW US ON INSTAGRAM @OSUBASICNEEDS

Pete's Pantry

LIKE. FOLLOW. SHARE.

OSU STUDENT UNION

// @OSUUNION

1 is 2 MANY

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.

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

1 IS 2 MANY RESOURCES

1is2many.okstate.edu, 1is2many@okstate.edu

CAREER SERVICES

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

SCAN TO LEARN MORE

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!

RECEIVE EXCLUSIVE AWARDS

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

OSU STUDENT VOLUNTEER CENTER

CENTER FOR SOVEREIGN NATIONS

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

DIVISION OF INSTITUTIONAL DIVERSITY

YOU ARE WELCOME HERE!

Committed to Inclusive Excellence

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

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

TRIO

Federally funded programs focused on first-generation students.

LEARN MORE

McNAIR SCHOLARS PROGRAM

Encourages and mentors eligible underrepresented students for graduate programs through research and scholarly activities.

CONTACT | mcnairscholars@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

OFFICE OF MULTICULTURAL AFFAIRS

YOU ARE WELCOME HERE!

Committed to Inclusive Excellence

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.

LEARN MORE

STUDENT UNION ACTIVITIES BOARD

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

Follow Us on Instagram!

FRATERNITY & SORORITY AFFAIRS

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:

OSU FRATERNITY AND SORORITY AFFAIRS

- **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

HARGIS LEADERSHIP INSTITUTE

PROGRAMS

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.

leadership@okstate.edu

https://leadershipinstitute.okstate.edu/

CERTIFICATE

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.

FRESHMAN TO PHYSICIAN IN SEVEN YEARS

3+1 PROGRAM

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.

LEARN MORE

Contact: JuLee Wells
Director of Recruitment:
julee.wells@okstate.edu

OSU | MEDICINE

STUDENT GOVERNMENT ASSOCIATION

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

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.

Join TODAY!

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

OSU | WELLNESS

YOUR COLLEGE.
YOUR EXPERIENCE.
YOUR HOME.

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

@okstateferguson

Thank you to our Sponsors

OSU WELLNESS

OSU STUDENT VOLUNTEER CENTER

OSU ALUMNI ASSOCIATION

STUDENT UNION ACTIVITIES BOARD

Simmons Bank® MEMBER FDIC

OSU universitystore AT THE STUDENT UNION

Furniture SHOWCASE