



YOU.sdstate.edu

is a personalized web portal connecting you to online tools and campus resources to support your goals to succeed, thrive and matter. Create a confidential profile on YOU@SDState to make the most out of your college experience.





HOW CAN YOU HELP YOU?

YOUR ACADEMIC & CAREER SUCCESS YOUR
PHYSICAL
& MENTAL
WELLBEING

YOUR
PURPOSE
& CAMPUS
CONNECTIONS







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THRIVE

MATTER

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YOU.sdstate.edu





Jackrabbit Central





	0.05.00
Monday, August 21	Start Date/Instruction begins
Thursday , August 31	Last day to drop or add and adjust final fees
Friday, September 1	Fall tuition and fees payment due; "W" grade begins
Monday, September 4	Labor Day Holiday
Friday, September 8	Last day to submit a graduation application for Fall 2023
Monday, October 9	Native American Day Holiday
Friday, October 13	First half Fall Term ends
Wednesday, October 18	Deficiency reports due by midnight
Friday, November 3	Last day to drop a course
Friday, November 10	Veterans' Day Holiday
Wednesday-Sunday, November 22-26	Thanksgiving Recess
Wednesday, December 6	No classes; Final Exam Preparation
Thursday–Wednesday, December 7-13*.	Final exams
Monday, December 18	Grades due by midnight

^{*}December 13 – official graduation date noted on transcript Note: There is no Fall 2023 Commencement Ceremony

Monday, January 8	Start Date/Instruction begins
Monday, January 15	Martin Luther King Day Holiday
Wednesday, January 17	Last day to drop or add and adjust final fees
Thursday, January 18	Spring tuition and fees payment due; "W" grade begins
Friday, January 26	Last day to submit a graduation application for Spring 2024
Monday, February 19	Presidents' Day Holiday
Monday, March 4	First half Spring Term ends
Thursday, March 7	Deficiency reports due by midnight
Monday,-Friday, March 11-15	Spring Break
Friday–Sunday, March 29-31	Easter Recess
Tuesday, April 2	Last day to drop a course
Monday, – Friday, April 29-May 3***	Final exams
Saturday, May 4	Commencement
Wednesday, May 8	Grades due by midnight



*** May 3 - official graduation date noted on transcript



MAYOR'S WELCOME

On behalf of the City Council and myself, I welcome you to Brookings - proud home of South Dakota State University.

I am consistently amazed by and proud of our community for its welcoming atmosphere. Our city attracts people from across the state, nation and world. Each resident brings experiences and ideas that help enrich the community's vision and make it a place where individuals can, as our motto says, "BRING YOUR DREAMS." Your presence is important to the vibrancy and culture of the community. I encourage you to take advantage of the amenities Brookings offers, including our colorful downtown, beautiful parks, recreational trails and activities, arts and community events, and the many retail and dining establishments that look forward to serving you.

If you ever have any comments or questions, I'd love to hear from you. We're excited you're here!

Go JACKS!

~ Mayor Ope Niemeyer

FAQ

PARKING:

Q: How far must a parked vehicle be from a crosswalk or stop sign?

A: City ordinance prohibits parking within 20 feet of a crosswalk - whether it is marked or not - and within 30 feet of a stop or yield sign.

RENTER'S RIGHTS:

Q: What are my rights as a renter?

A: The Human Rights Commission has defined your rights as a renter and your responsibilities to your landlord. For details, visit the Human Rights Commission page on the City's website: www.cityofbrookings-sd.gov/RentersRights

SNOW REMOVAL:

Q: How do I find out if a City snow removal parking ban has been issued?

A: Prevent ticketing or towing. Sign up to be notified by text or email when an alert has been issued. Go to the City's website at www.cityofbrookings-sd.gov. Click the "Get Notifications" icon and follow the instructions to opt in. Select Public Works.

cityofbrookings-sd.gov • 605.692.6281

















FOOTBALL

ALL TIMES CENTRAL

DATE	. TIME	OPPONENT	LOCATION
AUG. 31	.7:00PM	. Western Oregon	Brookings, SD
SEPT. 9	. 6:00PM	. Montana State	Brookings, SD
SEPT. 16	. 2:30PM	. Drake	Target Field, Minneapolis, MN
SEPT. 30	. 2:00PM	. North Dakota	Brookings, SD
OCT. 7	. 6:00PM	. Illinois State	Normal, IL
OCT. 14	. 2:00PM	. Northern Iowa	Brookings, SD
OCT. 21	. 2:00PM	. Southern Illinois	Carbondale, IL
OCT. 28	. 1:00PM	. South Dakota	Vermillion, SD
NOV. 4	. 2:00PM	. North Dakota Sto	ateBrookings, SD
NOV. 11	. 11:00AM	. Youngstown State.	Youngstown, OH
NOV. 18	2:00PM	. Missouri State	Brookings, SD





What are the rules for TAILGATING?

THERE ARE A FEW KEY RULES TO KEEP IN MIND WHEN TAILGATING:

- 1. Tailgating opens five hours prior to kickoff.
- Get a wristband when you consume alcohol. Wristband stations are located throughout the tailgating areas surrounding Dana J. Dykhouse Stadium, and a station is conveniently located on the north side of the student tailgate area along North Campus Drive.
- 3. Only beer and wine are allowed in designated areas when tailgating. Hard liquor is not allowed.
- 4. Glass bottles are not allowed.
- 5. Bulk containers, such as kegs, are not allowed.
- 6. Additional rules apply.







SOCCER

ALL TIMES CENTRAL

DATE	. TIME	OPPONENT	LOCATION
AUG. 27	. 1:00PM	lowa State	Brookings, SD
SEPT. 1	. 6:00PM	Utah State	Logan, UT
SEPT. 3	. 2:00PM	Idaho State	Pocatello, ID
SEPT. 7	. 6:00PM	Grand Canyon	Brookings, SD
SEPT. 10	. NOON	Green Bay	Brookings, SD
SEPT. 15	. 5:00PM	Creighton	Omaha, NE
SEPT. 24	. 1:00PM	South Dakota	Vermillion, SD
SEPT. 28	. 6:00PM	North Dakota State	Brookings, SD
ост. 1	. 1:00PM	North Dakota	Brookings, SD
OCT. 5	. 8:00PM	Denver	Denver, CO
OCT. 12	. 6:00PM	Omaha	Brookings, SD
OCT. 15	1:00PM	St. Thomas	Brookings, SD
OCT. 19	. 7:00PM	Oral Roberts	Tulsa, OK
OCT. 22	. 1:00PM	Kansas City	Kansas City, MO
OCT. 27- NO	OV. 4	Summit League Championship	ТВD



WE ARE TOBACCO-FREE JACKS®

PLEASE RESPECT OUR POLICY

Use of tobacco products (cigarettes, e-cigarettes, cigars, pipe tobacco, smokeless tobacco, vapor-based products, etc.) is not permitted on any University property, including all campus grounds inside and out, parking areas, vehicles, and student housing.

HOW WE CAN HELP YOU QUIT

ON CAMPUS

SDSU Wellness Center

605-688-4157 www.sdstate.edu/wellness-center

The SDSU Wellness Center has two certified tobacco treatment specialists on staff to support you during your journey to becoming tobacco-free.

Services offered:

Face to face counseling
FREE of charge for up to 3 counseling sessions
(\$25 per session after 3)
Personalized care and individualized treatment plans
Nicotine replacement therapy medication management
Ongoing support for relapse prevention

LOCAL RESOURCES

State of South Dakota QuitLine

1-866-SDQUITS www.sdquitline.com

SD Employee Assistance Program

1-800-713-6288 www.EAPhelplink.com

OTHER ONLINE RESOURCES

Quit for Life Program

1-866-784-8454 www.quitnow.net

SmokeFreeTXT

www.smokefree.gov













2023 SEASON VOLLEYBALL

ALL TIMES CENTRA

DAIE	IIME	OPPONENT	LOCATION
AUG. 25	11:00AM	Green Bay	Laramie, WY
AUG. 25	6:00PM	Winthrop	Laramie, WY
AUG. 26	7:00PM	Wyoming	Laramie, WY
SEPT. 1	3:00PM	Kent State	Coralville, IA
SEPT. 2	3:00PM	Middle Tennessee State	Coralville, IA
SEPT. 3	2:00PM	lowa	Coralville, IA
SEPT. 8	10:00AM	Alcorn State	Oxford, MS
SEPT. 8	<i>7</i> :00PM	Ole Miss	Oxford, MS
SEPT. 9	10:00AM	Tennessee Tech	Oxford, MS
SEPT. 14	5:00PM	Montana	Boise, ID
SEPT. 15	8:00PM	Boise State	Boise, ID
SEPT. 16	11:00AM	Loyola Marymount	Boise, ID
SEPT. 21	7:00PM	St. Thomas	St. Paul, MN
SEPT. 23	1:00PM	Kansas City	Kansas City, MO
SEPT. 28	7:00PM	Denver	Brookings, SD
		Denver	
ОСТ. 5	7:00PM		Brookings, SD
OCT. 7	7:00PM 1:00PM	North Dakota State	Brookings, SD Brookings, SD
OCT. 7 OCT. 12	7:00PM 1:00PM <i>7</i> :00PM	North Dakota State	Brookings, SD Brookings, SD Tulsa, OK
OCT. 5 OCT. 7 OCT. 12 OCT .14	7:00PM 1:00PM 7 :00PM	North Dakota State Omaha Oral Roberts	Brookings, SD Brookings, SD Tulsa, OK Denver, CO.
OCT. 5 OCT. 7 OCT. 12 OCT. 14	7:00PM	North Dakota State Omaha Oral Roberts	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD
OCT. 5 OCT. 7 OCT. 12 OCT. 14 OCT. 17	7:00PM	North Dakota State Omaha Oral Roberts Denver South Dakota	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD Brookings, SD
OCT. 5 OCT. 12 OCT. 14 OCT. 17 OCT. 19 OCT. 21	7:00PM	North Dakota State Omaha Oral Roberts Denver South Dakota	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD Brookings, SD Brookings, SD
OCT. 5 OCT. 7 OCT. 12 OCT. 14 OCT. 17 OCT. 19 OCT. 21	7:00PM	North Dakota State Omaha Oral Roberts Denver South Dakota St. Thomas Kansas City	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD Brookings, SD Brookings, SD Grand Forks, ND
OCT. 5 OCT. 12 OCT. 14 OCT. 17 OCT. 19 OCT. 21 OCT. 26	7:00PM	North Dakota State Omaha Oral Roberts Denver South Dakota St. Thomas Kansas City North Dakota	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD Brookings, SD Brookings, SD Grand Forks, ND Fargo, ND
OCT. 5 OCT. 7 OCT. 12 OCT. 14 OCT. 17 OCT. 19 OCT. 21 OCT. 26 NOV. 2 NOV. 4		North Dakota State Omaha Oral Roberts Denver South Dakota St. Thomas Kansas City North Dakota North Dakota	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD Brookings, SD Brookings, SD Grand Forks, ND Fargo, ND Brookings, SD
OCT. 5 OCT. 7 OCT. 12 OCT. 14 OCT. 17 OCT. 21 OCT. 26 NOV. 2 NOV. 4 NOV. 9	7:00PM	North Dakota State Omaha Oral Roberts Denver South Dakota St. Thomas Kansas City North Dakota North Dakota State Oral Roberts	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD Brookings, SD Brookings, SD Grand Forks, ND Fargo, ND Brookings, SD Brookings, SD
OCT. 5 OCT. 7 OCT. 12 OCT. 14 OCT. 17 OCT. 19 OCT. 26 NOV. 2 NOV. 4 NOV. 9 NOV. 11	7:00PM	North Dakota State Omaha Oral Roberts Denver South Dakota St. Thomas Kansas City North Dakota North Dakota Oral Roberts North Dakota	Brookings, SD Brookings, SD Tulsa, OK Denver, CO. Vermillion, SD Brookings, SD Brookings, SD Grand Forks, ND Fargo, ND Brookings, SD Brookings, SD Omaha, NE



Tips for ordering SDSU branded products:

- An SDSU authorized licensed vendor needs to be used for any product utilizing an SDSU trademark. A list of licensed vendors can be found at www.sdstate.edu/trademarks-licensing/looking-vendor.
- The organization's full name should appear in the design or on the product, including "club" or "team."
- All usage of the university name, nicknames and logos must be approved prior to use.

Contact University Marketing and Communications at 605-688-6161 for more information.



Official student clubs and arganizations are permitted to use the South Dakota State University trademarks as approved by University Marketing and Communications.

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PORTS

BAR & GRILL

Downtown Brookings









2023-24 SEASON EQUESTRIAN

ALL TIMES TBA

DATE	TIME	OPPONENT	LOCATION
OCT. 6	TBD	Fresno State	Brookings, SD
OCT. 7	TBD	South Carolina	Brookings, SD
OCT. 12	TBD	. UT Martin	Martin, TN
NOV. 3	TBD	. Minnesota Crookston	Brookings, SD
NOV. 4	TBD	. UC Davis	Brookings, SD
JAN. 26	TBD	. Delaware State	Dallas, TX
JAN. 27	.TBD	. Southern Methodist	Dallas, TX
FEB. 10	TBD	. Minnesota Crookston	Brookings, SD
MAR. 1	.TBD	. Georgia	Athens, GA
MAR. 2	.TBD	. South Carolina	Columbia, SC
MAR. 25-27		ECAC CHAMPIONSHIP	Davis, CA









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Monday–Saturday, 9am–5:30pm Thursday, 9am–7pm



Hobo Dough is a prepaid stored value fund on your MyJacks Card. Having funds loaded onto your MyJacks Card allow you to simply tap and go. There are no fees to start or maintain a Hobo Dough account, simply add funds.

Hobo Dough is separate from your meal plan. Your meal plan is required for students living in the Residential Halls and Hobo Dough is a voluntary program that cannot take the place of your meal plan. If you use your MyJacks Card at a location where Hobo Dough and the meal plan are accepted, your meal plan account would automatically be used first and then roll over to the Hobo Dough account.

ON CAMPUS LOCATIONS to use Hobo Dough

Dining Services

Dairy Bar, University Student Union, Larson Commons

University Bookstore

School supplies, SDSU apparel

Student Health

doctor appointments, prescriptions

Information Exchange

tickets, cash checks, stamps

Blue Print

State University Theatre

South Dakota Agricultural Heritage Museum

Jackrabbit Pharmacy - prescriptions

Print Center

Cashier's Office - pay tuition, \$500 max

Hilton M. Briggs Library

print, copies, check out books, pay fines

Vending Machines - drinks, food

Athletics

Admissions to sporting events, concessions

South Dakota Art Museum

Meat Lab

Miller Wellness Center - Intramurals

Parking Services

parking decals, tickets and other violations

Papercut printing stations

Facilities & Services

Customer Service Center

Wagner Cafe

OFF CAMPUS LOCATIONS to use Hobo Dough

Arby's

Bozied's Gas Stop

Culver's

Dairy Queen

Fear Asylum Haunted House

Firehouse Subs

Goodwill

Hardee's

Hy-Vee - Lanes 6 & 7, Starbucks, Fast n' Fresh Gas Station and Restaurant

Papa John's - Carry Out Only

Perkins

Qdoba

Subway - Village Square and Walmart

Taco John's



UNIVERSITY PROGRAM COUNCIL

FALL 2023 EVENTS!

SEPTEMBER 10

Great Shots

SEPTEMBER 22

Dear Evan Hansen Film Screening

OCTOBER 13

Jacks Got Talent

NOVEMBER 4

Student Tailgate

SEPTEMBER 13

Speed Sketchers

OCTOBER 1

Cancer Awareness 5k

OCTOBER 20

Country Swing
Dance

NOVEMBER 7

Self Defense Class

Welcome Back Bash

SEPTEMBER 18-19

Poster Sale

OCTOBER 3

Common Read Forum

OCTOBER 26

Dos and Don'ts of Renting

NOVEMBER 13

No Mirror Monday

SEPTEMBER 6

Grocery Bingo

SEPTEMBER 19

Headshot Photos

OCTOBER 10

Mulligan Stew

NOVEMBER 2

Paint and Sip

DECEMBER 4

Perler Beads











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STAY HEALTHY, JACKS!



Establish healthy habits like physical activity, regular sleep and good nutrition. Prioritize your mental health: Make friends, get involved and seek professional help if you feel overwhelmed.



Learn about local health services at brookingshealth.org/SDSU or scan the QR code.



Miller WELLNESS CENTER



The Miller Wellness Center is dedicated to supporting academic success and personal development by promoting and encouraging healthy lifestyles for the students and members of the community. Check out our large fitness floors full of weight equipment including our brand new adaptive pieces for everyone to use.

Climb to new heights with our popular rock wall and don't forget to register for our Fall and Spring semester rock climbing classes.

Bring your friends to one of our many group fitness classes including yoga, cycling, or strength and conditioning. Prefer the water? We also have a large indoor pool where we offer swimming lessons and group fitness classes.

Enjoy our indoor court space where you can play basketball, volleyball, badminton, pickleball and more! We also have our new Jacks Esports Lounge space available to students where you can take advantage of our Nintendo Switch, XBOX One, Playstation 5, Oculus VR Headsets, and our PC Lab.

We focus on eye care.

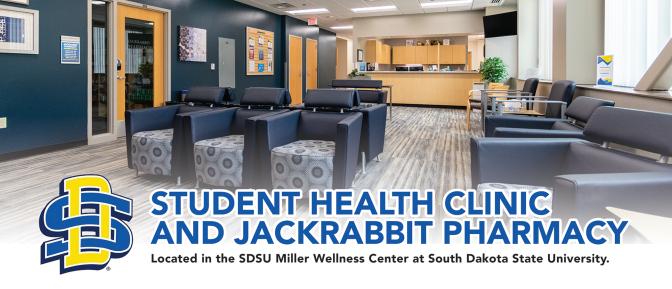






Make an appointment by calling (605) 696-8870.





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- Acute Illness or Injuries
- Immunizations
- Medication Administration
- Routine Physical Exams
- International Travel Health
- Laboratory Services
- Chronic Illnesses
- Allergy Injections
- and more!

We understand today's college students and are committed to assisting with your healthcare needs. For an appointment please call 605-688-4157 or self-schedule online by going to your MyState account and access Jackrabbits Health Clinic and Counseling Portal.

Health Insurance Billing:

The Student Health Clinic bills for all services incurred at the health clinic. We will submit your charges to your health insurance if you provide a current copy of your insurance card at the time of your visit. You will be responsible for all co-pays, coinsurance, deductibles, and services not covered by your insurance. For questions about billing or insurance coverage, please visit our website listed below and click into the insurance tab or call the Patient Services Department at 605-688-6900 or 605-688-5130.

Clinic Phone: 605-688-4157

JACKRABBIT PHARMACY

SERVICING STUDENTS

We are available five days a week to fill prescriptions. A variety of over-the-counter (OTC) items are available at competitive prices. We also offer insurance filing. OTC items are also available for purchase using Hobo Dough in the pharmacy vending machine located in the spine of the Miller Wellness Center. Special order products available upon request.

Payments accepted: Cash, Check, Debit/Credit Cards, Hobo Dough

Please check the website for Jackrabbit Pharmacy hours https://www.sdstate.edu/wellness-center/jackrabbit-pharmacy

Pharmacy Phone: 605-688-5410 • Fax: 605-688-5267





COUNSELING SERVICES

SDSU offers access to a variety of mental health services at no extra cost to registered students. Using a stepped care approach to mental health, our team of experienced mental health counselors offers various services, including group therapy, wellness workshops, and short-term individual counseling to support students with emotional, behavioral, and academic concerns. Students are encouraged to utilize walk-in screening appointments with a counselor to determine the best path for obtaining mental health services. The SDSU Counseling Center also provides after-hours crisis response and intervention.

Please come see us if you are struggling with any of the following:

- Adjustment/Transition to College Life
- Anxiety and/or Depression
- Grief/Loss
- Relationships
- Trauma

- Alcohol and/or Drug Use
- Co-Occurring Disorders
- LGBTQ+ Identity Development
- Stress

NUTRITION EDUCATION AND COUNSELING

- Intuitive eating counseling
- Healthy campus dining education
- Disordered eating management
- Sport/Fitness nutrition counseling

Counseling & Nutrition Phone: 605-688-4157



Entering Adulthood: Getting Help for Mental and Substance Use Disorders

The big life changes that 18-to-25-year-olds experience when transitioning into adulthood come with a range of emotions. While it can sometimes feel like you're the only one going through ups and downs, **you're not alone**.



8.8 million young adults reported



42% of those with mental illness went untreated



5.1 million

young adults reported having a substance use disorder



87%

of those with substance use disorders went untreated

Common Signs



Trouble sleeping or oversleeping



Loss of interest in hobbies + friends



Feelings of anxiousness



Changes in overall energy levels



Changes in appetite + weight



Feelings of hopelessness



Difficulty in daily functioning



Extreme mood changes



Thoughts of suicide

It's okay to ask for help.

Visit SAMHSA.gov/young-adults or call 1-800-662-HELP (4357) for treatment referral.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov







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Dr. Mary Kleinjan DC, DACRB, FICPA, DACCP

Dr. Emily Brown DC

Jodi Devine MSPT Physical Therapist



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Worried About Your Friend?

If you've noticed someone in your life showing signs of a mental or substance use disorder, the first thing you should do is talk to them. It's not an easy conversation, but it could be exactly the encouragement they need to seek help.

By using one of these conversation starters, you can open the door to a judgment-free zone where they'll feel valued, supported, and listened to.



I've been worried about you. I've noticed you've (been drinking a lot, been using drugs, seemed down lately, etc.). Can we talk about what's going on?



I care about you and want to make sure you're okay. If you ever think about harming yourself, you know you can come to me, right?



If you don't feel comfortable talking to me, is there someone else you'd prefer to talk to, like your parents, siblings or someone else who cares about you?



Do you know someone who's had an experience like yours? If you don't, I can help you find someone to talk to.



It seems like you are going through a difficult time. Is there anything I can do to help?



I want to be here for you. Do you want to talk about it?

You can make a big difference simply by letting your friend know you're there. Remind your friend that asking for help is a normal part of life and they can find support at SAMHSA.gov/young-adults or call 1-800-662-HELP (4357) for treatment referral.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov





PRAIRIE SKIES FAMILY DENTISTRY PC

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Counseling Services in Brookings!









Andrea Brown MS, LAC, LPC-MH-SUPV, QMHP

Bridjett B Sturzenbecher, M LSW, LPC-MH, QMHP

Brooke Rustman MS, LPC- SUPV

Keely Delaney, MS, LPC-MH-SUPV, OMHP

WE'RE HERE TO SUPPORT:

Individuals • Couples • Families • Children

Therapy is an opportunity to learn more about yourself. Everyone has unique strengths; we will find yours and give you the tools to empower those strengths and enhance your quality of life



RISING HOPE COUNSELING, LLC

RISING HOPE 601 4th Street, Brookings

605.494.1500 | www.risinghope605.com



Get a new lease on renters insurance.

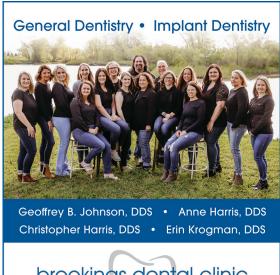
Paul L Kruse, Agent 1024 6th St. Brookings, SD 57006 Bus: 605-692-5200 paul@paulkruseinsurance.com

Just pennies a day.

Did you know your landlord's insurance only covers the building? Protect your stuff. There's no reason to take a chance. Like a good neighbor, State Farm is there.®



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brookings dental clinic

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RECYCLE 1

TRASH



Cans



Plastic Bottles, tubs, and jugs



Disposable plates and cutlery



Paper towels and napkins



Cups, straws, and lids





Food and wrappers



Cardboard





For more information, visit ww.sdstate.edu/recycle



When in doubt, throw it out.

For more information, visit www.sdstate.edu/recycle





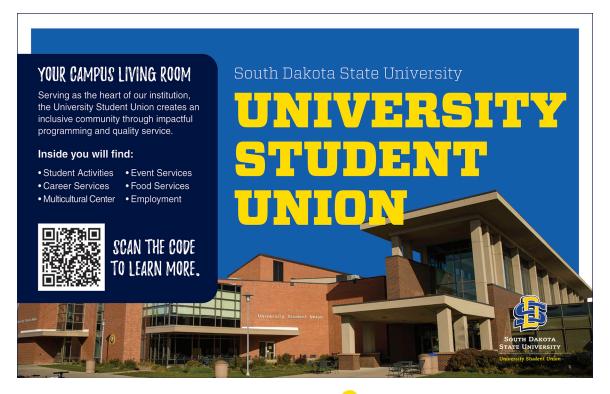




connections DURING transitions IS A KEY PART OF thriving at college

- Humans are social we thrive when connecting with others – connecting with others physically and emotionally can improve our health and overall well-being.
- Genuine connection occurs when each person feels valued, seen, and heard.
- Connecting with someone doesn't have to include conversation – time spent in relative closeness with another can also be a bonding experience.
- Virtual connection, while still beneficial, cannot fully replace the value of an in-person interaction.
- HERE ARE SOME OF THE BENEFITS:
- Mental Health Boost Connection boosts mood, reduces stress, and improves self-esteem.

CONTINUED ON THE NEXT PAGE...



- Longer Lifespan lacking human connection is more harmful than obesity and smoking.
- Improved Quality of Life a lack of social connection may be associated with obesity, heart disease, and smoking. Social isolation is linked to a 30% increase chance of stroke, heart disease, and a lowered immune system.
- Increased Fulfillment Connection leads us to express our emotions, creating a cascade of feelgood chemicals in our brains responsible for positive moods.
- WHERE TO START FINDING CONNECTIONS:
- **Volunteering** Connect with Brookings United Way for a list of opportunities.

- Join a group or club that meets regularly Jack's Club Hub keeps a calendar of events on campus.
- Attending activities that spark common interests with others – The Miller Wellness Center hosts several intermural sports teams.
- Practice active listening in conversation Listen to ask questions and understand.
- Avoid canceling plans Connections can't happen without engaging with others.
- Be more affectionate Depending on your comfort level, a hug or caring touch can go a long way to deepen our relationship.

Information was sourced and synthesized from PsychCentral, The JED Foundation, and The National Library of Medicine





EXPLORE

Free art exhibits

Including Dakota Modern: The Art of Oscar Howe

Museum Store

10% off with a free student membership

Free admission, open daily.

ENJOY

Free concerts and hands-on activities:

Community Art Day Aug. 26 | 10 am - 1 pm

ISANTI concert on Anderson Plaza Sept. 12 | 7 pm - 8:30 pm Jacks Culture Crawl

Sept. 14 | 4 pm - 6:30 pm

EXPERIENCE

Get real world experience... and a paycheck!

Work study positions available: Museum Store, Museum Aid, Collections Assistant

Follow us













THURSDAY, OCTOBER 5 | 5:00 P.M.
Hobo Gear Prep Night on the Market Stage

MONDAY, OCTOBER 9 | 5:00 P.M.

Bum-A-Meal in the Volstorff Ballroom

TUESDAY, OCTOBER 10 | 7:00 P.M.

Bum Over in the Volstorff Ballroom

WEDNESDAY, OCTOBER 11 | 5:00 P.M. Rally at the Rails in Downtown Brookings

THURSDAY, OCTOBER 12 | 9:00 P.M.

BumFire in the Backyard

(North of Sanford Jackrabbit Athletic Complex)

HOBO DAY!

Parade | 9:30 a.m. Medary Avenue - Downtown Brookings

Football Game - SDSU vs. UNI | 2:00 p.m. Dana J. Dykhouse Stadium

Hobo Night Live | Time to be determined Volstorff Ballroom

Need more details? Head to sastate.edu





SDSU School of Performing Arts Theatre & Dance

23/24 Season Discovery

DISNEP

NEWSIES

The Musical

Music by Alen Menken Lyrics by Jack Feldman Book by Harvey Fierstein

> Oct. 19-21@ 7:30pm Oct. 22@ 2pm

FESTIVAL OF NEW PLAYS

Nov. 16-18, 2023 @ 7:30pm Nov. 19 @ 2pm

A Christmas Celebration

Dec. 1-2, 2023 @ 7:30pm Dec. 3 @ 2pm

The **Escape Thingy**

By Deb Hiett

Feb. 22-24, 2024 @ 7:30pm Feb. 25 @ 2pm

Spring Dance Concert

March 22-23, 2024 @ 7:30pm March 24 @ 2pm



Adapted for the stage by David Wood

April 18-20, 2024 @ 7:30pm April 21 @ 2pm

Interested in participating in Theatre and Dance?

Join us August 21st at 6pm in the Oscar Larson Theatre to find out more!

Students Tickets are FREE! sdsutheatre.org



Things to do in BROOKINGS

BROOKINGS CINEMA 8 MOVIE THEATRE

The cinema features eight theatres and expanded concessions, as well as luxury reclining seats with ample leg room.

BROOKINGS COUNTY OUTDOOR ADVENTURE CENTER

The facility boasts an Olympic sized archery range, a 12 lane gun range with automatic retrieval system, and facility rentals of a classroom, boardroom or for large groups, the archery range.

DAKOTA NATURE PARK

The 135-acre Dakota Nature Park is designed as a destination park featuring a string of ponds perfect for kayaking or trying out a new fishing lure. What began as the city landfill is now a multi-purpose park with miles of bike trails and plenty of opportunities for visitors and locals to get out and explore nature.

Located in the park is the Larson Nature Center; a 5,300 square-foot facility which serves as the rental hub for outdoor gear including fishing rods, kayaks, canoes, adaptive bikes, snowshoes, binoculars and GPS units.

Dakota Nature Park is open to public use for activities such as fishing, bird-watching, hiking, biking, snowshoeing, cross-country skiing, ice skating, canoeing, kayaking, and picnics.

DOWNTOWN URBAN CANVAS

Wander the alleyways of Downtown Brookings to find a few hidden gems painted on the walls. Our community loves to celebrate creativity and what better way to engage the community than local art! As of 2020, the Urban Canvas has seven completed murals.

FEAR ASYLUM HAUNTED HOUSE

Fear Asylum is South Dakota's #1 haunted attraction, setting the scene at a large mental institution.

This over-the-top production keeps locals and visitors coming back year after year. Visitors beware, this attraction is not for the faint of heart or young children. It is for mature teens and adults, who still scream at ever creepy corner.

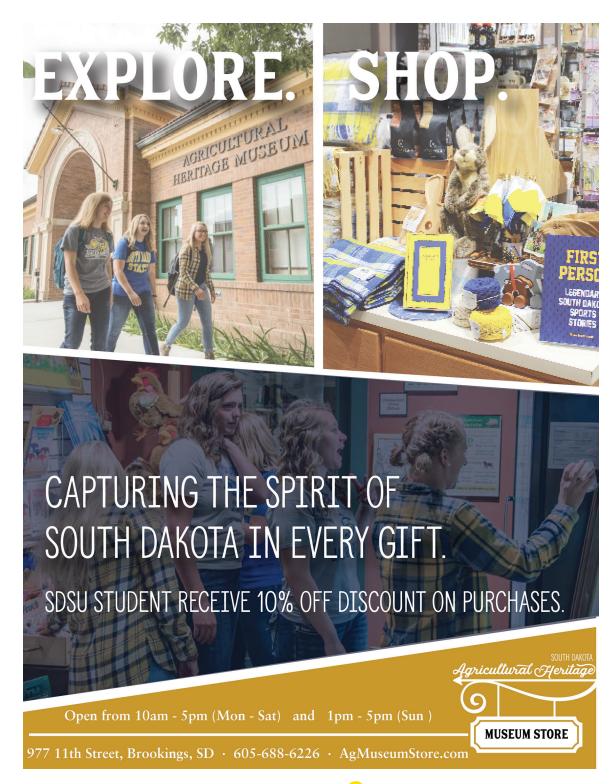
Chances are you won't see the same set from last year, Buck creates new sets to keep the haunted attraction new and even scarier year after year.

FESTIVAL OF LIGHTS

Celebrate the holiday season with the Festival of Lights Parade in Downtown Brookings! This annual event is organized by the Downtown Brookings Business District, within the Brookings Area Chamber of Commerce. Community organizations, businesses, sports teams, community members and more are encouraged to participate and decorate a float for the holiday ride. This festival also includes pre-parade play at the Children's Museum of South Dakota, Letters to

CONTINUED ON PAGE 38





Santa at Honeycomb Gifts, Historic Trolley Rides and the Festival of Trees at the Brookings Arts Council. Bring your entire family for a magical night while kicking off the holiday season.

GARDEN GLOW

200,000 twinkeling holiday lights. A contagious joyful energy coursing through the chilly winter air. Garden Glow at McCrory gardens leaves visitors with memories to last a lifetime.

Garden Glow opens early December and runs through early January.

LARSON ICE ARENA

For locals and visitors, the open skating is a popular activity to shake the winter blues. A concession stand and restrooms are also available. In addition, Larson Ice Center may be reserved for special events and birthday parties.

LARSON PARK & DISC GOLF COURSE

Larson Park is located on 22nd Avenue, between Scooter's Coffee and the Brookings Health System. It's a multi-purpose park offering several recreation activities though all four seasons. There's a basketball court, updated playground equipment, public art, and a winding bike and walking trail. Plus, there's a ton of grassy areas to have a picnic or pick-up game of tag football.

In addition, Larson Park is also home to Larson Park Disc Golf course. The 20 hole layout was redesigned in May of 2020 and now features a variety of distance and elevation changes, as well as tight lines in the trees. Bring a few extra discs, there's a tricky shot over the lagoon! The course is easy to navigate and features concrete tee pads, multiple pin placements and gorgeous views of Larson Park and the community.

SINGLE TRACK TRAIL & PUMP PARK

The same crews who design BMX trails for the Olympics created the Pump Park, while a team from Trail Source LLC, with help from the Brookings Mountain Bike Association, created the Single Track Trail. The result is a bicyclists' paradise in Brookings.

Located just west of the SouthBrook Softball Complex and north of Dakota Nature Park, the Pump Park features three different tracks, suited for all ages and abilities. The Pump Park is accessible through the recreational trail which surrounds Dakota Nature Park.

TEE'D OFF GOLF SIMULATORS

Located in Wilbert Square, next to Little Caesar's Pizza is the new Tee'd Off Golf Simulator. Practice your A-game indoors through all seasons in one of three simulator bays able to accommodate one to eight players. Players can practice their swing and perfect their game with real golf clubs all season long. The Full Swing Golf simulators offer the latest technology to monitor club head speed, launch angle, ball spin, and of course track where your ball would land if you were actually golfing outdoors on a PGA course. In addition, the showdown golf games feature short game, putting, and driving challenges.

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SDSU 2023 Engineering Career Fair – Day 1

SEPTEMBER 20, 2023 • 12:00 PM - 4:00 PM CDT

Students majoring in: Architecture; Construction Management; Concrete Industry Management; Construction Technology; and Civil Engineering

SDSU 2023 Engineering Career Fair – Day 2

SEPTEMBER 21, 2023 • 12:00 PM - 4:00 PM CDT

Students majoring in: Agricultural & Biosystems Engineering; Computational Science and Statistics; Computer Science; Data Science; Electrical Engineering; Electronics Engineering Technology; Mathematics; Mechanical Engineering; and Operations Management.

SDSU 2023 Agriculture, Food & Environmental Sciences – Day 1 OCTOBER 3, 2023 • 12:00 PM - 4:00 PM CDT

Students majoring in: Agricultural Business; Agricultural Education; Communication and Leadership; Agricultural Science; Animal Science; Dairy Manufacturing; Dairy Production; Food Science; and Pre-Vet Medicine

SDSU 2023 Agriculture, Food & Environmental Sciences – Day 2

OCTOBER 4, 2023 • 12:00 PM - 4:00 PM CDT

Students majoring in: Agricultural Business; Agricultural Education; Communication and Leadership; Agricultural Science; Agricultural Systems Technology; Agronomy; Conservation Planning and Park Management; Ecology and Environmental Science; Horticulture; Natural Resource Law Enforcement; Precision Agriculture; Wildlife and Fisheries Sciences

SDSU 2023 Management, Economics & Communications Fair NOVEMBER 1, 2023 • 12:00 PM - 4:00 PM CDT

Students majoring in: Agri-Business Management; Agricultural Marketing; Production Agriculture; Financial Services; Agricultural and Resource Economics; Business Economics; Economics; Entrepreneurial Studies; Advertising; Agricultural Education, Communication & Leadership; Communication Studies; Graphic Design; Journalism; Mass Communications; and Public Relations



Career Fair Fashion.... what not to wear SEPTEMBER 5, 2023 • 11:30 AM

Your resume is flawless, your elevator pitch is down pat, you've done mock interviews and nailed the perfect grip for that first handshake. All that remains is choosing the perfect fit for the next career or job fair.

Many employers view your outfit as a reflection of you. While this is not a direct correlation to your talents and abilities as a strong candidate, it is still important you dress to impress.

Grab lunch and join us Tuesday, September 5 at 11:30 am in the University Student Union Market for a Career Fashion Show. Our models will strut their stuff across the stage showcasing the dos and don'ts of career fashion.

Following the show head over to the Campanile/Hobo Day Gallery (169) to choose (1) FREE outfit to keep so you can dress to impress at the next career fair.

Undercover Boss... SDSU style! Every successful employee's journey is different. OCTOBER 4, 2023 • 7:00 PM

Join us October 4, 2023, at 7:00 pm in the Volstorff Ballroom for a career-focused Q&A panel where members of the panel will be from different universities and industries. But here's the kicker...they will not reveal where they currently work, only how they got there. Your job is to ask them questions and learn how the decisions they made changed their respective trajectories landed them in their current roles.

This panel will demonstrate how every employee's path to success begins differently and the choices they make along the way can change their trajectory. Attendees will learn which soft skills are most important and insightful tips and tricks to achieve their own similar success.

Following the Q&A, roundtables will occur where students can further network with panel guests.

Creating a Compelling and Effective LinkedIn Profile NOVEMBER 7, 2023 • 5:00 PM

In a sea of thousands of amazing LinkedIn profiles, it can feel overwhelming and hard to catch the eye of employers. A great tool for professional and student networking, LinkedIn is used by 93% of recruiters searching for the next great employee.

This is why it's vital to create a great first digital impression.

Get a leg up on the competition with a little help from certified LinkedIn Coach, Wendy Alexander of POET. Grab your laptops and come to the Volstorff Ballroom on Tuesday, November 7 at 5:00 pm for a free hands-on coaching session in LinkedIn best practices. Refreshments provided.

The event is open to students and staff.



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Sundays 11 AM..... beginning August 27

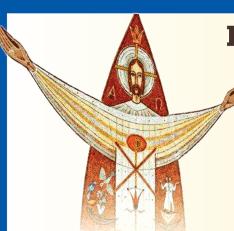
Wednesdays 7 PM..... beginning August 23

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WEDNESDAY SERVICE

7:00 P.M.

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STUDY TIPS for students



While testing may come easier to some students than others, having solid study techniques can improve any students' performance on a wide range of exams. The following seven techniques can help foster good study skills:

1. FIND VALUE IN THE LESSONS.

Many students lament that what they learn in school just isn't relevant in daily life. That can make the subject matter feel less important and uninteresting. Finding value in what one is learning and seeing how it can be applied outside of the classroom may make a student more inclined to learn and retain information.

2. AVOID DISTRACTIONS.

Study time is time to take a break from social media, video games and any other distractions that can pull a student away from studying. Constantly checking notifications can interrupt thoughts and make it hard to learn the material.

3. ESTABLISH A STUDY SCHEDULE.

Develop a system and a schedule for studying. Students should establish a fixed habit of studying each day or week — whatever is best for him or her. Over time, studying will become routine.

4. ESTABLISH DEDICATED STUDY SPOTS.

Students should locate places that work best for them as study and homework stations. Certain individuals may need the quiet of a library or a bookstore. Oth-

ers may do best with the hum of conversation around them or in a group. There's no right or wrong study spot. Maintaining consistency will help the mind associate a place with studying.

5. USE GRADES AS BENCHMARKS AND MOTIVATORS.

Blaming a teacher for a poor grade won't get a student anywhere. Rather, grades should indicate how well one is learning the material, and in turn, the effectiveness of students' studying habits. Students can tweak their habits if they find their grades are not where they want them to be.

6. REPHRASE MATERIAL.

Textbook language can be dry and unappealing. Students can try putting the material into their own words or rephrase passages to make them easier to remember and recall. Similarly, teaching or sharing the material with another person also may improve retention.

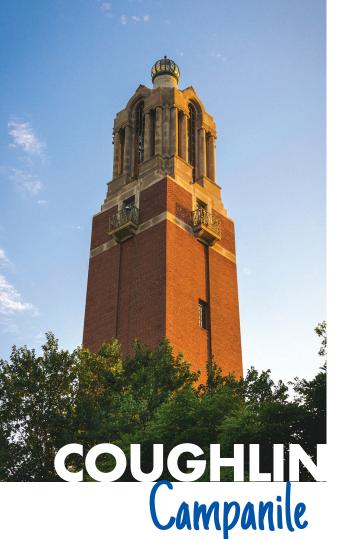
7. MAKE A FORMULA SHEET.

Depending on the subject, having a sheet with shortcuts, formulas or diagrams can put the material into smaller bursts of information that are easier to digest. Along this same vein, writing information down can help improve recall.

These are a few study tips that students can utilize to improve their grades so they can be more successful in school.







Coughlin Campanile, the face of South Dakota State University, is a chimes tower that stands 165 feet tall. Made of limestone and brick, the campanile was a gift

from 1909 graduate Charles Coughlin, who was the president of the Briggs and Stratton Company from

1935 to 1972.

The campanile rings out the time, on the hour and plays music during the 10-minute period in-between classes as students are walking on campus.

To visit the campanile and climb its 180 steps, check out a key at the Alumni Association office or the University Police Department.

- sdstate.edu







The first Hobo Day occurred on November 2, 1912 and it is currently the largest one day event in the state.

The Bummobile is a 1912 Ford Model T donated by Flandreau farmer Frank Weigel in 1938. It has led the Hobo Day Parade every year since 1939, except 1942 when South Dakota State College cancelled homecoming during World War II.

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