

How do you eat the whole Hog? In little Bytes...Here are some things you need to know.





This is National First-Generation College Student Week, and there are some great events for you to attend: First-Generation Student Week Resource Fair - Offices and departments from across campus will be providing resources and swag in the Arkansas Union International Connections Lounge on Wed., Nov. 6, from 11 a.m. to 1 p.m.

After the resource fair head over to First-Gen Zen, hosted by UARK Wellness and the Center for Community Engagement from 2 to 3:30 p.m. in Arkansas Union 305 where you'll find a space to focus on mindfulness and self-care. Whether you're looking for new ways to unwind or just need a peaceful moment, come join us and take time for yourself in a supportive environment.

Then on Fri., Nov. 8 join us for the annual U of A <u>National First-Generation</u> <u>College Student Day Celebration</u> in the Arkansas Union International Connections Lounge from 11 a.m. to 1 p.m. We will have free snacks and drinks, cake, swag, a photobooth, first-gen stories, and more. All students, faculty, staff, and supporters should drop by and celebrate our first-generation students and graduates!



Fall Flannel Festival!

Counseling and Psychological Services (CAPS) and University Housing are hosting the <u>Fall Flannel Festival</u> to build community connections and help you reduce stress. This fun-filled event will have representatives from different departments on campus. Join us Wed., Nov. 6 from 4 to 6 p.m. on the Arkansas Union Mall.



Join the Annual Coffee Crawl!

It is time for the annual Coffee Crawl. Starting today, Nov. 4, Pick up your Coffee Crawl passport from Hill Coffee Co. in the Arkansas Union. Fill in the stamps to redeem an exclusive Coffee Crawl mug at the end of the week! This event goes on all week from Mon., Nov. 4 at 8 a.m. to Fri., Nov. 8 at 5 p.m.



Election Results Discussion

<u>Come talk politics and eat food with a group of people from a variety of viewpoints!</u> Bridge is a national, non-partisan organization working to end political polarization on college campuses. This event is Thu., Nov. 7 from 5:05 to 6:05 p.m. in GRAD room 0113.

Mini-Bytes

Register for the Intramural Sports Table Tennis Singles tournament! Registration is open NOW and closes November 11. Login to <u>FusionPlay!</u> and register with your UARK credentials.

Have you ever worried about meals and your access to nutritious food? You're not alone, in fact, 1 in 3 college students share this experience. Razorback Food Recovery and the Jane B. Gearhart Full Circle Food Pantry want to hear about your experience. Please share your story with us for the Narratives of Need: Campus Voices on Food Insecurity Survey.

What's Better than Furst Tuesday at the SRVC? <u>Furst Tuesday with painting!</u> On Nov. 5 from 6 to 7 p.m. come paint a mini fall canvas while loving on the therapy dogs from Love on a Leash at the SRVC at 640 N. Garland Ave. Suite 113.

<u>Join Parent & Family Programs for the 13th annual Razorback Days of Gratitude!</u> Write a letter of appreciation to your family or anyone that has helped you along the way from Mon., Nov. 4, 11 a.m. to Tue., Nov. 5, at 2 p.m. in the Arkansas Union International Connections Lounge.

Nov. 15 is the last day to drop a full semester class or classes with a "W". No full semester class or classes may be dropped after this date unless you officially withdraw from all classes that have not yet been completed. Check the academic calendar for more important dates.