



Office of Student Life  
Events Calendar – February 2019

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**Feb. UTRGV Admissions Representative**

\*\*Every Wednesday

10:00am-3:30pm

Academic Advising office

An Admissions Representative will be on campus every Wednesday to help students with admissions application and financial aid/ scholarship assistance.

**Feb. 1 TSC Fresh Market**

North and South Hall Courtyard

10:00AM- 12:00PM

The Campus Activities Board will be selling certified fresh organic produce. Students will be able to purchase seasonal fruit at discounted prices. The produce is donated by the Rancho Veijo Farmer's Market.

**Feb. 5 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 5 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.

**Feb. 5 Success Workshop: Time Management**

Camille Lightner Center C 104

1:00 pm-2:00 pm

Students will learn how to effectively complete work in a limited amount of time. Students will learn how to prioritize and how to schedule their time effectively. Students will be able to make their own planner calendar for the semester. This workshop is free and open to all TSC students.

**Feb.6 Success Workshop: Math Anxiety**

Camille Lightner Center C 104

10:30 pm -11:30 pm

Students will learn how to effectively decrease anxiety associated with math. Students will learn coping skills and techniques during this interactive workshop. This workshop is free and open to all TSC students.

**Feb.6 Student Leadership Academy Kick- Off**

Camille Lightner Center

2:00 pm-3:00 pm

The Office of Student Life will host its first Student Leadership Academy workshop of the spring 2019 Semester. Official registration day for new members, course content will be explained, leadership discussion for all.

**Feb. 6 Group Fitness Class - Spinning**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Spinning group fitness class inside the Recreation Center multipurpose room.

**Feb. 6 Group Fitness Class - Yoga**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Yoga group fitness class inside the Recreation Center multipurpose room.

**Feb. 6 Intramural Regular Season Basketball Games**

Recreation Center

7:00 pm- 9:00 pm

The Recreation Center will be hosting regular season basketball games on court 1 inside the Recreation Center.

**Feb.7 Student Leadership Academy Kick- Off**

ITEC Center E120

12:00 pm-1:00 pm

The Office of Student Life will host its first Student Leadership Academy workshop of the spring 2019 Semester. Official registration day for new members, course content will be explained, leadership discussion for all.

**Feb. 7 Wellness Wednesday**

Recreation Center

12:00 pm – 2:00pm

The Recreation Center will be administering wellness checks for the TSC and UTRGV community. We will check your blood pressure, body mass index and body fat percentage.

**Feb. 7 Success Workshop: Study Skills**

Camille Lightner Center C 104

1:30 pm -2:30 pm

Students will explore and learn about a variety of study skills. Students will be able to create their own personal tool box of strategies that work best for them to use during their college years. This workshop is free and open to all TSC students.

**Feb. 7 REC FEST**

Recreation Center

5:00 pm- 7:00pm

The Recreation Center will collaborate with UTRGV UREC to host our RECFEST event. We will showcase our programs for fitness, intramurals and aquatics.

Students will participate and take a survey to win a t-shirt! Open to all TSC and UTRGV student members.

**Feb. 7 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 7 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.

**Feb.8 Student Organization Training**

Lightner Center 107

10:00 AM-1:00 PM

Students will receive training on running an effective meeting, creating successful events, how to fundraise successfully and maintain an accurate budget.

**Feb. 8 Group Fitness Class - Spinning**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Spinning group fitness class inside the Recreation Center multipurpose room.

**Feb. 8 Group Fitness Class - Yoga**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Yoga group fitness class inside the Recreation Center multipurpose room.

**Feb. 8 Intramural Regular Season Basketball Games**

Recreation Center

6:00 pm & 8:00 pm

The Recreation Center will be hosting regular season basketball games on court 1 and 3 inside the Recreation Center.

**Feb.12 Hair Cut & Spa Day**

South Hall

10:00 AM-1:00 PM

The Salon and Spa Institute will be offering a variety of services to kick-off the new semester. Students can receive free haircuts, braiding and nail polish applications. The event is open to all TSC students, faculty and staff.

**Feb. 12 Intramural Regular Season Basketball Games**

Recreation Center

7:00 pm- 9:00 pm

The Recreation Center will be hosting regular season basketball games on court 1 inside the Recreation Center.

**Feb. 12 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 12 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.

**Feb.12 Success Workshop: Memory Techniques**

Camille Lightner Center C 104

1:00 pm-2:00 pm

During this interactive workshop, students will learn a variety of memory techniques that will help them prepare and study for classes. This workshop is free and open to all TSC students.

**Feb.13 Student Leadership Academy -Communicating as a Team**

Camille Lightner Center

2:00 pm-3:00 pm

This interactive workshop involves playing-out challenging scenarios that require effective communication. Students are presented with situations that call for a collaborative effort in order for them to be successful.

**Feb.13 Success Workshop: Learning Styles**

Camille Lightner Center C 104

3:00 pm-4:00 pm

During this interactive workshop, students can investigate how they learn best. Student will learn about all of the different learning styles. Once students find their own learning style they will be able to choose the most effective study strategies. This workshop is free and open to all TSC students.

**Feb. 13 Be My Fit Valentine**

Recreation Center Ct 1

11:00 am – 1:00pm

The Recreation Center will host a valentine day event for 2 people to compete together in a fitness obstacle course. Winners will receive a grand prize. Open to all TSC and UTRGV student members.

**Feb. 13 Love Hurts**

Recreation Center Pool

1:00 pm – 2:00pm

The Recreation Center will host a valentine day event at the pool. It will be a belly flop contest where students will be judged on redness, splash and creativity. Winners will receive a grand prize. Open to all TSC and UTRGV student members.

**Feb. 13 Group Fitness Class - Spinning**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Spinning group fitness class inside the Recreation Center multipurpose room.

**Feb. 13 Group Fitness Class - Yoga**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Yoga group fitness class inside the Recreation Center multipurpose room.

**Feb.14 Pop Up Valentine's Day**

North and South Hall Courtyard

11:00 AM-1:00 PM

The Campus Activities Board will host a fun Valentine's Day event. Games and refreshments will be provided.

**Feb. 14 Dating Violence Information Table**

TSC Gazebos

11:00 am-1:00 pm

Students will be able to pick up information regarding dating violence and learn about resources in the local area. Students will also be able to decorate a heart to show their support for those who have experienced dating violence. This workshop is free and open to all TSC students.

**Feb.14 Student Leadership Academy -Communicating with a Team**

ITEC Center E120

12:00 pm-1:00 pm

This interactive workshop involves playing-out challenging scenarios that require effective communication. Students are presented with situations that call for a collaborative effort in order for them to be successful.

**Feb. 14 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 14 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.

**Feb. 15 Group Fitness Class - Spinning**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Spinning group fitness class inside the Recreation Center multipurpose room.

**Feb. 15 Group Fitness Class - Yoga**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Yoga group fitness class inside the Recreation Center multipurpose room.

**Feb. 15 Intramural Regular Season Basketball Games**

Recreation Center

6:00 pm & 8:00 pm

The Recreation Center will be hosting regular season basketball games on court 1 and 3 inside the Recreation Center.

**Feb. 16 Intramural Playoff Basketball Games**

Recreation Center

3:00 pm - 8:00 pm

The Recreation Center will be hosting playoff basketball games on court 1 and 3 inside the Recreation Center.

**Feb. 18 Transfer Fair**

Oliveira Front Foyer Area

2:00pm-4:00pm

The Office of Transfer, Career and Employment Services will host a Transfer Fair. Students will have the opportunity to meet representatives from various colleges and universities, explore degree programs, and obtain information on admissions requirements and deadlines.

**Feb. 19 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 19 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.

**Feb.19 Success Workshop: Note-taking**

Camille Lightner Center C 104

3:00 pm-4:00 pm

An interactive workshop where students will learn different note-taking methods. Learning how to take notes can improve academic performance and lead to more effective studying. This workshop is free and open to all TSC students.

**Feb.20 Student Leadership Academy- Dealing with Conflict**

Camille Lightner Center

2:00 pm-3:00 pm

This interactive workshop offers team building exercises that require students to deal with group differences and conflicts in an attempt to maintain group cohesion.

**Feb.20 Student Leadership Academy- Dealing with Conflict**

ITEC Center E120

12:00 pm-1:00 pm

This interactive workshop offers team building exercises that require students to deal with group differences and conflicts in an attempt to maintain group cohesion.

**Feb. 20 Group Fitness Class - Spinning**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Spinning group fitness class inside the Recreation Center multipurpose room.

**Feb. 20 Group Fitness Class - Yoga**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Yoga group fitness class inside the Recreation Center multipurpose room.

**Feb. 20 Intramural Pre-Season Outdoor Soccer Games**

Recreation Center

6:00 pm - 9:00 pm

The Recreation Center will be hosting pre-season soccer games on multipurpose field at the Recreation Center.



**Feb. 21 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 21 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.

**Feb. 22 Group Fitness Class - Spinning**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Spinning group fitness class inside the Recreation Center multipurpose room.

**Feb. 22 Group Fitness Class - Yoga**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Yoga group fitness class inside the Recreation Center multipurpose room.

**Feb. 26 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 26 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.

**Feb. 26 Success Workshop: Stress Management**

Camille Lightner Center C 104

1:00 pm-2:00 pm

An interactive workshop where students will learn different strategies to relieve their stress. Students will be able to participate in hands –on stress relieving activities. This workshop is free and open to all TSC students.

**Feb.27 Student Leadership Academy Leadership Styles**

Camille Lightner Center

2:00 pm-3:00 pm

This workshop will discuss the different types of leadership styles. Students will have the opportunity to discover their own leadership style.

**Feb. 27 Group Fitness Class - Spinning**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Spinning group fitness class inside the Recreation Center multipurpose room.

**Feb. 27 Group Fitness Class - Yoga**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Yoga group fitness class inside the Recreation Center multipurpose room.

**Feb. 27 Intramural Regular Season Outdoor Soccer Games**

Recreation Center

6:00 pm - 9:00 pm

The Recreation Center will be hosting regular soccer games on multipurpose field at the Recreation Center.

**Feb. 27 Love is Not Abuse**

Camille Lightner Center C 107

3:00 pm-4:00 pm

An interactive workshop where students will learn the definition of abuse, warning signs, and tips on how to spot red flags. Students will also learn about resources and how to get out of an abusive relationship. Right now 43% of female college students and 27% of male college students report being in an abusive dating relationship every year, so it's important for students to become aware. This workshop is free. and open to all TSC students.

**Feb. 28 Group Fitness Class - Zumba**

Recreation Center

5:00 pm- 5:50 pm

The Recreation Center will be offering our Zumba group fitness class inside the Recreation Center multipurpose room.

**Feb. 28 Group Fitness Class - Bootcamp**

Recreation Center

6:00 pm- 6:50 pm

The Recreation Center will be offering our Bootcamp group fitness class inside the Recreation Center using the synergy at the upper fitness floor.