BYU / 1ST-YEAR NEWSLETTER

OCTOBER 6, 2017

01 BYU Wellness

Winter is coming! How will you stay fit? Make sure you avoid a lame routine of eat, school, homework, sleep, repeat. BYU Wellness offers a variety of activities to keep you happy and in shape.

Aerobic Fitness Program ($48)
Purchase your pass to get different aerobic classes all the way through Dec. 9th. Classes include:
+ PowerYoga + Zumba + Insanity + Cycling + And more!
Click HERE to find the full schedule of the classes and purchase your pass.

Student Activity Classes
(Tuition Required) BYU offers TONS of different STAC classes. You can find anything, from Badminton to Intermediate SCUBA Diving. These classes are generally Pass / Fail, .5 credit classes and can be registered for when your registration opens.

Please note: These classes fill up FAST. If you want one, register ASAP.
For more information and a full list of STAC classes, click HERE.

02 Major Fair

BYU’s Annual Major Fair, put on by the University Advisement Center, will be held Wednesday, October 18th, 9:30 AM – 3:30 PM in the WSC Ballroom.

There will be displays and information from over 100 BYU Major Departments and Programs. Free popcorn, prizes, and candy will also be available!

You can prepare for the fair by doing the following:
+ Gather info regarding majors.
+ Look through a LIST of majors offered by BYU and see which ones interest you.
+ Take some time to read about career options for those majors on their MAPS (major academic plans).
+ Check out this HANDOUT created by the University Advisement Center addressing misconceptions about majors and careers.

For more information about the Major Fair and the University Advisement Center, click HERE.

03 Upcoming Events

OCT 11 / Pendulum Tailgate Party
11:30-1:10 PM / Eyring Science Center
Pendulum Court is throwing a tailgate party! We will be serving sliders, turkey and black bean chili, and our “Y Mountain” chocolate lava cake! Come stop by and party with us in support of our BYU cougars.

OCT 12th / Post Mission Workshop
5-6 PM / 3211 WSC
Interactive Mission Skill Workshop: How to integrate mission skills into post-mission life

OCT 13-14 / Divine Comedy
7 & 9 PM / TNRB 151
BYU’s popular sketch comedy group will be performing. To buy tickets early, click HERE.

DIVINE COMEDY