



III | NORTHWESTERN STATE

SPRING 2025

Welcome Back

Welcome Back to Northwestern State University! Are you all moved in and looking for something to do? Check out the calendar for Spring Welcome Back 2025...

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Spring Welcome Back is a series of FUN and FREE events designed to welcome back new and returning students to Northwestern State.

Whether you are new to campus or a returning student, Spring Welcome Back has something for everyone. The schedule is full of activities to help you explore your Northwestern State home, connect with old friends, meet new ones, and celebrate the start of a new semester with fellow Demons and the NSU community.



SATURDAY, JANUARY 11

Residence Halls Open

Refer to the welcome back emails from Housing and Residence Life for specific details regarding Move-In Day.

MONDAY, JANUARY 13

First Day of Classes

Welcome back! We hope you all had a great break. We are excited to see what adventures this semester holds! Fork 'em Demons!

Where the Fork is My Class?

7:30 a.m. – 11:00 a.m. | Kyser Brickway

What? It's the first day of classes? You've got questions about campus? We've got answers. Stop by the help tent and let us help you find your way. Don't forget to bring your schedule with you.

Meet & Greek

11:00 a.m. – 1:00 p.m. | Kyser Brickway

Meet the awesome fraternities and sororities that make up the Greek community at NSU. Learn about what makes each chapter unique and opportunities available to members, and, of course, how to join!

Meet Your Senator Day

11:00 a.m. – 1:00 p.m. | Kyser Brickway

Meet your official representatives to the University Administration and learn more about getting involved in YOUR Student Government.

Sponsored by NSU Student Government Association

Spring Welcome Back - Origami with OADS

6:30 p.m. | Watson Library

What? It's already Spring 2025! What is OADS? What is Origami? Stop by to find out more about OADS, Origami and learn a new cool relaxing hobby.

BCM Hot Cocoa Social

7:00 p.m. | UP1 & UP2

Come get free hot cocoa and fellowship with the members of the BCM!

Sponsored by Baptist Collegiate Ministry

TUESDAY, JANUARY 14

Where the Fork is My Class?

7:30 a.m. – 11:00 a.m. | Kyser Brickway

Food Pantry Volunteer Training

5:00 p.m. | NSU Pantry

We invite you to be a part of The NSU Pantry volunteer team. Volunteers are the backbone of The NSU Pantry and play a vital role in our campus community. Join us in combating food insecurity at NSU. See you at the volunteer training!

BCM Hot Cocoa Social

7:00 p.m. | Columns & Varnado

Come get free hot cocoa and fellowship with the members of the BCM!

Sponsored by Baptist Collegiate Ministry

WEDNESDAY, JANUARY 15

CPC Open Houses

5:00 p.m. | Organization Row & Greek Hill

Stop by the chapter facilities of Alpha Omicron Pi, Phi Mu, and Sigma Sigma Sigma to learn more about each chapter at NSU!

Mass & Meal with the CSO

5:30 p.m. | Holy Cross Catholic Church (129 Second Street)

Join the CSO for mass and then for dinner and fellowship. All are welcome! Mass & Meal is held each Wednesday of the semester at 5:30 p.m.

Sponsored by Catholic Student Organization

NPHC 101

6:00 p.m. | Student Union, Lucile M. Hendrick Room

NPHC informational to learn more about the intake process. Anyone interested in joining a National Pan-Hellenic Council organization at NSU should attend.

IFC Open Houses

7:00 p.m. | Various Locations

Check out @nsula_ifc on Instagram for each Interfraternity Council's Spring recruitment schedule. First up on the schedule? Open Houses! Stop by chapter facilities to learn more about each organization.

BCM First Worship Service

8:30 p.m. | BCM

All are welcome to join the BCM for a night of fellowship and worship. Worship is held each Wednesday of the semester at 8:30 p.m.

Sponsored by Baptist Collegiate Ministry

THURSDAY, JANUARY 16

Meet the Dietitian and Mocktails

11:00 a.m. – 1:00 p.m. | Student Union Lobby

Sponsored by Sodexo



TRIO SSS Chat & Chow

12:00 p.m. – 1:00 p.m. | Iberville' Dining Hall

TRIO SSS invites interested individuals and participants to join us for lunch. Got questions or Just want to hang with the "cool" kids, meet us at Iberville' for a time of learning and laughter. Students will be required to swipe their IDs for lunch.

MLK Day Movie Screening

5:00 p.m. | Lucile M. Hendrick Room

Wonka's Golden Ticket Movie Night

6:00 p.m. | Varnado Hall

Enjoy the whimsical world of Willy Wonka and dip your favorite treats into a flowing chocolate fountain as we watch the classic film in a cozy outdoor setting. Grab your friends, bring a blanket, and get ready for a night of pure imagination!

FYE Rocks Prather

6:30 p.m. | Prather Coliseum

Join the Office of First Year Experience as we cheer on the Lady Demons as they take on UNO! Prizes will be awarded to the student in the best rockstar costume.

FRIDAY, JANUARY 17

Food Pantry Volunteer Training

12:00 p.m. | NSU Pantry

MLK Day of Service

4:00 p.m. – 6:00 p.m. | Boys and Girls Club

To honor the legacy of Dr. Martin Luther King Jr., the Office for Inclusion and Diversity along with several on campus organizations will be participating in various community service projects around the city of Natchitoches. Follow @CID_NSULA for more information.

SATURDAY, JANUARY 18

MLK Day of Service

9:00 a.m. – 11:00 a.m. | MLK Park

To honor the legacy of Dr. Martin Luther King Jr., the Office for Inclusion and Diversity along with several on campus organizations will be participating in various community service projects around the city of Natchitoches. Follow @CID_NSULA for more information.

MONDAY, JANUARY 20

No School – Martin Luther King Jr. Day

MLK Day Celebration

9:00 a.m. – 5:00 p.m. | Lucile M. Hendrick Room

MLK March for Justice and Peace

11:00 a.m. | Ben Johnson Center

The City of Natchitoches and the Office for Inclusion and Diversity will conduct the annual Dr. Martin Luther King Jr. March for Peace and Justice. All are welcome to march in peace and solidarity with a dedication by Dr. King's Fraternity Alpha Phi Alpha Fraternity Inc. culminating the march. Follow @CID_NSULA for more information.

TUESDAY, JANUARY 21

Racial Day of Healing Native Speaker Series

5:00 p.m. | Cane River Room

To recognize the Day of Racial Healing we will have members of the Choctaw-Apache Nation speak on their upcoming book about Choctaw-Apache Voices. This event is a collaboration between the Indigenous Studies program, Center for Inclusion and Diversity, and English Department. Follow @CID_NSULA for more information.

Healthy Potluck & Paint

5:00 p.m. - 7:00 p.m. | Student Union, President's Room

In recognition of National Healthy Weight Week, Elevate-U LLC members are invited to bring their favorite healthy food and enjoy an evening of healthy snacking while painting a canvas.

Neon Nights Glow Fest

6:00 p.m. | University Place 2

Kick off the semester at University Place with a night of glow-in-the-dark fun, delicious food, and exciting neon games. An unforgettable evening filled with community vibes, music, and a raffle!

Singles Pickle Ball Tournament

7:30 p.m. | WRAC Gym

WEDNESDAY, JANUARY 22

Food Pantry Volunteer Training

3:00 p.m. | NSU Pantry

What's Your Word?

5:00 p.m. | Varnado Ballroom

In this interactive workshop, you will discover that a word can inspire you and guide your intentions for the year. Set your intention afloat and release it into the universe. Create a bracelet with your word to remind you of your intent.

THURSDAY, JANUARY 23

TRIO SSS Welcome Back Social

2:00 p.m. – 4:00 p.m. | President's Room

TRIO SSS would like to welcome back its participants and invite interested individuals out to see what TRIO has to offer. Open to all.

Welcome Back Informational

3:30 p.m. – 5:30 p.m. | Watson Library, 2nd Floor Classroom

Come learn about all the services that Watson Library has to offer you!

BYOsB "Build Your Own SnackleBox"

4:30 p.m. – 6:00 p.m. | Iberville Dining Hall

In recognition of National Healthy Weight Week, Elevate-U LLC members are invited to Iberville Dining Hall to create their own healthy snacklebox! Fill your snack kit with all your favorite healthy bites to create a colorful, balanced snack box that you can grab anytime for a burst of energy, nutrition, and flavor!

The Hallway Hustle Scavenger Hunt

6:00 p.m. | University Place 1 Clubhouse

Gather your team, race against the clock, and see who can complete the hunt first—don't miss out on the chance for fun prizes, food, and memories!

MONDAY, JANUARY 27

Anxiety and Stress:

How to Identify it and How to Respond

5:00 p.m. – 6:00 p.m. | Student Union Cane River Rm

Are you stressed and in need of coping skills and strategies? This informational seminar will help provide basic information and strategies about anxiety and connect you with people who can help.

Sponsored by the NSU Counseling Center

TUESDAY, JANUARY 28

Yearbook Headshots – Don't Miss Out!

8:00 a.m. – 4:00 p.m. | Student Union Lobby

Don't wait—this is the final opportunity to make your mark in NSULA history. Grab your friends, bring your energy, and let's make this yearbook unforgettable! Be there or regret it forever!

Demons Defense

4:00 p.m. | WRAC Group X Room

Join the Office of First Year Experience and University Police for a self-defense class!

Demon V.I.P Informational

6:00 p.m. | Lucile M. Hendrick Room

Join us to learn more about the Demon Volunteer Program and to find out how to apply to be a part of the 2024-2025 Demon VIP team!

WEDNESDAY, JANUARY 29

Lunch Bunch

11:30 a.m. – 1:00 p.m. | BCM

FREE LUNCH! Grab a friend and come get a free homecooked meal! Free lunch is served every Wednesday from 11:30 a.m. – 1:00 p.m. throughout the semester.

Sponsored by Baptist Collegiate Ministry

Self-Care Bingo

5:30 p.m. – 6:30 p.m. | Student Union, President's Rm

Self-Care Bingo: when prizes while learning how to take care of your inner and outer peace.

Lagniappe Lawn Party

6:00 p.m. | University Columns

Enjoy delicious gumbo and live music within your community! Don't miss this evening of great food, amazing tunes, and community fun!

THURSDAY, JANUARY 30

Scoops for Success

6:00 p.m. | Watson Library

If you have a sweet tooth, swing by the Watson Library for some ice cream and academic tips to begin the semester.

Sponsored by Alpha Lambda Delta First Year Honor Society

FRIDAY, JANUARY 31

Leadership NSU: Unity in Leadership

11:00 a.m. | Student Union

The Leadership NSU program is a student run program that offers students the opportunity to develop vital skills that will help them to be successful not only on campus but in life after graduation. Our guest speakers will deliver training, workshops, and presentations on topics such as service, emerging leadership, running better meetings, relationships, recruitment, brotherhood & sisterhood, communication, and much more!

MONDAY, FEBRUARY 3

Move From Surviving to Thriving: A 4-Week Psychoeducational Experience

5:00 p.m. | Student Union Room 320

Learn to thrive even during the most challenging and stressful times of life through the power of positive psychology. Learn to face life's difficult times, grow from the challenges, and bring out the best in yourself through this 4-week interactive workshop.

Find-A-Friend Social

5:30 p.m. – 7:30 p.m. | Student Union President's Rm

Looking to make friends on campus? Swing by for board games, icebreaker activities, pizza, and door prizes. Maybe you'll meet somebody new in the process!

Sponsored by the NSU Counseling Center

TUESDAY, FEBRUARY 4

Overnight Oats Bar

Iberville Dining Hall

Sponsored by Sodexo

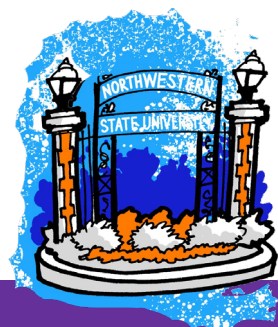
Mario Kart Tournament

7:30 p.m. | Esports

WEDNESDAY, FEBRUARY 5

Demon V.I.P Informational

6:00 p.m. | Lucile M. Hendrick Room



THURSDAY, FEBRUARY 6

Leadership & The Workplace Seminar

4:30 p.m. – 6:00 p.m. | Student Union, President's Rm

Whether you're an aspiring leader or looking to enhance your skills, this session is packed with valuable insights that will help you grow personally and professionally. Discover leadership opportunities available to you at NSU. Sponsored by Raising Canes.

FRIDAY, FEBRUARY 7

Bless Our Hearts Day

In celebration of The National Wear Red Day and American Heart Month, let's paint our campus red to raise awareness about heart disease. Wear your reddest red and get recognized by the Elevate-U members and staff throughout the day.

MONDAY, FEBRUARY 10

Move From Surviving to Thriving: A 4-Week Psychoeducational Experience

5:00 p.m. | Student Union Room 320

Learn to thrive even during the most challenging and stressful times of life through the power of positive psychology. Learn to face life's difficult times, grow from the challenges, and bring out the best in yourself through this 4-week interactive workshop.

Demon V.I.P Informational

6:00 p.m. | Student Union Ballroom

TUESDAY, FEBRUARY 11

Doubles Badminton Tournament

7:30 p.m. | WRAC Gym

WEDNESDAY, FEBRUARY 12

Galentine's Day

6:00 p.m. | Student Union Ballroom

Come celebrate Galentine's Day and learn more about the College Panhellenic Council and University Programming Council with the ultimate sleepover theme!



THURSDAY, FEBRUARY 13

TRIO SSS Chat & Chow

12:00 p.m. – 1:00 p.m. | Iberville' Dining Hall

If you missed us the first time around, we're still here! Come join us for lunch. Students will be required to swipe their ID's for lunch.

MONDAY, FEBRUARY 17

Move From Surviving to Thriving: A 4-Week Psychoeducational Experience

5:00 p.m. | Student Union Room 320

Learn to thrive even during the most challenging and stressful times of life through the power of positive psychology. Learn to face life's difficult times, grow from the challenges, and bring out the best in yourself through this 4-week interactive workshop.

TUESDAY, FEBRUARY 18

Mario Kart Tournament

7:30 p.m. | Esports

WEDNESDAY, FEBRUARY 19

Where Can I Find Live Music?

5:30 p.m. | Watson Memorial Library, Room 201

Lost your playlist? Tired of the same old songs? Attend a live performance written by the greatest classical composers of all time performed by fellow students!

THURSDAY, FEBRUARY 20

VicNite: A Night in Vic-Vegas!

6:00 p.m. – 8:00 p.m. | Lucile M. Hendrick Room

Welcome to the Fabulous Vic-Vegas! Join UPC for a night of casino style games, prizes, food, and fun.

MONDAY, FEBRUARY 24

Black History Month Mobile Museum

ALL DAY | Student Union Ballroom

Join the Center for Inclusion and Diversity as we journey through history and celebrate Black History with this mobile museum. Come learn history from 1860 until now, with exhibits that span from Africa to the United States to Europe. Follow @CID_NSULA for more information.

Move From Surviving to Thriving: A 4-Week Psychoeducational Experience

5:00 p.m. | Student Union Room 320

Learn to thrive even during the most challenging and stressful times of life through the power of positive psychology. Learn to face life's difficult times, grow from the challenges, and bring out the best in yourself through this 4-week interactive workshop.

Stretch Out Your Stress

5:00 p.m. – 6:00 p.m. | Watson Library, 2nd floor Reference Area

Join us for Yoga to relieve all of your mid-term stress! Learn how to calm your mind, reduce your anxiety, and improve your focus.

February Fun - Origami with OADS

6:30 p.m. | Watson Library

What is OADS? What is Origami? Stop by to find out more about OADS, Origami and learn a new cool relaxing hobby.

TUESDAY, FEBRUARY 25

Spring Career Fair

10 a.m. – 2:00 p.m. | Student Union Ballroom

Open to all majors. Making connections with different employers from multiple industries can increase your chances of finding a great internship or job after graduation.

National TRIO Day

11:00 a.m. | The Rock

TRIO SSS will recognize National TRIO day on February 25th by showing our love through art! If you would like to join us, meet us at the ROCK!

THURSDAY, FEBRUARY 27

Krewe of NSU

5:00 p.m. | Prather Coliseum

Let the good times roll with the Department of Student Affairs! Join us before the UIW vs. Northwestern Women's Basketball game for some Louisiana style fun!

Greek Night at Basketball

6:30 p.m. | Prather Coliseum

Let's get loud and cheer on the Demons as they take on UIW! Greek students are encouraged to wear their letters for a chance to participate in in-game activities and to win prizes.

Helping Hands Black History Program

7:00 p.m. | Magale Recital Hall

TRIO SSS and Helping Hands invites you to a night of storytelling of our history through our voice.

SPRING 2025

Welcome Back



Unlock Savings with Demon Deals:
Exclusive Discounts
Await NSU Students!