

WOW!



A publication
of the University
Press, the student
newspaper of
Lamar University

Fall 2025

CONVOCATION • AUG. 20 • 4PM



Welcome back, Cards!
Join in the fun at Week of Welcome!

**Week of Welcome
Full Schedule**



lamar.edu/wow

LUHub



lamar.edu/luhub

**Campus
Map**



lamar.edu/map

**Setzer Center
Map**



lamar.edu/setzer

Aug. 16-28 • lamar.edu/wow

A WELCOME FROM PRESIDENT TAYLOR

Guess who's back? Back again. The campus energy is already cranked to 11, and I'm ready to get this school year started. For all our returning Cardinals, welcome back! And for the newest members of the Lamar family, I want to give a special, giant welcome. This place is about to feel like home, and I couldn't be happier to have you here. We've all been working hard to make this a great year for you, and I can't wait to see what you all accomplish.

Before classes even begin on Thursday August 21, get ready for our Week of Welcome (WOW)! Be sure to check out the full WOW schedule for activities tailored to every interest. For our new students, I'm really looking forward to seeing you at the **New Student Convocation**, where we'll officially kick off your college journey with a massive display of Cardinal pride. I also hope to see everyone at the grand opening of our new **Intramural Field**, with a band preview performance by The Showcase of Southeast Texas.

You know what else is bringing the noise? Our athletic programs! Our story is really incredible. In just a few years, a winning culture has swept through Lamar University athletics, where the success of any team inspires success in all our teams. And the ultimate proof of that? We brought home the Southland Conference **Commissioner's Cup** two years in a row, which is awarded to the top overall athletic program in the conference!

Our **men's baseball team** has achieved back-to-back 40-win seasons for the first time in two decades, and they had an incredible 27-2 home record this past year. That's the second-best in the entire nation! Our **men's and women's basketball teams** both had outstanding years, with each winning over 20 games and earning a spot in the Southland Conference championship game. And our **football program** just had a historic turnaround, posting back-to-back winning seasons for the first time in over 40 years and landing in the FCS Top 25 for the first time ever. It's truly a new era of Lamar athletics. What a seriously incredible time to be a Cardinal fan! Our winning spirit is a total team effort, so we're counting on you to cheer on all of our student-athletes this year.

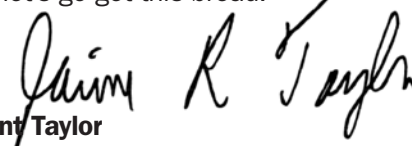
Beyond the field and court, get this — we have a new **rodeo team!** While competitions will be held at other universities this first year, you definitely want to be there when we host **Big Red's Roundup** on September 20 at the Spindletop-Gladys City Boomtown Museum. This is your chance to get a taste of the rodeo culture right here on campus, complete with a professional bull riding event, live bands, a car show, and more.

Speaking of Spindletop, don't miss our **LU Student Nights** on Wednesdays! We'll have low-cost food and drinks, and you can hang out and listen to local bands. It's a low-key way to chill and connect with fellow students.

I'm ready for a successful and fun year. I hope you are, too. These moments in campus life are all about bringing Cardinals together to celebrate, connect, and

make lasting memories. So go out there, get involved, meet new people, and make the most of your time here at Lamar.

Now, let's go get this bread!


President Taylor



WELCOME BACK CARDS

Whether you are an experienced senior ticking off the last few courses before graduation or a fresh-faced freshman stepping out on your own away from mom and dad, Lamar University welcomes you for the fall 2025 semester.

Whether young or old, students, faculty or staff, LU is excited to kick off the semester with a variety of events to something community, from a scavenger hunt to casino night, silent disco to pool party, there’s something for everyone — and there’s free swag as well.

The University Press has a handy guide to all the fun events. See you there.

WEDNESDAY, AUGUST 20

LU Resources Scavenger Hunt

9 a.m.

Be sure to check out LUHub for clues to complete a campus scavenger hunt. LUHub can be accessed through lamar.edu or by downloading the app. The event is hosted by the Cardinals Activities Board.

Résumés on the Run

9 a.m.

102 Galloway Business Building

The Center for Career and Professional Development will review résumés and teach students helpful tools in preparation for the on-campus job fair, Aug. 26.

New Student Convocation

4 p.m.

Neches Credit Union Arena at the Montagne Center

President Jaime Taylor will kick off Week of Welcome with the New Student Convocation. The event allows incoming freshmen to start their year off strong with a welcoming speech from President Taylor, interact with their peers, and sit in the same Montagne Center where they will graduate in four years. Make sure you arrive early for the big class photo on the football field.

First-Year Night

6 p.m.

Sheila Umphrey Recreational Sports Center Patio

Make smores, get free Lamar merch and meet other first-year students before the first day of class.



THURSDAY, AUGUST 21

Ask A Card

8 a.m. to noon

Setzer Student Center and Dining Hall Lawn

Having trouble finding your class or you just have a few questions? During “Ask a Card,” current LU students will be stationed at the Setzer Student Center and the Dining Hall Lawn to help you out. Students will be available daily through Aug. 26.

Breakfast with Benson

8 a.m. to 10 a.m.

Cherry Engineering Student Lounge

Engineering students will have a chance to meet with Dean Tracy Benson and faculty.

Back to school photo

8 a.m. to 11 a.m.

Education Building

Stop by to take your back-to-school photo. Get a free polaroid and post your picture and tag @lu-collegeofehd, to be entered into a contest for the chance to win free College of Education and Human Development merch.

Donuts with the Dean

8 a.m. to 11 a.m.

Galloway Business Building foyer

The College of Business will host Donuts with the Dean, where students can get free donuts and meet Dean Joby John and college faculty.

Speed Friending

4 p.m. to 6 p.m.

Setzer Student Center

After a long first day of classes, students can head to the SSC for Speed Friending in the Second Floor Lounge. Complete with questions, snacks and music, it is a chance to build your circle at Lamar with the help of Health Education.

Lucky Lu’s Casino Night
7 p.m.
Setzer Student Center Atrium

Finish off your first day with Lucky Lu’s Casino Night. Hosted by the Cardinals Activities Board, come play blackjack, craps, poker and more. Keep your cards close, put your poker face on and test your luck for the chance to win exclusive merchandise.

FRIDAY, AUGUST 22

Meet the Mary and John Gray Library
11 a.m. to 1 p.m.
Setzer Student Center

Meet with Gray Library staff to hear all about upcoming events, ask questions and get some merchandise.

Corn with the COB
Noon to 1:30 p.m.
Galloway Business Building foyer

The College of Business will host an event with roasted corn and music to kick off the semester.

Snack and Chat
2 p.m. to 3:30 p.m.
The Quad

Meet with the student leaders of the Cardinals Activities Board to meet the faces behind campus events and offer your ideas for future activities.

Silent Disco
7 p.m. to 10 p.m.
Setzer Student Center Atrium

Pull out your brightest clothes to shine on the dance floor at the Silent Disco. Put on your wireless headphones and pick the DJ channels you want to dance the night away.

SATURDAY, AUGUST 23

LU Volleyball vs Texas State
2 p.m.

McDonald Gym
Cheer on our Lady Cardinals at their season debut against Texas State in McDonald Gym.

Glow-Cade
7 p.m. to 11 p.m.
Setzer Student Center Atrium
This blacklight party, complete with mini-golf and arcade games, is hosted by the Cardinals Activities Board.

MONDAY, AUGUST 25

Melody Monday
Noon to 1 p.m.
Setzer Student Center Food Court
Whether you’re just passing through or sitting down to enjoy your lunch, listen to live music.

Meet the Cardinals Loco Bingo
7 p.m. to 9 p.m.
Setzer Student Center Food Court
Meet with LU student athletes in this interactive version of bingo complete with singing and dancing. This isn’t just your typical game of bingo. Hosted by the Cardinal Activities Board and LU Athletics.

TUESDAY, AUGUST 26

Popcorn and Paint
Noon to 2 p.m.,
127 Galloway Business Building

On-Campus Job Fair
1 p.m. to 3 p.m.
Setzer Student Center Live Oak Ballroom
If you’re looking for a job that will work with your school schedule, here’s the place to find it. Hosted by the Center for Career and Professional Development.

College Open Houses
4 p.m. to 6 p.m.
The College of Engineering, the College of Education and Human Development, and the College of Business will host open houses to help students get to know their college in a fun way. The College of Engineering event is in the Cherry Engineering Student Lounge, the College of Education and Human Development is in the Nutrition, Hospitality and Human Services Atrium and the College of Business event is in the Galloway Foyer.





Continued from page 5

Patio Night
7 p.m.
Rec Patio

Don't miss this year's first Patio Night hosted by the Cardinals Activities Board and Health Education. Create your vision board for the year, design your own tote bag, paint an LU rock or just sit back and enjoy the paint and sip experience. If you want a challenge, try to make it to every Tuesday Patio Night during the semester. You won't regret spending your Tuesdays with your fellow Cardinals.

WEDNESDAY, AUGUST 27

Bingo Bash
4 p.m. to 6 p.m.
Galloway Business Building
Landes Auditorium

Bingo Bash is a chance to meet some of your peers and win prizes.

College Panhellenic Meet and Greet
5 p.m. to 7 p.m.
127 Cypress in Setzer Student Center
Interested in Greek life? Attend the College Panhellenic Meet and Greet to learn about each sorority.

Hump Night
8 p.m.
The Quad
Meet the organizations and watch as they showcase the sororities' and fraternities' tradition of strolling.

THURSDAY, AUGUST 28

Start Your Year with a Smash Smash
12:30 p.m. to 2:30 p.m.,
Cherry Engineering Lawn
Meet at the Lawn for food, games and a surprise smash.

Student Success Workshop
1 p.m. to 1:30 p.m.

Morris Hall
Join STAR Services to learn how to manage stress, improve productivity and stay organized alongside other important skills.

Lady Cardinal soccer
7 p.m.
LU Soccer Complex
Use your LU student ID to watch the Lady Cardinals take on UC-Davis for free. Cheer on your LU.

Pool Party
7 p.m.
Health and Human Performance Complex
Wrap up Week of Welcome with some wet fun.

Be sure to take advantage of all the opportunities Week of Welcome has to offer. Don't kick off the semester stuck in your dorm — set yourself up for success, network and make some friends as you pursue your degree. Make the most of your time here at Lamar. See you there.

FALL

STAR SERVICES

2025



TUTORING

The LU Tutoring Center offers tutoring sessions for a variety of undergraduate courses, allowing students to work with trained peer tutors who have successfully completed the course



ACADEMIC COACHING

Academic coaching provides students with personalized one-on-one support to develop study strategies, improve time management, and stay motivated throughout the semester.



SUPPLEMENTAL INSTRUCTION

Study groups led by students who have excelled in the course designed to support students by reviewing material, practicing concepts, and preparing for exams.



CARDINAL COMMUNITIES

We connect first-time college students with peer and faculty mentors based on their major. These small groups help students navigate campus life and access academic resources



MORE INFO:

WWW.LAMAR.EDU/STARS

VOLLEYBALL SCHEDULE




August 23 vs Texas State
Stetson Hatter Invitational
August 29 vs Northern Illinois
August 29 vs Southern Miss
August 30 @ Stetson University
September 2 vs Prairie A&M
Green Wave Invitational
September 5 @ Tulane
September 6 vs Southern
September 7 vs Louisiana Tech
September 9 @ Sam Houston State
Carrie Yerty Classic
September 12 vs Chattanooga
September 12 @ Memphis
September 13 vs UT Martin
September 16 @ UL Monroe
Lamar Invitational
September 19 vs Cal State Fullerton
September 19 vs Texas Southern
September 20 vs Abilene Christian
Southland Conference Play
September 24 @ UTRGV
September 27 vs Texas A&M Corpus Christi
October 2 vs Southeastern Louisiana
October 4 vs New Orleans
October 9 @ McNeese State
October 11 @ Nicholls State
October 16 vs Incarnate Word
October 18 vs Houston Christian
October 23 @ Northwestern State
October 25 @ East Texas A&M
October 30 vs McNeese State
November 1 vs Nicholls State
November 6 @ Southeastern Louisiana
November 8 @ New Orleans
November 13 vs Stephen F. Austin
November 15 @ Stephen F. Austin


LU SOCCER SCHEDULE




August 24 @ UTSA
August 28 vs UC Davis
August 31 @ Sam Houston State
September 7 vs Rice
September 11 vs Texas A&M San Antonio
September 14 vs LSU Alexandria
September 18 vs East Texas A&M
September 21 @ Incarnate Word
September 25 vs Houston Christian
October 2 @ Texas A&M Corpus Christi
October 5 vs Stephen F. Austin
Oct 9 vs Southeastern Louisiana
October 12 @ McNeese State
October 19 @ Nicholls State
October 23 vs Northwestern State
October 30 at UTRGV




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LEARN MORE ABOUT OUR COLLEGE AT
[LAMAR.EDU/COFAC](https://lamar.edu/cofac)

WELCOME BACK STUDENTS

**JOIN US AT COMM-UNITY
ON AUGUST 28, 2025
FROM 12:45 - 2 PM
IN THE COMMUNICATION BUILDING!**



COLLEGE OF FINE ARTS & COMMUNICATION
LAMAR UNIVERSITY
Department of Communication & Media

LU SPORTS NEED YOU

What could be better than watching the best sports teams in the Southland Conference? Lamar University's back-to-back Southland Commissioner Cup champions have so much to offer, whether it's on a field or a court. For the first time since the 1967 season, the football team has had two straight winning seasons. Lamar's Lady Cards volleyball team had their first winning season since 2009 and earned their first Southland Conference tournament spot since 2011. The Lamar soccer team has had a dominate run in the SLC, winning four conference championships since 2017. The stock has been rising in these sports and they need you to go support them.

The Cardinal football team has been improving every year. After a 6-5 2023 season, they finished the 2024 season at 7-5. At one point in the season, the Cards found themselves ranked 19th in the STATS Perform FCS Poll and 25th in the AFCA FCS Coaches Poll. The Cards are returning 14 of their starters and added many key players in the transfer portal for a conference championship push. They are currently receiving votes for the top 25 AFCA Preseason Coaches Poll. The football team needs your support on Saturdays to get Provost Umphrey stadium rocking. The Cards first game is Aug. 30 at North Texas. Their home opener is Sept. 6 against No. 5 ranked South Dakota.

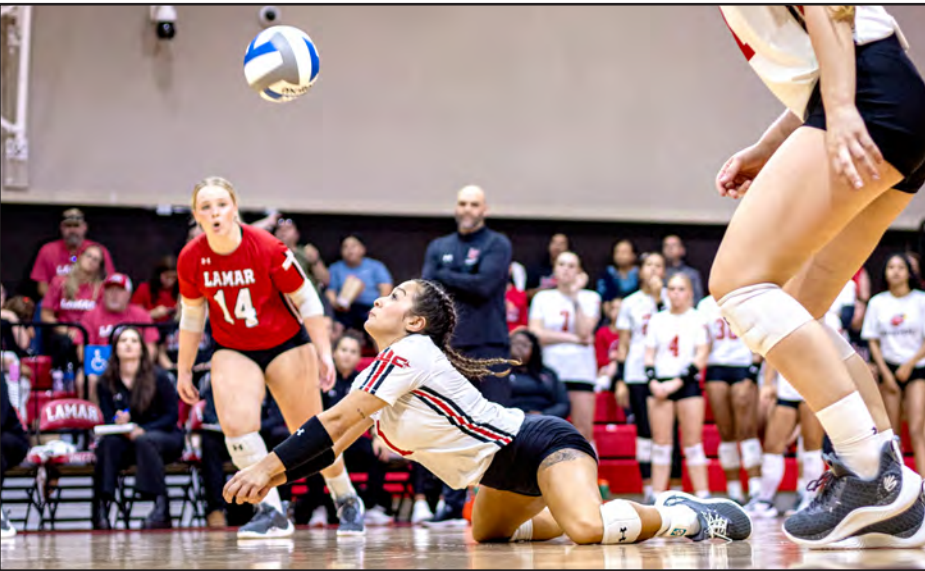
The Lady Cards volleyball team saw a massive one-year improvement. After finishing with a 2-27 record in 2023, they jumped to 15-14. The lady cards are returning 11 players, including Second Team All-Conference outside hitter Maja Malinowska. Volleyball's first game is an Aug. 23 exhi-



bition against Texas State. They need as many of you as possible to get McDonald Gym rowdy and noisy.

After back-to-back Southland Conference championships in 2022 and 2023, Lamar's soccer team was bested in last year's tournament. But the Lady Cards are looking to get back to their dominant

ways this season. The team added 13 players since last season. The season has already started, and the Lady Cards next game is Aug. 24 at UTSA. Their next home game is Aug. 28 against UC-Davis. The soccer team needs your support for a return to dominance so make sure to be loud and proud at the Lamar University Soccer Complex.



2025 Football Schedule

August 30 @ North Texas
September 6 vs South Dakota
September 13 @ Texas Southern
September 27 vs Central Arkansas
October 4 vs Nicholls State
October 11 @ East Texas A&M
October 18 vs UTRGV
October 25 @ Northwestern State
November 1 @ Incarnate Word
November 8 vs Southeastern Louisiana
November 15 @ Stephen F. Austin
November 22 vs McNeese State

INTRAMURALS

REGISTER ONLINE AT [IMLEAGUES.COM/LAMAR](https://imleagues.com/lamar)

SPORT	ENTRY DUE	START DATE
VOLLEYBALL SCRIMMAGES	SEPTEMBER 4TH	SEPTEMBER 4TH (MPC)
VOLLEYBALL	SEPTEMBER 5TH	SEPTEMBER 7TH (MPC)
FLAG FOOTBALL SCRIMMAGES	SEPTEMBER 17TH	SEPTEMBER 17TH (TURF FIELD)
FLAG FOOTBALL	SEPTEMBER 19TH	SEPTEMBER 21ST (TURF FIELD)
INDOOR SOCCER SCRIMMAGES	OCTOBER 22ND	OCTOBER 22ND (ARENA)
INDOOR SOCCER	OCTOBER 24TH	OCTOBER 26TH (ARENA)
ROUND ROBIN BASKETBALL	OCTOBER 31ST	NOVEMBER 2ND (MAIN GYM)

POP UP TOURNAMENTS - REGISTER ON SITE

9/11 Stair Step Climb - SEPTEMBER 11TH TIME TBD
TABLE TENNIS - SEPTEMBER 11TH 5-9PM (ARENA)
8 BALL POOL - SEPTEMBER 25TH 5-9PM (GAMEROOM)
9 BALL POOL - OCTOBER 9TH 5-9PM (GAMEROOM)
AIR HOCKEY - OCTOBER 16TH 5-9PM (GAMEROOM)
BADMINTON - NOVEMBER 6TH 5-9PM (MPC)

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UNIVERSITY PRESS

Located in the Communication Building **YOUR student newspaper**

WOW is a publication of the

UNIVERSITY PRESS

The student newspaper of Lamar University

Compiled by Rayna Christy,
Aaron Saenz, Maria Rodriguez,
Kami Greene and UP staff

GET INVOLVED



Intramural sports offer competition, fitness and fun

The Sheila Umphrey Recreational Sports Center offers students the opportunity to join an intramural sports team and participate in other activities.

Registration is available for leagues including volleyball, soccer, football and basketball. As well as league play, students can participate in individual events throughout the semester.

Matthew Krause, competitive sports coordinator, said there are multiple ways for students to join an intramural sports team.

“The easiest way to join is to go to our website,” he said. “When you go to (lamar.edu/intramurals), you can go to intramural calendar and when you click on it, it takes you to a direct link to ‘IM Leagues.’

“We’re also working on an app right now with ‘IM Leagues.’ If you download the app you can register through there as well. I’m also going to be posting some stuff on LU Hub. Another way is if

you’re in the Rec, be on the lookout for fliers that we post. The fliers will have QR codes with a direct link to sign up.”

Krause said participating in an intramural sport offers a chance for students to get integrated into campus life.

“It’s a great way to build teamwork, meet new students and create great bonds and friendships that you might not get with any other organization,” he said. “You also get to stay fit and get some exercise out of it.”

Krause said Rec Sports is looking at hosting the flag football championship game at Provost Umphrey Stadium and the basketball final at the Neches Federal Credit Union Arena at the Montagne Center.

“You just get an exposure of playing in a real-life college venue,” he said.

Joining an intramural sport is manageable with

class schedules and it comes with other benefits, Krause said.

“I’ve actually built the schedule so we’re going to be playing all of our games on Sunday, Monday, Tuesday and Wednesday in the evenings, so it’s going to be after classes are out,” he said. “It’s a great way to relieve stress and get out of the books for a second. It’s just a great way to come in and get some release, stay competitive and meet some friends. You never know who you’re going to make a connection with.”

Students also receive free merchandise for being involved, Krause said.

“If you play in one of our events and you win, you get a T-shirt,” he said. “Free T-shirts are always nice, and we got some brand-new ones this year with a new logo and design.”

For more information, visit @lurecwell on Instagram or visit lamar.edu/intramurals.

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