

For Immediate Release
October 19, 2015

Approach Resources Inc. Schedules Third Quarter 2015 Conference Call for Thursday, November 5, 2015

Fort Worth, Texas, October 19, 2015 – Approach Resources Inc. (**NASDAQ: AREX**) will host a conference call on Thursday, November 5, 2015, at 10:00 AM CT (11:00 AM ET) to discuss third quarter 2015 financial and operating results. The Company plans to announce third quarter 2015 results on Wednesday, November 4, 2015, after close of trading.

The conference call may be accessed via the Company's website at www.approachresources.com or by phone:

Dial in: (877) 201-0168
Intl. dial in: (647) 788-4901
Passcode: Approach / 54939494

A replay of the call will be available on the Company's website or by dialing (855) 859-2056 (passcode: 54939494).

About Approach Resources

Approach Resources Inc. is an independent energy company focused on the exploration, development, production and acquisition of unconventional oil and gas reserves in the Midland Basin of the greater Permian Basin in West Texas. For more information about the Company, please visit www.approachresources.com. Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.

INVESTOR CONTACT

Sergei Krylov
Executive Vice President & Chief Financial Officer
ir@approachresources.com
817.989.9000

APPROACH RESOURCES INC.

One Ridgmar Centre
6500 West Freeway, Suite 800
Fort Worth, Texas 76116
www.approachresources.com