

For Immediate Release
February 18, 2016

Approach Resources Inc. Schedules Fourth Quarter and Full-Year 2015 Conference Call for Friday, March 4, 2016

Fort Worth, Texas, February 18, 2016 – Approach Resources Inc. (**NASDAQ: AREX**) will host a conference call on Friday, March 4, 2016, at 9:00 AM CT (10:00 AM ET) to discuss fourth quarter and full-year 2015 financial and operating results. The Company plans to announce fourth quarter and full-year 2015 financial and operational results on Thursday, March 3, 2016, 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/29285970

A replay of the call will be available on the Company's website or by dialing:

Dial in: (855) 859-2056
Passcode: 29285970

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

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