Free Food + Prizes + Tips = Better Semester, Better You!

January.....

Understanding Anxiety ----------------------------------------------- Tues. 1/14
What causes anxiety? What makes it better or worse? How can you control yours?

College: Am I Doing this Right? -------------------------------------- Wed. 1/15
Focus on your goals, and learn how to say NO to over-commitment!

Communication 101 ------------------------------------------------------ Tues. 1/21
Get better at breaking the ice, holding conversations, & making connections.

Time Management ------------------------------------------------------ Wed. 1/22
Maximize your time, using a system that works for you!

Healthy Living -------------------------------------------------------- Tues. 1/28
Cold, flu, fighting the winter blues? Set yourself up for a healthy winter!

Self-Motivation ------------------------------------------------------- Wed. 1/29
Learn how to improve your motivation and stop procrastinating!

February.....

Recycle your Stress --------------------------------------------------- Tues. 2/4
Say goodbye to stress. Get tips on destressing your life.

Winter Carnival Giveaway --------------------------------------------- Wed. 2/5
Stop by for free food, prizes and Winter Carnival supplies!

Formula-Based Studying ---------------------------------------------- Tues. 2/11
What the heck are you actually supposed to study? Find out!

Debunking the Myths of Counseling ------------------------------------- Wed. 2/12
Get your mental health check-up today!

Resume Blitz ----------------------------------------------------------- Tues. 2/18
Bring your resume for a 10 minute review before Career Fair.

Mindfulness Fair ------------------------------------------------------ Wed. 2/19
Get freebies, learn about mindfulness, and unwind after a busy day.

4-5 pm --- Library East Reading Room
For more information visit: www.mtu.edu/huskyhour
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March

Rethinking Failure ---------------------------------- Tues. 3/3
Failure is a state of mind. Rethink how you can learn from failure.
Self-Motivation --------------------------------------- Wed. 3/4
Gain skills to improve your motivation and stop procrastinating!
Seize the Awkward ---------------------------------- Tues. 3/17
Find out how you can help a friend with their mental health.
Sleep Habits ---------------------------------------- Wed. 3/18
Get free sleep kits and learn about how to get better Zzzzs!
Cooking on your Own -------------------------------- Tues. 3/24
Hands-on food prep for healthy snacks & meals for one!
Effective Transitions ------------------------------- Wed. 3/25
Learn how to manage transitions in your life - changing positions in your org., moving back home for the summer, or off to a new job or internship.
Asking for a Friend ---------------------------------- Tues. 3/31
Questions about mental health & well-being? Come 'n' ask 'em!

April

Financial Well-Being -------------------------------- Wed. 4/1
Learn how to best manage your finances, now and after you graduate!
Food on the Go! -------------------------------------- Tues. 4/7
Free food - learn how to make meals and snacks for your on-the-go lifestyle.
How to be Assertive ---------------------------------- Wed. 4/8
Do you struggle to stand up for yourself or resort to aggression? Learn to be firm & fair when getting what you want.
Dear Stress ------------------------------------------ Tues. 4/14
Dear stress, please leave me alone... Learn how to reduce your stress!
Mind & Body Check-up ------------------------------- Wed. 4/15
Check in with yourself and prep for the main event - finals week.
Exam Survival ---------------------------------------- Tues. & Wed. 4/21 & 4/22
Stop by and get your free exam survival kit!

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