

HUSKY HOUR

SEPTEMBER

- 9.8, 9.9 **How to be a Husky**
Learn all the acronyms, tips, and best places to go around campus
- 9.15 **Resume Blitz**
Resume advice in 10-15 minutes
- 9.16 **Exploring the Keweenaw**
Chat with students, staff and locals about some of our favorite Keweenaw places and traditions
- 9.22 **Health Skills**
Info on local health care, how to talk to doctors, order prescriptions, improve sleep, and self-care
- 9.23 **Self-Care**
It's that time of the semester. Get ideas for easy ways to include self-care into your daily routine.
- 9.29 **Finding your Space**
Where do you fit in as a Husky? Transitions can be tough, so let's connect and build community.
- 9.30 **Developing Relationships**
Personal relationships are important. Chat about how to make, improve, & maintain them.

OCTOBER

- 10.6 **Life Skills**
A.k.a.: How do I 'adult'? Finances, shopping, laundry, signing contracts, etc. we've gotcha covered.
- 10.7 **Effective Study Habits**
Tired of staring at notes? Learn the best ways to study for every class and every learning style.
- 10.13 **Navigating Friendships**
Why does it seem to get harder the older you are?
- 10.14 **Professional Communication**
Get the DL on how to email & talk to professors, job interviewers, and others.
- 10.20 **Recognizing & Recovering from Failure**
Didn't do as well as you wanted to? Still trying to figure out what went wrong? Let's talk failure.
- 10.21 **Difficult Conversations**
We all dread them, but they come anyway. Learn how to be comfortable with the uncomfortable.
- 10.27 **Knowing & Owning Emotions**
Get better at understanding your emotions and how they might be affecting other areas of your life.
- 10.28 **Motivation & Study Habits**
Harness your motivation (or, pull it from the depths of your soul) and rock out the rest of the semester.

NOVEMBER

- 11.3 **Surviving Life Off-Campus**
Let's talk life off-campus: get tips for cooking, laundry, snow removal, time management and more.
- 11.4 **Working in Teams & Conflict Management**
Roommates, group projects, and work teams can be tough; learn how to handle social conflicts.
- 11.10 **Mental Health Stigma**
Learn more about college mental health and how to break down the stigmas about mental illness.
- 11.11 **Relationships**
Learn to navigate both romantic and platonic relationships more easily!
- 11.17 **Alcohol & Drug Use**
What is everyone else doing? Make decisions about your use based on facts.
- 11.18 **How to Move Off-Campus**
Talk to students, landlords, and others who can tell you the ins and outs of moving off-campus.

DECEMBER

- 12.1 **Sustainability**
Learn all about sustainability at MTU and how you might live a more sustainable lifestyle.
- 12.2 **Anxiety & Stress**
Anxiety can totally take over - learn about anxiety and get some tips for de-stressing any situation!
- 12.8 **Sexual Health**
Join us for an honest and healthy conversation about sex.
- 12.9 **Growth Mindset**
Explore your mental triggers and think about how to grow into the person you want to be.

Get more details and Zoom links here: [MTU.EDU/HUSKYHOUR](https://mtu.edu/huskyhour)