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