

# HUSKY HOUR

**Tuesdays &  
Wednesdays  
4:00 - 5:00 PM**

## 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. Sign up for a time slot via Career Fair Plus (mtu.edu/career).*
- 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.*

Details and Zoom links here:

**MTU.EDU/HUSKYHOUR**

Questions? Email: well-being@mtu.edu