



## CENTER for PERSONAL DEVELOPMENT

Partnering with students in their exploration of purpose to cultivate self-awareness, well-being, and career readiness.



### MEET WITH YOUR COUNSELOR:

Stress management

Self confidence

Time management

Career assessment

Appointments scheduled at [uky.joinhandshake.com](https://uky.joinhandshake.com)

Career decisions

Public speaking

Experiential ed

Resume & CV

Job searching

Grad school

Interviewing

And more...

**Center for Personal Development** | Lewis Honors College  
420 Hilltop Avenue | 859.257.3111 | [uky.edu/honors/cpd](https://uky.edu/honors/cpd)

See Handshake ([uky.joinhandshake.com](http://uky.joinhandshake.com)) for the latest details & registration  
 LHC = Lewis Honors College | A Commons = Alumni Commons on Rose St.  
 GSC = Gatton Student Center | DON = Donovan Basement Level  
 See Handshake for Zoom event links

9/4 - 5:15 PM	LHC U136	<b>Getting Organized (free Bullet Journals to first 20)</b>
9/10 - 10 AM-2 PM	GSC	<b>Part-Time Job Fair</b>
9/10 - 2-5 PM	A Commons	<b>Education Abroad Fair</b>
9/11 - 5-7 PM	LHC Lounge	<b>Career Prep Expo</b>
9/17 - 5:30 PM	LHC 133	<b>Healthcare Observation Panel</b>
9/24 - 2-4 PM	GSC	<b>Engineering &amp; Computer Science Career Fair</b>
9/25 - 1-5 PM	GSC	<b>All Majors Career Fair</b>
9/26 - 2-5 PM	GSC	<b>Kentucky Signature Industries Career Fair</b>
9/26 - 4:30 PM	Zoom	<b>WildCats at the Capital Info Session</b>
9/30 - 11 AM-2 PM	GSC	<b>Grad Chats: Healthcare Professional Program Fair</b>
10/1 - 11 AM-2 PM	GSC	<b>Grad Chats: Graduate School Fair</b>
10/2 - 11 AM-2 PM	GSC	<b>Grad Chats: Law School Fair</b>
10/16 - 6:00 PM	Zoom	<b>Physician Spotlight: Dr. Lori Halton</b>
10/17 - 5:00 PM	LHC U136	<b>How to Get Honors Experiential Ed Credit</b>
11/6 - 5:00 PM	Zoom	<b>Competitive Awards Info Session for SOs &amp; JRs</b>
11/12 - 5:00 PM	LHC U136	<b>HON Education Abroad Panel</b>
11/13 - 5:00 PM	LHC U136	<b>Emotional Intelligence Workshop</b>
11/19 - 5:00 PM	Zoom	<b>MCAT Study Tips</b>



## WELL-BEING ACTIVITIES

- Yoga** 8/29 from 7:00-8:00 PM | Johnson Center Studio on Second Floor
- Succulent Planting** 9/20 from 2:00-4:00 PM | Scholars Lounge & Outdoors
- Alcohol Learning & Mocktail Bar** 10/23 from 5:00-6:00 PM | Boone Center Bar
- Gratitude Station** 11/15 from 10:00 AM-2:00 PM | Scholars Lounge
- Chair Massage & Crafts** 12/12 from 2:00-4:00 PM | Scholars Lounge

## Mindfulness for High Achieving Students

(Details & registration at [uky.campuslabs.com/engage](http://uky.campuslabs.com/engage))  
 Four Weekly Sessions | LHC U114  
 Mondays at 4:00 PM | 9/9 through 9/30