

# Spring 2019 TSLC/TRiO-SSS Success Sessions

Please sign in at each session with your student ID and attend the entire presentation to receive credit for attendance.

The TSLC is partnering with TRiO-SSS to present these Spring Success Sessions.

All 1<sup>st</sup>-year TSLC students must attend at least three sessions

#	Title	Date and Time	Location	Presenter
1	How to Ask for Letters of Recommendation	Wed. January 9 <sup>th</sup> 5:30 PM	Copeland Hall 130	Jen Harvey, TSLC
2	National Student Exchange	Tues. January 15 <sup>th</sup> 4:30 PM	Copeland Hall 130	LeeAnn Amm, Admissions
3	How to Interview Effectively	Tues. January 22 <sup>nd</sup> 7:00 PM	Copeland Hall 130	Scotty Seeba, TSLC
4	How to Search and Prepare for Internships	Wed. January 30 <sup>th</sup> 4:00 PM	Copeland Hall 130	Kate Gienger, Academic and Career Services & Brenda Jochum, CBT Career Center
5	Scholarship Essay Writing	Wed. February 6 <sup>th</sup> 3:30 PM	Copeland Hall 130	Rashawn Harvey & Bambi Sell, TRiO-SSS
6	Study Abroad: Student Panel	Mon. February 11 <sup>th</sup> 4:30 PM	Copeland Hall 130	Student Panel of Thompson Scholars
7	So You Want to Live Off Campus?	Thurs. February 21 <sup>st</sup> 3:30 PM	Copeland Hall 140	Rashawn Harvey & Bambi Sell, TRiO-SSS
8	Undergraduate Research at UNK	Tues. March 5 <sup>th</sup> 4:30 PM	Copeland Hall 130	Organization for Research & Creative Activity
9	How to Write A Cover Letter	Wed. March 13 <sup>th</sup> 4:00 PM	Copeland Hall 130	Aaron Estes, Academic and Career Services
10	Understanding Pre-Professional Programs And Graduate School Exploration	Thurs. March 28 <sup>th</sup> 4:30 PM	Copeland Hall 130	Rashawn Harvey & Bambi Sell, TRiO-SSS
11	Managing Student Debt	Tues. April 2 <sup>nd</sup> 4:00 PM	Copeland Hall 140	Matt Johnson, Financial Aid
12	\$\$\$ What Are You Paying for at UNK?	Thurs. April 11 <sup>th</sup> 7:00 PM	Copeland Hall 130	Rashawn Harvey & Bambi Sell, TRiO-SSS
13	Professionalism & Leadership	Thurs. April 18 <sup>th</sup> 7:00 PM	Copeland Hall 130	Rashawn Harvey & Bambi Sell, TRiO-SSS

## Success Sessions Brief Description

**SS #1: How to Ask for Letters of Recommendation:** "How to Ask for Letters of Recommendation" will help you learn about the timeline for asking for a letter of recommendation, how to decide whom to ask for a letter, the details students should provide when asking someone to complete a letter, and basic etiquette students should follow through this process.

**SS #2: National Student Exchange:** National Student Exchange (NSE) is a program that allows UNK students the opportunity to go on exchange for one or two semesters to one of over 180 different colleges and universities within the U.S. UNK is the only school in Nebraska that participates in NSE. Many times, UNK students can continue to pay UNK's tuition rate while on exchange, or they pay the visiting schools in-state tuition rate.

**SS #3: How to Interview Effectively:** Students may have to engage in interviews early in their academic careers for leadership roles, summer jobs, or internships; students should be continually practicing interview skills for admission to professional or graduate programs, as well as for full-time careers. Attend this session to learn how to interview effectively.

**SS #4: How to Search and Prepare for Internships:** If you are interested in/ required to obtain internship experiences during your college career, this session will be very helpful for you. The session will focus on what is an internship, how to search for an internship, how to prepare for the internship, such as looking for housing and more.

**SS #5: Scholarship Essay Writing:** Eligible students may apply for the UNK Continuing Student Scholarships each year from February 1 through 11:59:59 PM on the last day of February by accessing the online application on MyBLUE. This session is designed to help you prepare and write a solid scholarship essay.

**SS #6: Study Abroad: Student Panel:** TSLC upperclassmen who have studied abroad will be sharing their experiences, and you will get to ask them questions regarding study abroad.

**SS #7: So You Want to Live Off Campus?:** Are you thinking about moving off campus? The session will help you learn important information about how to prepare for living off campus, in terms of roommates, contracts, and expenses.

**SS #8: Undergraduate Research at UNK:** Undergraduate research is a particular strength of UNK's learning environment. Students in all disciplines are encouraged to participate in independent research and creative activity. This enables you to apply your new knowledge and skills to unique challenges of your choosing. Working closely with faculty mentors, students can engage in an academic endeavor that further develops critical thinking, project management, and presentation skills that will be valuable in a lifetime of learning.

**SS #9: How to Write A Cover Letter:** Cover letter is one of the key components in job applications. You may attend this session to learn how to write a good cover letter.

**SS #10: Understanding Pre-Professional Programs and Graduate School Exploration:** If you are interested in any pre-professional programs, such as pre-nursing, pre-law, pre-dental etc., or you would like to explore graduate school options, the session will be very helpful for you. It will focus on how to apply for the programs, what you need to do for your undergraduate education, and recommendations.

**SS #11: Managing Student Debt:** This session will focus on how to manage student debt. You will learn about different student loans, interests, and how to manage them wisely.

**SS #12: \$\$\$ What Are You Paying for at UNK?:** Do you know what you are paying for at UNK? Other than tuition, room and board, there is a list of fees that you are paying for each semester. Attend this success session to learn more about student fees, and how you can better utilize your paid resources while enrolled at UNK.

**SS #13 Professionalism & Leadership:** This last success session will focus on professionalism and leadership. The presenter will share how to enhance professionalism, and student will learn about different leadership skills that will be beneficial while at UNK and beyond.