

## **LOPER 1 Academic & Professional Success Topics**

### **Academic Advising & Career Development**

- Resume and Cover Letter Writing
- Succeeding in a Job Interview
- Prepare to Succeed at the Career Fair
- Exploring Majors
- Get the Most Out of Handshake
- Prepare for Academic Advising
- Job Search Advice
- Dealing with Academic Struggles
- Understanding UNK's Academic Policies

### **Counseling Center**

- Coping with Anxiety
- Building Resilience
- Cultivating a Growth Mindset
- The How of Happiness
- College Students and Mental Health
- Identifying Your Character Strengths
- Test Anxiety (tips for dealing with it)
- Mindfulness- living in the present moment

### **Disability Services**

- Living, Learning and Earning with a Disability
- Principles of Universal Design
- Disability and Military Service
- Could also present about topics related to deaf and hearing impaired, and blind and visually impaired

### **Financial Aid**

- Lopers & Financial Literacy

### **Health Promotion Office**

- Healthy Relationships
- Stress Management and Sleep
- Alcohol and Vaping Education
- Bystander Intervention

## **Learning Commons**

- Creating Weekly vs. Semester-Long Schedules
- Identify Study Strategies that Work for You
- Tutoring: How to Prepare for & Get the Most Out of a Tutoring Session
- How to Write Professional Emails

## **Learning Strategies Office**

- Get it Together: Time Management & Organization
- Study, but Make it Weird – Visual Learning
- The Hidden Classroom Tips that No One Tells You – Knowing How You Learn
- It's the Higher Ed Matrix: How to Navigate Your First Semester of College

## **Library**

- Citation Formatting (and identifying parts of a citation)
- Fake News
- Database Search Tips
- Choosing and Using Library Databases

## **Student Engagement**

- Get Connected! Student Involvement on Campus