



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

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

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



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)

Four Weekly Sessions | LHC U114

Mondays at 4:00 PM | 9/9 through 9/30