



CENTER for PERSONAL DEVELOPMENT

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



MEET WITH YOUR COUNSELOR:

Stress management

Self confidence

Time management

Career assessment

Career decisions

Public speaking

Experiential ed

Resume & CV

Job searching

Grad school

Interviewing

And more...

Appointments scheduled at uky.joinhandshake.com

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 | GSC = Gatton Student Center

See Handshake for Zoom event links

1/16 - 4-5 PM	LHC U136	HON Education Abroad Info Session
1/16 - 5-7 PM	LHC Lounge	Welcome Back Fair
1/21 - 3-5 PM	GSC	UK Education Abroad Fair
1/22 - 4:30-5:30 PM	LHC U134	2025-26 HON Student Leadership Roles Info Session
1/27 - 5-6 PM	LHC Lounge	Nothing Bundt Research
1/27 - 6-7 PM	Zoom	2025-26 HON Student Leadership Roles Info Session
2/5 - 5-6 PM	Zoom	WildCats at the Capital Info Session
2/6 - 5-6 PM	LHC U133	Panel Featuring: Current Med School Students
2/17 - 5-7 PM	LHC U133	Resume & LinkedIn Lab
2/25 - 2-6 PM	GSC	Career Fair: Engineering & Computer Science
2/25 - 6-8 PM	GSC	Career Fair: Civil Engineering Expo
2/26 - 1-5 PM	GSC	Career Fair: Business & All Majors
3/6 - 1-4 PM	GSC	Career Fair: Communication Internships & Careers
3/27 - 1-5 PM	GSC	Career/Resource Fair: Psych, Neuroscience, & Biology
Week of 3/31	Big Interview	Medical School Mock Interview Event
4/2 - 5-6:30 PM	LHC U133	Pizza & Personal Statements



WELL-BEING ACTIVITIES

Vision Board Making (part of Welcome Back Fair) 1/16 from 5:00-7:00 PM | LHC 136

Pal'entine Card & Bracelet Making 2/11 from 10:30 AM -2:30 PM | LHC Lounge

Creative Writing for Relaxation 3/3 from 4:00-5:00 | LHC U136

Yoga 4/30 from 7:00-8:00 PM | LHC Lounge