The Department of Student Life Presents

**Backpacks to Briefcases**
Preparation of Spartans for Life After College

**TUNE IN ON FRIDAYS**
12 PM - 1:30 PM (EST)

**MSU Department of Student Life**

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**Friday, October 2**
**Money Talks**
Workshop on budgeting and investments. 
*Collaborative Partner: MSUFCU*

**Friday, October 9**
**Cooking With the Pros**
Live cooking demonstration with Corporate Chef Kurt! 
*Collaborative Partner: Chef Kurt Kwiatkowski, Corporate Chef, REHS Culinary Services*

**Sunday, October 11** (7-8:30 PM) EST
**Mastering E-learning**
Gives tips on learning, staying organized, and engaging in an online-learning environment.

**Friday,October 16**
**Resume Hero**
Resume writing workshop. 
*Collaborative Partners: Ed Tilett, Career Services Center, and selected employers*

**Friday, October 23**
**Self-Care Friday**
Monthly Moving Mediation and Yoga: Mid-Court Mediation and Yoga hosted at Breslin Student Event Center live yoga/meditation session. 
*Collaborative Partners: Rebecca Kegler, and Sara Olsztyn, Recreational Sports Fitness Services*

**Friday, October 30**
**Resume Hero 2**
Cover letter writing workshop. 
*Collaborative Partners: Ed Tilett, Career Services Center, and selected employers*

**Friday, November 6**
**Buying Your 1st Car**
Learn about buying/leasing a vehicle and other factors to consider when shopping for a vehicle. 
Live demonstration on basic car maintenance (e.g., rotating tires, checking/changing oil). 
*Collaborative Partners: Jason Cords, General Manager, Shaheen Chevrolet, and Lou Slater, Manager, IPF MSU Service Garage*

**Friday, November 13**
**Branding Your Digital Footprint**
Student will learn how to effectively brand themselves online and how to maintain their digital presence. 
*Collaborative Partner: Tim Foster, Associate Professor, Luleå University of Technology, Lulea`, Sweden*

**Friday, November 20**
**Interview Ready**
Interview etiquette, attire, and tips for preparing for your interview. 
*Collaborative Partners: Ed Tilett, Career Services Center, and selected employers*

**Friday, December 4**
**Self-Care Friday 2**
Monthly Moving Mediation and Yoga: “Take Center Stage Meditation and Yoga”. 
Yoga/Meditation session hosted live at the Wharton Center. 
*Collaborative Partners: Rebecca Kegler, and Sara Olsztyn, Recreational Sports Fitness Services*

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For questions, please email Angelena Jones at rhonda.angelena@gmail.com

Please click link to register, please complete the informational form at [https://forms.gle/cKKisqhX1zJbBRCV9](https://forms.gle/cKKisqhX1zJbBRCV9)

Upon registration you will be sent a link to connect to the event.