



2023 Career Day Break-Out Sessions – Work Sheet

Register for Career Day at:

<https://go.unl.edu/2023necareerday>

Student Name _____ School _____

You will be able to attend two of the following break-out sessions listed below. These seminars will help you prepare for your career and for your college or post-high school experience. Please read through the descriptions of sessions and **mark your top four (4) choices**. **Be sure you rank your Top 4 choices in order . . . 1st choice, 2nd choice, 3rd choice, 4th choice.**

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| <p>_____ 1B. Are You Ready?
Learn how academics and extracurricular activities can prepare you for an easy transition to college life.</p> <p>_____ 2B. Successful Career using Your Skills:
Learn how your skills can help you be successful in a career.</p> <p>_____ 3B. Preparing a Resume:
Learn how to build and write a great resume.</p> <p>_____ 4B. Dress to Impress:
The first impression you give someone is what you're wearing. Learn how to make the best impression on future employers, along with practical skills, like tying a tie.</p> <p>_____ 5B. Making Your Dreams Come True:
Learn how to make your dreams a reality.</p> <p>_____ 6B. Top Ten Reasons:
Why go to college? This session will give you the facts on why attending college is important to your future.</p> <p>_____ 7B. Get a Job:
A brief overview of everything needed for a job application: letter of application, resume, interview preparation and follow-up.</p> <p>_____ 8B. GenZ: You're Up!:
Learn what distinguishes the different generations and how that applies to leadership and your future.</p> <p>_____ 9B. Boost Your Career-Volunteer
Learn about the benefits of giving back by helping others.</p> <p>_____ 10B. Finding a Job You Love:
What are expected to be in most demand in the next ten (10) years? What jobs are declining?</p> <p>_____ 11B. Build Your Future, Explore College:
Learn tips on college planning and how to fund your college education.</p> <p>_____ 12B. 'Let's Be Real':
College students talk about real life in college, and what they wish they would have done in high school to prepare.</p> | <p>_____ 13B. Pathways to Success:
Learn if your personality fits your career choices?</p> <p>_____ 14B. Stretch Your Money:
Learn how to make your summer earnings last the school year and how to budget for expenses by making sound financial decisions.</p> <p>_____ 15B. Stayin' Alive:
How to make healthy decisions now and when you are on your own...avoid the freshman fifteen, dealing with parties and other dilemmas.</p> <p>_____ 16B. Guard Your Identity--Guard Your Future:
Learn strategies for preventing identity theft.</p> <p>_____ 17B. Why Hire You?
Learn what employers look for when interviewing applicants for a job.</p> <p>_____ 18B. Time: You're in Control
College freshmen are now in control of their 24-hour day. Learn simple tips to effectively manage your time to attend class, study, enjoy campus life and even work.</p> <p>_____ 19B. Hot Jobs in Ag:
Learn about new and upcoming jobs in the agricultural area.</p> <p>_____ 20B. Fueling Academic Success with Breakfast: How to fuel your body properly for academic success.</p> <p>_____ 21B. Cybersecurity and You: This breakout session will examine social media's impact on dating, friendships, and other relationships. Topics may include privacy issues, cyber bullying, and mental health issues.</p> <p>_____ 22B. Human Trafficking: Learn to be aware of your surroundings and situations on and off campus to understand & prevent human trafficking.</p> <p>_____ 23B. Teen Safety Driving Tips: What to expect and how to be prepared for various situations.</p> |
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