



2020 Career Day Break-Out Sessions – Work Sheet

Register for Career Day at:

Register at: <https://go.unl.edu/necareerday2020>

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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| _____ 1B. Are You Ready?
Learn how academics and extracurricular activities can prepare you for an easy transition to college life. | _____ 13B. Pathways to Success:
Learn if your personality fits your career choices? |
| _____ 2B. Successful Career using Your Skills:
Learn how your skills can help you be successful in a career. | _____ 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. |
| _____ 3B. Preparing a Resume:
Learn how to build and write a great resume. | _____ 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. |
| _____ 4B. College Transitions:
Look at the options of transferring to a 4-year school or receiving a 2-year degree. | _____ 16B. Guard Your Identity--Guard Your Future:
Learn strategies for preventing identity theft. |
| _____ 5B. Making Your Dreams Come True:
Learn how to make your dreams a reality. | _____ 17B. Why Hire You?
Learn what employers look for when interviewing applicants for a job.. |
| _____ 6B. Top Ten Reasons:
Why go to college? This session will give you the facts on why attending college is important to your future. | _____ 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. |
| _____ 7B. Get a Job:
A brief overview of everything needed for a job application: letter of application, resume, interview preparation and follow-up. | _____ 19B. Hot Jobs in Ag:
Learn about new and upcoming jobs in the agricultural area. |
| _____ 8B. Getting from Here to There:
Hear from successful young professionals about transitioning from high school to college then on to a successful career. | _____ 20B. Fueling Academic Success with Breakfast: How to fuel your body properly for academic success. |
| _____ 9B. Boost Your Career-Volunteer
Learn about the benefits of giving back by helping others. | _____ 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. |
| _____ 10B. Finding a Job You Love:
What are expected to be in most demand in the next ten (10) years? What jobs are declining? | _____ 22B. Human Trafficking: Learn to be aware of your surroundings and situations on and off campus to understand & prevent human trafficking. |
| _____ 11B. Build Your Future, Explore College:
Learn tips on college planning and how to fund your college education. | _____ 23B. Teen Safety Driving Tips: What to expect and how to be prepared for various situations. |
| _____ 12B. Coeds Tell All:
College students talk about real life in college, and what they wish they would have done in high school to prepare. | |