

**Essential Info Speaker Series**  
**First Year focus**  
**2009-2010**

**How to Save Yourself: This is Not High School**

**Presenter:** Dr. Cal Garbin

**Description:** Dr. Garbin will discuss his research on what upperclassmen and graduate students wish they would have known when they came to college.

**Thursday, August 27, 2009**

6:00 – 7:00 P.M.

UNION

**Blame It On The Alcohol**

**Presenters:** Shelley Stall & Tom Keefe

**Descriptions:** Legal consequences of alcohol and drug use on UNL's campus

**Wednesday, September 2, 2009**

6:00 – 7:00 P.M.

UNION

**Balancing School, Activities & Social Life**

**Presenters:** Bryan Perrin, Camille Ehlers, Marcy Pursell, Molly Young

**Description:** A very talented group of upper class students will discuss the ups, downs and rewards of their college experiences.

**Monday, September 14, 2009**

6:00 – 7:00 P.M.

UNION

**Insurance: So What's The Big Deal?**

**Presenter:** Eddie Brown

**Description:** An up close and personal tour of the world of insurance including how to protect your expensive shoes, ipods, cell phones, laptops and other insurable items.

**Wednesday, September 30, 2009**

6:00-7:00 P.M.

Upper Level Culture Center

**UCARE: Undergraduate Creative Activities and Research Experiences**

**Presenter:** Dr. Laura Damuth

**Description:** Did you know that as a UNL student you have the opportunity to be paid to participate in research on campus and eventually plan your own research project? This workshop will show you how.

**Thursday, October 15, 2009**

6:00 – 7:00 P.M.

Upper Level Culture Center

## **Writing for College 101**

**Presenter:** Frankie Condon

**Description:** The insiders guide to how you navigate writing college papers and determining the learning style that best fits you.

**Monday, October 19, 2009**

6:00 – 7:00 P.M.

Upper Level Culture Center

## **Email Etiquette**

**Presenter:** Aundria Duncan-Wagner

**Description:** Do you ever wonder exactly how you should word email sent to a professor? This workshop will provide a few examples of the right and wrong way to write a professional email.

**Monday, October 26, 2009**

6:00-7:00 P.M.

Culture Center

## **The 3 ‘D’ Theory: Persevering the Challenges of College**

**Presenter:** Demoine Adams

**Description:** Students come from different backgrounds with different skills, but the requirements for success in college are the same. This workshop will provide a better awareness of what tools students need to be successful in college. Students will learn and understand study habits, the college culture, college responsibility, and their own strengths.

**Thursday, November 12, 2009**

6:00-7:00 P.M.

Student Union

## **Why Can't Bodies Just Be Bodies**

### **Healthy Body Image Presentation**

**Presenter:** Shine/EDEP

**Description:** The media often implies that who we are now and what we currently look like is not acceptable. Learn a few tips that will help you be more comfortable in the skin you are in.

**Monday, Nov. 16th 2009**

6:00 – 7:00 P.M.

Upper Level Culture Center

## **How to De-Stress for Finals**

**Presenter:** Charlie Foster, CAPS

**Description:** Does the mere thought of the end of the semester raise your blood pressure? Learn techniques to help you breathe easier, focus on the task at hand and prepare for final exams.

**Wednesday, December 2, 2009**

6:00 – 7:00 P.M.

Upper Level Culture Center

## Spring 2010

### **The Library: More Than a Stack of Books**

**Presenter:** Toni Anaya, Multicultural Studies Librarian

**Description:** Students will learn the basics of research including tips on how to get the best results and use their research time wisely.

**Thursday, January 14, 2010**

**6:00-7:00pm**

**Love Library (meet in south lobby)**

### **Arts & Science Advising Night**

**Presenters:** Advisors

**Description:** The College of Arts and Sciences will assist students with course selection for the fall and/or summer, answer questions concerning majors & minors, and provide details on different degree programs and their requirements.

**Monday, January 25, 2010**

**5:00-7:00pm**

**Gaughn Multicultural Center**

### **Fried Chicken, Watermelon and Kool-Aid: Breaking Down Racial Barriers**

**Presenters:** Otto Green, Derek Jones, Niko Aguirre, Lawrence Chatters

**Description:** Informed Rhetoric on breaking down stereotypes, perceptions and misconceptions and the impact on mental development.

**Friday, February 19, 2010**

**4:00-8:30pm**

**Gaughn Multicultural Center**

### **Selecting the Best Major for You**

**Presenter:** Dr. Kelli Smith, Career Services & Brooke Glenn, Arts & Science Advising Center

**Description:** A discussion about the factors that go into selecting a career and the lifetime effects of that decision, good and bad.

**Wednesday, February 3, 2010**

**6:00-7:00pm**

**Gaughn Multicultural Center**

### **Dress 4 Success Fashion Show**

**Presenters:** TBA

**Description:** An exciting display of business attire, business casual and casual wear with a flare to help keep you in the know about what is appropriate for work and for play.

**Wednesday, March 3, 2010**

**6:00-7:30pm**

**Gaughn Multicultural Center**

## **What is LGBTQ?**

**Presenter:** Pat Tetreault, Assistant Director, Student Involvement

**Description:** Answers to frequently asked questions about the Lesbian, Gay, Bisexual Transgendered community.

**Tuesday, March 23, 2010**

**6:00 – 7:00 P.M.**

**Gaughn Multicultural Center**

## **Art of Communication**

**Presenters:** Demoine Adams & Aundria Duncan-Wagner

**Description:** Learn how to effectively communicate in a way that gets your point across and is pleasing to the ears of others.

**Tuesday, April 13, 2010**

**6:00-7:00 P.M.**

**Gaughn Multicultural Center**

## **Helpful Hints for Final Essays**

**Presenter:** Writing Center

**Description:** Learn ways to write final essays that are contain all the correct data and still make sense to you.

**Tuesday, April 20, 2010**

**6:00-7:00 P.M.**

**Gaughn Multicultural Center**