

# MENTALLY PREPARING YOURSELF FOR THE JOB MARKET

Thursday, Mar. 13, 2:30-3:30 PM



## Learn How to:

- ✓ Be efficient and strategic with your job search.
- ✓ Persevere and care for yourself when things don't go as expected.
- ✓ Consider what comes next in your career, bumps and all.

Only Limited  
Seats Available.  
**Location:**  
**Commons**  
**318 or join**  
**virtually**



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INTEGRATED HEALTH



**CareerCenter**  
BUILD YOUR FUTURE HERE