

ACTIVITIES & SEMINARS

Every student at MBKU can become a capable, caring, and inspired health care professional through academic and personal growth. The mission of the Student Achievement Center (SAC) is to provide services and support to help all students reach that goal. The following activities and seminars are available to all students at no cost and advertised on MBKU social media pages, the University events calendar, Presence (<https://ketchum.presence.io/>), e-mail, and campus flyers.

Welcome Back BBQ

Held during the first few weeks of Fall classes, the Student Events Committee (part of the MBKU Student Government Association) hosts a "Welcome Back BBQ" where all new and returning MBKU students and faculty gather to socialize and ring in a new academic year on the Commons lawn. Lots of food, snacks, and drinks are provided along with a little bit of entertainment. Spouses and children are welcome to attend.

Stress Recess Series

The SAC hosts several "Stress Recess" activities to help ease anxiety and tension during high-stress time periods throughout the academic year. One of the most popular activities is supported by "Puppies 2 Partners." Besides being cute, these dogs are incredibly special because they are all being trained for Guide Dogs for the Blind. Other traditional Stress Recess programs include craft activities, wellness walks, networking lunches, and Yoga/mindfulness/meditation sessions. For students interested in leading their own Personal Wellness Sessions for their peers, contact University Student Affairs for work-study opportunities!

Navigating Professional School Series

The Navigating Professional School (NPS) seminar series is comprised of programs on a variety of topics designed to help MBKU students thrive in their respective programs and as members of an interprofessional health care community. NPS events are open to all MBKU students at no cost. Seminars are scheduled at least once per quarter and include workshops, lectures, and discussion panels that cover a wide range of topics such as:

- Stress and test anxiety management
- Study tips
- Effective communication
- Assertiveness
- Financial wellness