



# Suit up.

Employers often make judgments about a candidate in seconds. Get fitted for a great suit to start your professional wardrobe today.

[Learn more about what to wear at 9 a.m.](#)



# Stay positive.

Attitude is the secret to success. Being positive can help you get ahead.

**Learn about having a positive professional attitude and more at 10:30 a.m.**



# Live healthier.

When you look and feel your best, it shows. We'll talk about health checkups, high blood pressure and understanding other diseases that often affect men.

**Learn the importance of healthy living at 11 a.m.**



# Improve Your Interviews: Techniques and Tips.

Learn about the whole process, from finding a job to writing a resume to nailing your interview.

**Hear all about it from an HR professional at 11:45 a.m.**



# Improve Your Interviews: Mock Interviews.

Make the right impression. Put the skills you learned into action. Get real-time feedback and learn what to do when you get into the real world.

**Practice with a mock interview at 1:30 p.m.**