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A Deep Dive into Student Loan Repayment Assistance

Student Loan Repayment Assistance (SLRA) is one of the fastest growing employee benefits. It's a strategic way to attract and retain top talent because it directly addresses the burden that student loan debt places on borrowers. Employers can make tax-free payments toward an employee's student loans up to \$5,250 per year. Join us to learn more about SLRA, its impact on employees and employers, and key considerations when creating a program.

Date: [Wednesday, February 1 at 2:00 p.m. CST](#)

Building Awareness of the Public Service Loan Forgiveness Program

Thousands of student loan borrowers are qualifying to have the remainder of their federal loan balance forgiven through the Public Service Loan Forgiveness (PSLF) Program. The key to receiving this benefit is understanding the specific requirements that must be met to qualify. During this session, we will share details of the program, how to apply, and actions to take to remain on track towards forgiveness eligibility. Our goal is to build awareness of the PSLF Program and share valuable resources to help borrowers achieve their goals.

Date: [Wednesday, February 8 at 2:00 p.m. CST](#)

Using Behavior-based Interviewing to Hire the Right Staff

The success of an organization or department is tied to having the right people in the right positions. Incorporating behavior-based questions during an interview can help you better understand how a potential candidate would react in specific situations. Your strategy should include identifying the required skillset for the position, great questions, and evaluation criteria. Join us as we help you find the best job candidates by using behavior-based questions and evaluating answers.

Date: [Tuesday, February 21 at 11:00 a.m. CST](#)

Enhancing Your Emotional Intelligence

How well do you recognize your emotions? Can you read the emotional cues of others? Are you able to control impulses and adapt to changes well? These questions can gauge your level of emotional intelligence (EI), which is the ability to understand and manage your emotions, as well as those around you. Join us to learn ways to enhance your EI skills and how they can be used to strengthen connections, manage conflict, and improve decision-making.

Date: [Tuesday, February 28 at 11:00 a.m. CST](#)

Winning the Race to Achieve Your Goals

Goal setting gives us a sense of meaning and purpose and it triggers our drive. However, setting a goal is only part of the equation—achieving it can be the most challenging step. Whether you’ve had success with goal setting or not, this session can help you identify ways to finish what you’ve started. We’ll share several strategies for winning the race including maintaining motivation, utilizing willpower, and developing new habits.

Date: [Thursday, March 9 at 2:00 p.m. CST](#)

Uniting Personalities for a Positive Environment

Everyone’s perspective and behavior is based upon their experiences, thoughts, and emotions. There are times when personalities clash, disagreements occur, and morale is diminished. Appreciating what makes a person “tick” can have a positive impact in the workplace. Join us to enhance your understanding of personalities and ways to unite for better relationships at work.

Date: [Tuesday, March 14 at 11:00 a.m. CDT](#)

Exploring Students, Money and Their Relationships

Everyone has a different relationship with money. Like other relationships in our lives, it can be complicated at times. How your students perceive money heavily depends on their upbringing and the environment they grew up in. Their experiences helped shape their attitudes about spending, saving, and borrowing. Join us as we explore the relationship your students have with money and the opportunities to help them develop healthy and sound financial behaviors.

Date: [Wednesday, March 15 at 2:00 p.m. CDT](#)

Identifying and Managing Workplace Stress

Stress is a part of life and there’s no getting around it. It has become a common problem in the workplace and at home. Life without some challenges would be dull but too much stress can play havoc with your health. The key is to learn how to identify and manage it. This session will provide you with valuable strategies for managing stress, preventing burnout, and striking a balance.

Date: [Tuesday, March 28 at 11:00 a.m. CDT](#)