



## Rest and Reflect: Rediscovering Your Business Why

The holiday break offers a vital opportunity to rest and recharge both mentally and physically. Taking time to slow down helps reduce stress, restore energy, and improve focus on what matters most.

For pre-business students, this rest can be equally valuable for reflection on your business “why” – a deeper motivation that drives your interest in the field. Whether it’s innovation, leadership, or creating impact, reflecting on what excites you about business can help clarify your goals.

Start by watching our [\*\*Motivation for Business BUSI Talk\*\*](#) – on demand and self-paced, this video speaks to and encourages genuine self-reflection as well as the exploration of UNC resources like career assessments, student clubs and alumni networks.

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### Being BUSI

*Are you looking for ways to engage with Kenan-Flagler and the larger UNC community as a Pre-Business student? Here are 2 opportunities to consider...*

#### **Dog Therapy at Davis Library**

Monday, 12/8, 1:00 PM - 3:00 PM

Register in [Heel Life](#)

#### **Goat Petting Zoo at HSL**

Tuesday, 12/9, 2:00 PM - 4:00 PM

Register in [Heel Life](#)

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## Resource Spotlight

### LinkedIn Learning for Business at UNC

[LinkedIn Learning](#) is an award-winning industry leader in online training, offering a digital library of thousands of courses designed to strengthen your business expertise. From leadership and management to communication, finance, marketing, and entrepreneurship, you'll find resources to sharpen the skills most in demand in today's competitive business world.

With LinkedIn Learning, UNC students now have free access to:

- Unlimited learning: Explore more than 6,000 video tutorials across business and professional development topics.
- Personalized recommendations: Discover courses aligned with your career goals and business interests.
- Expert instruction: Learn directly from industry leaders and seasoned professionals.
- Flexible access: Study on your schedule, from any desktop or mobile device.
- Practical resources: Reinforce new knowledge with quizzes, exercise files, and practice windows.

*Please note that if you have a personal LinkedIn account, it will not be connected to your UNC LinkedIn Learning account.*

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View previous Pre-View Archives and other Pre-Business Resources, including our BUSI Talk recordings, [here](#).