Networking is an essential part of life in general, but especially during college. Your time at BYU will probably be your best chance to meet a wide variety of people with unique experiences and career paths. Here are some ways you can network at BYU:

+ **Connect with Others**
  Take some time to contact someone: a phone call, email, note, or social media are great ways to start.

+ **Attend Events**
  Look for information sessions put on by your college or major. Get to know the people presenting.

+ **LinkedIn**
  Create a LinkedIn account and join BYU’s Alumni Network.

+ **Take a Cougar to Lunch**
  The Take a Cougar to Lunch (TACTL) program is a unique opportunity for students to meet and network with an alumni mentor in a friendly lunchtime setting. The TACTL program has a large database with BYU alumni who are willing to share knowledge with students pursuing similar fields of interest. With years of valuable work experience, BYU alumni can be an incredible resource for students. Find out about future career options and enjoy the opportunities! Sign up at LUNCH.BYU.EDU and share your experience with #tactl. Find more networking ideas [HERE](#).

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**ENJOY THESE 30 MINUTE MEAL RECIPES FROM BYU DINING:**

- **SPAGHETTI SQUASH WITH BROWN BUTTER & HERBS**
- **CREAMY PUMPKIN SOUP**
- **ROASTED BUTTERNUT & GALA APPLE SOUP**
- **CHOCOLATE & CINNAMON SPICED PANCAKES**
- **CORNBREAD & HONEY BUTTER**

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**Upcoming Events**

**FUN THINGS TO DO ON CAMPUS:**

- **NOV 24 / Friday Classes**
  **ALL DAY / ON CAMPUS**
  Make sure you attend your Friday classes on Tuesday.

- **NOV 24 / Women’s Volleyball**
  **7:00 PM / SMITH FIELDHOUSE**
  Don’t miss the last home game of the season! BYU vs Pepperdine!

- **NOV 25-27 / Thanksgiving Break**
  **ALL DAY / THE UNITED STATES**
  Have a fantastic Thanksgiving Break! Be safe and have fun! Be sure to eat lots of turkey and pumpkin pie. (Remember calories don’t count during holidays!)