

# STUDENT SUCCESS DAY SCHEDULE

It's All About You

February 10, 2010



Fill out your **PERSONAL** schedule for Student Success Day right here!

**MY SCHEDULE FOR STUDENT SUCCESS DAY:**

<b>Time</b>	<b>Title and Presenter</b>		<b>Room</b>
Consult Teachers	CONFERENCES WITH YOUR TEACHERS/COUNSELORS/ADVISORS	Make appointments to see how you are doing and learn about strategies for success	Ask Teacher
8:30 A.M.	<b>Registration</b>		Entrances
9:00 – 9:50			
10:00 – 10:50			
11:00 – 1:00	<b>Check out the Information Tables</b>	Clubs, Campus Resources, Health Information, Community Resources	Lower Concourse
11:00 – 11:50			
12:00 – 12:50	<b>Keynote Speaker: Dr. Anthony Macioce</b>	<b>“Peak Performance”</b>	Commons
1:30 – 2:20			
2:30 – 3:20			

## 9:00 SESSIONS

9:00-9:50	<p><b>Critical Thinking</b></p> <p>Presenter: Betsy Ingram-Diver</p>	<p>Want to learn how to think critically? There are ways to practice critical thinking! Come and tax your brain for 50 minutes!</p>	<b>S2956</b>
9:00-9:50	<p><b>Resume and Cover Letters and Other Scary Stuff</b></p> <p>Presenter: Mary Nienaber</p>	<p>Are you comfortable with the best way to put together a resume, considering your experience and education? Do the words flow from your pen as you sit down to write a cover letter? If YES, you can skip this session! However, if some of these job searching tasks have you stumped come and enjoy this interactive and entertaining session. You won't fall asleep! From the frank and experienced HR mind of Mary Nienaber, HR Director at LSC, you will hear from an expert, in no uncertain terms, up-to-date information on resume preparation, cover letter development and generalized job search tips.</p>	<b>S2942</b>
9:00-9:50	<p><b>Dining Etiquette, Introductions and the American Flag</b></p> <p>Presenter: Carol Johnson</p>	<p>Do you want to make a good impression? In this session you will brush up on manners, learn which utensil is used for which food courses, make smooth introductions and learn about etiquette regarding the American flag.</p>	<b>E2328</b>
9:00-9:50	<p><b>Temperature/Pulse/Respiration</b></p> <p>Presenter: Cheryl Jost</p>	<p>The Nursing Assistant Lab will be open all day for anyone to tour. Stop in to learn how to take an oral temperature, pulse and respiration rate. Students enrolled in the program will take turns in the lab demonstrating these techniques.</p>	<b>W2840</b>
9:00-9:50	<p><b>Basic Computer Skills Assessment</b></p> <p>Presenter: Barry Dahl</p>	<p>New students are strongly encouraged to take the computer skills test. After completing the 10-20 minute assessment, you will be directed to tutorials to help with the identified areas where</p>	<b>E1001</b>

		skills are lacking. Free USB drive upon completion!	
9:00-9:50	<b>Medical Laboratory Careers and You – A Good Fit</b>  Presenter: MLT Students	Learn about career opportunities in laboratory medicine. Come and see some of what medical laboratory technicians and phlebotomists do as employees in medical laboratories. Current students will introduce you to the laboratory field, the various departments and tests conducted. There will be open conversation time with MLT students – a sharing of what draws someone into the field, what excited them, and what surprises them.	<b>E2102</b>
9:00-9:50	<b>Administrative Support Program Advising</b>  Presenter: June Siiter	Meet with ADSC students. Advise and answer questions and address concerns. Help with any ADSC course currently enrolled in.	<b>S2984</b>
9:00-9:50	<b>The Academics of Alcohol</b>  Presenter: Michael Gershe	Missing classes, probation/suspension, and so on are all effects of using alcohol. If not careful, alcohol can impact your college career which can impact your future. Discuss the ramifications of alcohol with Michael Gershe who has been a standup comedian and an academic advisor for over 12 years at Kent State University. Michael is also the keynote speaker at noon in the commons.	<b>E2462</b>
9:00-9:50	<b>Auto Maintenance Safety &amp; Procedures</b>  Presenter: Barry Lampi	Demonstrate maintenance schedules, jump start procedure, jacking points and safety, tire change procedures, roadside procedure/safety.	<b>W2710</b>
9:00-9:50	<b>Your Student Life: How to Make the Most of It</b>  Presenter: Heather Grillo	Learn about all of the services offered through Student Life: Wellness Center, Programming Board, Health Service, leadership, and recreational sports. Discover the benefits of getting involved in clubs and organizations at LSC.	<b>Student Life Conference Room</b>

## 10:00 SESSIONS

10:00-11:50	<p><b>Snowshoeing: What Tree is That?</b></p> <p>Presenters: Adrienne Dinneen, Steve Dalager, Tom Gustafson, Cliff Koski, Anup Parajuli, Joshua Tesch</p>	<p>Join LSC faculty on a winter tree identification snowshoe hike along the Miller Creek trails. Tree ID keys and snowshoes will be provided. Tree information collected will be used in the sequestration study determining carbon storage in our forested areas. Dress warm!</p>	<p><b>Meet at the East Entrance</b></p>
10:00-10:50	<p><b>Re-Careering Information Sessions: Exploring Career and Academic Options for Re-Careering Adults</b></p> <p>Presenter: Marie Carter Brooks</p>	<p>Are you in transition or is there a life/work transition in your future? Are you ready for change, but don't know how to take the next step? This informational session is designed for individuals who are returning to or starting college. Through this session you will explore alternatives for changing careers and enhancing your education. You will learn about career and academic resources to help you create new options for now and into the future.</p>	<p><b>E2462</b></p>
10:00-10:50	<p><b>Scholarships: Learn How to Apply</b></p> <p>Presenter: Celeste Zuniga</p>	<p>We will debunk common scholarship myths and help identify scholarship opportunities for each individual. We will also provide step by step instruction on how students may apply for a scholarship. Students will learn to navigate the LSC Scholarship web page and have the opportunity to ask the Foundation staff questions.</p>	<p><b>E2048</b></p>
10:00-10:50	<p><b>Dining Etiquette, Introductions and the American Flag</b></p> <p>Presenter: Carol Johnson</p>	<p>Do you want to make a good impression? In this session you will brush up on manners, learn which utensil is used for which food courses, make smooth introductions and learn about etiquette regarding the American flag.</p>	<p><b>E2328</b></p>

10:00-10:50	<p><b>Resume and Cover Letters and Other Scary Stuff</b></p> <p>Presenter: Mary Nienaber</p>	<p>Are you comfortable with the best way to put together a resume, considering your experience and education? Do the words flow from your pen as you sit down to write a cover letter? If YES, you can skip this session! However, if some of these job searching tasks have you stumped come and enjoy this interactive and entertaining session. You won't fall asleep! From the frank and experienced HR mind of Mary Nienaber, HR Director at LSC, you will hear from an expert, in no uncertain terms, up-to-date information on resume preparation, cover letter development and generalized job search tips.</p>	<b>S2942</b>
10:00-10:50	<p><b>Adaptive Equipment Demo</b></p> <p>Presenters: Georgia Robillard and Neva Swanson</p>	<p>Demonstrating our Adaptive software (Dragon Dictate, Kurzweil and Zoom Text. We will also talk about what other accommodations are available to students with disabilities.</p>	<b>S1908 Student Services Center</b>
10:00-10:50	<p><b>The Party Game</b></p> <p>Presenters: Paul Waterman and Betsy Jacobson</p>	<p>Through an activity called the "The Party Game", discover what occupational themes best fit your values. A good way to begin the career decision making process.</p>	<b>E2410</b>
10:00-10:50	<p><b>How Video Games affect Behavior and Enforce Stereotypes</b></p> <p>Presenters: Carl Crawford, Stacy Johnston, Wade Gordon</p>	<p>In this session we will have dialog about the effects of certain types of video games on behavior. We will also look at how stereotypes are reinforced through gaming. Not all games are just fun and games.</p>	<b>S2941</b>
10:00-10:50	<p><b>Open the Door on . . . Iceland</b></p> <p>Presenter: Karen Busch-Thordarsson</p>	<p>Join us for a fun photo and video presentation of Iceland, a sometimes forgotten country. The presenter will share interesting stories and visuals about her first trip to Iceland with her 100%</p>	<b>E2154</b>

		Icelandic mom. Questions and comments will be welcomed and encouraged during and after the presentation. You might be able to try an Icelandic treat. Come and have a “taste” of Iceland.	
10:00-10:50	<b>What is “Successful” Dress?</b>  Presenter: Sue Doering	Fashion “do’s and don’ts” for interview and professional appearances. Topics will include quality vs. quantity, a new look on a budget, color and coordination, and accessories. A fun, interactive session for men and women!	<b>E2156</b>
10:00-10:50	<b>Temperature/Pulse/Respiration</b>  Presenter: Cheryl Jost	The Nursing Assistant Lab will be open all day for anyone to tour. Stop in to learn how to take an oral temperature, pulse and respiration rate. Students enrolled in the program will take turns in the lab demonstrating these techniques.	<b>W2840</b>
10:00-10:50	<b>Basic Computer Skills Assessment</b>  Presenter: Barry Dahl	New students are strongly encouraged to take the computer skills test. After completing the 10-20 minute assessment, you will be directed to tutorials to help with the identified areas where skills are lacking. Free USB drive upon completion!	<b>E1001</b>
10:00-10:50	<b>Are You Meeting Your Degree Requirements</b>  Presenter: Emily Chapinski	Wouldn’t it be nice if there was an electronic tracking device that helped you to be sure you are meeting all of your program’s requirements? Well, there is! The Degree Audit Report is like a GPS system – it can tell you where you have been and where you are headed with your degree requirements. This session will help you to understand this amazing tool.	<b>S1971</b>
10:00-10:50	<b>Rock with the Advisors</b>	An opportunity for students to meet with the advisors and challenge them in a game of Rock	<b>Student Life Area</b>

	Presenters: Eric Brandt, Stephanie Wainiopaa, Rochelle Luoma & Melissa Twaddle	Band.	
10:00-10:50	<b>Career Quest!</b> Presenters: John Arola & Heidi Bagley	Does the question “What are you going to do with your life?” send anxiety signals up your spine? Come and find career direction at this workshop!	<b>E2402</b>
10:00-10:50	<b>Smart Money: Financial Skills for College Students</b> Presenter: Becky Hagen Jokela	To strengthen the money management decision skills of students. Individual values, goals and decision-making; making and managing a spending plan; managing credit and debt; and developing a savings plan.	<b>E2012</b>
10:00-10:50	<b>Advising for Medical Secretarial Programs</b> Presenter: Barb Struck	General discussion/information for: Medical Administrative Secretary-degree Medical Secretary – diploma Medical Transcription – certificate Medical Receptionist – certificate Health Insurance & Billing - certificate	<b>S2986</b>
10:00-10:50	<b>Your Communication Compass – A Guide to Adventures without Conflict</b> Presenter: Heather Grillo	In this session you will explore the four basic communication styles. Identify your style and the styles of those in your path and learn how to adapt your behavior to improve your relationships with those in your world.	<b>E2046</b>

**11:00 – 1:00 Information Tables in the lower concourse.**

## 11:00 SESSIONS

11:00-11:50	<b>Critical Thinking</b>  Presenter: Betsy Ingram-Diver	Want to learn how to think critically? There are ways to practice critical thinking! Come and tax your brain for 50 minutes!	<b>S2956</b>
11:00-11:50	<b>Large and Small</b>  Presenter: Michael Sakowski	Some very large and very small numbers and events involving these numbers are discussed Including: The size of the universe and the distance to the stars; Strange things that happen when you travel near the speed of light; A 4-piece jigsaw puzzle that takes over an hour to put together (I'll let you try it); a 9-piece puzzle that takes 3000 years to complete; and the size of an atom and what possibly lies within the atom.	<b>S2941</b>
11:00-11:50	<b>Ask an Alum: Successful Networking Tips</b>  Presenter: Celeste Zuniga	Here is your opportunity to ask successful alumni what to expect during your LSC experience, what steps you should be taking during your time in college, and what you can be doing now to achieve your future goals.	<b>E2328</b>
11:00-11:50	<b>Temperature/Pulse/Respiration</b>  Presenter: Cheryl Jost	The Nursing Assistant Lab will be open all day for anyone to tour. Stop in to learn how to take an oral temperature, pulse and respiration rate. Students enrolled in the program will take turns in the lab demonstrating these techniques.	<b>W2840</b>
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11:00-11:50	<p><b>The End of the Table</b></p> <p>Presenter: Elizabeth Bohlke</p>	<p>Elizabeth Bohlke, a former LSC student, will be giving a presentation about how depression has affected her life since the age of 16. She will be using a power-point presentation of images, original poetry, and telling stories about her experiences.</p>	<b>S2964</b>
11:00-11:50	<p><b>If you don't know where you're going, how will you get there? An Introduction to the GPS LifePlan</b></p> <p>Presenters: Shelly Mann and Marie Carter Brooks</p>	<p>In this session you will be introduced to the GPS LifePlan, which is an online tool to help guide your success as a college student and as a person. We will teach you to navigate the following dimensions: career, education, finance, leadership and personal. Come explore what the GPS LifePlan has to offer!</p>	<b>E1166</b>
11:00-11:50	<p><b>Smart Money: Financial Skills for College Students</b></p> <p>Presenter: Becky Hagen Jokela</p>	<p>To strengthen the money management decision skills of students. Individual values, goals and decision-making; making and managing a spending plan; managing credit and debt; and developing a savings plan.</p>	<b>E2012</b>
11:00-11:50	<p><b>Medical Laboratory Careers and You – A Good Fit</b></p> <p>Presenter: MLT Students</p>	<p>Learn about career opportunities in medical and clinical laboratories. People who want to work in health care but do not want to work closely with patients day after day find a career in laboratory medicine a good fit. Come and see some of what medical laboratory technicians and phlebotomists do as employees in the medical laboratory field.</p>	<b>E2102</b>
11:00-11:50	<p><b>Informational Session for Business Professionals of America, Student Organization</b></p> <p>Presenter: Barb Struck</p>	<p>Business Professionals of America is a national career and technical student organization consisting of 23 state associations. The organization serves students who are currently enrolled in or have an interest in a business education program at a postsecondary institution.</p>	<b>S2986</b>

11:00-11:50	<b>Auto Maintenance Safety &amp; Procedures</b> Presenter: Barry Lampi	Demonstrate maintenance schedules, jump start procedure, jacking points and safety, tire change procedures, roadside procedure/safety.	<b>W2710</b>
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**12:00 – 1:00 Guest Presenter:**

**Dr. Anthony Macioce**

**“Peak Performance”**

**LSC Commons**

Enjoy Pizza after presentation

**1:30 SESSIONS**

1:30-2:20	<b>Never Diet Again . . . Secrets to Weight Loss and Body Image Transformation!</b> Presenter: Karen Green	Karen Green, psychology professor, licensed supervising professional clinical counselor, and certified intuitive eating counselor, will share the weight loss and body image transformations that enabled her to lose 100 pounds safely, and without diets and expensive equipment.	<b>S2964</b>
1:30-2:20	<b>Temperature/Pulse/Respiration</b> Presenter: Cheryl Jost	The Nursing Assistant Lab will be open all day for anyone to tour. Stop in to learn how to take an oral temperature, pulse and respiration rate.	<b>W2840</b>

		Students enrolled in the program will take turns in the lab demonstrating these techniques.	
1:30-2:20	<b>Basic Computer Skills Assessment</b>  Presenter: Barry Dahl	New students are strongly encouraged to take the computer skills test. After completing the 10-20 minute assessment, you will be directed to tutorials to help with the identified areas where skills are lacking. Free USB drive upon completion!	<b>E1001</b>
1:30-2:20	<b>Open the Door on . . . Iceland</b>  Presenter: Karen Busch-Thordarsson	Join us for a fun photo and video presentation of Iceland, a sometimes forgotten country. The presenter will share interesting stories and visuals about her first trip to Iceland with her 100% Icelandic mom. Questions and comments will be welcomed and encouraged during and after the presentation. You might be able to try an Icelandic treat. Come and have a “taste” of Iceland.	<b>E2154</b>
1:30-2:20	<b>Rock with the Advisors</b> Presenters: Eric Brandt, Stephanie Wainiopaa, Rochelle Luoma, Emily Chapinski & Melissa Twaddle	An opportunity for students to meet with the advisors and challenge them in a game of Rock Band.	<b>Student Life Area</b>
1:30-2:20	<b>Adaptive Equipment Demo</b>  Presenters: Georgia Robillard and Neva Swanson	Demonstrating our Adaptive software (Dragon Dictate, Kurzweil and Zoom Text. We will also talk about what other accommodations are available to students with disabilities.	<b>S1908 Student Services Center</b>
1:30-2:20	<b>The Party Game</b>  Presenters: Paul Waterman and Betsy Jacobson	Through an activity called the “The Party Game”, discover what occupational themes best fit your values. A good way to begin the career decision making process.	<b>E2410</b>
1:30-2:20	<b>Do you Want to Start your Own Business?</b>	The Lake Superior College Entrepreneurship Campus Initiative Committee will be presenting	<b>S2942</b>

	Presenter: Steve Wagner	information and getting feedback on past and future entrepreneurship/small business activities and resources. The committee is also seeking student representation for starting an LSC Small Business/Entrepreneurship Student Club. There will also be a presentation by a successful entrepreneur on tips and suggestions for starting your own business.	
1:30-2:20	<b>Career Quest!</b> Presenters: John Arola & Heidi Bagley	Does the question “What are you going to do with your life?” send anxiety signals up your spine? Come and find career direction at this workshop!	<b>S2980</b>
1:30-2:20	<b>Online Communications Tools – Other than E-Mails</b> Presenter: Barry Dahl	During this session we will take a look at five different FREE web tools that can be used to communicate with other people across the globe. No, we will NOT be using e-mail.	<b>E2402</b>
1:30-2:20	<b>Friends for Life</b> Presenter: Pat Castellano	“You miss your dog?” Moving away from home (to college) may mean leaving animal friends behind. How does college life and adopting animals mix? How can you help homeless animals? Animal Allies Humane Society presents perspectives on respect and responsibility in our relationships with people and animals. There will be an animal at the session?	<b>E2328</b>
1:30-2:20	<b>Choral Singing Workshop</b> Presenters: Patricia Dorn and LSC Choir	Come join Patricia Dorn and the LSC Choir as an active participant in a choral rehearsal. Topics covered will include vocal warm-up exercises, basic vocal technique and tips for healthy singing.	<b>W2866</b>
1:30-2:20	<b>Succeeding in Spite of Learning Disabilities</b>	The presenter will share how he succeeds in	<b>E2012</b>

	Presenter: Kyle Duncan, LSC Student	school, work, dance, and international travel in spite of dyslexia and other learning disabilities. Presentation includes pictures of international travel.	
1:30-2:20	<b>Networking and Volunteer Opportunities for Work Experience</b>  Presenter: Paul Damberg	Learn about organizations and groups you can join or volunteer with that can give you work experience and get you networked with potential employers. Will include a panel of people from various non-profits and area organizations that you can join or volunteer with as a stepping stone to full employment.	<b>E2022</b>
1:30-2:20	<b>How Video Games affect Behavior and Enforce Stereotypes</b>  Presenters: Carl Crawford, Stacy Johnston, Wade Gordon	In this session we will have dialog about the effects of certain types of video games on behavior. We will also look at how stereotypes are reinforced through gaming. Not all games are just fun and games.	<b>E2046</b>
1:30-2:20	<b>Paralegal Advising – Developing the “Soft” Skills Legal Employers Want</b>  Presenter: Steve Schneider	Paralegal employers value certain “soft” skills. Find out what those skills are and how to develop and highlight them in your job search. Bring your resume for a review and soft skill tune-up.	<b>S2986</b>
1:30-2:20	<b>Cool Guitars and Hip Amps</b>  Presenters: Damon Kapke and Steve Dalager	Let’s talk about all aspects of guitars, amps, and related gear. Topics may include selection, maintenance, modifications, construction, and playing. Bring em if you got em!	<b>Internet Cafe</b>
1:30-2:20	<b>Scholarships: Learn How to Apply</b>  Presenter: Celeste Zuniga	We will debunk common scholarship myths and help identify scholarship opportunities for each individual. We will also provide step by step instruction on how students may apply for a scholarship. Students will learn to navigate the LSC Scholarship web page and have the	<b>E2048</b>

		opportunity to ask the Foundation staff questions.	
1:30-3:00	<b>Reconnecting with Nature</b>  Presenter: Richard Haney	A brief examination of the negative impacts humans are having on our planet, how our lifestyles and technologies have “disconnected” us from nature, the importance and role of a reconnection with nature in addressing environmental issues. This session will last 1 ½ hours. It will start in a classroom and end with the last 30-40 minutes outdoors. Dress appropriately for the weather.	<b>E2156</b>
1:30-3:20	<b>Making Lefse</b>  Presenters: Sherry Dalager and Betsy Little	Learn the steps to making lefse through demonstration and audience participation. Leave with a recipe and a piece of lefse. We’ll keep rolling until we run out of lefse.	<b>Intercultural Center</b>

## 2:30 SESSIONS

2:30-3:20	<b>Basic Computer Skills Assessment</b>  Presenter: Barry Dahl	New students are strongly encouraged to take the computer skills test. After completing the 10-20 minute assessment, you will be directed to tutorials to help with the identified areas where skills are lacking. Free USB drive upon completion!	<b>E1001</b>
2:30-3:20	<b>Financial Aid Q &amp; A</b>  Presenter: LaNita Robinson	A financial aid specialist will be available to answer your financial aid related questions.	<b>S2941</b>
2:30-3:20	<b>Are You Meeting Your Degree Requirements</b>	Wouldn’t it be nice if there was an electronic tracking device that helped you to be sure you are meeting all of your program’s requirements? Well, there is? The	<b>S1971</b>

	Presenter: Emily Chapinski	Degree Audit Report is like a GPS system – it can tell you where you have been and where you are headed with your degree requirements. This session will help you to understand this amazing tool.	
2:30-3:20	<b>LSC Jamboree</b> Presenter: Damon Kapke	Bring some gear and let's see what kind of music we can make.	<b>Internet Cafe</b>
2:30-3:20	<b>Knitting – Stress Relief and a Garment, Too!</b> Presenter: Rita O'Connell	If you know how to knit or need inspiration to start, I'll show a number of beginner to advanced projects to inspire you. Easy patterns, instructions, and local yarn store and knitting-online info will be provided for you to take home and try when you need a break from studying	<b>E2012</b>
2:30-3:20	<b>Paralegal Advising – Developing the “Soft” Skills Legal Employers Want</b> Presenter: Steve Schneider	Paralegal employers value certain “soft” skills. Find out what those skills are and how to develop and highlight them in your job search. Bring your resume for a review and soft skill tune-up.	<b>S2986</b>
2:30-3:20	<b>Phi Theta Kappa – Join Us</b> Presenters: Phi Theta Kappa Officers	Phi Theta Kappa is the international honors society of the two-year colleges. If you are interested in joining this prestigious academic organization or would like to hear more about the benefits of joining, here's your chance.	<b>E2328</b>
2:30-3:20	<b>Easy Meditation to Relax, Heal and Invigorate</b> Presenter: Suzanne Dustrude Starr	Experience the art and science of meditation. Beginners are welcome. Following a brief introduction, you will be treated to a 30-minute guided meditation/visualization for health and vitality. You will feel wonderful! Mats are provided, or chairs for those who prefer.	<b>E1114</b>