

STUDENT SUCCESS DAY SCHEDULE

It's All About You

September 29, 2010



Student Success Day is a day set aside each semester to support academic success. Student Success Day provides opportunities for career building and personal growth, and making connections with students, staff, faculty, LSC and our community. Through the variety of sessions and activities scheduled, Student Success Day provides opportunities for you to focus on sessions and activities to support your success.

Suggestions to get the most out of your Student Success Day:

- Write your Student Success Day schedule in the space provided on the planning sheet. If you have questions, talk to your instructors or advisors. Enjoy your day.
- Make appointments to connect with your instructors during the day – see how you are doing in each of your classes. Find out what you can do to improve.
- Arrive early and enjoy juice and a breakfast bar. (Available at the registration table as you come in)
- Plan to attend the keynote presentation at 12:00 in the Commons. The event is sponsored by Student Life.
- After attending the keynote presentations, enjoy pizza!

Attendance information for Student Success Day: evening classes will begin at 4:00PM. Look over the concurrent sessions and select sessions you want to attend. Be sure to check to see when your teachers will be available for conferences; make appointments, if necessary. Individuals with disabilities may request reasonable accommodations by contacting LSC's Disability Services at (218) 733-7650, S1911, or g.robillard@lsc.edu.

Fill out your schedule for Student Success Day on the next page.

MY SCHEDULE FOR STUDENT SUCCESS DAY

Time	Title and Presenter		Room
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.	Registration		Entrances
9:00 – 9:50			
10:00 – 10:50			
11:00 – 1:00	Check out the Information Tables	Clubs, Campus Resources, Health Information, Community Resources	Lower Concourse
11:00 – 11:50			
12:00 – 12:50	Keynote Speaker: Melanie Hartman	Melanie believes that in order to lead others, you must know how to lead yourself. She understands and embraces the power of the “aha” moment.	Commons
1:30 – 2:20			
2:30 – 3:20			

9:00 SESSIONS

9:00-9:50	<p>Adaptive Equipment Demo</p> <p>Presenters: Georgia Robillard and Neva Swanson</p>	<p>Demonstration on how technology can assist with disabilities. Software demonstration of Dragon Dictate, Kurzweil and Zoom Text. Accommodation discussion for specific disabilities.</p>	<p>S1914 Student Services Center</p>
9:00-9:50	<p>Etiquette: Dining, Introductions and the American Flag Protocol</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>E2410</p>
9:00-9:50	<p>Financial Aid Q & A</p> <p>Presenter: Emily Warner</p>	<p>Open forum discussion to answer any questions you may have about financial aid. Can be specific to your situation or general questions you may have!</p>	<p>E2156</p>
9:00-9:50	<p>If you don't know where you're going, how will you get there? An Introduction to the GPS LifePlan</p> <p>Presenters: Shelly Mann and Sherri Johnson</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. You will navigate the following areas: career, education, finance, leadership, and personal. Come explore what the GPS LifePlan has to offer!</p>	<p>E1166</p>
9:00-9:50	<p>Focus on Investment Fundamentals</p> <p>Presenters: Kristin Lammi and Jeff Hakala</p>	<p>The workshop is designed to help participants take steps to grow money with tax-deferred investments, steer clear of common investment mistakes, and take advantage of professionally managed investments. Especially beneficial for individuals who are new to investing.</p>	<p>E2328</p>
9:00-9:50	<p>Smart Money: Financial Skills for College Students</p> <p>Presenter: Becky Hagen Jokela</p>	<p>To strengthen the money management decision skills of students. Topics: Individual values, goals and decision-making; making and managing a spending plan; managing credit and debt; and developing a savings plan.</p>	<p>E2046</p>

9:00-9:50	<p>Is Reality TV Hurting Us?</p> <p>Presenter: Carl Crawford</p>	In this session we will look at the stereotypes and biases of reality television. We will also explore if our society is less civil today and why? Be prepared for some great discussion as we take on some of the shows from the past and how they have shaped our views of other cultures.	S2964
9:00-9:50	<p>Administrative Support Program Advising</p> <p>Presenter: June Siiter</p>	Meet with ADSC students. Advise and answer questions and address concerns. Help with any ADSC courses currently enrolled in.	S2984
9:00-9:50	<p>The Party Game</p> <p>Presenter: Paul Waterman</p>	Take the first steps toward a career decision in this fun interactive “game” that will start you thinking about where you belong in the world of work.	W2812
9:00-9:50	<p>Technology Skills Assessment</p> <p>Presenter: Christine Torma</p>	Students in FYE 1000, the Introduction to College course, 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!	E1001
9:00-9:50	<p>Microsoft Word Skills</p> <p>Presenter: Valdean Lundberg</p>	Learn the Microsoft Word skills needed to be successful in your online or on ground classes. Create, edit, double spacing, page numbering, save as a Rich Text Format to a flash drive, and upload to your LSC Student Portal e-Storage.	E2048
9:00-9:50	<p>Your Communication Compass – A Guide to Adventures without Conflict</p> <p>Presenter: Heather Grillo</p>	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.	E2012

9:00-11:30	<p>Film Festival “The Business of Being Born”</p> <p>Presenter: Tracy Moshier</p> <p>Please note: This is a 2.5 hour session.</p>	<p>Birth is a miracle, a rite of passage, a natural part of life. But birth is also big business. Compelled to explore the subject after the delivery of her first child, actress Ricki Lake recruits filmmaker Abby Epstein to question the way American women have babies. The film interlaces intimate birth stories with surprising historical, political and scientific insights and shocking statistics about the current maternity care system. When director Epstein discovers she is pregnant during the making of the film, the journey becomes even more personal. Should most births be viewed as a natural life process, or should every delivery be treated as a potentially catastrophic medical emergency? Come to this session, watch and discuss the controversy surrounding birth choices.</p>	E2306
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10:00 SESSIONS

10:00-10:50	<p>Etiquette: Dining, Introductions and the American Flag Protocol</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>	E2410
10:00-10:50	<p>Adaptive Equipment Demo</p> <p>Presenters: Georgia Robillard and Neva Swanson</p>	<p>Demonstration on how technology can assist with disabilities. Software demonstration of Dragon Dictate, Kurzweil and Zoom Text. Accommodation discussion for specific disabilities.</p>	S1914 Student Services Center

10:00-10:50	Surviving Human Anatomy & Physiology Presenter: Jeri Schwerin	This session will offer study tips and strategies that are particularly helpful for students in Human Anatomy & Physiology classes. I will be drawing on my experience as a science tutor and as an instructor to share what I consider “Best Practices” to help students to succeed in these challenging classes.	E2012
10:00-10:50	Your Senate, Your Voice Presenter: Chandra Shoberg	Meet your Student Senate and learn who they are, what they do for you, and how you can join the team. 30 minute workshop and 20 minutes of games with prizes. Come learn, laugh and hang out with your senate!	S2968
10:00-10:50	Scholarships: Learn How to Apply Presenter: LuAnne Anderson	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.	E2048
10:00-10:50	Oaxaca Travel Program Presenter: Tim Benson	All students and community members are invited to join us on our spring travel program to beautiful Oaxaca, Mexico. This session will describe what we will do on the trip and give ideas to help with funding for any of our travel programs.	W2884
10:00-10:50	Resume and Cover Letters and Other Scary Stuff Presenter: Mary Nienaber	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	S2942

		of these job searching tasks have your 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.	
10:00-10:50	Medical Administrative Program Informational Session Presenter: Barb Struck	Advisor will meet with program students to discuss differences among the five medical clerical programs.	S2986
10:00-10:50	Measuring Vital Signs Presenter: Cheryl Jost	Hands on learning . . . TPR.	W2846
10:00-10:50	Understanding your Degree Requirements Presenter: Emily Chapinski	Do you wish you had a tracking device that would tell you what classes you need to graduate? Well, you do, and it's called your <i>Interactive Degree Audit Report</i> . This amazing tool will help ensure that your class choices meet degree requirements and that you are on track for graduation. This session will introduce you to the Degree Audit Report and you will spend time learning how to read it correctly.	S1971
10:00-10:50	Winter Preventative and Maintenance Care for Cars Presenter: Barry Lampi	Stations will be set-up with examples of getting your car ready for winter.	W2710
10:00-10:50	Managing Conflicts Productively Presenter: Natalie Bothwell	Do you handle conflicts effectively? Learn about the different strategies individuals typically use to get what they want from the other person and	E2154

		how you can handle your conflicts in a more productive way in this interactive, clicker-style presentation.	
10:00-10:50	Thrivent Financial Career Overview Presenters: Kristin Lammi and Jeff Hakala	You can achieve career success, and enjoy unlimited opportunity for growth and advancement. Join us to learn more about a career with Thrivent Financial.	E2328
10:00-10:50	Smart Money: Financial Skills for College Students Presenter: Becky Hagen Jokela	To strengthen the money management decision skills of students. Topics: Individual values, goals and decision-making; making and managing a spending plan; managing credit and debt; and developing a savings plan.	E2046
10:00-10:50	Technology Skills Assessment Presenter: Christine Torma	Students in FYE 1000, the Introduction to College course, 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!	E1001
10:00-11:50	Where's Bob: Circumnavigating LSC by Trail Presenter: Steve Dalager Please note: This is a 1 hour and 50 minute session.	Former MnSCU Trustee Bob Erickson used to circumnavigate the State of Minnesota, visiting all thirty-some campuses and raising money for part-time student scholarships. His annual visit to LSC was always a special time, but in 2008, Bob decided six times was enough. In the spirit of Bob, join us in circumnavigating the LSC campus, only by footpath this time. This hike will include a close look at the fall colors, parts of the disk golf course, LSC's interpretive trail, visits to Council Rock, Desolation Canyon and Mount St. Johns. The terrain in places is rugged, so wear	Meet at E Building Information/ Reception Desk

		<p>appropriate footwear, and plan for the weather. We're going – rain or shine!</p> <p>Note: Participants are encouraged to contribute to the LSC Foundation's Part-Time Student Scholarship Fund.</p>	
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11:00 – 1:00 Information Tables in the lower concourse.

11:00 SESSIONS

11:00-11:50	<p>The End of the Table</p> <p>Presenter: Elizabeth Bohlke</p>	<p>I was diagnosed with depression and bipolar disorder at the age of 16. I will be showing a Power Point presentation of images, reading original poetry, and sharing stories about my journey with mental illness. I recently transferred from LSC to UMD.</p>	S2964
11:00-11:50	<p>Surviving Human Anatomy & Physiology</p> <p>Presenter: Jeri Schwerin</p>	<p>This session will offer study tips and strategies that are particularly helpful for students in Human Anatomy & Physiology classes. I will be drawing on my experience as a science tutor and as an instructor to share what I consider "Best Practices" to help students to succeed in these challenging classes.</p>	E2012
11:00-11:50	<p>Managing Conflicts Productively</p> <p>Presenter: Natalie Bothwell</p>	<p>Do you handle conflicts effectively? Learn about the different strategies individuals typically use to get what they want from the other person and how you can handle your conflicts in a more</p>	E2154

		productive way in this interactive, clicker-style presentation.	
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11:00-11:50	Ask an Alum: Successful Networking Tips Presenter: LuAnne Anderson	Here is your opportunity to ask successful alums 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.	E2048
11:00-11:50	Word Problem Solving Presenter: Chad Johnson	Strategies to get beastly word problems purring on your paper. Bring your textbooks or any kind of problems (math related).	E2410
11:00-11:50	Measuring Vital Signs Presenter: Cheryl Jost	Hands on learning . . . TPR.	W2846
11:00-11:50	Business Professionals of America Student Organization Meeting Presenter: Barb Struck	Informational meeting for Professional Leadership Conference and State Leadership Competition.	S2986

11:00-11:50	Technology Skills Assessment Presenter: Christine Torma	Students in FYE 1000, the Introduction to College course, 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!	E1001
11:00-11:50	Your Student Life: How to Make the Most of It Presenter: Heather Grillo	Learn about all of the services offered through Student Life: Wellness Center, Programming Board, Health Service, Leadership, and Recreational Sports, etc. Discover the benefits of getting involved in clubs and organizations at LSC.	E2328
11:00-11:50	Networking and Volunteer Opportunities for Work Experience Presenter: Paul Damberg	Learn about organizations and groups you can join or volunteer that can give you work experience and get you networked with potential employers. Will include a panel of people that can tell you about opportunities to network or organizations you can join or volunteer with as a stepping stone to full employment.	E2462

12:00 – 1:00 Guest Presenter:

Melanie Hartman

Leadership, Self-Empowerment and the “aha” Moment

LSC Commons

Enjoy Pizza after presentation

1:30 SESSIONS

1:30-2:20	<p>Cheers! The Liquid Facts of Alcohol and College</p> <p>Presenter: Roxanne Frederick</p>	<p>The consequences of excessive and underage drinking affect virtually all college campuses, communities, and college students, whether you choose to drink or not. Through this interactive presentation you will learn signs and symptoms of alcohol poisoning and best practices to be responsible and safe when consuming alcohol. We will have an open discussion of “what is going on in the real world” of “Thirsty Thursdays” and what you need to be aware of.</p>	E2410
1:30-2:20	<p>Tips for Success in Online Courses</p> <p>Presenter: Susan Brashaw and Jody Ondich</p>	<p>Get tips from two online instructors on successfully taking online courses. We will look at time management, course tool use, communication, and answer questions and concerns from students.</p>	S2980
1:30-2:20	<p>The Party Game</p> <p>Presenter: Paul Waterman</p>	<p>Take the first steps toward a career decision in this fun interactive “game” that will start you thinking about where you belong in the world of work.</p>	W2812
1:30-2:20	<p>Spanish for Health Professionals I – Class Meeting</p> <p>Presenter: Tim Benson</p>	<p>An in-person review session for those currently enrolled in the online Spanish for Health Professionals I course. Meet your instructor and your classmates in person. Come prepared with questions and ready to review the material we have covered in class.</p>	S2942
1:30-2:20	<p>Critical Thinking</p>	<p>Want to learn how to think critically? There are ways to practice critical thinking! Come and tax</p>	S2941

	Presenter: Betsy Ingram-Diver	your brain for 50 minutes!	
1:30-2:20	iGoogle, do you? Presenter: Megan Bugge	Learn the basics of what Google has to offer. Not only is Google a search engine, it is also a map maker, wiki (website) creator, virtual library, and personal shopper!	S2986
1:30-2:20	Knitting – Stress Relief & a Garment, Too 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-on-line info will be provided for you to take home and try when you need a break from studying.	E2328
1:30-2:20	How to Create your Personal Support Network Presenter: Jim Drake	Do you have a personal support network? Working? Attending school? Family responsibilities? Learn how important it is to set-up a personal support network so that you can thrive, rather than just survive. Learn how to set-up an effective personal support network with the help of your friends and family.	S2956
1:30-2:20	Scholarships: Learn How to Apply Presenter: LuAnne Anderson	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.	E2048
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	for Cars Presenter: Barry Lampi	your car ready for winter.	
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1:30-3:20	Paralegal Job Hunting: What Employers Want Presenter: Steve Schneider and Tina Johnson	How do you get a paralegal employer to notice you in today's job market? What do paralegal employers really want? Come hear from LSC Paralegal Studies graduates and from the employers themselves, followed by advising sessions with Paralegal Studies faculty.	S2986

2:30 SESSIONS

2:30-3:20	Your Senate, Your Voice Presenter: Chandra Shoberg	Meet your Student Senate and learn who they are, what they do for you, and how you can join the team. 30 minute workshop and 20 minutes of games with prizes. Come learn, laugh and hang out with your senate!	S2968
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2:30-3:20	Finding Your Passion and Your Major Presenter: Heidi Bagley and John Arola	This workshop will help you “think outside the box” about what careers/majors you are interested in. Bring a pen and notebook because you ‘ll be “doing” in this seminar!	S2980