

Student Success Day

TWO THOUSAND & SIXTEEN

INVERHILLS.EDU

InverHills
Community College

*Dedicated to
the power and
promise of
education, we
inspire students,
build careers
and strengthen
communities.*

Welcome

Welcome to Student Success Day! Join us for an all-day student-focused event on September 28, 2016. Meet with faculty, attend interesting workshops and grab a free bite to eat!! It's the perfect day to get geared up for your future as a successful student. We have a lineup of 50+ sessions! We also have plenty of free food, including lunch and dinner, to keep you going all day.

Registration begins in Heritage Hall at 8:30 a.m. You can grab breakfast snacks, pick up a program with room listings and start your Student Success Day. You can register any time during the day.

LEARN HOW TO GEAR UP FOR SUCCESS

- Improve your GPA
- Meet with instructors
- Check out tutoring, student clubs and more
- Choose a major
- Balance your coursework, work and finances
- Learn about transfer options
- Organize your college life

If there are any requests that you would like to make in order to ensure your accessibility to any part of this event please contact Rebecca Merton, Disability Coordinator, at 651-450-3884 or rmerton@inverhills.edu.

Learn something awesome that you want to share?
Please use hashtag: **#STUDENTSUCCESSDAY**

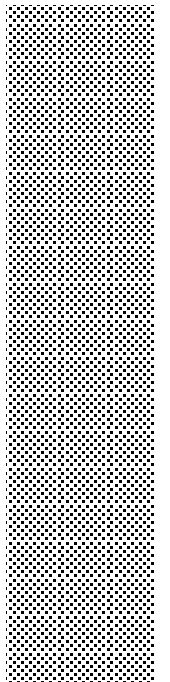
IMPORTANT TIMES

10AM
KEYNOTE

11:30-12:40
FREE LUNCH
CAFETERIA

4:45-5:30
FREE DINNER
HERITAGE HALL

5:45PM
KEYNOTE



#STUDENTSUCCESSDAY

THE **DIRECTION**
Right

INVERHILLS.EDU



Shannan Paul

KEYNOTE PRESENTER



Miss Shannan loves to laugh and to share this love with her audiences. Her storytelling and infectious smile are sure to crack up even the most stone-faced curmudgeon. She can relate to just about everyone whether they be students, Sci-Fi fans, jocks, or soccer moms.

She started her professional career working for Fortune 100 companies including Wells Fargo Bank and Bank of America. Since her cubicle days, Miss Shannan has moved on to become a radio show host, actress, certified fitness instructor and a proud former player of the Women's Professional Football League.

Her diverse professional background has given her an incredibly

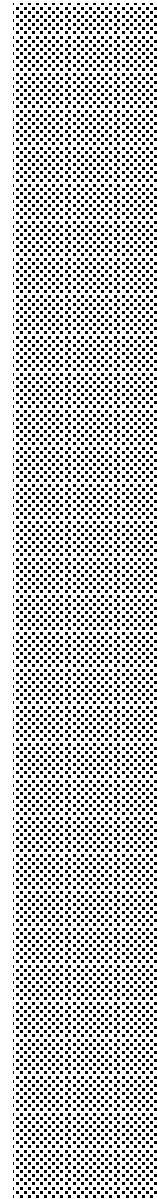
broad communication set and allowed her to work with people and groups covering a spectrum of ethnicities, age ranges and education levels. In addition, she is a touring stand-up comedian who has performed for a wide range of audiences. She has hosted numerous corporate and charity events. Miss Shannan is a regular guest on local TV talk shows speaking on pop culture and diversity.

Miss Shannan's discussion on "Cultural Sensitivity for the Accidentally Insensitive" uses personal anecdotes and real world situations to teach the audience how to not "be that person" who walks blindly into an awkward situation. Miss Shannan can keep you smiling and keep people of other cultures smiling along with you.

10AM
FINE ARTS
THEATER

&

5:45PM
HERITAGE HALL
ROOM 203



Session Information

9 AM-NOON

VETERANS RESOURCE FAIR

Presented by: Sue Flannigan, Veterans Coordinator

The Veterans Resource Fair will help veterans, service members and family members connect with resources that are available.

Tags: Student Engagement, Student Enrichment, Campus Resources

WHAT ARE YOU WAITING FOR? KICKING YOUR PROCRASTINATION HABIT

Presented by: Steven Hartlaub, French

In this session we will explore what procrastination is, why we procrastinate, and how we can defeat this enemy within. Be prepared to share your experiences!

Tags: Study Skills, Student Enrichment

IMPROVING YOUR TEST-TAKING SKILLS (IN SCIENCE COURSES).

Presented by: James Schneider, Biology

Stop cramming! Discover a great technique to prepare for exams. While this session will consider science courses, the technique is applicable to students in any course that has formal, written assessments.

Tags: Study Skills

(ALMOST) EVERYTHING I NEED TO KNOW ABOUT (ACADEMIC) WRITING I LEARNED FROM STEPHEN KING

Presented by: Patrick McAleer, English

This is a power-point/lecture based presentation highlighting a few critical tips on writing from Stephen King that can be applied to academic writing to increase awareness and confidence with one's writing abilities.

Tags: Student Enrichment, Study Skills

IMMIGRATION, EDUCATION, AND OVERCOMING CHALLENGES

Presented by: Hannah M Asfaw and Diversity Guest Speaker, Abrahm Desta

Abraham Desta, an Ethiopian immigrant will share his experience about how to navigate college, overcome challenges faced by immigrants, and even find that dream job and a rewarding career along the way!

Mr. Desta, University of Minnesota, BA in Biomedical Engineering, Master's level engineering candidate; he currently works for General Mills.

Tags: Student Engagement, Student Enrichment, Career & Transfer Information

HAVEN'T PICKED A MAJOR YET? WHETHER YOU ARE UNDECIDED OR CAN'T PICK JUST ONE— THIS WORKSHOP IS FOR YOU!

Presented by: Inver Hills Counselors

During this workshop students will be able to take a career assessment and learn about the career decision making process. At the end of the session, students will have a plan for action steps to continue to make progress toward a career decision.

Tags: Career & Transfer Information

9-9:50 AM

THE AFA DEGREE AND HOW TO DO WELL IN ART CLASSES*Presented by: Wendy Olson and Jennifer Joffe, Arts*

Join us to learn how to earn an AFA—Associate in Fine Arts—degree at Inver Hills. Discover what classes you need, how to transfer the degree to 4-year colleges and which ones, and possible careers in the art field.

Tags: Study Skills, Career & Transfer Information**MINDFULNESS AS A TOOL FOR COLLEGE STUDENTS: PART 1***Presented by: Nicole Bietz, Counseling*

Based on the work of Dr. Jon Kabat-Zinn, this session will highlight the benefits of practicing mindfulness to reduce stress and anxiety and will highlight how mindfulness benefits college students. Participants will have the opportunity to engage in a brief mindfulness activity. *Note: Part 2 will further expand mindfulness practice.*

Tags: Student Enrichment**TRANSFER 101***Presented by: Rob Harris, Counseling*

Learn about transfer options available to IHCC students. Also get information about how to best plan college visits, prepare applications, and explore scholarship opportunities? This session is for students planning to transfer to another college or university.

Tags: Career & Transfer Information**WE NEED TO STUDY TO PHYSICALLY CHANGE OUR BRAIN TO ENABLE MEMORY***Presented by: Laurel Panser, Psychology*

Learn how our brains change physically when we study. Taking time to study is the way to make physical changes in our brain that allow us to remember. This session will answer the question, "Why do we have to study?" We will explore neurons, the billions of cells in your brain that talk to each other.

Tags: Study Skills, Student Engagement**WHY TAKE A SOCIOLOGY CLASS?***Presented by: Vicky Knickerbocker, Melissa Bunde, Brent Olsonowski, Judy Morgan and Jackie Austin, Sociology*

Meet the sociology department and learn about why sociology expands and energizes your social perspective and makes life more interesting! Visit, ask questions and have candid conversations with Brent, Melissa, Vicky, Judy and Jackie while learning about sociology and the sociological perspective.

Tags: Student Enrichment**[KEYNOTE] CULTURAL SENSITIVITY FOR THE ACCIDENTALLY INSENSITIVE***Presented by: Shannan Paul*

Fortune 100 professional, radio host, actress, fitness instructor, and former in the Women's Professional Football League will motivate you overcome cultural insensitivities with a dash of humor.

Tags: Student Enrichment, Student Engagement**INTERVIEW SKILLS TO LAND THE JOB AND INTERVIEW COACHING WITH BUSINESS PROFESSIONALS***Presented by: Dionna Jones and HR Professionals*

Employers state that students are not well prepared to land the job. They are showing up not prepared to interview. Learn the steps it takes to be prepared for an interview and get a job offer.

Tags: Career & Transfer Information**MINDFULNESS FOR COLLEGE STUDENTS PART 2: GOING DEEPER WITH MINDFULNESS AND HANDS-ON PRACTICE***Presented by: Nicole Bietz, Counseling*

This session will begin with a brief review of Mindfulness and move directly into mindfulness practice. This session is highly interactive and will focus primarily on engaging in mindfulness body scan practice with a time for self-reflection and group discussion following. *Attendance at part 1 session is recommended but not required.*

Tags: Student Enrichment**HOW TO SUCCEED IN BIOLOGY 1120: EXPLORING BIOLOGY***Presented by: Tanya Smutka and Nat Hemstad, Biology*

"Exploring Biology" is a challenging course. Many don't pass it the first time. This session provides you with strategies to survive and excel in this course. A panel composed of previous students will discuss successful strategies and answer questions. The skills and strategies discussed are directly applicable to other biology courses as well.

Tags: Study Skills**WORK PLACE, DEGREES AND ADVISING***Presented by: Anthony Copa, Accounting; Don Cassidy, Brenda VanVosson, Hamid Kazeroony and Yohannes Agegnehu, Business*

Workplace blunders, Careers in Business and Accounting fields, and advising for equipping yourself for gainful employment

Tags: Student Engagement, Campus Resources, Money Management**Q&A WITH KEYNOTE SPEAKER***Presented by: Shannan Paul*

Stick around after the morning keynote session and ask Shannan Paul a question or two.

Tags: Student Enrichment, Student Engagement**ASK THE RELATIONSHIP DOC!***Presented by: Communication Department Faculty*

This interactive (and highly entertaining!) panel presentation will give students the opportunity to pose their questions about relationships to a panel of Interpersonal Communication experts. Students will be able to ask questions about all types of Interpersonal Relationships — friends, colleagues, family, romantic partners— in a moderated panel setting.

Tags: Student Enrichment**THE AMAZING YOU!***Presented by: Thomas Reis, Human Services*

What's love got to do with it? This dynamic presentation focuses on self-love and the steps you need to take in discovering just how amazing you are.

Tags: Student Enrichment**WE NEED YOU! CAREERS THAT FEED THE PLANET***Presented by: Kristin Digiulio, Biology*

What four year degree yields a ninety – four percent placement rate in full time jobs within 6 months of graduation? What four year degree has an average starting salary of \$51,000? Which graduates will discover how to feed our changing world? Come to this session and find out! And sample FREE CHEESE, pet LIVE GOATS, and earn SCHOLARSHIPS!

Tags: Career & Transfer Information

OH, THE PLACES YOU WILL GO-PHER*Presented by: Alyssa Kotzian, University of Minnesota*

You have brains in your head, you have feet in your shoes, but how do you know which path to choose? Come explore your options with us! No need to take a bus. Just come on in and explore the majors at the U of M.

Tags: Career & Transfer Information**WHY BECOME A PHI THETA KAPPA MEMBER?***Presented by: Vicky Knickerbocker, Sociology; PTK Officer Team*

This session will be hosted by the officers of Phi Theta Kappa. Its primary purpose will be to educate those who attend about the numerous personal and professional benefits membership in Phi Theta Kappa accords community college students.

Tags: Student Engagement, Student Enrichment, Campus Resources, Career & Transfer Info**REEF TO RAINFOREST— SUMMER TRIP TO MALAYSIA***Presented by: James Schneider, Biology*

Come to learn about a two week citizen science trip to ecological hotspots in Malaysia. Combine conservation science with art. Collect and publish data on coral reefs, learn to SCUBA dive or become a better diver. Experience a 130 million year-old rainforest.

Tags: Student Engagement**ALL ABOUT IHCC SCHOLARSHIPS!***Presented by: Kristin Thoennes, English and Leslie Krona, Alumni Foundation*

Scholarships are free money! It just takes a little time and effort. In this session, you will learn where to find scholarships, tips for writing effective successful scholarship applications, and all about the Inver Hills Scholarship application process.

Tags: Student Enrichment, Money Management, Campus Resources**MATH STUDY SKILLS AND MEET TUTORS***Presented by: Deanna Green, Math*

Does math stress you out? Make you feel anxious? Frustrate you? In this session you will learn new strategies and techniques that will help reduce the level of stress, anxiety, and frustration that you may experience while you are taking a math course. You will also have the opportunity to hear from a couple of our amazing tutors!

Tags: Study Skills**HOW TO SUCCEED ONLINE***Presented by: Jennifer Joffee, Arts and Ellen Lansky, English*

What are differences between using D2L, text messages, and email? How can you avoid even the hint of academic dishonesty on D2L? How can you best read the syllabus, assignments, and course content, and follow instructions? How do you develop good study habits and a schedule?

Tags: Study Skills, Student Enrichment**TUTORS TELL ALL***Presented by: Laurel Watt, Reading and Study Skills*

Come to this interactive session to learn study tips from experienced students who tutor in the IHCC Peer Tutoring program. These very successful students will share their advice for success in college as well as answer your questions about what IHCC Peer Tutors can do to help you be the student you aspire to be.

Tags: Study Skills**TIPS FOR RESUME WRITING AND RESUME CRITIQUE WITH BUSINESS PROFESSIONALS***Presented by: Dionna Jones, Center for Experiential Learning*

Thinking about applying for a job, but don't know what to do to make your resume stand out? Learn some tricks of the trade and get employers' attention by highlighting the experiences and knowledge you bring to the table. Learn how to effectively communicate the value of your past experiences, education, and student involvement.

Tags: Career & Transfer Information**SIMPLE STRATEGIES FOR STRESS REDUCTION***Presented by: Christine Petrich, Physical Education*

Feeling stressed? Feeling overwhelmed? You aren't alone! Many college students feel stressed out as they juggle school with other responsibilities and demands on their time and energy. The good news is, there are simple strategies to start reducing stress that take minimal time, effort and skills. Best of all, they are all free and can be done anytime, anywhere!

Tags: Student Enrichment**TRIO SSS NEW STUDENT ORIENTATION***Presented by: Matt Kruger, Alicia Atwater and Ruby Murillo, TRIO staff*

This session is for new participants in the TRIO Student Support Services (SSS) program only. Now that you've been accepted to TRIO, attend to find out more about how TRIO can benefit you, TRIO's expectations, and how TRIO works to help students plan ahead, be effective students, and connect with other resources and opportunities.

Tags: Student Enrichment**COLORING FOR CREATIVITY AND RELAXATION***Presented by: Tanya Smutka and Jennifer Joffee, Art*

Have you heard about the hot new trend of coloring for adults? Join Jennifer and Tanya, both long-time coloring fans, to learn how it can stimulate creativity, reduce stress and anxiety, improve motor skills, and more! Then we'll break out the colored pencils and markers! Feel free to come and go as you please during this session.

Tags: Student Enrichment**LEGAL PANEL***Presented by: Attorneys and Paralegals*

Attend this fantastic panel to learn about the practice of law from knowledgeable attorneys, paralegals and graduates from Inver Hills program.

Tags: Student Enrichment, Career & Transfer Information**ANNUAL DISASTER RELIEF TRIP***Presented by: Thomas Reis, Human Services*

Would you like to go on IHCC's annual disaster relief trip to help rebuild? Are you up for an adventure in making a real difference? Join us (students, faculty, & staff are welcome) to learn about our May 2017 trip.

Tags: Student Enrichment, Student Engagement, Campus Resources**HOW YOUR CREDITS TRANSFER TO METROPOLITAN STATE UNIVERSITY***Presented by: Eduardo Gutierrez, Metro State Admissions Counselor*

In the workshop we will explain the admissions process and application. The workshop would also explain how credits will transfer from Inver Hills to Metro State.

Tags: Career & Transfer Information

12:30-1:30 PM

"I WISH SOMEONE WOULD HAVE TOLD ME"

Presented by: Inver Hills Alumni Association

A panel of alumni (former students) will share information about how Inver Hills launched their careers. Alumni will share what they think is helpful in today's job market, in their field of study. They will also highlight campus resources available for students. Campus resources can provide help for classes or personal issues. Plenty of time to "ask an alumni" is built in to this session.

Tags: Campus Resources, Career & Transfer Information

SPEED READING & SPEED SKIMMING

Presented by: Richard Jewell, English

Learn the basics of reading faster and also preparing to read more easily and deeply, whether textbooks or professional materials. You'll discover the steps of increasing your reading speed, starting reading assignments in better ways, and completing last-minute reading.

Tags: Study Skills, Student Enrichment

STUDENT ADDICTION AWARENESS

Presented by: Jon Jensen, Stephanie Moore-Johnson and Natalie Johnson

The Student Addiction Awareness support group meets on campus daily and provides support to students with drug and alcohol use concerns or those in recovery. This presentation will cover common concerns with addiction, how it can impact student life, and the resources available to students, including the SAA group.

Tags: Student Enrichment, Campus Resources

VA MEDICAL FOCUS GROUP

Presented by: VA Staff

Please join us for a VA Health Care Listening Session. Come and provide feedback regarding veteran experience and care provided by the Minneapolis VA Health Care System.

Tags: Campus Resources

IMPROVE YOUR POSTURE; REDUCE YOUR PAIN

Presented by: Cody Schniepp, Inver Hills Student & Massage Therapist

Feeling stress in your back and shoulders from working on the computer? You may not be using proper posture while at the computer. Come learn about proper postures for sitting and standing work stations, along with self-care exercises to help relieve tension from computer work.

Tags: Student Enrichment

THE DEVIL IS IN THE DETAILS: REVISING AND EDITING

Presented by: Signe Ilstrup and Joan Nichols, Tutoring

Even Shakespeare didn't get it right the first time. If you are not sure what to do when your professor says that you need to revise and edit your paper, this workshop will introduce you to a step-by-step process you can use for revising and editing.

Tags: Study Skills, Campus Resources

HUMMING THROUGH A TEXT

Presented by: Greg Dahlstrom, Reading and Study Skills

Come learn a quick-and-easy way to take notes using a highlighter and a pen.

Tags: Study Skills

1-2 PM

1-1:50 PM

1-1:50 PM

SMART MONEY: PERSONAL MONEY MANAGEMENT

Presented by: Anthony Copa, Accounting

Trying to understand why you don't seem to have any money? If you are such a student, come and find out how to set financial goals and make appropriate decisions to attain those goals.

Tags: Money Management

1:15-2 PM

USING ADOBE ACROBAT IN THE LAW OFFICE

Presented by: Uyen Campbell, Attorney

Learn the ins and outs of Adobe Acrobat and the practical uses in the law office and legal cases.

Tags: Student Enrichment, Career & Transfer Information

2-3 PM

STRESS MANAGEMENT

Presented by: Zachary Koestler and Phanny Phal, TRIO

The main focus is on how to deal with stress and identify what a stressor is. We will as a team to come up with different stress relievers and help them through scenarios on ways to manage work-life balance.

Tags: Study Skills

STUDY TIPS FOR MULTIPLE-CHOICE EXAMS

Presented by: Kathryn Klopfeisch, English

Have you ever left a multiple-choice exam believing you earned an A only to find you earned below C? Did you know there are four types of multiple choices questions? This session will show you how to analyze your exams to find out what kind of questions your instructor prefers. You will learn specific study techniques to help you prepare for and successfully answer each question type.

Tags: Study Skills

LEADERSHIP SESSION

Presented by: Shannan Paul, Keynote Speaker

Join Shannan for an afternoon of learning about motivating yourself to become a leader.

Tags: Student Engagement, Student Enrichment

CAREERS IN PSYCHOLOGY

Presented by: Jon Jensen, Psychology

A presentation of career options at the various degree and license levels in the psychological field. The presentation will also examine what types of clinical and non-clinical jobs are available in the field including jobs that students with associate's degrees can get. It's your one stop shop for resources to start your psychology career.

Tags: Student Engagement, Student Enrichment, Career & Transfer Information

2-2:50 PM

INTERESTED IN TRAVELING TO SCOTLAND, ENGLAND AND WALES?

Presented by: Vicky Knickerbocker, Human Services and Sociology

Do you have an interest in traveling to England, Scotland, and Ireland in May of 2017? If so, check out this informational session to find out more about this international travel experience being facilitated by three Phi Theta Kappa advisors; Vicky Knickerbocker, Jon Wood, and Linda Duffy that will take you to these three countries... Highlights of this trip will include visits to Edinburgh, London, Bath, Stonehenge, and Cardiff.

Tags: Student Enrichment, Student Engagement

NO VACANCY AT THE HILBERT HOTEL (MATH CLUB)*Presented by: James Kolles, Math*

It's your chance to find out about infinity, early 20th century mathematics, and about important mathematicians.

Tags: Student Enrichment, Student Engagement

SELF DEFENSE*Presented by: John Gavnik, Physical Education*

Learn basic self-defense skills and safety concepts.

Tags: Student Enrichment

EATING HEALTHY ON A BUDGET*Presented by: Gisel Suarez-Bonilla and Alex Shoop, TRIO*

We will discuss ways to coupon, find healthy recipes, use community resources, and engage in healthy eating habits.

Tags: Student Enrichment, Campus Resources

HOW DO I GET AN INTERNSHIP?*Presented by: Dionna Jones, Center for Experiential Learning*

Are you in the final semesters of your program and looking for an internship? Or maybe you're just starting out, but have heard that an internship can better your chances in the job market and you want to plan ahead? Learn the steps it takes to successfully secure an internship and the resources available to you.

Tags: Career & Transfer Information

GET THE MOST BANG FOR YOUR TEXTBOOK BUCK*Presented by: Signe Ilstrup, Tutoring*

You've worked hard to earn the money for your textbooks, so make them work for you. There are simple, but effective strategies, you can use to get the maximum benefit from your texts. Please bring one or more of your textbooks with you to the workshop.

Tags: Campus Resources, Study Skills

ENGLISH AND GRAMMAR TIPS FOR PARALEGALS*Presented by: Sally Dahlquist, Paralegal Program Director*

Attend this session to learn tips and locate resources to strengthen your writing skills for the law office.

Tags: Student Engagement, Career & Transfer Information

KARATE*Presented by: John Gavnik, Physical Education*

Learn the basic karate technique and skills.

Tags: Student Enrichment

LINKED IN— I HAVE A PROFILE, SO HOW DO I USE IT?*Presented by: Dionna Jones, Center for Experiential Learning*

According to career strategists, more and more human resource personnel are using LinkedIn to recruit and screen candidates. Learn how to navigate LinkedIn and stand out from among the crowd.

Tags: Career & Transfer Information

HOW TO RESEARCH CAREERS*Presented by: Inver Hills Counselors*

Are you career hunting? If so, this workshop is for you. The Inver Hills counselors will provide you resources and help you begin the research process. You will gain access to career, salary and job outlook information. In addition, career research tips will be provided.

Tags: Career & Transfer Information

TRIO SSS NEW STUDENT ORIENTATION*Presented by: Matt Kruger, Alicia Atwater, Ruby Murillo, TRIO staff*

This session is for new participants in the TRIO Student Support Services (SSS) program only. Now that you've been accepted to TRIO, attend to find out more about how TRIO can benefit you, TRIO's expectations, and how TRIO works to help students plan ahead, be effective students, and connect with other resources and opportunities.

Tags: Student Enrichment, Campus Resources, Career & Transfer Information

WHY BECOME A PHI THETA KAPPA MEMBER?*Presented by: Vicky Knickerbocker, Sociology and PTK Officer Team*

This session hosted by the officers of Phi Theta Kappa (PTK) will begin with an introduction to PTK for non-members and will highlight the advantages of joining. This will be followed by an orientation for new or inactive members and information on how to access benefits and be a more active member.

Tags: Student Enrichment, Campus Resources

PARALEGAL INTERNSHIP MEETING FOR SPRING 2017*Presented by: Sally Dahlquist, Paralegal Program Director*

Attend this paralegal internship meeting if you intend on completing a Spring Semester 2017 internship. Bring your draft cover letter, resume and interactive degree audit report (DARS) to this meeting.

Tags: Student Enrichment

[KEYNOTE] CULTURAL SENSITIVITY FOR THE ACCIDENTALLY INSENSITIVE*Presented by: Shannan Paul*

Fortune 100 professional, radio host, actress, fitness instructor, and former in the Women's Professional Football League will motivate you overcome cultural insensitivities with a dash of humor.

Tags: Student Enrichment, Student Engagement

E-RECORD AND E-FILE TRAINING FOR PARALEGALS*Presented by: Simplifile and Dakota County Administration*

Learn how to e-record real estate documents and e-file pleadings with the court from these experts in the legal field!

Tags: Student Engagement, Career & Transfer Information

TIME MANAGEMENT*Presented by: Laurel Panser, Psychology*

View the time management video online at www.inverhills.edu/ssd

Tags: Student Engagement, Study Skills

My planning guide

TIME	ROOM	SESSION
9 AM		
10 AM		
11 AM		
12 PM		<i>Free lunch available in the cafeteria from 11:30-12:40</i>
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		<i>Free dinner available in Heritage Hall from 4:45-5:30</i>
6 PM		



MINNESOTA STATE

Inver Hills Community College,
A member of Minnesota State