

Student Success Day Program, Wednesday, September 27, 2017

Time	Proposal Name	Brief Description	Presenter Name	Session Categories
9:00 – 9:50	Debunking the Promise of Free Will	How “free” are our individual choices? Does age, gender or culture impact our opportunities? We invite you to attend a presentation that explores how our social environments influence everyday “choices.” Topics included are marriage, religious practices, and American beauty standards.	Brent Olsonawski, Dave Berger, Jackie Austin, Vicky Knickerbocker – Sociology Department	Student Engagement; Student Enrichment
9:00 – 9:50	Habit Change- how to develop quality habits	In this workshop you will take a personality quiz to determine how you respond to expectations and how you can best develop positive habits and battle bad ones. We will examine research about habit change and discuss techniques and strategies which can help you meet your goals, become happier and more productive.	Nicki Bottko, Student Life	Student Engagement; Study Skills
9:00 – 9:50	LinkedIn - I have a profile, now what?	More and more Human Resource personnel are using LinkedIn to recruit and screen job candidates. Learn how to develop your on-line profile and get noticed. Free photography head shots for LinkedIn profile will be provided.	Emily Johnson, Director of Career Services	Career and Transfer Information
9:00 – 9:50	LinkedIn Photo Shoot	As part of the "LinkedIn - I have a profile, now what?" session, students will have be given the opportunity to have professional profile pictures. Adjoining session in in FA190.	Paul Wegner, Art	Student Engagement; Student Enrichment; Career and Transfer Information
9:00 – 9:50	Map your Road to Success!	Visit the Advising and Counseling Center to create a road map to graduation. In your meeting with the advisor you'll learn how to read your Interactive Degree Audit Report and create a plan for which courses you can take each semester until you graduate or transfer!	Amanda Barklind, Chong Moua, Shoua Madland, Heidi Thury, Jeremy Clark – Advisors	Career and Transfer Information; Campus Resources
9:00 – 9:50	Transfer 101	Figuring out the process, timelines, requirements, and financial resources for transferring can be confusing. Pave your path to transfer success by attending this session.	Rob Harris, Counseling	Student Engagement; Campus Resources; Career and Transfer Information
9:00 – 9:50	The Devil is in the Details: Revising and Editing	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.	Signe Ilstrup and Joan Nichols, Writing Center	Study Skills; Campus Resources
9:00 – 9:50	What Are You Waiting For? How To Kick Your Procrastination Habit	In this session, we will explore what procrastination is, why we do it, and how we can stop. Be prepared to share your own struggles with procrastination.	Steven Hartlaub, Languages	Study Skills

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9:00 – 9:50	Realize Your Resilience	<p>Life is filled with exciting and rewarding events. However, life's journey also usually includes a variety of challenging and stressful events. College can be one of those stressful times when we question our strengths and abilities in new circumstances. Resilience is the power to adapt well in the face of adversity and thrive in your everyday life. What characteristics, skills and resources contribute to a person's strength, their flexibility or their overall ability to bounce back from an adverse event? Stop questioning yourself and realize your resilience!</p> <p>Participants will leave this session with an understanding of Academic Resilience, and how to practice resilience at IHCC!</p>	LeAnne Schmidt, Counseling	Student Enrichment; Campus Resources
9:00 – Noon FA Lobby	Veterans Resource Fair	The Veterans Resource Fair will assist veterans, service members, and families connect with resources available to them.	Sue Flannigan, Veterans Coordinator	Student Engagement; Student Enrichment; Campus Resources
10:00 – 10:50	Morning Keynote	During "Simple Truths in the Workplace and in Life," Gary Berg challenges all who participate to look at their own lives more closely and with live with more focus. Gary is a successful business owner, coach, former college administrator, and a really regular guy.		Student Enrichment; Student Engagement
11:00 – 11:50	Keynote Q&A with Gary Berg	Connect with the keynote speaker for a time of Q&A.		
11:00 – 11:50	"Hey, That Sounds Familiar!"	If you are concerned about quoting without plagiarizing and want to be sure that your in-text citations are formatted correctly, join the Writing Center tutors for this session. We will discuss summarizing, paraphrasing and quoting, when and what to quote, and practice this skill together.	Joan Nichols and Signe Ilstrup, Writing Center	Student Enrichment; Campus Resources; Study Skills
11:00 – 11:50	Loving Your Body - A Cultural Dialogue	Do you ever feel judged about the way you look? In this session, we are going to explore different body shapes and sizes, how our culture presents the idea of beauty, and how this affects each of us. This information will help you find the true meaning of loving your body.	Mary Anthony, Jadé Milton, and Todjer Morrell, TRIO Advisors	Student Enrichment
11:00 – 11:50	From "Indiana Jones" to "Bones": Top 20 Careers in Anthropology	It's a great time to become an anthropologist! According to the U.S. Bureau of Labor Statistics, "Employment of anthropologists and archaeologists is expected to grow 19 percent from 2012 to 2022, faster than the average for all occupations." Discover how the Inver Hills Anthropology program can help launch an exciting career in anthropology!	Katie Nelson, Anthropology	Career and Transfer Information

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11:00 – 11:50	Believe in Yourself	One of the building blocks of Academic Resilience is Success Orientation. Success-oriented students believe in their abilities and have a strong self-efficacy, allowing them to navigate challenges by seeking alternatives while maintaining a positive self-belief in their decisions. Participants will leave this session with a renewed optimism for being great!	LeAnne Schmidt, Counseling	Student Enrichment
11:00 – 11:50	How to Succeed in Biology 1120: Exploring 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.	Tanya Smutka and Nat Hemstad, Biology	Study Skills; Campus Resources
11:00 – 11:50	Study Tips for Multiple Choice Exams	Have you ever left a multiple choice test thinking you earned an A only to find out later you earned below C level? Did you know that there are four different kinds of multiple choice questions? This session will show you how to analyze your exams to figure out what kinds of questions you will be asked and you will learn specific techniques to study for each type of question.	Kathryn Klopfleisch, English	Study Skills
11:00 – 11:50	Tutors Tell All	Come to this interactive session to hear IHCC Peer Tutors and professional tutors share their tips for success. These experienced tutors will discuss what they do to be successful in their own classes and how students can benefit from working with a tutor. Bonus: ever toyed with the idea of becoming a tutor? We'll also tell you how to become one!	Hilary Dahlman, Director of Academic and Learning Support	Study Skills; Campus Resources; Student Engagement
11:00 – 11:50	Using Psychological Research to Succeed	Research in the field of Psychology has identified various study techniques which work to improve learning. This 50-minute session will present specific study behaviors that can be applied now, and should save you time and money.	Connie Manos-Andrea, Psychology	Study Skills
11:00 – 11:50	What's all the Jazz about Phi Theta Kappa?	Celebrate Phi Theta Kappa's 100th birthday! Attend an informational session that will highlight what PTK has done over the past 100 years to promote the success of community college students. We will showcase several of the "Golden Opportunities" that Phi Theta Kappa membership accords community college students.	Vicky Knickerbocker, Sociology, and PTK Officer Team	Student Engagement; Career and Transfer Information
11:00 – 11:50	We need YOU! Careers that feed the planet.	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 and find out! FREE CHEESE, LIVE GOATS, SCHOLARSHIP\$\$	Kristin Digiulio, Biology	Career and Transfer Information

LUNCH: 11:40 - 12:30, Cafeteria

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12:00 – 12:50	Breathing and Meditation Basics	Feel stressed? Feel overwhelmed by your thoughts? Want to reconnect with what is important to you? Experience test or other forms of acute anxiety? A regular meditation practice can help you with any of these concerns and help you succeed in school by soothing the body and mind. In this session you will practice and learn several short, simple meditation practices you can use anytime, anywhere!	Christine Petrich, Physical Education	Study Skills; Student Enrichment
12:00 – 12:50	Grocery Bingo	This session will provide some stress relieving fun with the chance to win grocery prizes by playing BINGO! IHCC 's partnership with Open Door Mobile Pantry provides students fresh food including fruits, vegetables, milk, eggs, meat as well as non-perishable food options. In this session you will learn more about how to sign up to use this and other amazing resources!	Inver Hill Counselors	Campus Resources
12:00 – 12:50	How to Improve Your Test-Taking Abilities	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.	James Schneider, Biology	Study Skills
12:00 – 12:50	Like to Solve (Math) Problems?	Learn how you can become a Math tutor at Inver Hills!	Stephanie Hegman, Math	Study Skills
1:00 – 1:50	Benefits of International Travel	Learn the benefits of international travel. Picture yourself in Costa Rica during Spring Break in March of 2018 or in Russia in May of 2018! Come and find out more about how you can come along.	Vicky Knickerbocker, Sociology, and Nicki Bottko, Student Life	Student Enrichment; Student Engagement
1:00 – 1:50	Changing Your Thought Patterns	Discover how changing your thoughts can change how you feel! Our ability to maintain a sense of control in stressful situations allows us to use our mind to think rationally about the situation, remain open-minded, generate alternative solutions, and approach challenges from a more confident, rational, and optimistic perspective. Choose happiness in this session!	Nicole Bietz, Counseling	Student Enrichment; Campus Resources
1:00 – 1:50	Math Study Strategies and Meet the Math Tutors!	Math got you down? Help is here! 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!	Inver Hills Math Tutors	Study Skills; Campus Resources
1:00 – 1:50	Pursuing an AA or a Liberal Arts degree? How it will help you get a great job!	Do you love history, art, theater, sociology or another liberal arts discipline but wonder how it will help you land an awesome job/career? Come learn more about how you can study what you love AND use those skills to build a fulfilling career! Strategies for getting a great job and web resources will be shared during this session.	Lindsey Talbot & Milissa Troen, Counseling	Career and Transfer Information
1:00 – 1:50	Self Defense	Learn basic self-defense skills and safety concepts.	John Gavnik, Physical Education	Student Enrichment

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1:00 – 1:50	The Seven Habits of Highly Effective College Students	What habits do successful college students develop? In this session we will examine the work of Sean Covey and others as we seek out answers to this question.	Greg Dahlstrom, Reading and Study Skills	Student Engagement; Study Skills
1:00 – 1:50	Tips for Resume Writing	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. Bring your resume to this session for a resume critique from a local employer!	Emily Johnson, Director of Career Services	Career and Transfer Information
1:00 – 1:50	VA Medical Focus Group	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. Door prizes for those in attendance!	VA Medical Staff	Campus Resources; Student Enrichment; Student Engagement
1:00 – 1:50	We put the US in SSECCUS!	There is no "I" in success, but there is "US!" Beat the speed bumps of the semester by learning the secrets of success with us, TRIO! Tips, fun, and games, we've got it all. So what are you waiting for!	Carolyn Vue and Alicia Atwater, Advising	Student Enrichment
2:00 – 2:50	Basic Technology Skills Paralegals Need to Know	Learn the "Must Have" technology skills needed for the paralegal/legal profession from a knowledgeable and experienced paralegal program graduate.	Janice Vochoska, Paralegal, Bowman and Brooke LLP	Student Engagement; Career and Transfer Information; Student Enrichment
2:00 – 2:50	Debunking the Promise of Free Will	How "free" are our individual choices? Does age, gender or culture impact our opportunities? We invite you to attend a presentation that explores how our social environments influence everyday "choices." Topics included ate marriage, religious practices, and American beauty standards.	Brent Olsonawksi, Dave Berger, Jackie Austin, Vicky Knickerbocker – Sociology	Student Engagement; Student Enrichment
2:00 – 2:50	"Hey, That Sounds Familiar!"	If you are concerned about quoting without plagiarizing and want to be sure that your in-text citations are formatted correctly, join the Writing Center tutors for this session. We will discuss summarizing, paraphrasing and quoting, when and what to quote, and practice this skill together.	Signe Ilstrup and Joan Nichols, Writing Center	Study Skills
2:00 – 2:50	Interview Skills to Land the Job	Lack of preparation is the number one reason people are nervous in interviews. Learn the steps it takes to be prepared for an interview and get a job offer. Participate in a mini-mock interview with an area employer and get feedback on your interview skills.	Emily Johnson Director of Career Services	Career and Transfer Information
2:00 – 2:50	Karate	Learn basic karate technique and skills.	John Gavnik, Physical Education	Student Enrichment
2:00 – 2:50	Major Decisions? Haven't picked a major YET?	Whether you are undecided or can't pick just one, this workshop is for you! During this workshop students will be able to take a career assessment, learn about the career decision making process, and come up with a plan of action to continue the progress toward a career decision.	Milissa Troen, Counseling	Career and Transfer Information

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2:00 – 2:50	Spring Break Student Trip - Coral Conservation and SCUBA in Mexico	Come to hear about a Student Trip to Cozumel over Spring Break. On the trip you will become SCUBA open water certified or improve on your diving skills with specialty dives if already certified. You will participate in coral reef conservation efforts and be trained in underwater photography.	James Schneider, Biology	Student Engagement
2:00 – 2:50	The Amazing You!	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.	Thomas Reis, Human Services	Student Enrichment
2:00 – 3:50	Coloring for Relaxation and Creativity	Have you heard about the hot new trend of coloring for adults? Join Jennifer and Tanya, both long-time coloring fans, to learn how coloring 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.	Tanya Smutka, Biology, and Jennifer Joffee Art	Student Enrichment
2:00 – 3:50	Open Meditation	Open Meditation offers a variety of safe, basic, and easy ways of meditating to increase mental balance and physical health. It is nonreligious and science-friendly. Participants will try a variety of methods. The facilitator has practiced meditation for over fifty years. Join us at any time.	Richard Jewell, English	Student Enrichment; Student Engagement
3:00 – 3:50	Paralegal Program Graduate Panel	Paralegal graduates talk about what it takes to become a successful paralegal and their experiences in the program and internship. Panelists: Berit A. Mann, Paralegal, Yost & Baill, LLP; Jennifer Waters, Senior Paralegal/Office Manager, Goldstein Law, PLLC; Maureen Klippen, Office Manager/Senior Paralegal, Wilford, Geske & Cook; Daisy D. Davies, Litigation Specialist, 3M Litigation & Preventive Law; Janice Vochoska, Paralegal, Bowman and Brooke, LLP and more!!	Sally Dahlquist, JD, Moderator	Student Engagement; Career and Transfer Information
3:00 – 3:50	Reef to Rain Forest: Summer Trip to Malaysia	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.	James Schneider, Biology	Student Engagement
4:30 - 5:30	Spring 2018 Paralegal Internship Meeting	Attend this required meeting to begin setting up your Spring Internship for 2018. Bring your cover letter, resume & DARs report to the meeting.	Sally Dahlquist, JD, Paralegal Program Director	Student Engagement; Student Enrichment; Career and Transfer Information
4:00 – 4:50	What's all the Jazz about Phi Theta Kappa?	Celebrate Phi Theta Kappa's 100th birthday! Attend an informational session that will highlight what PTK has done over the past 100 years to promote the success of community college students. We will showcase several of the "Golden Opportunities" that Phi Theta Kappa membership accords community college students.	Vicky Knickerbocker, Sociology and PTK Officer Team	Student Enrichment; Campus Resources; Career and Transfer Information
DINNER: 4:50 - 5:15, Cafeteria				

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5:30 – 6:30	Evening Keynote	During “Simple Truths in the Workplace and in Life,” Gary Berg challenges all who participate to look at their own lives more closely and to live with more focus. Gary is a successful business owner, coach, former college administrator, and a really regular guy.		Student Enrichment; Student Engagement
6:00 – 6:50	Legal Professionals Panel	Come to hear professional insights & career perspectives from experts in the legal field! Co-Sponsored by the Paralegal Program, Career Services & Concordia University. Panelists: Marsh Halberg, Halberg Criminal Defense, Criminal Trial Attorney Michael Mayer, First Judicial District Judge, Dakota County Nathan Nelson, Managing Partner, Virtus Law, Business, Corporate, & Real Estate Law Attorney, and IHCC Paralegal Program Graduate	Sally Dahlquist, J.D. Moderator	Student Engagement; Student Enrichment; Career and Transfer Information