

Student Success Day

TWO THOUSAND & EIGHTEEN
FALL SEMESTER, OCTOBER 3

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 October 3, 2018. 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 is open all day in Heritage Hall, beginning at 8:30am. Registration is also open in Fine Arts from 8:30am-12pm. You can grab breakfast snacks, find the room listings in this program 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 Randi Goettl, Accessibility Resources Coordinator, at 651-450-3884 or rgoettl@inverhills.edu.

Learn something awesome that you want to share?

Please use hashtag: **#STUDENTSUCCESSDAY**

IMPORTANT TIMES

10AM
KEYNOTE
FA THEATER

11:40A-12:20P
FREE LUNCH
CAFETERIA

4:45-5:15PM
FREE DINNER
HH LOBBY

5:45PM
KEYNOTE
HH 203

#STUDENTSUCCESSDAY



INVERHILLS.EDU



Jesse Ross

KEYNOTE PRESENTER



10AM

FINE ARTS
THEATER

&

5:45PM

HERITAGE HALL
ROOM 203

As an author, speaker, and personal & professional development coach, Jesse Ross enjoys every opportunity to meet people where they are. With over 13 years of Organization Leadership Development experience, there isn't a situation that he hasn't seen. Jesse has a deep passion for helping people and using his unique skill set to foster growth in people. Jesse has used his training and skills to carry out the mission his mother instilled in him years ago, make a difference in the the lives of people. He does this by not only his words of wisdom through storytelling, but also by the power of presence. When he's not spending his time with wonderful people as yourself, Jesse enjoys spending time with his Brady bunch-like family of 7 and sneaking soft chocolate chip cookies into his diet.

Session Information

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

Presented by: Patrick McAleer, English

This interactive PowerPoint reviews some of the most compelling “hints and tips” about creative writing that Stephen King writes about in his memoir *On Writing* that can easily be applied to academic writing.

Tags: Student Enrichment; Study Skills

WE NEED YOU! CAREERS THAT FEED THE PLANET

Presented by: Kristin Digiulio, Biology and Ms. Minnie Pearl (Goat!)

What four year degree yields a 94% placement rate in full time jobs within 6 months of graduation? What four year degree has an average starting salary of \$54,500? Which graduates will discover how to feed our changing world, preserve our air, water, soil and climate for future generations? Come to this session and find out! **Free cheese, live goats & scholarship\$\$.**

Tags: Career and Transfer Information

WHAT ARE YOU WAITING FOR? HOW TO KICK YOUR PROCRASTINATION HABIT

Presented by: Steven Hartlaub, Languages

We will explore what procrastination is, why we do it and how to stop.

Tags: Study Skills

TEST ANXIETY TIPS

Presented by: Randi Goettl, Accessibility Resources, Brenda Landes, Counseling and Laurel Watt, Reading

Do you: a) freeze during exams; b) avoid studying out of fear or stress; c) predict negative outcomes from tests; d) all of the above?

Join us to learn how to combat test anxiety and break the cycle of negative thoughts, calm your mind & body and successfully prepare for tests.

Tags: Student Enrichment; Campus Resources; Study Skills

BUDGETING 101—STRETCHING YOUR DOLLARS

Presented by: Heidi Fierek, Financial Empowerment Specialist

What is in a budget, why should you use one and how do you get started? Come find out the basics on budgeting and resources in our community to stretch your dollars.

Tags: Money Management

LINKEDIN—I HAVE A PROFILE, NOW WHAT?

Presented by: Emily Johnson, Director, Community Based Learning

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.

Tags: Career and Transfer Information

NAVIGATING THE HEALTH CARE SYSTEM FOR COLLEGE STUDENTS

Presented by: Sandy George, Registered Nurse

We will be playing a game to learn about how a student can navigate the health care system from insurance to care and utilize the campus medical resources.

Tags: Campus Resources; Money Management; Student Enrichment

9-9:50 AM

TRANSFERRING 101: SELF DISCOVERY

Presented by: Carolyn Vue and Alicia Atwater, Academic Advising

Self-awareness is an essential part of being in college and transferring. Students who have a greater understanding of their desires, strengths, and interest are more likely to be career and college ready. In this workshop we will explore how to connect personal purpose and passion with career paths and majors.

Tags: Career and Transfer Information

BUSINESS AND ACCOUNTING TRANSFER PATHWAY UPDATES AND RESUME WORKSHOPS

Presented by: Yohannes Agegnehu, Business

In this session we will explain the Business/Accounting Transfer Pathways beyond the two years at Inver and other options. We will also run a Resume Workshop to business and accounting students. In this workshop you will get a one-on-one personal advice on the components of a professional resume. Don't forget to bring your current resume.

Tags: Career and Transfer Information

WAYS TO ACCELERATE YOUR DEGREE AT INVER!

Presented by: Amy Lofquist, Academic Advisor, Kendrah Pearson, Director of Prior Learning Assessment and Heidi Thury, Adult Student Navigator

Did you know your life and work experiences and knowledge could earn you college credit at Inver? Learn about different options to accelerate your degree through PLAs, CLEP, DSST, and Credit by Exam. This session is designed for adult learners, but all are welcome to attend!

Tags: Campus Resources; Career and Transfer Information

10AM
FINE ARTS
THEATER

[KEYNOTE: JESSE ROSS] AVERAGE BEHAVIOR=AVERAGE RESULTS

Anything that is given average amounts of attention will eventually subside and cease to exist. Average leadership produces average managers, which produces average employees, average income, average lifestyle, average on and on. Explore ways to think above average and live life the way you really desire.

11-11:50 AM

THE SEVEN HABITS OF HIGHLY EFFECTIVE STUDENTS

Presented by: Greg Dahlstrom, Reading

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.

Tags: Student Engagement

HEY, THAT SOUNDS FAMILIAR

Presented by: Joan Nichols and Signe Ilstrup, Writing Center

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 how and when to summarize, paraphrase, and quote, and practice these skills together.

Tags: Student Engagement; Campus Resources; Study Skills

CREDIT BASICS

Presented by: Heidi Fierek, Financial Empowerment Specialist

Come learn the difference of credit reports and credit numbers, what affects your credit and why it matters. Learn how those student loans will affect your credit for many years to come.

Tags: Money Management

INVER ADVOCATE, SESSION 1

Presented by: Nichelle Bottko and Jenni Yamada, Student Life

Sexual violence and other forms of gender based violence are issues that impact college students. Learn more about gender based violence: what it is, how to spot it, and how to prevent it. This will be one of two sessions presented today. Students who complete both sessions will earn the Inver Advocate certificate.

Tags: Student Enrichment; Student Engagement

STUDY ABROAD IN THE CARIBBEAN

Presented by: Andrew Martin, Music

Are you interested in learning to play the steelpan, sing calypso, build a Carnival costume, hiking in a rainforest, and exploring the roots of a post-colonial culture? This is an informational session for students interested in studying abroad in Trinidad and Tobago with Dr. Andrew Martin during summer 2018. This course will meet multiple MnTC goal areas and qualify for financial aid.

Tags: Student Engagement; Student Enrichment

MURDER MYSTERY ROOM

Presented by: Tamika Black, Aly Pot and Houa Vang, TRIO Officers

In this escape room, groups must work together to unravel puzzles and gather hints in order to solve the murder mystery. Who did it? What weapons did they use? Where did it happen? To answer these questions, the detectives will have to use teamwork, leadership, and communication skills to beat the clock. Come quick though! Participation will be limited to the first 10 people. Spectators are welcomed!

Tags: Student Engagement; Student Enrichment

TRANSFERRING 101: EXPLORATION

Presented by: Carolyn Vue, TRIO Academic Advising

What are your favorite or most helpful resources at Inver Hills? What if you transferred and didn't have anything similar? Avoid this dilemma by exploring what you want from a transfer school including services, experiences, opportunities and more!

Tags: Career and Transfer Information

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

WHAT ARE THE BENEFITS OF A BEING A PTK MEMBER?

Presented by: Phi Theta Kappa Officers and Advisors

PTK membership accords community students many "golden opportunities." Come to this session to find out what they are and how you can shine as PTK member.

Tags: Student Engagement; Student Enrichment; Campus Resources; Career and Transfer Information

HOW TO MAJOR IN PSYCHOLOGY AT INVER AND GUARANTEE ADMISSION TO ANY MINNSTATE UNIVERSITY

Presented by: Barb Curchack, Psychology and Amy Lofquist, Advising

Thinking about majoring in psychology at IHCC? Already declared the major? Learn what classes you need to take, how to graduate in 60 credits from IHCC, how to transfer to any Minn State university, and how to have fun while you do it.

Tags: Career and Transfer Information; Student Engagement; Campus Resources

KEYNOTE Q&A*Presented by: Jesse Ross, Keynote Speaker*

Q&A with Jesse Ross after his keynote will address student concerns and questions.

Tags: Student Enrichment; Student Engagement**JOIN US FOR A FREE LUNCH IN THE CAFETERIA
11:40AM – 12:20PM****REEF TO RAINFOREST: CITIZEN SCIENCE IN MALAYSIAN BORNEO***Presented by: James Schneider, Biology*

Find out about a two-week citizen science trip to ecological hot spots in Malaysia. Join us to learn about ocean and rain forest conservation, collect data on coral reefs, learn to SCUBA dive or become a better diver, experience a 130 million year-old rain forest, learn underwater photography and draw a reef under water!

Tags: Student Engagement**GROCERY BINGO***Presented by: Inver Hills Counselors*

Join us for some stress relieving fun with the chance to win groceries while playing BINGO and learning about community food resources, including the Mobile Pantry who provides our students with free food!

Tags: Student Engagement; Campus Resources; Money Management; Student Enrichment**BOARD GAMES & NETWORKING***Presented by: Amanda Fischer, Admissions*

This event will be an opportunity for students to network with other students while playing board and/or card games. Making connections and friends is important to college success as those friends, many times, help you get through those long nights of studying and cramming. Come play games, relax, and make new friends!

Tags: Student Engagement**INVEST IN YOUR STRENGTHS FOR SUCCESS***Presented by: Shannon Williams, Community Based Learning*

Dominant American workplace culture tells us that if we just work hard enough on our weaknesses, we will eventually achieve success. Positive psychology and decades of research by Gallup challenge that assumption by saying that we will achieve success when we invest in our talents. During this session, you will learn how to identify your natural talents, how to leverage them, and how to take advantage of free strengths coaching on campus.

Tags: Student Enrichment, Campus Resources**NAVIGATING THE HEALTH CARE SYSTEM FOR COLLEGE STUDENTS***Presented by: Sandy George, Registered Nurse*

We will be playing a game to learn about how a student can navigate the health care system from insurance to care and utilize the campus medical resources.

Tags: Campus Resources; Money Management; Student Enrichment

ELECTION 2018: STAND UP, VOTE, BE HEARD!

Presented by: Dr. Zack Sullivan, Political Science and the Inver Student Senate Advocacy Committee

Maximize your impact on the fast-approaching November 6 election. Get an overview of the Minnesota voter registration process and voting options (i.e. absentee, early, and Election Day voting). Participate in a discussion of key political contests and policy issues at both the state and federal level. The 2018 stakes are unusually high considering several pivotal political races that have national implications.

Tags: Student Enrichment; Student Engagement

ASSISTIVE TECHNOLOGY FOR EVERYONE

Presented by: Randi Goettl, Accessibility Resources

Work smarter, not harder! Assistive technology are tools that are here to make life easier. Many of these tools may help you complete tasks more quickly, easily, or independently. Join this session to learn about assistive technology and observe demonstrations of free and low cost apps to help with reading, writing, time management and much more!

Tags: Student Enrichment; Campus Resources; Study Skills

VETERANS FOCUS GROUP ON HEALTH CARE

Do you want to see changes at the Minneapolis VA? Now is the time to bring your questions, concerns, and suggestions to the Minneapolis VA Health Care System Staff. Be prepared to discuss things you would like to see improved, focusing on service delivery (programs, access to care, women's clinic, etc).

Tags: Student Enrichment

HOW TO IMPROVE YOUR TEST-TAKING SKILLS

Presented by: James Schneider, Biology

Learn an effective approach to exam preparation. While this session will consider science courses, the advice is applicable to any course that has formal, written assessments.

Tags: Study Skills

SOCIAL MEDIA AND YOUR MENTAL HEALTH

Presented by: Milissa Troen and Nicole Bietz, Counseling

We LOVE our phones and social media but have you ever wondered whether it is interfering with your relationships? This thought-provoking session will enable you to learn how our phone can get in the way and what to do about it!

Tags: Student Enrichment; Campus Resources

TIPS FOR RESUME WRITING

Presented by: Emily Johnson, Director, Community Based Learning

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!

Tags: Career and Transfer Information

INVER ADVOCATE, SESSION 2

Presented by: Nichelle Bottko and Jenni Yamada, Student Life

Join us for the second session of the Inver Advocate training! Sexual violence and other forms of gender based violence are issues that impact college students. Learn more about gender based violence: what it is, how to spot it, and how to prevent it. This is the second of two sessions presented today. Students who complete both sessions will earn the Inver Advocate certificate.

Tags: Student Enrichment; Student Engagement

WHAT IS YOUR PERSONAL BRAND?

Presented by: Sue Byrne, Career Services

Companies use Branding to identify what is special about their organization. What about us? What makes us special? Let's learn together how to identify and link our talents and passions to create an individual Brand for ourselves! This is a great tool that can be used at any point of our lives, particularly effective before writing a resume, or when searching for that perfect job fit.

Tags: Student Enrichment

LOVE STYLES...WHAT IS YOURS?

Presented by: Brad Manley, Communication

Learn about the six different styles of love and even take the Love Attitude Scale to figure out your own style(s) of love. (Please arrive a few minutes early to complete the LAS survey)

Tags: Student Engagement; Student Enrichment

TRANSFERRING 101: PLANNING

Presented by: Carolyn Vue, TRIO Academic Advising

You may have a trillion questions about transferring. Who, What, Where, When, How???? This session will break down the mystery of the transfer process and help you get to your destination college. We will focus on helping you create an action plan, goal setting, and how to stay accountable to your goals.

Tags: Career and Transfer Information

BASICS OF SELF DEFENSE

Presented by: John Gavnik, Athletics

Learn basic self-defense technique and skills in this interactive session.

Tags: Student Engagement

INTERESTED IN GOING ON A SPRING BREAK TRIP?

Presented by: Vicky Knickerbocker, Sociology

In March of 2019, I will be leading a trip to Washington DC and New York City. Come and learn more about this unique travel opportunity.

Tags: Student Enrichment

MURDER MYSTERY ROOM

Presented by: Tamika Black, Aly Pot and Houa Vang, TRIO Officers

In this escape room, groups must work together to unravel puzzles and gather hints in order to solve the murder mystery. Who did it? What weapons did they use? Where did it happen? To answer these questions, the detectives will have to use teamwork, leadership, and communication skills to beat the clock. Come quick though! Participation will be limited to the first 10 people. Spectators are welcomed!

Tags: Student Engagement; Student Enrichment

OPEN MEDITATION

Presented by: Richard Jewell, English

Open Meditation offers a variety of safe, basic, and easy ways of meditating for mental balance and mindfulness, emotional calm, 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

Tags: Student Enrichment; Study Skills

INTERVIEW SKILLS TO LAND THE JOB

Presented by: Emily Johnson, Director, Community Based Learning

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.

Tags: Career and Transfer Information

BECOMING THE TOTALLY RESPONSIBLE PERSON (TRP TRADEMARK)

Presented by: Sue Byrne, Career Services

The purpose of TRP is to stay positive, productive and effective no matter what the circumstances! Take personal responsibility in managing our own feelings and read and deal effectively with other people's feelings. This is a great soft-skill that will enhance your life and career.

Tags: Student Enrichment

REEF TO RAINFOREST: CITIZEN SCIENCE IN MALAYSIAN BORNEO

Presented by: James Schneider, Biology

Find out about a two-week citizen science trip to ecological hot spots in Malaysia. Join us to learn about ocean and rain forest conservation, collect data on coral reefs, learn to SCUBA dive or be come a better diver, experience a 130 million year-old rain forest, learn underwater photography and draw a reef under water!

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WHAT ARE THE BENEFITS OF A BEING A PTK MEMBER?

Presented by: PTK Officers and Advisors

PTK membership accords community students many "golden opportunities." Come to this session to find out what they are and how you can shine as PTK member.

Tags: Student Engagement; Student Enrichment; Campus Resources; Career and Transfer Information

ESSENTIAL SKILLS EMPLOYERS WANT

Presented by: Shannon Williams, Community Based Learning

Employers report a need for new employees with more "soft skills". What are soft skills, why do they matter, and how can you develop them?

Tags: Student Enrichment; Career and Transfer Information

JOIN US FOR A FREE DINNER IN HERITAGE HALL LOBBY
4:45-5:15 PM

5-5:50 PM

PARALEGAL PANEL

Presented by: Various Legal Professionals

Hear from Attorneys, Paralegals and Graduates about their jobs, what it takes to become a successful paralegal, and their experiences in the program and internship. Also, hear the legal experts insights and career perspectives regarding the legal field.

Tags: *Career and Transfer Information*

**5:45
PM
HH 203**

[KEYNOTE: JESSE ROSS] AVERAGE BEHAVIOR=AVERAGE RESULTS

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6-6:50 PM

REAL ESTATE LAW

Presented by: Various Legal Professionals

This is the ultimate session focused on real estate in which students will learn in detail the ins-and-outs of this area of law. See first-hand how attorneys and paralegals practice real estate law, e-record documents, manage the case load day-to-day, and handle cases that may end up in potential litigation.

Tags: *Career and Transfer Information*

SAVE THE DATE!

Join us for the **Spring SSD Joint Career and Internship Fair** on February 19 from 3-6 pm in the FA Lobby! Jointly hosted by Inver Hills, Dakota County Technical College and Metropolitan State University, the fair will focus on business, accounting, marketing, computer science, information technology and paralegal careers and internships!

ALSO CHECK OUT BOOKSTORE SPECIALS—20% OFF INVER SWAG!

Campus Map



CAMPUS BUILDINGS

- (A) Activities
- (B) Business
- (CC) College Center
- (FA) Fine Arts
- (HH) Heritage Hall
- (L) Library
- (LA) Liberal Arts
- (S) Science
- (IT) Information Technology

My Planning Guide

TIME	ROOM	SESSION
9 AM		
10 AM		
11 AM		
12 PM		Free lunch available in the cafeteria from 11:40-12:20
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		Free dinner available in cafeteria from 4:45-5:15
6 PM		

Inver Hills Community College

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This information is available in an alternate format by calling 651-450-3884 or TTY/Minnesota Relay at 1-800-627-3529.*