

Student Success Day

TWO THOUSAND & EIGHTEEN
SPRING SEMESTER, FEBRUARY 6

INVERHILLS.EDU

InverHills
Community College

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

THE **DIRECTION**
Right

Welcome

Welcome to Student Success Day! Join us for an all-day student-focused event on February 6, 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 Disability Services at 651-450-3884 or disabilityservices@inverhills.edu.

Learn something awesome that you want to share?

Please use hashtag: **#STUDENTSUCCESSDAY**

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IMPORTANT TIMES

9:30A-12:30P

COLLEGE
TRANSFER FAIR
HH 203

10AM

KEYNOTE
FA THEATER

11:40A-12:30P

FREE LUNCH
CAFETERIA

3-6PM

CAREER &
INTERNSHIP FAIR
FA LOBBY

4:30-5PM

FREE DINNER
HH LOBBY

5PM

KEYNOTE
HH 203



#STUDENTSUCCESSDAY



Ella Dörner

KEYNOTE PRESENTER



10AM

FINE ARTS
THEATER

&

5PM

HERITAGE HALL
ROOM 203

Entering the tenth grade, Ella Dörner suffered a traumatic brain injury and forgot her life! At 16, she was learning the world around her as if she was six months old. She had to re-learn her ABC's. She had to learn to add and subtract again. She didn't even know her own family. As she and her wonderful family worked through the process of re-learning, Ella lived in a tent that was pitched in her bedroom. She needed the space to be big enough to move around in, but small enough for her to feel safe.

Every time she woke, she saw a note on her tent wall that said, "the blonde woman is your mother... and she loves you very much. Ella has triumphed over her injury to graduate from college, become a successful motivational speaker, and has dedicated her life to helping others and making an impact on the world around her through her speaking and her Therapy dog, Rupert. Ella lives her life to give the gift of gratitude.

Session 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

HEALTH SERVICES BINGO

Presented by: Sandy George, Health Services

Play for prizes of items offered in Health Services (lotion, dental, sunscreen, food, etc.). Free campus resources and discounted items. Free Doctor/Nurse Visit promotions.

Tags: Campus Resources; Student Engagement; Money Management

WE NEED YOU! CAREERS THAT FEED THE PLANET

Presented by: Kristin Digiulio, Biology and Lucy & Ethel (Goats!)

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 \$51,000? 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

USING PSYCHOLOGICAL RESEARCH TO SUCCEED

Presented by: Connie Manos-Andrea, Psychology

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.

Tags: Study Skills

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

Presented by: Patrick McAleer, English

An interactive lecture/discussion on the finer points of academic writing to help students become more comfortable with the writing process and gain more confidence in their writing abilities.

Tags: Study Skills; Student Enrichment

LINKEDIN - I HAVE A PROFILE, NOW WHAT?

Presented by: Emily Johnson, Director of Career Services

More and more Human Resource personnel are using LinkedIn to recruit and screen job candidates. Learn how to develop your online profile and get noticed. Free photography head shots for LinkedIn profile will be provided.

Tags: Career and Transfer Information

COMMAS, SPLICES, AND FRAGMENTS

Presented by: Joan Nichols and Signe Ilstrup, Writing Center Staff

Confused about when to use commas? Do your instructors tell you that comma splices and fragments clutter your writing? If so, join Writing Center tutors for this session. Practice when to use commas in this interactive session and take home a handy reference guide!

Tags: Campus Resources; Student Enrichment

RECOMMENDATIONS AND REFERENCES

Presented by: Anthony Collins, English

Are you certain you know how to ask for a recommendation? Every year, students underestimate the importance of recommendations and even misunderstand how to approach an instructor for one. This session presents suggestions, gleaned from several faculty, on how to get good recommendations and avoid common pitfalls.

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

OPT/CPT: WHAT YOU NEED TO KNOW (FOR INTERNATIONAL STUDENTS ONLY)

Presented by: Chong Moua and Jenna Baumgard, Admissions

If you are a current international (F-1) student here at Inver and want to learn more about your options for authorized work, join us for a session about OPT. We will also talk about CPT and the other options Inver has for our International students.

Tags: Student Enrichment

TRANSFER COLLEGE PANEL

Presented by: Rob Harris, Counselor and Admission Representatives from Transfer Colleges

How can you best plan college visits, prepare applications, and explore scholarship opportunities? This session is for students planning to transfer to another college or university. This will be a Q&A with local transfer college admission representatives.

Tags: Career and Transfer Information

TRANSFER COLLEGE FAIR

Presented by: Regional Transfer Colleges and Universities

This is your opportunity to learn about numerous transfer opportunities available to Inver Hills students. Come and meet with 25+ transfer colleges. Learn about admission requirements, deadlines, scholarships and much more!

Tags: Career and Transfer Information

10AM

[KEYNOTE] ELLA DORNER

Listen to Ella Dorner tell her riveting story of survival and how she is learning to live with amnesia!

Tags: Student Engagement; Student Enrichment

TRANSFER TO SAINT MARY'S UNIVERSITY

Presented by: Paul Christensen, Assistant Dean and Susan Jarosak, Director/Assistant Dean

Learn how the transfer process works after finishing your degree at Inver Hills to pursue a Bachelor's degree. Saint Mary's University's advisers will explain how degree planning and use of credit for prior learning will shorten your time to finish a bachelor's degree and save you money.

Tags: Career and Transfer Information

THE SEVEN HABITS OF HIGHLY EFFECTIVE STUDENTS

Presented by: Greg Dahlstrom, Reading and Study Skills

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; Study Skills

9-9:50 AM

9:30A-12:30P

11-11:50 AM

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

BUDGET 101

Presented by: Patrick Jacobson-Schulte, IHCC Vice President and Chief Financial Officer

"Hey, want to go grab some Chipotle?" That's something you might hear a lot in college, and it's always going to be tempting, but can you afford it? Planning and monitoring your budget will help you identify wasteful expenditures, adapt quickly as your finances change, and help you achieve your goals.

Tags: Money Management; Student Enrichment

OVERCOMING THE STIGMA OF STUDENT DISABILITIES ON CAMPUS

Presented by: Ella Dorner, Keynote Speaker and Julie Luker, Randi Goettl and Barbara Curchack, Psychology Club Officers

Keynote speaker Ella Dorner, along with other vested campus members will host an interactive Q&A panel focused on ways to reduce stigma related to brain injuries and other disabilities among our student population.

Tags: Campus Resources; 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

HELP ME WITH MY PRESENTATION!

Presented by: Jerry Grant and Brad Manley, Communication

Want to create and present information that rocks your audience? If so, this session is for you! Learn to apply the information from this session and present with confidence. Willing participants will conduct a panel presentation based on information from the session in the minutes before leaving the room. Sound interesting? See you there.

Tags: Student Enrichment

HEY, THAT SOUNDS FAMILIAR

Presented by: Joan Nichols and Signe Ilstrup, Writing Center Staff

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

WHAT IS PHI THETA KAPPA?

Presented by: Phi Theta Kappa Officers and Advisors

Did you receive an email from Phi Theta Kappa? Did you join but don't know what to do now? Are you interested in joining? Come find out how to get involved, upcoming trips, scholarships and all of the fun and exciting things you get by joining PTK!

Tags: Campus Resources; Student Engagement

HOW TO CREATE AN EFFECTIVE POSTER PRESENTATION

Presented by: Heather Brient-Johnson, Biology

Are you thinking about doing a poster presentation for a class project? Perhaps you were considering presenting a poster at the Student/Faculty Research Conference in the Spring! A poster is a great way to visually communicate your research. We will also be looking at a PowerPoint template that is useful for building digital posters.

Tags: Student Enrichment

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 Enrichment; Student Engagement

HELP! I WANT TO APPLY TO THE NURSING PROGRAM!

Presented by: Libby Wicklund, Admissions and Heidi Thury, Advising

What classes do I need take? What GPA do I need? What is the TEAS? How does the admissions process work?! Get answers to these questions and more! Libby Wicklund and Heidi Thury will be on hand with tools, tips, and advice on how to be a strong candidate for the MANE program.

Tags: Campus Resources

TAX CREDITS FOR COLLEGE TUITION

Presented by: Jerry Swarsensky, Accounting

The American people want you to go to college. Congress wrote tax credit provisions to reduce the cost of tuition. To get the tax credits, you must file an income tax return. We'll prepare a sample tax return.

Tags: Money Management

JOIN US FOR A FREE LUNCH IN THE CAFETERIA

11:40AM – 12:30PM

REEF TO RAIN FOREST: SUMMER TRIP TO MALAYSIA

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

BIOLOGY CAREER PANEL, PROFESSIONALS IN BIOLOGY CAREERS

Presented by: Hosted by Biology Club, Lisa Tracy and Kristin Digilio

Come learn first-hand from professional biologists about the variety of careers in biology. Find out about the diverse educational and career pathways they have taken, and ask your own questions. Hear from experts and professionals in the field including a Neuroscientist, Epidemiologist, Biologist, Anesthetist, Biochemical Engineer, Conservation Biologist and more!

Tags: Career and Transfer Information; Student Engagement

GROCERY BINGO

Presented by: Inver Hills Counselors

Engage in some stress-relieving fun with the chance to win grocery prizes by playing BINGO! Find out about community food resources like the Mobile Pantry which visits Inver Hills weekly and IHCC's partnership with Open Door Mobile Pantry provides students fresh food. Also learn about how to sign up to use these amazing resources!

Tags: Money Management; Campus Resources; Student Enrichment

STUDENT VETERANS OF AMERICA

Presented by: V.A.L.O.R.—IHCC Veterans' Club Officers

V.A.L.O.R.—IHCC Veterans' Club—is a chapter of the national organization, Student Veterans of America (SVA). Learn more about this national organization and our campus group from club officers who recently attended #NatCon2018, the annual national conference held in San Antonio.

Tags: Student Engagement

CAUCUS 101

Presented by: Zachary Sullivan, Political Science

Have you ever wished for better candidates for election, wished to do something more than vote for the "least of two evils"? Caucuses are tonight at 7 pm, and they are the meetings that help Minnesota political parties begin to select candidates for the 2018 elections. Have your say in the priorities of political parties in Minnesota and who your choices are in November! This workshop will explain what you should expect.

Tags: Student Engagement; Student Enrichment

MATH CLUB PRESENTATION: NO VACANCY AT THE HILBERT HOTEL

Presented by: James Kolles, Math

This is your chance to learn (and be blown away!) about infinity, early 20th century mathematics and who Math teachers may consider their favorite mathematicians!

Tags: Student Engagement; Student Enrichment

OPEN MEDITATION

Presented by: Richard Jewell, English

"Open Meditation" is a variety of safe, basic, and easy ways of meditating to increase mental and physical well-being. It is nonreligious and science friendly. Participants will try a variety of methods and receive a handout. The facilitator has practiced meditation for fifty years. Join us at any time.

Tags: Student Enrichment

THE STRONG INTEREST INVENTORY—A CAREER INTEREST ASSESSMENT

Presented by: IHCC Counselors

Undecided about your career path? Complete the Strong Interest Inventory (SII), free of charge. This assessment will help you look at your interests and explore careers in a new way. You will complete the SII during the first hour and then will receive an interpretation of the results during the second hour. Students must attend the full two-hour session. Maximum 15 students.

Tags: Career and Transfer Information

HOW TO IMPROVE YOUR TEST-TAKING ABILITIES

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

12-12:50 PM

12:30-2 PM

1-3 PM

1-1:50 PM

GOT MATH QUESTIONS? WE HAVE ANSWERS!

Presented by: Deanna Green, Math and Hilary Dahlman, Director of Learning and Support

Math got you down? Never fear, help is here! Learn new strategies and techniques that will help reduce the level of stress, anxiety, and frustration you may experience while you are taking a math course. Stay for a Q & A panel with the tutors where they reveal all their tips and tricks for being successful students.

Tags: *Campus Resources; Study Skills; Student Engagement*

WHAT THE HECKA IS DECA?

Presented by: Alyssa Hayden

DECA is an international association of high school and college students and teachers of marketing, management and entrepreneurship in business, finance, hospitality, and marketing sales and service. Come and find out about all the fellowship events, traveling, competitions, soft skills, fundraising, leadership skills, public speaking, friendships, networking, and conferences that are available to you through joining Inver Hills DECA. This spring the IHCC DECA team will be traveling to Washington DC to compete. Come see if DECA is right for you!

Tags: *Student Engagement; Career and Transfer Information*

VETERANS: E-BENEFITS BRIEFING

Presented by: Paul Harper

Come and learn more about what E-Benefits can do for you and how to navigate this system. E-Benefits is an online tool giving Service Members, Veterans and their families instant access to DoD and VA benefits information.

Tags: *Student Engagement; Student Enrichment; Campus Resources*

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*

DEBUNKING THE PROMISE OF FREE WILL

Presented by: Vicky Knickerbocker, Jackie Austin and Dave Berger, Sociology

How "free" are our individual choices? Does age, gender or culture impact our opportunities? The Sociology department invites you to attend a presentation that explores the ways in which our social environments influence everyday "choices." We will end with a discussion of relevant examples such as marriage, religious practices and American beauty standards.

Tags: *Student Engagement*

BECOME A ST. PAUL FIREFIGHTER/EMT

Presented by: St. Paul Fire Department

Come and learn about what it takes to become a St. Paul Firefighter and how you can have a career earning \$50,000 a year! In this session you will hear directly from a St. Paul Firefighter about their job and how to apply. This is a great opportunity to have any questions answered about career opportunities.

Tags: *Career and Transfer Information*

TRAVELING ON A BUDGET

Presented by: Jadé Milton, Mary Anthony and Tamika Black, TRIO Advisors

So, you have money saved up to go on a trip. How will you spend it? Where can you get the best deals? What happens if something goes wrong? In this session, we will explore different travel options and get you on your next adventure!

Tags: *Money Management*

1-1:50 PM

GETTING CREDIT FOR STUFF YOU ALREADY KNOW.

Presented by: Kendrah Pearson, Director of Prior Learning Assessment and Janelle Carlson, Assessment Testing

Want to graduate sooner? Discover the variety of options for getting credit for prior learning.

Tags: Career and Transfer Information; Student Enrichment

SELF DEFENSE

Presented by: John Gavnik, Physical Education

Learn basic self-defense skills and safety concepts.

Tags: Student Enrichment

2-2:50 PM

CAREERS IN STEM (SCIENCE, TECHNOLOGY, ENGINEERING, & MATHEMATICS)

Presented by: Janine Dahl and Lauren Johnson, Math

IHCC alumni will talk about their careers in STEM (Science, Technology, Engineering, & Mathematics) fields such as engineering, pharmacy, mathematics, statistics, biology/ecology; as well as transfer issues. There will be time for questions and answers.

Tags: Student Engagement; Career and Transfer Information

FIRST IMPRESSIONS MATTER: A SOCIOLOGICAL APPROACH TO GETTING A JOB

Presented by: Jackie Austin and Sociology Club members

How do you make a good first impression? What kind of impression do you make when communicating with Professors? Other students? Current and prospective employers? The Sociology Club will be giving a presentation and facilitating a discussion about developing resumes, applying to jobs and going on interviews. Come chat with us, bring a resume if you have one!

Tags: Student Engagement; Student Enrichment

LEADERSHIP SESSION

Presented by: Ella Dörner, Keynote Speaker

Join our keynote speaker Ella Dörner as she tells you what she has learned about leadership and the principles she applies to her life.

Tags: Student Engagement; Student Enrichment

FROM "INDIANA JONES" TO "BONES": TOP 20 CAREERS IN ANTHROPOLOGY

Presented by: Katie Nelson, Bradley Perkl and Kierstin Catlett, 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!

Tags: Career and Transfer Information

2-3:30 PM

COLORING FOR RELAXATION AND CREATIVITY

Presented by: Tanya Smutka, Biology and Jennifer Joffee, Art

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

Tags: Student Enrichment

#STUDENTSUCCESSDAY

3-3:50 PM

WHAT IS PHI THETA KAPPA?

Presented by: Phi Theta Kappa Officers and Advisors

Did you receive an email from Phi Theta Kappa? Did you join but don't know what to do now? Are you interested in joining? Come find out how to get involved, upcoming trips, scholarships and all of the fun and exciting things you get by joining PTK!

Tags: Campus Resources; Student Engagement

3-5:50 PM

CAREER AND INTERNSHIP FAIR

Presented by: Emily Johnson (IHCC) and Jessica Ayub (DCTC)

This Career and Internship fair is host to many metro employers seeking candidates in the following fields: Accounting, Business, Computer Science/IT, Marketing/Design/Sales, Engineering and Paralegal. Come and check out the opportunities. This event is open to all job seekers.

Tags: Career and Transfer Information

COLLEGE EMPLOYMENT FAIR INCLUDING PARALEGAL EMPLOYERS

Presented by: Legal Employment Professionals (Michael Baker, JD, Assistant Vice President and Senior Recruiter, Robert Half Legal; Beth Sullivan, Senior Consultant, Beacon Hill Legal; Heidi Carstensen, Dakota County District Court Administrator; Kerrie Krubsack, Human Resources Coordinator, First Judicial District Administration)

Engage with the Legal Employment Specialists and learn what and where the potential paralegal and law-related jobs are, and how to prepare for the paralegal/legal profession.

Tags: Career and Transfer Information; Student Engagement

4-4:50 PM

SUMMER SESSION 2018 PARALEGAL INTERNSHIP MEETING

Presented by: Sally Dahlquist, JD, Paralegal Program Director

Attend this required meeting to begin setting up your Summer Session Internship for 2018. Bring your draft cover letter, resume & DARs (Degree Audit Report) report to the meeting. See you there!

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

ONLINE

TIME MANAGEMENT

Presented by: Laurel Panser

Visit inverhills.edu/ssd and click Online Sessions for this video presentation that will provide you with several proven time management techniques.

Tags: Study Skills; Student Engagement

JOIN US FOR A FREE DINNER IN HERITAGE HALL LOBBY
4:30-5:00 PM

5PM

[KEYNOTE] ELLA DORNER

Listen to Ella Dorner tell her riveting story of survival and how she is learning to live with amnesia!

Tags: Student Engagement; Student Enrichment

5-5:50 PM

PARALEGAL/LEGAL EMPLOYMENT PANEL

Presented by: Michael Baker, JD, Assistance Vice President and Senior Recruiter, Robert Half Legal; Beth Sullivan, Senior Consultant, Beacon Hill Legal; Heidi Carstensen, Dakota Count District Court Administrator; Kerrie Krubsack, Human Resources

Hear from Legal Professionals about potential legal jobs, what it takes to become a successful paralegal or legal employee, and how to prepare for legal employment through polished resumes and interviewing skills.

Tags: Student Engagement; Career and Transfer Information

Campus Map



CAMPUS BUILDINGS

- Ⓐ Activities
- Ⓑ Business
- ⒸⒸ College Center
- ⒻⒻ Fine Arts
- ⒽⒽ Heritage Hall
- ⒻⒻ Library
- ⒻⒻⒻ Liberal Arts
- ⒻⒻ Science
- ⒻⒻⒻ Information Technology

My Planning Guide

TIME	ROOM	SESSION
9 AM		
10 AM		
11 AM		
12 PM		Free lunch available in the cafeteria from 11:40-12:30
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		Free dinner available in cafeteria from 4:30-5:00
6 PM		

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