

# *Student Success Day*

TWO THOUSAND & TWENTY  
SPRING SEMESTER, FEBRUARY 25

INVERHILLS.EDU

**InverHills**  
Community College

A member of Minnesota State

# Schedule

Welcome to **Student Success Day** — the perfect day to gear up for your future as a successful student! Students can meet with faculty, counselors, and advisors, as well as attend a college fair and over 60 engaging sessions throughout the day.

*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](mailto:rgoettl@inverhills.edu).*

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- |                   |  |
|-------------------|--|
| 8:30 AM–3:30 PM   | <b>Check-in &amp; get wristband</b>  |
| 8:30–9:30 AM      | <b>Free coffee &amp; snacks</b>  |
| 9 AM–6 PM         | <b>Success-oriented sessions, begin on the hour</b><br><i>(Sessions listed in following pages)</i> |
| 9:30 AM–12:30 PM  | <b>College Fair</b>  |
| 10–10:50 AM       | <b>Keynote Presentation: Make Them Hear You</b><br><b>T. Mychael Rambo</b>                         |
| 11:30 AM–12:40 PM | <b>Free pizza &amp; cake</b><br><i>(cake sponsored by VALOR Club)</i>                              |
| 4:30–5:00 PM      | <b>Free snacks</b>   |
| 5:00–5:50 PM      | <b>Keynote Presentation: Make Them Hear You</b><br><b>T. Mychael Rambo</b>                         |
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For online sessions, go to [inverhills.edu/ssd/onlinesessions.aspx](http://inverhills.edu/ssd/onlinesessions.aspx)

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



# ***T. Mychael Rambo***

KEYNOTE PRESENTER

10 AM  
& 5 PM



T. Mychael Rambo's presentation, *Make Them Hear You*, will be an interactive and motivational look at how we use our voice, our actions, and our intentions to take bold steps toward meeting our academic and personal outcomes. By lacing together spirited anecdotes, insightful observations, levity, and song, Mr. Rambo creates a thought-provoking, transformative, and truly enriching presentation. Mr. Rambo is a regional Emmy Award winning actor, vocalist, arts educator, and public speaker who has made an indelible mark in the Twin Cities, performing principle roles at many theaters.

# ***College Fair***

Representatives from over 30 colleges in Minnesota, Iowa, Wisconsin, and North Dakota will be available to answer your questions about transferring.

9:30 AM  
– 12:30 PM

# Session Information

JOIN US FOR FREE COFFEE AND SNACKS IN THE FINE ARTS LOBBY  
8:30 – 9:30AM

## WHAT ARE YOU WAITING FOR? KICKING YOUR PROCRASTINATION HABIT

*Presented by: Steven Hartlaub, World Languages*

This session will help you understand why you procrastinate and provide strategies for how to stop.

*Tags: Study Skills*

## WHY GET INVOLVED WITH PHI THETA KAPPA?

*Presented by: Phi Theta Kappa Student Officers, Student Life*

The session will include an introduction to Phi Theta Kappa for non-members, which will highlight the advantages and methods of joining. The second half hour will include orientation for new or inactive members about how to access benefits and/or be a more active member.

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

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

*Presented by: Patrick McAleer, English*

This is an interactive PowerPoint presentation that highlights some of Stephen King's tips for writing fiction that are applicable to academic writing.

*Tags: Student Enrichment; Study Skills*

## TESTING ANXIETY TIPS

*Presented by: Nicole Bietz & Randi Goettl, Counseling and Office of Accessibility Resources*

Do you a) freeze during exams, b) avoid studying out of fear or stress, c) predict negative outcomes from tests, d) find that your nerves get in the way of showing what you know or e) all of the above? Join us to learn how to combat test anxiety and break the cycle of negative thoughts, calm your mind and body and successfully prepare for tests.

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

## TIPS-N-TRICKS FOR THE MICROSOFT OFFICE SUITE

*Presented by: Monica Ibarra & Lindsey Talbot, Title III and Student Affairs*

Seeking a way to navigate the candy stores of Microsoft Suite? We will teach you how to save time, organize your efforts, and achieve success in your studies using PowerPoint, Word, Excel, and Publisher.

*Tags: Student Enrichment; Study Skills*

## FUNDING YOUR EDUCATION

*Presented by: Kim Schaff & Allison Chuick, IHCC Foundation*

Learn how to utilize different funding opportunities to pay for your education and reduce student loan debt. Explore options to reduce living expenses in order to free up money to help fund your education.

*Tags: Money Management*

## MUSIC - NO EXPERIENCE NECESSARY!

*Presented by: Jennifer Parker, Linda Chacholiades, Anthony Titus, Andrew Martin, Music*

Did you know that making music reduces stress and improves memory and cognition? Did you know that music classes fulfill Goal 6 requirements? Did you know that participating in music classes leads to lifelong friendships? Spend time with the music faculty and learn how music can play a role in your life! Try playing some instruments and learn about creating and recording music.

*Tags: Student Enrichment; Student Engagement; Campus Resources; Career & Transfer Information*

9-9:50 AM

### HOW TO CREATE A POSTER PRESENTATION

*Presented by: Heather Brient-Johnson, Biology*

Are you thinking about doing a poster presentation for a class project? Perhaps you are considering presenting a poster at the Annual Research Conference in April! A poster is a great way to visually communicate your research. Come learn about how to create and present an effective poster presentation.

*Tags: Student Enrichment*

### CAREERS IN ANTHROPOLOGY

*Presented by: Dr. Bradley Perkl & Dr. Katie Nelson, Anthropology*

This is a great time to become an anthropologist! Come and explore the top 20 careers in anthropology. Discover how the IHCC anthropology program can help you launch an exciting career in anthropology! According to the U.S. Bureau of Labor Statistics, "Employment of anthropologists and archaeologists is expected to grow 19% from 2012 to 2022, faster than the average for all occupations".

*Tags: Career & Transfer Information*

### INTERNATIONAL STUDENT TAX

*Presented by: Chong Moua & Jeremy Clark, Advising*

This session will focus on the responsibilities of international students' tax responsibilities.

*Tags: Student Enrichment*

### FIRST GENERATION STUDENT SUCCESS!

*Presented by: Catima Wilson & Alicia Atwater, TRIO Student Support Services*

Come learn information you may not have known as a 1st Generation student! We'll be busting community college myths and learning about the support and resources on campus.

*Tags: Campus Resources*

### GET THE RIGHT RX TO APPLY TO THE MANE NURSING PROGRAM

*Presented by: Amy Lofquist & Jenny Schuhwerck, Advising and Testing Center*

Find out how to maximize your pre-nursing program academic plan. Learn about what courses you should take, what holistic admissions is, and how that will impact your application to the nursing program. Walk away with great test-taking tips from the testing center!

*Tags: Campus Resources; Study Skills*

**9:30 AM–  
12:30 PM**

### COLLEGE FAIR

Representatives from over 30 colleges in Minnesota, Iowa, Wisconsin, and North Dakota will be available to answer your questions about transferring.

**10AM**

### KEYNOTE PRESENTER: T. MYCHAEAL RAMBO

T. Mychael Rambo's talk, "Make Them Hear You", will be an interactive and motivational look at how we use our voice, our actions, and our intentions to take bold steps toward meeting our academic and personal outcomes. Mr. Rambo laces together spirited anecdotal storytelling, insightful observations, levity, and song to create a thought-provoking, transformative, and truly enriching presentation.

11-11:50 AM

### QUESTION & ANSWER WITH T. MYCHAEAL RAMBO

*Presented by: T. Mychael Rambo*

T. Mychael Rambo will be available to answer your questions after his keynote presentation!

*Tags: Student Enrichment*

## THE BENEFITS OF INTERNATIONAL TRAVEL

*Presented by: Vicky Knickerbocker, Humanities and Sociology*

This presentation will enhance attendees' knowledge of the benefits of international travel. It will also acquaint them with two international trips that I will be facilitating in 2020: one to Canada and one to Peru. Come and find out more about how you can come along!

*Tags: Student Engagement; Student Enrichment*

## HOW TO SUCCEED IN EXPLORING BIOLOGY (BIOL 1120)

*Presented by: Tanya Smutka & Nat Hemstad, Biology*

"Exploring Biology" is a challenging course and many student struggle to pass it. This session will provide you with strategies to survive and excel in this course! A panel composed of previous students will discuss successful strategies and answer your questions.

*Tags: Study Skills*

## WHY GET INVOLVED WITH PHI THETA KAPPA?

*Presented by: Phi Theta Kappa Student Officers, Student Life*

This session will include an introduction to Phi Theta Kappa for non-members, which will highlight the advantages and methods of joining. The second half hour will include orientation for new or inactive members about how to access benefits and/or be a more active member.

*Tags: Student Enrichment; Campus Resources*

## STARFISH — CONNECT FOR SUCCESS!

*Presented by: Monica Ibarra & Lindsey Talbot, Title III and Student Affairs*

Starfish enables you to connect to the people and services that can help you finish what you start! You can connect with your instructors and staff, see items that require your attention, schedule time with your instructors, and develop a graduation plan. We will walk you through the Starfish platform so that you can connect for success!

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

## WHAT IS SNAP?

*Presented by: Emily Bowman, Counseling Department and Second Harvest Heartland*

Learn information about SNAP (Supplemental Nutrition Assistance Program), who can use SNAP, and how it can help you stretch your food dollars. This workshop will help determine if you are eligible to apply for SNAP benefits, and provide help in applying for SNAP benefits. In addition, you will learn about other food resources available to you in your community.

*Tags: Money Management; Campus Resources*

## COLLEGE FINANCIAL OPTIONS - KNOW THE BOX AND HOW TO THINK OUTSIDE IT

*Presented by: Dr. Wanda Synsteliën, English*

Spend an hour considering what the real costs connected to your college choices are; including what loan repayments can look like, what salary options might be, and how to think about all of those choices differently than you have been.

*Tags: Money Management; Career & Transfer Information*

## TELEHEALTH SERVICES FOR COGNITIVE SKILLS AND COLLEGE

*Presented by: Donald MacLennan & Lauren Stutzman, VA Medical Center, Military and Veteran Services and Office for Accessibility Resources*

Veterans with concussion and/or comorbid conditions (PTSD, anxiety, depression, chronic pain, etc.) often experience cognitive challenges that impact school performance. These challenges often relate to concentration and memory, and can impact school-related skills including focusing on lectures, note taking, and reading. This session will describe the services that the VA offers for developing strategies to improve performance in these areas.

*Tags: Military and Veteran Services and Office for Accessibility Resources*

11-11:50 AM

**USING PSYCHOLOGICAL RESEARCH TO SUCCEED***Presented by: Connie Manos-Andrea, Psychology*

The field of psychology has a breadth of research demonstrating successful study techniques. This 50-minute session will describe specific study behaviors you can apply. They not only can help you be successful in any of your classes, but should also save you time and money.

Tags: Study Skills

**TRANSFER WORKSHOP: EXPLORATION AND PLANNING***Presented by: Catima Wilson & Alicia Atwater, TRIO Student Support Services*

Join us in learning how to explore different transfer colleges and plan your transfer process!

Tags: Career & Transfer Information

**POLISH YOUR BRAND: HOW TO LAND THE JOB!***Presented by: Carlie Donley, from Robert Half, Center for Career Development and Community-Based Learning*

Did you know that 72% of executives say they are likely to plug a job candidate's name into a search engine? Learn from a local employer about how to polish your brand and make yourself stand out in your job search! Come prepared to have a professional head shot taken.

Tags: Career & Transfer Information

**NEED A RECOMMENDATION THAT WILL MAKE YOU STAND OUT?***Presented by: Anthony Collins, English*

How can you get a great recommendation letter? Hear from someone who writes and evaluates recommendations about what to do to make yours shine!

Tags: Student Enrichment; Career & Transfer Information

11:30 AM-1:30 PM

**WEB/PODCASTING RECORDING STUDIO***Presented by: Shane Stroup, Philosophy*

Shane will hold a "drop-in" session to learn about Inver's Web/Podcasting Studio. The studio is located in the Learning Center, and Shane will be there from 11:30-1:30. Feel free to drop in and learn about how you can use the studio!

Tags: Student Engagement; Student Enrichment; Campus Resources

**JOIN US FOR FREE PIZZA AND CAKE  
11:30AM – 12:40PM**

12-12:50 PM

**FIGHTING DESPAIR FROM CURRENT EVENTS***Presented by: Shannon Williams, Center for Career Development and Community-Based Learning*

Climate change, war, fires, poverty. Does the state of the world give you the feels? One way to cope is to focus on your sphere of influence and what you CAN do. At this workshop, we'll look at all the ways an individual can make social change and combat feelings of helplessness.

Tags: Student Engagement

**WE'LL HAVE A GAY OLE FLAG-MAKING TIME!***Presented by: Ronnie Wakeen, Kiesap Flores, Alexis Jackson, Amy Zsohar, LGBT+ Club, Student Life*

The Rainbow flag has been a symbol of gay pride since the 1978 San Francisco pride celebration. Since its creation, the LGBT population has diversified its representation and flags. Join us to learn about the different flags and create yours!

Tags: Student Engagement

**IHCC WORKPLACE WRITING CERTIFICATE INFORMATION SESSION***Presented by: Kristin Thoennes, English*

Attend this informational session to learn about IHCC's 13-credit Workplace Writing Certificate. Kristin will explain the required and optional courses, discuss the advantages of obtaining this certificate, and answer your questions about this practical (and resume-enhancing) certificate.

Tags: Student Enrichment; Career & Transfer Information

#STUDENTSUCCESSDAY

12-12:50 PM

### FUNDING YOUR EDUCATION

*Presented by: Kim Shaff & Allison Chuick, IHCC Foundation*

Learn how to utilize different funding opportunities to pay for your education and reduce student loan debt. Explore options to reduce living expenses in order to free up money to help fund your education.

*Tags: Money Management*

### STUDENT TRIP TO PUERTO RICO

*Presented by: James Schneider, Biology*

Are you interested in a travel opportunity? Come to learn about a trip to Puerto Rico that will involve citizen science, native tree planting, humanitarian volunteerism, and cultural revelation.

*Tags: Student Engagement*

### CHAIR YOGA

*Presented by: Christine Petrich, Health and Physical Education*

Did you know that you can practice yoga from the comforts of your chair? Chair yoga is a great way to stretch and strengthen the body with the assistance of a chair. Learn a brief sequence you can do anytime you need to wake up and relax your body and mind. Drop in when you can. We will repeat the same sequence several times so you can stop by for 10 minutes or stay for the entire hour!

*Tags: Student Engagement; Student Enrichment*

### SUCCEEDING IN COLLEGE AS AN ADULT LEARNER

*Presented by: Annette Carpenter, Heidi Thury, Title III and MN Reconnect Program*

Adult learners enter college with added responsibilities and/or unique needs — parenting, work, time away from school, extended family responsibilities. This is an opportunity to connect with other adult learners to share experiences, ideas and tips, and to learn about campus resources and support services. You can also participate via Zoom

<https://minnstate.zoom.us/j/9028040792> Meeting ID: 902 804 0792

Find your local number: <https://minnstate.zoom.us/j/9028040792>

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

### WHAT I WISH I HAD KNOWN MY 1ST SEMESTER OF COLLEGE

*Presented by: Annabelle Knowles & Brandon Yates, TRIO Student Mentors*

College is a big change; do you still have questions about it? If you're not sure who to ask, come and have a conversation with IHCC student mentors!

*Tags: Student Enrichment*

1-1:50 PM

### DON'T HATE YOUR TEXTBOOKS, HUG THEM!

*Presented by: Signe Ilstrup, Writing Center*

Do you sometimes feel overwhelmed with the amount and/or difficulty of the required reading for your classes? Pre-reading and HUG text-marking can help you read more efficiently and with improved comprehension. In this workshop, you will learn and practice these simple, but effective, reading strategies.

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

### NAVIGATING WORKPLACE ACCOMMODATIONS

*Presented by: Sarah Hentges, Paul McIntyre, Jeru Gobeze, Office of Accessibility Resources, HR, Center for Career Development*

When, where, how, and to whom do you disclose a disability? How does one request accommodations? What Assistive Technology can be used in the workplace? This session will answer these questions, provide useful resources, and more.

*Tags: Student Engagement; Student Enrichment; Campus Resources; Career & Transfer Information*

**STARFISH — CONNECT FOR SUCCESS!**

*Presented by: Monica Ibarra & Lindsey Talbot, Title III and Student Affairs*

Starfish enables you to connect to the people and services that can help you finish what you start! You can connect with your instructors and staff, see items that require your attention, schedule time with your instructors, and develop a graduation plan. We will walk you through the Starfish platform so that you can connect for success!

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

**LEARN ABOUT GRADUATE SCHOOL FROM GRADUATE STUDENTS!**

*Presented by: Michelle Boone & Panel of Graduate Students, CFANS, UMN*

A group of graduate students from the College of Food, Agricultural, and Natural Resource Sciences at the University of Minnesota will share their experiences in graduate school and answer questions from the audience. They have a variety of backgrounds, such as natural resource management, conservation biology, and food science.

*Tags: Career & Transfer Information*

**AN EQUITY MINDED CAMPUS COMMUNITY**

*Presented by: Michael Birchard, Equity and Inclusion*

This interactive workshop uses our own imaginations and experiences for what we believe an equity minded campus community could look like. Participants will work in small groups as we begin visioning what an equitable campus would look like.

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

**LET'S TALK ABOUT DEATH**

*Presented by: Kyra Stanz, TRIO Student Mentor*

Why do we avoid talking about death? What is it about death that scares us? How can we cope with death? In this open discussion, participants will have an opportunity to discuss death and gain knowledge and skills to help them come to terms with their own mortality.

*Tags: Student Enrichment*

**STUDENT TRIP TO PUERTO RICO**

*Presented by: James Schneider, Biology*

Are you interested in a travel opportunity? Come to learn about a trip to Puerto Rico that will involve citizen science, native tree planting, humanitarian volunteerism, and cultural revelation.

*Tags: Student Engagement*

**GROCERY BINGO**

*Presented by: IHCC Counselors, Counseling*

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 provide our students with free food!

*Tags: Student Engagement; Campus Resources; Money Management*

**THE SEVEN HABITS OF HIGHLY EFFECTIVE STUDENTS**

*Presented by: Greg Dahlstrom, Reading and Study Skills*

In this workshop, students will look at the application of Stephen Covey's "Seven Habits of Highly Effective People" to the lives of students.

*Tags: Student Engagement*

**EXPLORING VOLCANOES THROUGH FOOD!**

*Presented by: Erica Wood, Geology*

Learn about why certain volcanoes are explosive and others are not based on lava viscosity (thickness). This is a hands-on activity using (sweet) foods that have varying levels of thickness just like lava. When we're done, you can eat the lab! Allergy warning: this session will have nut products.

*Tags: Student Enrichment; Career & Transfer Information*

1-1:50 PM

**VFW — WHAT'S IN IT FOR ME?**

*Presented by: Duane Hermanson, Post 4452 VFW State Commander, Veterans of Foreign War*

Learn what the VFW does for you as a veteran! The VFW Post 4452 in Cannon Falls is the main donor for the Military and Veterans Lounge. Please join us and show your support to this organization who has given so much to our student veterans.

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

**MATH STUDY SKILLS AND MEET THE MATH 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*

**LEADERSHIP IS WITHIN YOU!**

*Presented by: Austyn Kryzer & Sherry Warrick, Simley High School & District 199 School Board*

You have great goals and dreams in life! To make those goals reality takes leadership - a skill that you might not think you have, but you do! In this workshop, local leaders will share tips on how you can draw on your own innate leadership abilities to improve your life, help others, and succeed in ways that are personally rewarding!

*Tags: Student Enrichment*

1-2:30 PM

**A DEFIANT REQUIEM**

*Presented by: Vicky Knickerbocker, Humanities and Sociology*

Intrigued to know how the Jews used the power of music to fight back? Come watch a 45-minute film that dramatizes the courageous actions of a group of Jewish musicians who used their musical talents very cleverly to defy their captors, maintain their dignity, and remain hopeful while confined to a Nazi concentration camp at Terezin. A discussion will follow the film.

*Tags: Student Engagement; Student Enrichment*

**MEDITATION METHODS FOR LOVE, HEALTH, AND CALM**

*Presented by: Richard Jewell, Retired, English*

Meditation offers safe, basic, easy ways for loving relationships, greater physical health and stamina, and more peaceful living. Nonreligious and science friendly. Try a variety of methods! The facilitator has practiced meditation for over fifty years. Join us at any time.

*Tags: Student Engagement; Student Enrichment*

2-2:50 PM

**ELECTION 2020: CAUCUS, VOTE, BE HEARD!**

*Presented by: Zachary Sullivan, Political Science*

This session will provide students and staff with the tools to fully participate in Minnesota Caucus Night, February 25, and the Presidential Primary, March 3. Election 2020 is our first presidential election cycle since Minnesota updated its primary and caucus system. This session will walk you through the process step-by-step. In addition, the session will include an overview of critical 2020 political races and policy issues at both the state and federal levels.

*Tags: Student Engagement*

**CAREERS IN THE LEGAL FIELD**

*Presented by: Sean McCarthy, Attorney and Sally Dahlquist, JD, Paralegal Program Director, Paralegal*

Interested in the legal field? Meet an attorney, paralegal, professor, and students who will give you the details of what it is like to work in the legal profession, as well as how to learn and earn a paralegal or bachelor's degree or go on to law school.

*Tags: Career & Transfer Information; Student Engagement; Student Enrichment*

**CURIIOUS ABOUT THE TRANSFER PROCESS TO UMN?**

*Presented by: Sara Harrison, Senior Transfer Admissions Counselor, UMN*

Are you thinking about transferring to the University of Minnesota? Do you feel nervous about navigating the admissions process? This workshop will help demystify the transfer admission process. After a short presentation, there will be ample time for you to get your questions answered! All students are welcome!

*Tags: Career & Transfer Information*

**HOW TO EARN UP TO 70% OF YOUR BACHELOR'S DEGREE AT IHCC!**

*Presented by: Nicole Coppersmith, St. Mary's UMN Transfer Counselor*

Learn about the Bachelor's Completion Programs at Saint Mary's University of Minnesota and how it could be the best fit for you! Do the majority of your bachelor's degree at IHCC and have a degree plan created just for you so that you are on track to graduate!

*Tags: Career & Transfer Information*

**WE NEED YOU! CAREERS THAT FEED THE PLANET**

*Presented by: Kristin Digiulio & Ms. Minnie Pearl, Biology*

What four year degree yields a 94%+ placement rate in full time jobs within 6 months of graduation? An average starting salary of \$62,000? 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!

*Tags: Career & Transfer Information*

**EXPLORE ENGINEERING OPPORTUNITIES — INFORMATION SESSION**

*Presented by: Joan Carter, Engineering*

Explore engineering opportunities at IHCC and meet engineering faculty and students. Learn about the many opportunities and pathways in our engineering program and about the low cost pathway to a 4-year engineering degree in a friendly, accessible, and supportive environment. Everyone is welcome.

*Tags: Career & Transfer Information; Student Engagement*

**ASSISTIVE TECHNOLOGY IN THE CLASSROOM & BEYOND**

*Presented by: Jeru Gobeze & Randi Goettl, Office of Accessibility Resources*

From high tech tools to fidgets, come explore the different types of assistive technology and learn how it can help you succeed in the classroom and beyond. Learn about the tools available in the Office of Accessibility Resources at Inver Hills and try some out for yourself!

*Tags: Student Enrichment; Campus Resources*

**WHAT IS YOUR LOVE STYLE?**

*Presented by: Brad Manley, Communication*

Please arrive to this session 5-10 minutes early, if possible, to take a brief survey! This session will measure and examine the impact of different love styles on our romantic relationships. We will identify the different styles, communication tendencies for those styles, and how we can use that information within those relationships.

*Tags: Student Engagement; Student Enrichment*

**FINDING YOUR VOICE**

*Presented by: T. Mychael Rambo*

Join T. Mychael Rambo for a workshop on how you can "find your voice" to reach your academic and personal goals!

*Tags: Student Enrichment*

2-3:50 PM

### HEALTHY RELATIONSHIPS: FROM DATING & DIGITAL VIOLENCE TO CREATING A SAFETY PLAN

*Presented by: Women's Advocates, Health Services*

Learn definitions of dating and digital violence, who it affects, and different ways it is displayed. Understand eight different warning signs of a potentially unhealthy or abusive relationship/partner. Gain understanding of what makes up a healthy or abusive relationship (including consensual). Discuss bystander intervention, social norms, safety planning, resource utilization. Walk-away with resources to help oneself or someone else!

*Tags: Student Enrichment; Campus Resources*

### GAME OF LIFE: FINANCIAL EDUCATION INTERACTIVE GAME & RESOURCE FAIR

*Presented by: Taleyia Pillai & Scott Sandok, Center for Career Development and Community-Based Learning*

Join us in this interactive game that will test your understanding of lifestyle choices and its impact on your wallet. Learn about available resources on and off campus from school and community partners. This is a drop-in format. Come when you can; leave if you must! Participants will be entered into a drawing to win a prize!

*Tags: Money Management; Campus Resources*

3-3:50 PM

### TIPS-N-TRICKS FOR THE MICROSOFT OFFICE SUITE

*Presented by: Monica Ibarra & Lindsey Talbot, Title III and Student Affairs*

Seeking a way to navigate the candy stores of Microsoft Suite? We will teach you how to save time, organize your efforts, and achieve success in your studies using PowerPoint, Word, Excel, and Publisher.

*Tags: Student Enrichment; Study Skills*

### STUDY TIPS FOR MULTIPLE CHOICE EXAMS

*Presented by: Kathryn Klopfleisch, English*

Have you ever left a multiple choice test convinced you earned an A only to find out you earned below C level? Did you know there are 4 types of multiple choices questions? This session will show you how to analyze your exams to determine what question types your instructor prefers. You will learn specific study techniques to help you prepare for and answer each question type.

*Tags: Study Skills*

### SUSTAINABILITY: INITIATIVES AT INVER HILLS

*Presented by: Ben Dvorak, Mary Thompson, Nat Hemstad, Randi Goettl, IHCC-Metro State Community Garden, English, Biology, Office of Accessibility Resources*

Attend this fun, informational session to learn about sustainability initiatives happening at Inver Hills – our community garden, our Bee Campus designation and activities, a new environmental biology learning community, and more. Come with ideas to share; leave with ideas about how to get involved in making our campus and community more vibrant!

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

3-4:50 PM

### WE ARE ALL CRIMINALS: SOCIETY'S PERCEPTION OF WHAT IT MEANS TO BE A CRIMINAL

*Presented by: Jackie Austin & Vicky Knickerbocker, Sociology*

Based on Emily Baxter's research, this session raises critical questions about who is a criminal. Imagine if you had been caught doing something illegal. How would your life be different now? How do one's race/ethnicity, social class and gender affect the likelihood of being caught and stigmatized as a criminal? Curious? Join your deviant Sociology Instructors to learn more!

*Tags: Student Enrichment; Career & Transfer Information*

**JOIN US FOR FREE SNACKS  
4:30 – 5PM**

**SUCCEEDING IN COLLEGE AS AN ADULT LEARNER**

*Presented by: Annette Carpenter, Heidi Thury, Title III and MN Reconnect Program*

Adult learners enter college with added responsibilities and/or unique needs – parenting, work, time away from school, extended family responsibilities. This is an opportunity to connect with other adult learners to share experiences, ideas and tips, and to learn about campus resources and support services. You can also participate via Zoom

<https://minnstate.zoom.us/j/9028040792> Meeting ID: 902 804 0792

Find your local number: <https://minnstate.zoom.us/j/9028040792>

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

**A HOUSE DIVIDED: DISCUSSION**

*Presented by: Shannon Williams, Center for Career Development and Community-Based Learning*

Every American is affected by the divisions and outrage that prevent us from making progress on urgent problems. What is the solution? We will have a moderated discussion using a guide from the National Issues Forum. FOOD PROVIDED!

*Tags: Student Engagement*

**SO YOU WANT TO HELP PEOPLE? CAREERS IN MENTAL HEALTH**

*Presented by: Roland Peckham, Psychology*

Have you considered a career in a helping profession? Come learn the differences between psychologists, psychiatrists, social workers, and counselors. We will discuss educational paths, possible jobs, and answer any questions you have about a possible career in mental health.

*Tags: Career & Transfer Information*

**HOW TO REMEMBER WHAT YOU READ**

*Presented by: Kathryn Klopfeisch, English*

Ever spent an hour reading your textbook only to struggle to remember it the next day? This session will provide you with easy-to-follow tips to help you remember what you read and to read more efficiently. Attendees should bring a textbook from one of their classes.

*Tags: Study Skills*

**ACCELERATE YOUR PATH TO GRADUATION!**

*Presented by: Jeremy Clark & Amanda Barklind, Advising*

Are you a part-time student who feels like it's going to take forever to graduate? Hear from advisors about strategies and options that can help you accelerate your path to graduation.

*Tags: Student Engagement*

**WHAT I WISH I HAD KNOWN MY 1ST SEMESTER OF COLLEGE**

*Presented by: Annabelle Knowles & Brandon Yates, TRIO Student Mentors*

College is a big change; do you still have questions about it? If you're not sure who to ask, come and have a conversation with IHCC student mentors!

*Tags: Student Enrichment*

**5PM****KEYNOTE PRESENTER: T. MYCHAEL RAMBO**

T. Mychael Rambo's talk, "Make Them Hear You", will be an interactive and motivational look at how we use our voice, our actions, and our intentions to take bold steps toward meeting our academic and personal outcomes. Mr. Rambo laces together spirited anecdotal storytelling, insightful observations, levity, and song to create a thought-provoking, transformative, and truly enriching presentation.

**NEW ONLINE SESSIONS**

To view online sessions visit: <https://www.inverhills.edu/ssd/OnlineSessions.aspx>

# 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

## GENDER NEUTRAL RESTROOM LOCATIONS

- X** Heritage Hall (3),  
*one on each level*
- X** Fine Arts (1),  
*across from the theatre*
- X** Library (1),  
*on the second floor*

# ***My Planning Guide***

TIME	ROOM	SESSION
9 AM		
10 AM		
11 AM		
12 PM		<i>Free pizza and cake from 11:30-12:40</i>
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		<i>Free snacks available from 4:30-5</i>
6 PM		



TWO PROUD HISTORIES.  
**ONE BOLD FUTURE.**

Throughout the 2020 school year Inver Hills Community College and Dakota County Technical College will celebrate 50 years of education!

Join us for these upcoming events:  
Fine Arts Festival • April 16 & 17  
Annual Research Conference • April 22 & 23