

Student Success Day

Inver Hills
Community College

February 9, 2016

Featuring Ryan Penneau



Also check out...

- **Workshops**
- **Club meetings**
- **Fall 2016 registration info**
- **Transfer and career options**

Student Success Day Detailed Schedule

9:00 am Sessions

Time	Session Title	Brief Description	Presenter Name	Room
9:00 – 9:50	What Are You Waiting For? Kicking Your Procrastination Habit	In this session we will explore what procrastination is, why we procrastinate, and how we can defeat this enemy within. Be prepared to share your experiences!	Steven Hartlaub	FA 194
9:00 – 9:50	(Almost) Everything I Need to Know about (Academic) Writing I Learned from Stephen King	This will be an interactive lecture/powerpoint in which I will discuss some of the views and ideas put forth by the fiction writer Stephen King to facilitate an easier academic writing process for our students.	Patrick McAleer	FA 294
9:00 – Noon	Transfer College Panel	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	Rob Harris and Area Transfer Representatives	HH206
9:00 – 12:00	Transfer College Fair	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! This Transfer Fair runs from 9:00 a.m. to Noon.	Area Transfer Colleges	HH203
9:00 – 9:50	Not just cows & plows...careers in food, agriculture and natural resources	Do you want to feed the world, save the planet, preserve our air, water & soil for future generations? Agriculture might be the career field for you. If you think it is all cows & plows, think again! From nutrition to ecology & economics, US agriculture employs 30% of the work force with a college degree. Less than 1% of these jobs are actually in farming. FREE CHEESE, LIVE GOATS, SCHOLARSHIP\$\$	Kristin Digiulio	HH 317
9:00 – 9:50	Students Have Class: The Impact of Social Class on the Student Experience?	An Garagiola is a student-parent at Century College. As a Partnership Development Assistant through work study, she designed and facilitates Poverty 101, a poverty awareness training program, for the Student Navigators. We rarely talk about social class in our country yet the class you are born into dictates a person's destiny in relation to education, income, health, and life expectancy more than most any other factors. Learn about aspects of how your social class may be impacting your educational experience and which greatly impacts your future.	Michele Jersak and An Garagiola	FA 190

9:00 – 9:50	Activities Building Remodel Tours	Tour will meet at 9 a.m. in the front lobby of the Activities Building. Check out all the renovations that were just completed in the Fall of 2015. Learn what campus recreation opportunities are available to you.	Tom Bo Johnson	Activities Front Lobby
9:00 – 9:50	The Amazing You	What's love got to do with it? Through a dynamic PowerPoint presentation utilizing the power of story and metaphor, students will learn basic steps to more fully love themselves and become better versions of who they are and want to be.	Tom Reis	HH 306

10:00 am Sessions

Time	Session Title	Brief Description	Presenter Name	Room
10:00 – 10:50	Ask the Relationship Doctors	Ever wonder about your relationships with other people? How can you be a better friend? How can I get along with my family better? How can I go out on a successful date with someone I really like? Members of the Communication faculty will use experience from research and life examples to try to answer questions about relationships you may have in this interactive panel presentation.	Judy DeBoer, Brad Manley, Paul Cero, Doug Isiminger, Hannah Asfaw and Pat Lawton	LA 210
10:00 – 10:50	Yes, Writing Is Hard Work, But ...	Academic writing is hard work, but using the writing process can help you write more easily and more successfully. This workshop will provide an overview of the writing process and give participants the opportunity to share their writing tips.	Signe Ilstrup	FA 294
10:00 – 10:50	Ace the Interview Get the Job	Gain insight from industry human resource professionals, learn the top interview do's and don'ts and receive feedback on your interview skills.	Gina Sevick	FA 194
10:00 – 10:50	How to Succeed in Biol 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 will discuss successful strategies and answer questions.	Tanya Smutka and Nat Hemstad; Biology Students and Tutors	HH 317
10:00 – 10:50	HUMming Through a Text: A Note-Taking Strategy	Learn an optimal way to use your highlighter and pen as you take notes on your texts.	Greg Dahlstrom	FA 296
10:00 – 10:50	Gram Staining Made Easy!	Have you struggled with getting a good Gram stain this semester? Come to the Microbiology lab to learn some quick and effective techniques for learning this critical lab procedure. Also learn more about why this is a key step in the identification of bacteria.	Tim McAulay	HH 224
10:00 – 10:50	Islam: the American Muslim Perspective	Come join this session as we talk about Islam from an American Muslim perspective. We will be discussing the basic Islamic Principles. We will have a dialogue concerning the misconceptions people have about Islam. The session will consist of lecture and presentations. We will try to discuss comments and concerns about Islam. Amongst the things that will be discussed is terrorism, Islamphobia and jihad. Take part in	MSA Speaker Bureau	FA 290

		hearing from an America-loving Muslim and their perspective on Islam and how life as a Muslim is in America.		
10:00 – 10:50	Taking Multiple choice Exams	In this session, students will learn practical strategies they can use to predict test questions and prepare for them. Students will leave with a handout that will help them to identify what kinds of questions instructors are likely to ask.	Kathryn Klopfleisch	FA 292
10:00 – 10:50	Business Programs Pathways for Transfer: Using Business Electives to accelerate Your Graduation	Students can earn various business certificates while earning their business degrees and transfer courses to most four year institutions in the MNSCU and private colleges.	Hamid Kazeroony	HH 307
10:00 – 11:45	Keynote Speaker	Founder of Take Back College, Ryan Penneau provides innovative, active-learning, competency-based leadership presentations for students, student organizations, and professional staff and departments. Learn more about leadership and you Keynote speech is from 10 to 11, and a question-and-answer session will be from 11:15 to 11:45 a.m. Also note Ryan will offer a workshop at 2 p.m.	Ryan Penneau	FA THTR (FA110)

11:00 am Sessions

Time	Session Title	Brief Description	Presenter Name	Room
11:00 – 11:50	Managing Your Credit	This is a power-point/lecture based presentation on the management of a credit reports and scores. The presentation also will discuss ways to obtain a free credit report, reviewing the credit report, disputing errors in the report and tips to improve credit. Good management of the credit report is one of the great ways of securing financial success overtime.	Yohannes Agegnehu	FA 190
11:00 – 11:50	Commas, Splices and Fragments	Confused about when to use commas in your writing? Do your instructors tell you that comma splices and fragments clutter your writing? If so, join a Writing Center tutor for this session. We'll practice when to use commas, and you'll leave with a reference handout.	Joan Nichols	FA 196
11:00 – 11:50	Why Join Phi Theta Kappa?	This session will be hosted by the officers of Phi Theta Kappa to highlight the numerous benefits of becoming a Phi Theta Kappa member.	PTK members and advisors	HH 313
11:00 – 11:50	Progresando como Latinx Universitarios	The purpose of this session is to provide strategies and inspiration for Latinx students to develop, strengthen, and accomplish their goals. The presenters will review research and best practices that influence academic excellence and social engagement for Latinx college students in higher education. Students will learn about the importance of mentorship, community, and resources.	Ruby Murillo and Javier Salinas	FA 165

11:00 – 11:50	Psychology Majors	Come and learn more about the AA with emphasis in Psychology, how to acquire it at IHCC and what might be the next steps in higher education and jobs. Additional information about articulation agreements for transfer to our partner schools, and the new Dual Admission program with Metro State.	Connie Manos-Andrea and Amanda Barklind	FA 294
11:00 – 11:50	Transfer 101	Learn about transfer options available to IHCC students. Also get information about how to best plan college visits, prepare applications, and explore scholarship opportunities? This session is for students planning to transfer to another college or university. This session is being held in a computer lab, B121, to give you an opportunity to utilize various transfer planning tools and resources.	Brenda Landes	B 121
11:00 –1:00	Raising Mental Health Awareness	The Counselors are hosting an informal Q&A session! Learn a little about Mental Health, help reduce stigma, and get any questions answered around well-being for yourself or your friends. Information in the form of hand-out resources related to a variety of Mental Health Disorders will be available. Counselors are also available to answer any questions you might have. This is an informal setting with Therapy Dogs. It will be held in the Campus Center's Green Room and will run from 11:00 a.m. to 1:00 p.m.	Jeanette Everling and Milissa Troen	CC Green Room
11:00 – 11:50	How Do I Get an Internship?	Learn the steps it takes to successfully secure an internship. Hear from organizations seeking to fill internships in STEM and Liberal Arts areas..	Dionna Jones	LA 129
11:00 – 11:50	How to create an effective poster presentation	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. Come learn about how to create and present an effective poster presentation.	Heather Brient-Johnson and Lisa Tracy	HH 307
11:00 – 11:50	Stressed out? Learn to Meditate and be Mindful!	Students are juggling a lot of responsibilities-work, school, family and social life. Meditation is a free and easy way to help re-focus your brain and balance your emotions. There will be a short meditation/mindfulness session included. No experience necessary.	Gina Sevick	FA 296
11:00 – 11:50	Adobe Acrobat Training for Paralegals	This hands-on session covers the inter-workings of the electronic document process, and how the legal office has been transformed to a paperless law office. Learn from an experienced attorney who has worked on complex litigation cases.	Uyen Campbell	HH 309
11:00 – 11:50	Sticky Situations in College: How to Prevent and Resolve Them	Learn skills in this interactive session to communicate effectively with instructors, staff, and peers to prevent and resolve sticky situations that students often experience in college. Come learn helpful strategies and work through common scenarios with your peers so you can prevent these situations in your real life!	Tammy Newcomb and Heidi Thury	LA 133
11:00 – 11:50	Math Study Strategies	Has math always been a challenging subject for you? Do you have math anxiety? In this session you will learn study tips and strategies that will help you be more successful in your math courses.	Deanna Green	LA 212

11:00 – 11:50	Entertainment on a Budget	The TRIO Student Mentors want to engage you in a conversation about how to have fun on a budget; whether individually, with a partner, with kids, or with the whole family. We will share new ways to find entertainment and have a great time without over spending, or even without the need of any money at all. So, where do you find new people to hang out with? How could meeting new people through different online/media sources help you save money? Which of those sources are reliable? Where do you find those amazing two-for-one coupons? Join us to learn new ideas and possibilities about how to have fun on a budget!	Aniell Ducat, Kylee Garnica, Sam Pederson	LA 132
11:00 – 11:50	Tech Tool available to IHCC students	Overview of technology support options and services available to IHCC students.	Keith Kelly	LA 131
11:00 – 11:50	Breaking Down Stereotypes	We all have stereotypes about different students that come from different cultures, International Club students will represent their countries to educate you about stereotypes. By attending this discussion, you might find out more about the student who is sitting next to you. Come and find out if your stereotype is true.	International Student Club Officers	LA 128
11:00 – 11:50	Gaming Community Presentation	Friendly Fire: Teaching Cooperation through Video Games. Join your team of students in a test of observation, problem-solving, and communication, while improving your aim, reflexes, and power-sliding prowess. Score points for your team by successfully completing competitive and cooperative challenges across a wide selection of video games. Will you use your superior teamwork skills to triumph over your foes, or fall in defeat at the hands of your own teammates?	Gaming Community Officers	FA 292
11:00 – 11:50	Heart Healthy Living	Tom Johnson will share his personal journey from a struggle with heart disease to a renewed heart-healthy lifestyle. Learn about everyday food choices that can lead to a positive difference in your heart health. Learn about recipe rehab. and how you can do it. Tom will also show you how to incorporate exercise into your daily routine.	Tom Bo Johnson	A 220
11:00 – 11:50	Annual Disaster Relief Trip (Katrina Trip)	Hurricane Katrina hit the United States on August 29, 2005. Each May Inver Hills sends 24 students and faculty to New Orleans to help re-build the city (68,000 uninhabited home still exist) one house at a time for the past 10+ years. If you are interested in "being the difference that makes a difference" come to this session to find out all the information you'll need to apply for the trip and go with us in May.	Cheryl Redinger and Tom Reis	HH 306
11:00 – 11:50	St. Scholastica Transfer Session	St. Scholastica offers a variety of degree completion programs in healthcare, nursing, business, technology, education and social work. Learn about transferring your credits and our merit scholarship opportunities.	Nu Ly and Team	FA 290
11:00 – 11:50	Tutors Tell All	Come to this interactive session to hear IHCC Peer Tutors share their tips for success. These experienced students will talk about what they do to be successful in their classes and how students can benefit from working with a tutor.	IHCC Peer Tutors	FA 194

11:00 – 11:50	Minnesota Board of Nursing Meeting	This is a meeting for nurses and the Minnesota Board of Nursing.	Nursing and Board	LA 210
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11:30-12:30 PM

Free Pizza in the Cafeteria

Noon Sessions and club meetings

Time	Session Title	Brief Description	Presenter Name	Room
12:00 – 1:20 (Lunch/ club meetings)	Legal Panel of Professionals	Attend this fantastic session and learn from these legal professionals as to the day-to-day work of attorneys and paralegals.	Sally Dahlquist & Panelists	HH 309
12:00 – 1:00 (Lunch/ club meetings)	Oh, The Places You Go-pher!	You have brains in your head, You have feet in your shoes, But how do you know which path to choose? Come explore your options with us! No need to take a bus. Just come on in and explore the majors at the U of M!	Admissions Representative from the University of MN	HH 307
12:00 – 2:00 (Lunch/ club meetings)	Summer & Fall 2016 Class Scheduling for Veterans	IHCC student veterans have the opportunity to plan their summer and fall 2016 class schedule on Student Success Day! One of the IHCC Counselors will be available in the Veterans Lounge from noon until 2:00 pm, during Student Success Day to assist in creating your summer and/or fall 2016 class schedule. We encourage student veterans to take advantage of this assistance to be ready for early registration which begins right after spring break on March 14th!	Brenda Landes	Heritage Hall Veterans Lounge
12:00 – 2:00 (Lunch/ club meetings)	Coloring for Creativity and Relaxation	Have you heard about the hot new trend...coloring for adults? Join Jennifer and Tanya, both long-time coloring fans, to hear how it can help us flex our creativity, reduce stress and anxiety, improve motor skills, etc. Then we'll break out the crayons, colored pencils, and markers! Feel free to come and go as you please during this session.	Tanya Smutka, Jennifer Joffe	FA 290
12:30 – 1:30 (Lunch/ club meetings)	"I wish someone would have told me"	A panel of alumni (former students) will share information about how Inver Hills launched their careers. Alumni will share what they think is helpful in today's job market, in their field of study. They will also highlight campus resources available for students. Campus resources can provide help for classes or personal issues. Plenty of time to "ask an alumni" is built in to this session.	Inver Hills Alumni panel	FA THTR (FA110)

12:30 – 2:00 (Lunch/ club meetings)	Czech Republic and Poland Concentration Camps – Images and Experiences	This presentation highlights our recent travel journey to the countries of Poland and the Czech Republic to visit Holocaust-related sites in January of 2015. Music, art, poetry, and photos will be used to help us promote greater awareness of why visiting these Holocaust sites is crucial learning for college students.	Melissa Bunde, Ann Deiman, Vicky Knickerbocker	FA 292
1:00 – 1:50 (Lunch/ club meetings)	Karate	I will present basic karate skills to include self-defense techniques.	John C. Gavnik	A Gym
1:00 – 1:50(Lunch/ club meetings)	LinkedIn - I Have a Profile, So How Do I Use It?	According to career strategists, more and more human resource personnel are using LinkedIn to recruit and screen candidates. Learn how to develop and use your profile to achieve your career and employment goals. Free headshots for LinkedIn profile provided.	Dionna Jones	HH 317
1:00 – 2:30 (Lunch/ club meetings)	Human Services Mini-College Fair	This annual college mini-fair is for students interested in majoring in human services or social work at four-year colleges in our local area. Come learn more about options available to you in this rewarding career path.	Various	HH 306
1:30 – 2:20 (Lunch/ club meetings)	Paralegal Social Event	Meet and network with Paralegal Program Graduates, Faculty, Attorneys and Internship Site Supervisors.	Sally Dahlquist, Faculty, Paralegal Graduates, Attorneys	HH 309

Sessions beginning at 2:00 pm

Time	Session Title	Brief Description	Presenter Name	Room
2:00 – 3:00	Tech Tool Available to IHCC Students	Overview of technology support options and services available to IHCC students	Keith Kelly	LA 131
2:00 – 3:00	Like Building a Skyscraper: How Outlining Builds Your Writing Up	It's time to think like an architect and make a blueprint for your writing. Traditional outlines seem like a boring idea, but they can unlock your writing potential. Come find out a way to outline any paper and make your writing SOAR!	Caitlin Heaney	FA 194
2:00 – 3:00	Self Defense	I will present basic yet effective methods of self-defense I will discuss situation awareness and issues regarding personal safety. This session will be in the Activities Building Gym.	John C. Gavnik	A Gym
2:00 – 3:00	What is Your Love Style?	Please arrive 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. Identifying the different styles, communication tendencies for those styles, and how we can use this information, is the goal for this session.	Brad Manley	FA 294

2:00 – 3:00	Improving Your Test-Taking Abilities (in science courses)	Stop cramming! Discover a great technique to prepare for exams. While this session will consider science courses, the technique is applicable to students in any course that has formal, written assessments.	James Schneider	FA 165
2:00 – 3:00	All About IT Programs at IHCC	For current and prospective ITC (computer programming/science/networking/support) students at Inver Hills. This session will include information on how to be successful in ITC programs especially focusing on the resources available to ITC students, academic planning, steps to graduation, course scheduling, transfer options, and time for questions. This also will be an advising session regarding which courses to enroll in for fall semester 2016 in order to ensure your timely graduation. ITC instructors will be available for you to meet and ask questions about the department and programs. Session will be in B 143.	Ben Franske, Saul Acevedo	B 143
2:00 – 3:00	Create a Resume	Do you want a great resume? Learn step by step how to create a resume in this session. The goal will be for each person to leave with an outline of their resume created. Students with resumes are also invited to attend.	Bridgette Smith	B142
2:00 – 3:00	Careers in Science & Mathematics	IHCC alumni will talk about their careers in engineering, pharmacy, mathematics, and biology/ecology; as well as transfer issues. There will be time for questions.	Lauren Johnson	LA 210
2:00 – 3:00	From “Indiana Jones” to “Bones”: Top 20 Careers in Anthropology	It's a great time to become an anthropologist! According to the United States 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" (US Department of Labor). Come and explore the top 20 careers in anthropology today. Learn about the skills that you will learn studying anthropology. Discover how the Inver Hills Anthropology program can help you launch an exciting career in anthropology!	Dr. Katie Nelson	FA 196
2:00 – 3:00	Organize Your Way to A's: Twelve Visual Patterns for College Papers	A writing teacher shows you twelve visual paper patterns for typical types of college and post-college writing. The patterns use simple organizational patterns/maps you can easily access and apply. Bonus: at the end, see simple visual diagrams for developing high-quality paragraphs.	Richard Jewell	HH 317
2:00 – 3:15	Keynote Breakout	Leadership Workshop from 2 to 3:15 p.m. Founder of Take Back College, Ryan Penneau provides innovative, active-learning, competency-based leadership presentations for students, student organizations, and professional staff and departments.	Ryan Penneau	HH203
2:30 – 4:30 (Longer Panel session)	Feed My Starving Children	Want to help others? Can you spare some time to volunteer time for those in need? This session is for you. We will work with Feed My Starving Children to provide meals for those in need.	Tom Reis	HH 306

Sessions beginning at 3:15 pm

Time	Session Title	Brief Description	Presenter Name	Room
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3:15 – 4:15	Become a Leader	Become a leader: learn about Student Senate, MSCSA (Minnesota State College Student Association) opportunities, and learn how to effectively initiate change on campus, and become a leader in your life.	Maggie Mead	HH 307
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Sessions beginning at 4:30

Time	Session Title	Brief Description	Presenter Name	Room
4:30 – 5:30	Why Join Phi Theta Kappa?	This session will be hosted by the officers of Phi Theta Kappa to highlight the numerous benefits of becoming a Phi Theta Kappa member.	PTK members and advisors	HH 307
4:30 – 5:50	Cover Letter and Resume Writing Workshop (Summer Interns 2016)	Do not miss this required workshop that focuses on how to write your best cover letter and resume that will ultimately be used to apply to the paralegal internship. You will learn from a truly experienced recruiting professional who is in the “know”. Please bring to this session a draft cover letter and resume as well as a copy of your interactive degree audit report (DARS). This session runs from 4:30 to 5:50 p.m.	Sally Dahlquist and Beth Sullivan, JD, Paralegal Recruiter, Beacon	HH 309

4:45—5:45 pm
Free Pizza in HH Lobby
Check-in for Evening Sessions

Sessions beginning at 5:45 pm

Time	Session Title	Brief Description	Presenter Name	Room
5:45 – 6:45	Evening Keynote Speech	Founder of Take Back College, Ryan Penneau provides innovative, active-learning, competency-based leadership presentations for students, student organizations, and professional staff and departments.	Ryan Penneau	HH203
6:00 – 6:50	Criminal Justice and Family Law Panel	Attend this informative session and learn from legal professionals in the Criminal Justice and Family Law areas as to the day-to-day work of the attorneys, paralegals and their clients.	Sally Dahlquist and Legal Professionals	HH 309

Plan Your Student Success Day

Time	Get Required Stamp/Signature Here	Session Name	Room
8:30 am	Heritage Hall Lobby for Check in (breakfast snacks available until gone)		
9-9:50 am			
10-10:50 am			
11-11:50 am			
11:30-12:30	LUNCH! Free pizza in the Cafeteria. Feel free to take this to your next session.		
12-1:00 pm			
1:00-1:50 pm			
2:00-3:00 pm			
3:15-4:15 pm			
4:30-5:30 pm			
4:45-5:30 pm	DINNER! Free pizza in the FA Lobby. Feel free to take this to your next session. FA Lobby for Evening Session Check in		
5:45-6:45 pm			

Inver Hills Community College is a member of Minnesota State Colleges and Universities System and is an affirmative action, equal opportunity employer and educator. This information is available in an alternate format by calling 651-450-3508 or TTY Minnesota Relay at 1-800-627-3529. For further support and to arrange specific reasonable accommodations, students are encouraged to contact: Anne Swanberg, Disability Services Coordinator/Academic Advisor: anne.swanberg@dctc.edu