How to be a Great Math Student

- Session #1
- Presenter: Priscilla Ruemping
- Room: SH 107
- Time: 9:00-10:00 am and online
- Target Audience: All Students

- Description: This presentation is about strategies for you to use in your task of learning mathematics.

Library Tour

- Session #2 and #23
- Presenters: Library Faculty and Staff
- Room: Goddard Library
- Time: 9:00-10:00 am and 12:30-1:30 pm
- Target Audience: All Students

- Description: Stop in and see what the Goddard Library has to offer! This session will provide ideas for successfully navigating your way through the wealth of information available at the library. Make better use of your time and improve the quality of your papers and class assignments.

Note-taking Success (FYEX)

- Session #3
- Presenter: Tom Kerr
- Room: SH 210
- Time: 9:00-10:00am and online
- Target Audience: All Students

- Description: The most successful students take good notes. In this workshop, you will learn how they do it. Topics will include outlining, concept maps, and what you should do with your notes after class. Attending this workshop will help you to develop a note-taking system that works for YOU! (Note: This workshop is designed for students enrolled in the first-year experience course but all RCTC students are invited to attend.)

How Money Works

- Session #4
- Presenters: Jason Ferrie and Don Baldus
- Room: SH 110
- Time: 9:00-10:00 am
- Target Audience: All Students

- Description: Why are only 5% of people in America succeeding financially? This presentation will show you what the 5% are doing to win in the money game.
Maximizing College Success using the Learning and Study Strategies Inventory

- Session #5 and #27
- Presenter: Othelmo da Silva
- Room: AT 209
- Time: 9:00-10:00 am and 6:40-7:40 pm
- Target Audience: All Students

Description: In this session, we will use the Learning and Study Strategies Inventory (LASSI) to individually assess skills and dispositions necessary to make the best out of your educational experience. Learn how to improve your attitude, reduce your anxiety, test yourself as you study and a handful of other strategies successful college students use all around the Seven Seas. Avast ye! ... er ... I mean ... Stop by and check it out!

Nursing Student Q & A

- Session #6
- Presenters: Student Nursing Forum
- Room: MH 223
- Time: 9:00-10:00 am
- Target Audience: Pre-Nursing Students

Description: Have questions about the AD Nursing program? Come and ask this panel of current nursing students: we promise a valiant attempt at an accurate answer!

Keynote: Stress Management and Resiliency Training

- Session #7
- Presenter: Dr. Amit Sood
- Room: Hill Theater
- Time: 10:10-11:40 am
- Target Audience: All Students

Description: The presentation will cover in an interactive, fun format, the neurosciences and psychology of stress. Based on that understanding, participants will learn a two-step program to decrease their stress and enhance resilience.

Learning Mathematica

- Session: #8
- Presenter: Sarah Wingfield
- Room: SH 204
- Time: 10:10-11:40 am
- Target Audience: All Students

Description: This session will be of special interest to Math and Science students and faculty. Sara Wingfield from Wolfram Research will present an Adobe Connect session on Mathematica software. RCTC has a site license for Mathematica. This will be a hands-on session in the computer lab.
Fine Art Opportunities and Options at RCTC

- Session #9
- Presenters: Fine Arts Faculty
- Room: PH 300
- Time: 10:10-11:40 am
- Target Audience: All Students

Description: This is an interactive tour of Fine Art course and program opportunities available here at RCTC. Visit Art + Design, Music, Theater, and Dance studios and classrooms. Participants will meet a variety of instructors and have their questions answered. Discover which art course(s) will be best for you.

Scholarships and Financial Planning in College

- Session #10
- Presenter: Lisa Baldus
- Room: HS 131
- Time: 10:10-10:50 am
- Target Audience: All Students

Description: RCTC Foundation will provide information on what kinds of scholarships are available, how they work, how to apply for them, when to apply, and what needs to be on every application.

Academic Advising & Registration

- Session #11
- Presenters: Nate Smith and Brooke Kosok
- Room: SH 110
- Time: 10:10-10:50 am
- Target Audience: All Students

Description: Explore academic advising. Learn to complete degree requirements, read a Degree Audit Report (DAR), and set SMART goals.

Reading Skills (FYEX)

- Session #12
- Presenter: Michelle Cochran
- Room: SH 210
- Time: 10:10-10:50 am
- Target Audience: All Students

Description: College courses usually involve lots of reading! Not only is there MORE reading, but it will include many new ideas and unfamiliar words. Are you well prepared for reading in college? How do you know? Do your reading skills need a bit of work? You will leave this session with a plan to tackle college reading!
Learning with Lynda.com

- Session #13
- Presenter: Missy Hagen
- Room: HS 128
- Time: 10:10-10:50 am
- Target Audience: All Students

- Description: As an RCTC student, you have 24/7 access to a HUGE collection of tutorials for everything from software instruction to job interviewing skills. Stay one step ahead of your class! Explore popular topics and set up your account access.

Learn a Language; Travel the World!

- Session #14
- Presenter: World Languages Faculty
- Room: SH 103
- Time: 9:00-10:00 am
- Target Audience: All Students

- Description: RCTC students travel the world every year. In this session the World Language Department will highlight opportunities to study, travel, and serve abroad. Presenters include: Lillyam Arroyave-Spanish, Charyssa Cobb-Spanish, Rana Mikati-Arabic, and Connie Larson-French

Medical Secretary/Transcriptionist Programs

- Session #15
- Presenter: Rebecca Valentine
- Room: SH 103
- Time: 10:10-10:50 am
- Target Audience: All Students

- Description:

Environmental Science at RCTC and Beyond

- Session #16
- Presenter: Jennifer Rubin
- Room: SH 107
- Time: 11:00-11:40 am and online
- Target Audience: All Students

- Description: Come find out what the new A.S. degree program in Environmental Science and the field of environmental science have to offer.
**Careers in Financial Planning**

- **Session #17**
- Presenters: Jason Ferrie and Don Baldus
- Room: SH 104
- Time: 11:00-11:40 am
- Target Audience: All Students

**Description:** With unemployment on the rise, this presentation will show you one career that is booming and will continue to grow for the next 20 years. We will also discuss business ownership and how to create wealth!

**Roles, Goals, and Dreams – Who Am I and Where Am I Going? (FYEX)**

- **Session #18**
- Presenter: Marj Reif
- Room: SH 210
- Time: 11:00-11:40 am
- Target Audience: All Students

**Description:** DREAMS – Ah! The stuff of life! You certainly have at least one, because you are here to further your education. And achieving your dream requires dedication. And a compelling plan! Almost always, reaching one’s dream is more easily accomplished with a well-designed plan to “Get There” (that’s where RCTC fits in)! Designing that plan requires setting goals and then working methodically towards achieving those goals. These may be immediate goals, short-term goals, and/or long-term goals. To map out the path to your dream, you’ll be introduced to DAPPS, a goals-setting strategy that keeps you “On Course” (that’s where FYEX comes in!) that help you move forward on the path to your Dream.

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**Phi Theta Kappa Opportunities and Scholarships**

- **Session #19**
- Presenter: Allan O’Bryan
- Room: HS 131
- Time: 11:00-11:40 am
- Target Audience: All Students

**Description:** Phi Theta Kappa’s mission is two-fold: 1) recognize and encourage the academic achievement of two-year college students and 2) provide opportunities for individual growth and development through participation in honors, leadership, service and fellowship programming. Learn about RCTC’s local chapter and scheduled activities. Information will be presented on how to join, membership benefits, scholarships, and local leadership opportunities.

**Facebook No-Nos**

- **Session #20**
- Presenter: Missy Hagen
- Room: HS 128
- Time: 11:00-11:40 am
- Target Audience: All Students

**Description:** As an expert user in the social media world, it’s important to understand how your actions on social media reflect on your reputation. Learn what you should NEVER do, and learn some ways to protect yourself from an unintentional misstep.
Test-taking (FYEX)
- Session #21
- Presenter: Mark Schnaedter
- Room: SH 210
- Time: 12:30-1:30 pm
- Target Audience: All Students

- Description: Think of a test as a game; there are rules, strategies, and tricks you should learn in order to maximize your potential for success. In this session you'll walk away with lots of techniques to help you win those "games."

Get Involved – Yellowjacket Volunteers
- Session #22
- Presenters: Ryan Hoover and Kyle Huneke
- Room: HS 128
- Time: 12:30-1:30 pm
- Target Audience: All Students

- Description: TBD

Laughter as Medicine
- Session #24
- Presenter: Ann Marie Gullickson
- Room: CF 206-208
- Time: 12:30-1:30 pm
- Target Audience: All Students

- Description: TBD

Path to Purple
- Session #25 and #28
- Presenters: Paula Carlsen, Trent Dernbach, Pete Myszkowski
- Room: SH 110
- Time: 12:30-1:30 pm and 6:40-7:40 pm
- Target Audience: All Students

- Description: Staff from both WSU and RCTC will explain how the curriculum and transition works as well as the student services available to our Path to Purple students.
UN-Stress for Success

- Session #26
- Presenter: Katie Swegarden
- Room: SH 110
- Time: 5:30-6:30 pm
- Target Audience: All Students

Description: Stress can be a motivator to succeed, but too much of it can get in the way of success. In this session, students learn about causes and effects of stress and will learn basic strategies to better manage their stress.

Mystery Tour: Minnesota Author
Julie Kramer

- Session #29
- Presenter: Julie Kramer
- Room: CF 206
- Time: 7:00-8:30 pm
- Target Audience: All Students

Description: Kramer writes a mystery series set in the desperate world of television news, a world she knows well from her career as a freelance news producer for NBC and CBS, as well as running the WCCO TV 4 Team in Minneapolis. Her thrillers are STALKING SUSAN, MISSING MARK, SILENCING SAM, KILLING KATE and her latest, SHUNNING SARAH. This event is sponsored by Southeastern Libraries Cooperating and Southeast Library System, and is funded by Minnesota’s Arts and Cultural Heritage Fund.

Online Life is On: Strategies for Success in College

- Presenter: Janell Holter
- Online
- Target Audience: All Students

Description:

Online Virtual Academic Success

- Presenter: Library Faculty
- Online
- Target Audience: All Students

Description: Come and visit Goddard Library, virtually! Participants will learn and about services and features of the physical space of Goddard Library. Interactive questions and a brief website overview will also be included in this session.
Online
What Can You Do With a Degree in Horticulture
- Presenter: Robin Fruth-Dugstad
- Online
- Target Audiences: All Students

- Description: Horticulture industries offer many career opportunities for smart, passionate and enthusiastic people like you. And luckily for you, this “field” is ripe for the picking. Look beyond the myths surrounding these careers to learn the truth about professions that offer variety, flexibility, competitive pay, opportunities to grow, and overall job satisfaction.

Online
Allied Heath Careers
- Presenter: Nirmala Kotagal
- Online
- Target Audiences: All Students

- Description: An overview of allied health and science-related programs at RCTC. This session discusses the academic and other preparation needed for these career pathways. Students will gain an understanding of the special admission process for these programs.

Online
How to Study for Science
- Presenter: Science Faculty
- Online
- Target Audience: All Students

- Description: This session will present a variety of things you can do before, during, and after class as well as before and after exams to help your success in science classes. Most of the strategies will work for any class, but are presented in the context of science. A part of this session is reflection about what you do to study for your classes and what strategies would make the most sense for you to implement. The goal is to provide you a whole toolbox of ideas of which you can choose those that will work for you.

Online
Time Management
- Presenter: Science Faculty
- Online
- Target Audience: All Students

- Description: This online presentation will present tried and true tips for organizing your time and using it wisely.