

# Keynote Speaker - Speed Traps, Pot Holes, & Idiots

- Session #1 and #19
  - Presenter: Jay Gubrud
  - Room: Hill Theater
  - Time: 9:00 am and 11:20 am
  - Target Audience: All Students
- Description: Eliminate the everyday roadblocks to your success! Jay provides a dynamic look at how to obtain success both professionally and personally.

February 10, 2011

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# Successful Note-Taking (FYEX)

- ⦿ Session #2
  - ⦿ Presenter: Tom Kerr
  - ⦿ Room: SH 110
  - ⦿ Time: 9:00 am
  - ⦿ 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.)

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# Medical Research Careers

- Session #3
  - Presenter: Matt Rowley
  - Room: SH 103
  - Time: 9:00 am
  - Target Audience: All Students
- Description: Very diverse types of research fall under the umbrella of medical research. This session addresses these plus the roles that different people play in a research setting and the type of education and background that is usually required for each of these roles.

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# Am I on Track? Drop-in Advising

- ⦿ Session #4, #14, and #27
  - ⦿ Presenter: Academic Advisors
  - ⦿ Room: AT 209 and HA 103
  - ⦿ Time: 9:00 am, 10:10 am, and 11:20 am
  - ⦿ Target Audience: All students
- Description: During this session you will have an opportunity to meet with RCTC Academic Advisors to assess where you are right now and what steps are needed next to reach your academic goals. Advisors will be able to address questions like the following, “Am I ready to apply for graduation?” or “What courses should I plan on for next semester?” and “What resources are available to me?” Every effort will be made to give you some kind of one-on-one attention.

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# Social Media Strategies: Landing a Job

- ⦿ Session #5
  - ⦿ Presenter: Kristina Sukalski
  - ⦿ Room: HS 128
  - ⦿ Time: 9:00 am
  - ⦿ Target Audience: All Students
- Description: Jobs are scarce and the competition fierce. Learn how social media can give you an edge on the competition. In this session you will learn how to strategically "brand" yourself using an online resume/portfolio, blogs, Facebook, LinkedIn, Twitter, and more.

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# How Money Works

- Session #6
  - Presenter: Jason Ferrie and Don Baldus
  - Room: SH 107
  - Time: 9:00 am
  - Target Audience: All Students
- Description: Come and learn what banks and insurance companies do **not** want you to know about money. This presentation will teach you the basics of finance with a focus on the importance of having a financial game plan to help you reach your goals and dreams.

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# Careers in the Visual Arts

- ⦿ Session #7
  - ⦿ Presenter: Brian Steele
  - ⦿ Room: SH 104
  - ⦿ Time: 9:00 am
  - ⦿ Target Audience: All Students
- Description: You'd be surprised at the number of unusual pathways people take to turn an art degree into gainful employment. Generally, you won't get rich with an art degree. But that doesn't mean you can't make a meaningful career with an art background. This talk will offer a brief, broad overview of some art related jobs you might not have expected, and talk about how RCTC can help you get there.

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# Eating for Success

- ⦿ Session #8
  - ⦿ Presenter: Katie Swegarden and Michelle Komosinski
  - ⦿ Room: HS 131
  - ⦿ Time: 9:00 am
  - ⦿ Target Audience: All Students
- Description: The “drive to succeed” in college requires the right kind of fuel. This session presents information on the importance of good nutrition for academic success. Nutrition basics, suggestions for healthy food options both on and off campus, and information on the healthy vending Initiative at RCTC will be covered.

February 10, 2011



# Shots Fired and Personal Safety

- Session #9, #30, and #31
  - Presenter: Bob Morris
  - Room: Hill Theater and SH110 (evening)
  - Time: 10:10 am, 1:00 pm, and 5:15 pm
  - Target Audience: All Students
- Description: “Shots Fired On Campus” (a video) provides the individual student with critical guidance on how to recognize and survive an active shooter situation. After the video Bob Morris, UCR Campus Security Officer, will entertain questions and give an overview of everyday safety.

# Strategies for Reading (FYEX)

- Session #10
  - Presenter: Michelle Cochran, Brenda Frame, and Taresa Tweeten
  - Room: HS 128
  - Time: 10:10 am
  - Target Audience: All Students
- Description: So much reading, so little time! College courses usually involve lots of reading! Not only is there MORE reading, but college reading 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!

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# Check Us Out –What’s New at Goddard Library

- ⦿ Session #11
  - ⦿ Presenter: Mary Dennison
  - ⦿ Room: Goddard Library
  - ⦿ Time: 10:10 am
  - ⦿ Target Audience: All Students
- Description: Come and learn about some of the library’s new services and resources. We’ve rolled out a new website, and are busy adding more resources, especially electronic resources like streaming videos and ebooks. Also, some of our article databases have enhancements and new features that we think you might like.

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# How to Be a Great Math Student

- ⦿ Session #12 and #38
  - ⦿ Presenter: Priscilla Ruemping
  - ⦿ Room: SH 104 and online
  - ⦿ Time: 10:10 am and available anytime online between 8:00 am and 10:00 pm
  - ⦿ Target Audience: All Students
- Description: This presentation is about strategies for you to use in your task of learning mathematics

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# Ten Keys to Success

- Session #13
  - Presenter: Kim Stanton
  - Room: SH 210
  - Time: 10:10 am
  - Target Audience: All Students
- Description: Statistics reveal that many students never make it to their second year of college. If you want to complete your college education there are a number of changes that you can make now to improve your odds. These ten simple recommendations will significantly improve your probability of not only being successful in your courses, but will make your tenure at RCTC more valuable.

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# Career Search

- Session #15
  - Presenter: Gregory Wright, college counselor
  - Room: AT 210
  - Time: 10:10 am
  - Target Audience: All Students
- Description: Start on the path to finding the right career for you using free online tools.

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# Balancing Family Life and School Life

- ⦿ Session #16
  - ⦿ Presenter: Ruth Casper
  - ⦿ Room: SH 107
  - ⦿ Time: 10:10 am
  - ⦿ Target Audience: Students with families
- Description: This session is open to parents who are struggling with going to school while caring for their family. In this session, you will explore creative time management strategies, and hopefully create a social network of support – from students who are in the same situation as you are.

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# How to Get What You Want: Keys to Getting and Staying Motivated

- Session #17
  - Presenter: Carolyn Bell
  - Room: HS 131
  - Time: 10:10 am
  - Target Audience: All Students
- Description: This workshop will teach you the goal setting skills that will give you the direction needed to channel your energy to achieve your “personal best” in any aspect of your life. When you engage in a goal setting activity, directed towards a focused goal, your passion, drive and determination is dramatically increased. In this workshop you will learn:
- The purpose of goal setting
  - The characteristics of an effective goal
  - How to increase your internal accountability
  - To make your goal a reality

With a goal setting game plan you will develop the freedom to choose the results that are important to you.



# Think Opportunities: Think Business/Accounting Careers

- ⦿ Session #18
  - ⦿ Presenter: RCTC Business, Accounting and Economic Faculty
  - ⦿ Room: SH 103
  - ⦿ Time: 10:10 am
  - ⦿ Target Audience: All Students
- Description: Meet the RCTC faculty and discover your opportunities to:
- Gain employment in a growth industry
  - Finish a management certificate in one semester
  - Follow a pathway to a 4-year degree in Rochester or transfer college
  - Design a schedule that fits your life (Online, 8 Week Accelerated, Hybrid, Classroom)
  - Connect with experienced faculty who focus on your success.

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# Time Management

- ⦿ Session #20 and #39
- ⦿ Presenter: Heather Sklenicka and Teresa Brown
- ⦿ Room: SH 110 and online
- ⦿ Time: 11:20 am and available anytime online between 8:00 am and 10:00 pm
- ⦿ Target Audience: All students
- Description: This presentation will present tried and true tips for organizing your time and using it wisely.

# How to Apply for Scholarships

- Session #21
  - Presenter: Lisa Baldus
  - Room: SH 103
  - Time: 11:20 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.

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# Equine Science Careers and Internships

- Session #22
- Presenter: Jonathon Holland
- Room: SH 105
- Time: 11:20 am
- Target Audience: All Students
  
- Description: The equine science session is for current or future equine science students who will be doing an internship. The topic of discussion will be how to get an internship placement that is right for you, what do you need to do to set it up, and tips on how to get the most out of your internship. Much of this information will apply to getting the right career in the horse industry as well.

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# Strategies for Taking Tests (FYEX)

- ⦿ Session #23
  - ⦿ Presenter: Mark Schnaedter and Dan Vedamuthu
  - ⦿ Room: SH 210
  - ⦿ Time: 11:20 am
  - ⦿ 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

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# Leadership Development on Campus

- Session #24
  - Presenter: Robert Sanborn
  - Room: SH 104
  - Time: 11:20 am
  - Target Audience: All students
- Description: In this session, the status of leadership development on American College campuses will be discussed. There will also be specific references to the current course available here on campus, HUM 1941, Studies in Leadership, which is sanctioned by Phi Theta Kappa.

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# Medical Secretary and Transcription Careers

- Session #25
  - Presenter: Tara Hammill and Rebecca Valentine
  - Room: HS 131
  - Time: 11:20 am
  - Target Audience: All students
- Description: Come and explore the field of medical secretary and medical transcription at this session. You will be provided with information from a Mayo Clinic representative who will share information into this career, and how you could become a medical secretary or medical transcriptionist at Mayo Clinic.

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# GPS: Goals + Plan = Success

- Session #26 and #34
  - Presenter: Deb Vang and Gregg Wright
  - Room: SH 108 (morning) and SH 110 (evening)
  - Time: 11:20 am and 6:20 pm
  - Target Audience: All students
- Description: Learn how the GPS LifePlan web site can help you set goals and design plans that will lead you to the success you desire. Learn more about the 5 Plans (Career, Education, Finance, Leadership and Personal) and discover how they might help you.

February 10, 2011



# How to Be a Great English Student

- ⦿ Session #28
  - ⦿ Presenter: Ann Whelan and Steve Juenemann
  - ⦿ Room: SH 107
  - ⦿ Time: 11:20 am
  - ⦿ Target Audience: All Students
- Description: This presentation is about strategies for you to use in writing better quality English assignments.

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# Starting a Small Business in Rochester

- Session #29
  - Presenter: Tessa Leung and Joan Ward
  - Room: HS 128
  - Time: 11:20 am
  - Target Audience: All Students
- Description: Local entrepreneurs Tessa Leung, owner of Sontes, and Joan Ward, owner of Active PT and Sports, will discuss the life of a small business owner in the Rochester area. Tessa and Joan will share how they started their businesses, the obstacles they have met along the way, and what they believe will help anyone be a more successful individual in the small business world. Anyone looking to be a more confident problem-solver is encouraged to come.

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# Prior Learning Assessment at RCTC

- Session #32
  - Presenter: Robert Sanborn
  - Room: SH 108
  - Time: 6:20 pm
  - Target Audience: All Students
- Description: In this session, the basic fundamentals of how PLA works will be discussed and outlined. Students will be able to ask questions and learn more about opportunities in this area. Students attending this session should be aware of one of the fundamental guidelines of PLA, that credit is awarded for prior learning, not necessarily prior experience.

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# Online

## Relationships and Communication Barriers

- Session #35
  - Presenter: Ivonne Tjoefat
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: All Students
- Description: This session on relationship and conflict will discuss stages of relationships, cultural and communication barriers and dealing with conflicts.

*Go to D2L for more information*

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# Online

## How to Study for Science

- Session #36
  - Presenter: Heather Sklenicka
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: All Students
- Description:

*Go to D2L for more information*



# Online

## Test Anxiety

- Session #37
  - Presenter: Othelmo da Silva
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: All Students
- Description: Do tests or quizzes make you break out in a cold sweat? Do they make you so nervous you can't even think? Come to this session to learn about techniques that can minimize test-associated anxiety and about resources for RCTC students.

*Go to D2L for more information*

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# Online

## Get *There* Internationally

- Session #40
  - Presenter: Lori Halverson-Wente
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: All Students
- Description: Study Abroad? Me? YES! During this session learn about the international travel opportunities at RCTC and within our MnSCU system.

Learn - Travel - Become a Changed Person!

*Go to D2L for more information*

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# Online

## What You Can do With a Degree in Horticulture

- Session #41
  - Presenter: Robin Fruth-Dugstad
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: 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.

*Go to D2L for more information*

February 10, 2011



# Online

## Learning styles

- Session #42
  - Presenter: Bret Fuller
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: All Students
- Description: How do you learn best? This D2L presentation will give you an opportunity to find out by participating in a few learning style surveys.

*Go to D2L for more information*

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# Online

## Allied Health Careers

- Session #43
  - Presenter: Nirmala Kotagal
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: 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.

*Go to D2L for more information*

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# Online

## Careers Working with Children, Youth, and Families

- Session #44
  - Presenter: Stacey York
  - Room: SH 206 and available online on any computer
  - Time: Available anytime online between 8:00 am and 10:00 pm
  - Target Audience: All Students
- Description: Have you ever considered a career working with children, youth, or families? Learn about many different degree and career options in education and social services that involve working with children, youth, and families.

*Go to D2L for more information*

