

# STUDENT SUCCESS DAY

September 11, 2019

# SCHEDULE

## *Schedule-at-a-Glance*

8:00am to 9:00am:	Registration ( <b>ATRIUM</b> )
8:00am to 4:30pm:	Mental Health First Aid <i>Pre-Registration Required</i> ( <b>HS 131</b> )
9:00am to 9:50am:	Program Session One <i>Session descriptions and locations are included in this packet</i>
10:00am to 10:50am:	Program Session Two <i>Session descriptions and locations are included in this packet</i>
11:00am to 11:50am:	Program Session Three <i>Session descriptions and locations are included in this packet</i>
12:00pm to 12:50pm:	Campus Community Resource Fair and Lunch ( <b>SPORTSCENTER FIELDHOUSE</b> )
4:30pm to 5:30pm:	Evening Session Registration and Campus Community Resource Fair ( <b>ATRIUM</b> )
5:30pm to 6:30pm:	Program Session Four <i>Session descriptions and locations are included in this packet</i>
6:30pm to 7:30pm:	Program Session Five <i>Session descriptions and locations are included in this packet</i>
6:00pm to 9:00pm:	Special Event: <i>Bioethics at the Cinema</i> ( <b>HILL THEATRE</b> )

### 8:00am to 9:00am: Student Success Day Registration

ATRIUM

Register for Student Success Day and pick up a granola bar, meet new students, look at the program schedule and plan your Student Success Day. Don't forget to stop at the Goal Wall and share your goal for the academic year!

### 9:00am to 9:50am: Program Session One

#### **Communication Program Open House** *(Presented by the Communications Department)* **PLAZA HALL 400 OFFICES**

Want to STAND OUT as a great communicator? Want to add that extra "resume item" that can help distinguish you in the employee pool or on a scholarship application? Maybe you just want to hang out and reconnect with your fun COMM instructors? Then stop by Plaza Hall 4th Floor to learn more about how 3 classes in Communication can be embedded in your plan of study for a Workplace Communication Certificate and how to gain a Communication Major. Who can't improve their communication skills? Join us!

#### **Consent** *(Presented by Victoria VanDeCreek and Lauren Fryer)* **SH 105**

A lesson discussing what consent is and is not. The ultimate goal is for participants to leave understanding a working definition of consent, understand how consent applies to their world and have resources for themselves or to share with others.

#### **Financial Aid Jeopardy** *(Presented by Natasha Boe)* **SH 108**

An interactive session to help you learn about financial aid, money!

#### **From MLA to APA** *(Presented by Jason Meier)* **EA 121**

So you learned Modern Language Association (MLA) formatting/documentation in ENGL 1117, but now your current instructor wants you to use American Psychological Association (APA). Don't fret. With the documentation knowledge gained from covering MLA, you can easily learn how to use APA. This session will show you how.

#### **Key to Success: Communicating with Confidence** *(Presented by Jennifer Kiehne)* **SH 104**

You are constantly communicating to the world who you are. Attend this session and discover easy and intentional tools to communicate confidence in the best ways so that you can have the success you want at work, school and in your relationships. It's not about knowing it all, it's about communicating what you do know with confidence. Communication is truly key to all of it! Jennifer will use humor, tell stories and offer you simple ideas you can use as soon as the session is done.

#### **Meet the Dean** *(Presented by: Dr. Matt Bissonette, Dr. Teresa Brown, Dr. Brenda Frame, and Jacob Griggs)* **SH 210**

Get to know the Academic Deans through speed networking. Students will have the opportunity to meet and learn about other students and the Deans through a series of brief conversations.

#### **Mind Your Mental Health** *(Presented by Sheri Pearson)* **CF 202**

Participate in an open dialogue about Mental Health, wellness and building resilience

#### **Phlebotomy: A Gateway Career** *(Presented by Danny Grabau and Jenifer Storlie)* **EA 241**

Learn what phlebotomy is and how you can make it your career or to use it to advance your career.

## 9:00am to 9:50am: Program Session One (continued)

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### **Speed Friending!** (*Chao Mwatela*) SH 102

"A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong." -Brene Brown

Want to make new connections on campus? Want to meet new friends to go to campus events with? Come and meet other RCTC students in a fun, low-pressure environment! The goal of this event is to foster a sense of belonging on campus and to promote inclusivity! Come to collaborate, make friends, and to inspire one another.

### **Student Success @ Goddard Library** (*Presented by Jen Bruce*) GODDARD LIBRARY

Visit Goddard Library for a brief introduction to library resources and services for supporting student success.

### **Time Management: How to Get it All Done!** (*Presented by Jennifer Monsos*) EA 128

Learn about effective time management skills to manage your busy schedule and ensure you can get it all done!

### **Understanding the Core Learning Outcomes** (*Presented by Tricia Olinger*) SH 210

This session will outline the four core learning outcomes RCTC strives to instill in our students and how we assess each outcome to continue to improve the student experience. The process of assessment and how assessment of the core learning outcomes affect the student will be discussed. You will also have a chance to provide input in the description and value statements of the core learning outcome that are currently being assessed.

### **What is Phi Theta Kappa and Why Should I Join?** (*Presented by Jamie Mahlberg*) SH102

Have you worked hard to maintain a GPA of 3.4 or higher? Are you looking for opportunities to connect with other students, practice leadership, and/or earn scholarships? Phi Theta Kappa is the ONLY recognized honor society for two-year colleges and your academic achievement may make you eligible to join. Learn about Phi Theta Kappa during this session and consider joining RCTC's chapter!

### **Why do our gums really bleed when we floss and other Oral Health facts** (*Presented by Peter Yang*) EA 244?

Peter Yang has been working at Community Dental Care for over six years providing Oral Health presentations to Dental Hygiene, Assisting, and Nursing students alike. In this session, you will learn practical everyday facts about oral health and how something as simple as brushing your teeth could affect someone's ability to start a family.

### **Work Smarter Not Harder with MS Word – Tips and Tricks** (*Presented by Jim Miner*) SH 204

A very fast paced session regarding tips and tricks that will allow you to work "Smarter, Not Harder" using MS Word. FUN, ACTION, LEARNING!

## 10:00am to 10:50am: Program Session Two

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### **Communication Program Open House** (*Presented by the Communications Department*) PLAZA HALL 400 OFFICES

Want to STAND OUT as a great communicator? Want to add that extra "resume item" that can help distinguish you in the employee pool or on a scholarship application? Maybe you just want to hang out and reconnect with your fun COMM instructors? Then stop by Plaza Hall 4th Floor to learn more about how 3 classes in Communication can be embedded in your plan of study for a Workplace Communication Certificate and how to gain a Communication Major. Who can't improve their communication skills? Join us!

### **Design Your Life** (*Presented by: Mike Dean*) SH 110

Do you feel stuck and anxious about the future? Do you feel like you should know what you want to do with your life, but you aren't sure which direction to head? By leveraging proven design thinking principles used by leading companies such as IDEO, IBM, and Apple, this workshop will teach you how to apply that same methodology to making your biggest life decisions. Regardless of age, income, or stage in life, this approach to designing your life will give you the actionable tools necessary for becoming unstuck and creating a more meaningful life. You will learn how to ask the right questions, eliminate old ideas that are not working and test new approaches to your life.

### **From MLA to APA** (*Presented by Jason Meier*) EA 121

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You are constantly communicating to the world who you are. Attend this session and discover easy and intentional tools to communicate confidence in the best ways so that you can have the success you want at work, school and in your relationships. It's not about knowing it all, it's about communicating what you do know with confidence. Communication is truly key to all of it! Jennifer will use humor, tell stories and offer you simple ideas you can use as soon as the session is done.

### **Laughter Yoga** (*Presented by Anita Otterness*) EA 103

Learn to laugh together and use your breath to be more fully present in your daily life. We will also incorporate some other mental health strategies.

## 10:00am to 10:50am: Program Session Two (continued)

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### **Life Communication** (Presented by Jerry Casper) **HILL THEATRE**

Learn and practice effective communication skills by engaging in improvisational and role-playing exercises. This is an interactive workshop.

### **Local Government: An Interactive Workshop** (Presented by: Molly Budke) **EA 124**

What does it look like when local government works? In this simulation game, students will solve problems for fictional towns, and discuss ways to increase resources at a local level.

### **Path to Purple Showcase: RCTC /Winona State University** (Presented by Paula Carlsen) **CF 206/208**

This presentation will include staff from both RCTC and WSU (Rochester and Winona campus) The goal is to share with students the partnership benefits of RCTC and WSU majors, the transfer process including admission criteria for different majors. We begin with an overview presentation and give you, the student, the last half of the session to visit with our colleagues from the various majors offered: Business/ Social Work/ Elementary Education/ Nursing/ Computer Science/Biology and Chemistry Transfer Pathways to WSU.

### **Phlebotomy: A Gateway Career** (Presented by Danny Grabau and Jenifer Storlie) **EA 241**

To explain what Phlebotomy is and how you can make it your career or to use it to advance your career.

### **President Boyd's Listen and Learn** (Presented by: Dr. Jeffery Boyd) **SH210**

Have a suggestion on how we can serve you better and help you succeed at RCTC? Join RCTC's President (Dr. Jeffery Boyd) at Listen and Learn. This session is your opportunity to meet RCTC's President in an informal setting, and for him to listen and learn from you, the students, about issues important to today's learners.

### **Radical Self Love** (Presented by Victoria VanDeCreek and Lauren Fryer) **SH 105**

Radical self-love stems from the idea that everybody and everybody is worthy of love. We are going to talk about what it is, how you can practice it and how radical self-love can change the world for the better.

### **Sex, Drugs, and Final Exams: The Misconception of College** (Presented by Neil Dennison) **SH 107**

This presentation will look at the harmful themes our media has created around college culture and how it impacts students. It will specifically focus on campus sexual assaults, resources for students, and prevention.

### **Spending with Knowledge & Saving with Purpose** (Presented by Kristina Hammell) **SH 108**

Spending with Knowledge & Saving with Purpose is a session for students to gain information on money management as they work towards their degree and future career offered by Catholic Charities of Southern Minnesota's Financial Literacy Program. Topics include: determining the difference between wants and needs, setting short-term and long-term financial goals, establishing savings on a student budget, and other related financial topics for students. Financial literacy is early prevention for financial planning mistakes and teaches the use of money for empowerment and the attainment of life goals.

### **Student Success @ Goddard Library** (Presented by Jen Bruce) **GODDARD LIBRARY**

Visit Goddard Library for a brief introduction to library resources and services for supporting student success.

### **Time Management: How to Get it All Done!** (Presented by Jennifer Monsos) **EA 128**

Learn about effective time management skills to manage your busy schedule and ensure you can get it all done!

### **TRIO Student Orientation** (Presented by Jason Bonde) **CF 202**

TRIO students, this session is for you! Please join this panel discussion with current and former TRIO SSS participants as they share with you valuable tips and experiences to assist you on your educational journey at RCTC and beyond. This session is open to ALL RCTC students to learn more about TRIO programs and how we may be able to assist you!

### **What is Phi Theta Kappa and Why Should I Join?** (Presented by Jamie Mahlberg) **SH102**

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## 11:00am to 11:50am: Program Session Three

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### **Atomic Habits** (Presented by David Walter) SH 104

This session is an overview of concepts presented in the book "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear. The session will provide an introduction on how to break bad habits, create good ones and how to monitor everyday progress. The session will also provide resources to help support habit change.

### **Building a Safe Campus Community** (Presented by Lt. Aaron Penning) HILL THEATRE

This session is offered by the Rochester Police Department to share information related to situational awareness and safety for students attending a College. This training will discuss safety response strategies in the event of an active shooter situation and will cover topics specific to a college setting. The training presents information provided by the Department of Homeland Security related to safe response strategies in the event of an active shooter following the recommendations of OSHA Guidelines.

### **Design Your Life** (Presented by: Mike Dean) SH 110

Do you feel stuck and anxious about the future? Do you feel like you should know what you want to do with your life, but you aren't sure which direction to head? By leveraging proven design thinking principles used by leading companies such as IDEO, IBM, and Apple, this workshop will teach you how to apply that same methodology to making your biggest life decisions. Regardless of age, income, or stage in life, this approach to designing your life will give you the actionable tools necessary for becoming unstuck and creating a more meaningful life. You will learn how to ask the right questions, eliminate old ideas that are not working and test new approaches to your life.

### **Environmental Science at RCTC and Beyond** (Presented by Jennifer Rubin and Cory Rubin) SH107

Information about the Environmental Science AS degree program and the Biology AS transfer program will be provided, in addition to career and academic opportunities, specific course requirements, and job outlook of various careers.

### **Happy Hour: The Psychology of Happiness** (Presented by Jennifer Dahle and Deb Vang) CF 202

Increased happiness can lead to greater resilience toward stress. There are specific activities you can do to increase your own happiness!

### **How to Use D2L Brightspace** (Presented by: Tom Kerr) SH 210

Want to learn more about D2L Brightspace? Come to this presentation for answers to all of your questions! We'll meet in a computer lab so you can get some hands-on experience.

### **Increasing Equity through Compassionate Listening** (Presented by: Mike Mutschelknaus) SH 103

Equity means freedom from bias or favoritism. It's a simple, yet powerful, concept. One way to increase your own equity is through compassionate listening. How do you listen to stories of suffering? How do you listen to people who come from backgrounds or cultures very different than your own? How do you listen to people whose values contrast sharply with your values? These are situations you face every day. This session will provide you with the tools, and practice, you need for such situations.

### **Laughter Yoga** (Presented by Anita Otterness) EA 103

Learn to laugh together and use your breath to be more fully present in your daily life. We will also incorporate some other mental health strategies.

### **LGBTQA Q/A Session** (Presented by Shelli Arneson, Adrian Federspiel, & Lori Halverson-Wente) EA 119

During this session, learn more about the ways in which you can find support on campus if you identify within the LGBTQA community. Are you an ally? Learn how you can make a difference. Just have questions? Join us!

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## 12:00pm to 1:00pm: Campus Community Resource Fair and Lunch SPORTSCENTER FIELDHOUSE

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Enjoy a FREE Lunch and participate in the Campus Community Resource Fair. Pick up BINGO card and visit different campus and community resources that will support your personal and academic success! Ask a question (or two) to learn about the resource and earn a stamp on your BINGO card. Turn in your completed BINGO Card for a chance to win a \$25 RCTC Bookstore Gift Card and Prize Pack.

Featured Campus and Community Resources Include:

- Catholic Charities Onward & Upward Program
- Community Dental Care
- Community Food Response
- Families First of MN
- Jeremiah Program – Rochester
- Legal Assistance of Olmsted County
- Olmsted County Victim Services
- Planned Parenthood
- RCTC Compassionate Campus
- RCTC Disability Support Services
- RCTC Financial Aid
- RCTC Intramural Sports
- RCTC Multicultural Services
- RCTC Student Rights and Responsibilities
- RCTC Student Health Services
- RCTC Student Life
- RCTC The Learning Center
- RCTC TRIO Program
- United Way of Olmsted County
- Workforce Development, Inc.

## 4:30pm to 5:30pm: Evening Session Registration and Campus Community Resource Fair ATRIUM

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Register for Student Success Day and enjoy some FREE Pizza while meeting new students, share your goal for the academic year on the Goal Wall, and learning about campus and community resources!

## 5:30pm to 6:30pm: Program Session Four

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### **Ten Keys for College Success** (Presented by *Kim Stanton and Steve Lewis*) SH 109

Statistics indicate that many students never make it to their second year of college. This presentation gives 10 basic recommendations to help students significantly improve their odds of success at RCTC as well as in their careers.

## 5:30pm to 6:30pm: Program Session Four (continued)

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### **Student Success @ Goddard Library** (Presented by Jen Bruce) GODDARD LIBRARY

Visit Goddard Library for a brief introduction to library resources and services for supporting student success.

## 6:30pm to 7:30pm: Program Session Five

### **Crafting for Self-Care** (Presented by Alicia Zeone) HS 128

Explore different creative outlets and craft activities that you can incorporate into your life as self-care. Participants will have the opportunity to complete a project to take home with them.

### **How to Use D2L Brightspace** (Presented by Tom Kerr) HS 136

Want to learn more about D2L Brightspace? Come to this presentation for answers to all of your questions! We'll meet in a computer lab so you can get some hands-on experience.

### **Oh, The Places You'll GOAL** (Presented by Rebecca Peine) HS 131

Learn about how to set SMART Goals to support your personal and academic success at RCTC. Participants will learn how to set goals and will have the opportunity to create a success plan for fall semester.

## 6:00pm to 9:00pm: Bioethics at the Cinema

HILL THEATRE

Participate in a screening and discussion of the film *Three Identical Strangers* with the Mayo Clinic Biomedical Ethics Research Program. The film explores how identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation, but it also unearths a secret that has radical repercussions.



SEPTEMBER 16<sup>th</sup> to 19<sup>th</sup>

Visit <https://www.rctc.edu/studentlife/homecoming/> for more information.