8:30am to 10:30am: Student Success Day Registration  
ATRIUM

Register for Student Success Day, meet new students, look at the program schedule, and plan your Student Success Day.

9:00am to 10:50am: College Transfer Fair  
COLLEGE CENTER – THE HIVE

Meet with colleges and universities to explore transfer opportunities to complete a bachelor’s degree.

Participating colleges and universities:
- Bemidji State University
- Concordia University
- Marines: United States Marine Corp
- Mayo Clinic School of Health Sciences
  - Histology Technician Program
  - Radiography Program
- Metropolitan State University
- Minnesota State University, Mankato
- North Dakota State University
- Saint Mary’s University, Rochester
- Saint Mary’s University, Winona
- South Dakota State University
- St. Cloud State University
- The College of St. Scholastica
- University of Minnesota Rochester
- University of Wisconsin - La Crosse
- University of Wisconsin – Stout
- University of Wisconsin – River Falls
- Winona State University

10:00am to 10:50am: Program Session One

Communication Program Open House  
Presented by Communication Program Faculty  
M 2403

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 Memorial Hall Communication Offices 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!

The College Success Tour  
Presented by Ashley Saari  
Meet in the Atrium

This interactive session will take you on a tour of campus that will help you succeed as a Yellowjacket. This session is limited to 15 participants.

Finding Library Resources: Building Academic Success  
Presented by Jen Bruce  
GODDARD LIBRARY 232

Drop into Goddard Library for an interactive demonstration on knowing where to search for academic resources for your college coursework.
Make a Contract to Change  
Presented by Ruth Casper  
SH 102
Is there something about you that you would like to change or improve? Do you have the desire to change but just can't seem to do it? In this session, you will specify what you want to change, what makes it difficult to change, and create a game plan on how you can reach your desired goal. Possible issues include time management, weight loss, and stress management. You will leave the session with a signed contract ... between you and yourself!

From MLA to APA  
Presented by Jason Meier  
SH 103
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.

Understanding the Core Learning Outcomes  
Presented by Tricia Olinger  
SH 104
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.

#IAMP TK - Accept Membership in Phi Theta Kappa, the Honor Society for Two-Year Colleges  
Presented by Jamie Mahlberg  
SH 107
In this session, students will learn how membership in Phi Theta Kappa (PTK) can help them achieve their goals. Explore opportunities to engage with our chapter at RCTC to build a resume that includes activities connected to the "Hallmarks" of PTK - Leadership, Scholarship, Fellowship, and Service. Session facilitators will share the variety of PTK programs that are available to members...including the highly competitive scholarship programs! Participate in a short leadership development activity that you can use to build your leadership capacity on campus and in your community.

Find Your Hive: Get Connected with Student Life  
Presented by Travis Rutt and Morgan Moreno  
EA244
Learn how to get involved at RCTC through Student Life. We offer a wide variety of events, clubs, and activities to help you make new friends, develop leadership skills, and have fun on campus!

Degrees After College: Options After A Bachelor’s Degree  
Presented by Peter Wruck  
EA 119
More and more Americans are getting letter soup after their names: MA, MSW, MD, JD, Ph.D., Ed.D., and more. What degree options exist after a bachelor's degree, and why would you want to pursue one? In this session, students will learn about academic and professional graduate degrees, how graduate school typically works, what to expect, and why someone would want to get even more schooling.

Child Care Info and Resources for Families with Young Children  
Presented by Marlene Jehnke  
EA 121
The session will offer information on the importance of early care and education for children, how to find quality child care, and resources to help pay for child care.

Environmental Science and Biology at RCTC and Beyond  
Presented by Jennifer Rubin and Cory Rubin  
EA 128
Information about the Environmental Science AS degree program and the AS Transfer Pathway program in Biology will be provided, as well as course requirements, career and academic pathways, and job outlook information in related fields of study.

Path to Purple: RCTC to Winona State University. Come Discover Your Path to a Bachelors degree.  
Presented by Paula Carlsen  
CF 202
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 will wrap up with information with a mini transfer fair with tables to visit with advisors and faculty from WSU’s majors.
10:00am to 10:50am: Program Session One (Continued)

Question, Persuade, Refer
Presented by Joshua Jensen  
QPR (question, persuade, refer) is an evidenced based practice for suicide prevention. The training educates attendees on how to recognize warning signs and risk factors for suicide, how to ask someone about if they are having thoughts about suicide, how to persuade someone to get help and how to make an effective referral for someone to access help.

11:00am to 12:00pm: Keynote Speaker  
SPORTS CENTER PERFORMANCE COURT

Resilience as a Mindset and Daily Practice with Dr. Saby Labor
Resilience is a resource that we build, strengthen, and refill consistently. In this session, participants will learn about five dimensions of the resilience mindset and simple strategies to strengthen it daily. Together, we will visualize our resilience reservoirs to seamlessly carry our resilience practices forward. We will conclude our session by reflecting on our current state of resilience and setting intentions to direct our time and energy.

12:00pm to 1:00pm: Campus Community Resource Fair and Lunch  
SPORTS CENTER FIELDHOUSE

 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.

The Resource Fair is made possible by a grant from the Proof Alliance.

1:00pm to 1:50pm: Program Session Two

Values, Vision, and Velocity: Discover Your True Potential
Presented by Dr. Saby Labor  
Self-knowledge is essential to authentic leadership. In this workshop, participants will explore and embrace their true passion and potential. Reflecting on one’s values and developing a clear vision for leadership is the golden key to unlocking a leader’s potential. Accelerate your leadership self-discovery in this interactive and high-velocity experience.

Transfer at Universality of Wisconsin – Stout
Presented by Mollie Ficek  
Come learn more about what Wisconsin's only Polytechnic University, University of Wisconsin-Stout, has to offer students looking to pursue their bachelor’s degrees. We'll talk all things transfer--admission and major requirements, tuition cost, scholarship opportunities, transfer next-steps, and more.

NDSU Seamless Transfer and Guaranteed Admission
Presented by John Hest  
General presentation noting the seamless pathways to transfer and our guaranteed admission program, with plenty of time for Q & A.

UW-La Crosse: Embark on your path. We'll show you the way.
Presented by Amanda Lettner  
Interested in learning more about the University of Wisconsin - La Crosse? This presentation will include information about the city of La Crosse, student resources, the application process, admissions guidelines, and the cost of attending. Come learn why we rank among stellar Midwest universities and are a Kiplinger's top value!

Building an Alliance: Preventing Alcohol Exposed Pregnancies
Presented by Shauna Feine  
Research states that one in nine pregnancies are exposed to alcohol. This can cause fetal alcohol spectrum disorders (FASD) which is a wide range of permanent birth defects including physical, cognitive, and behavioral impairments. The CDC estimates, one in 20 children in the US has an FASD. Prenatal alcohol exposure is often overlooked due to misinformation, unplanned pregnancy, or alcohol use disorder. Attendees will gain knowledge on prevalence, the complex factors of severity, society’s view on alcohol and evidence-based practices to address this complex public health issue.
1:00pm to 1:50pm: Program Session Two (Continued)

Respiratory Therapy
Presented by Michelle Rahman  SH 107
Are you interested in a career in health care? Respiratory therapist are essential to any health care team. They work alongside doctors and nurses to care for patients ranging from premature infants whose lungs are not fully developed, to elderly people with heart and lung problems. Attend the session to learn about the respiratory therapy profession and how to earn your bachelors degree while attending class and clinical rotation at Mayo Clinic. Mayo Clinic and the University of Minnesota Rochester work collaboratively to offer this program.

100% Online Undergraduate Completion program at The College of St. Scholastica
Presented by Jay Parsons  SH 108
Are you looking for school to fit into your schedule, instead of the other way around? If so, attend this session to learn how The College of St. Scholastica can help you earn a degree 100% online in the areas of Nursing, Health Sciences or Business by creating an individualized program plan built to meet your scheduling needs.

Transfer Opportunities at University of Wisconsin-River Falls
Presented by Valerie Young  SH 110
PowerPoint presentation about UWRF and the transfer process including programs, cost and credit evaluation information.

How to Talk to Your Professor
Presented by Mike Mutschelknaus  ST 108
Talking to professors can be hard. How do you tell the professor you think she has made a grading mistake? How do you show respect in an email? What should you do when you meet a professor in his office. What do professors really want to talk about with you? The answers to these conundrums--and many more--will be revealed in this entertaining session.

United States Marine Corp
Presented by Sergeant Dylan Peterson  SH 110
Learn about the United States Marine Corps and explore career and educational opportunities.

Transfer your Military Training to St. Mary's University
Presented by Molly Bigelow  EA 119
How your military training will transfer to Saint Mary's University and count toward completing your bachelors degree.

Careers in Radiography
Presented by Jessica Lodermeier  EA 121
Discover the opportunities awaiting you with a career in Radiography. Learn how to earn your AAS degree from RCTC while completing the Radiography Program with the Mayo Clinic School of Health Sciences.

Phlebotomy
Presented by Danny Grabau and Jennifer Storlie  SH 210
How to get into the Phlebotomy Class at the Mayo Clinic School of Heath and Science and what a phlebotomist does.

Histotechnology - The Hidden Pearl of Healthcare
Presented by Michelle Nelsen  EA 128
Histology Technicians are responsible for preparing microscope slides for review by a pathologist. Using a variety of techniques and equipment, they prepare thin slices of human, animal or plant tissue to make abnormalities visible with a microscope. The identification and understanding of disease such as cancer would not be possible without their role in healthcare. Attend this session to learn more about this fascinating career and how to get training at Mayo Clinic.

Path to Purple: RCTC to Winona State University. Come Discover Your Path to a Bachelors degree.
Presented by Paula Carlsen  CF 202
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 will wrap up with information with a mini transfer fair with tables to visit with advisors and faculty from WSU's majors.
1:00pm to 1:50pm: Program Session Two (Continued)

**Bemidji State University: Your Vacation Destination**
Presented by Dan Voss
Transfer basics, articulation agreements, transfer pathways, etc at Bemidji State University

**Speed Friending!**
Presented by Chao Mwatela
"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.

**Pathway to Success**
Presented by Jennifer Dahle and Nate Smith
Learn how to read and manipulate your Interactive Degree Audit Report (DAR) and see how your major fits into the Guided Pathway Model. We will explore the interactive abilities of DARs, look at majors that overlap Pathways and other resources to help with planning your academic future.

**Networking & Accountability to Develop YOUR Brand!**
Presented by Bryce Bjork and Desirae Dyke
With visualization and your end game in mind, you can use a series of actions which make you accountable and formidable, while networking with only a few key contacts who have the power to kick start your career and get you to where you want to be!

**Get Your Career in Gear**
Presented by Deb Vang and Nancy Nixa
RCTC Counselors Nancy Nixa and Deb Vang will help you begin the process to find the career for you. Please bring your RCTC Email Address and your Star ID and Password.

2:00pm to 2:50pm: Program Session Three

**How to navigate the library databases for valuable free resources for students!**
Presented by Michelle McCaughtry
We will explore the online free databases available to students through the RCTC Goddard Library homepage. You will leave this session marveling on how much is available to you as a student! We will find magazine and newspaper articles, videos, and books. Many of these resources are as easy to get just through a click on your device and can be searched from your phone or a computer from home.

**The Deadline was Yesterday?**
Presented by Alicia Zeone
We’ll chat about how to manage your enrollment and all the deadlines that come with it.

**Understanding the Core Learning Outcomes**
Presented by Tricia Olinger
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.

**2020 Census and Voter Registration**
Presented by Fatu Magassouba & Mohamud Mohamed
2020 census and get out the vote outreach on campus and how students can get involve.
#AMPTK - Accept Membership in Phi Theta Kappa, the Honor Society for Two-Year Colleges
Presented by Jamie Mahlberg  
In this session, students will learn how membership in Phi Theta Kappa (PTK) can help them achieve their goals. Explore opportunities to engage with our chapter at RCTC to build a resume that includes activities connected to the "Hallmarks" of PTK - Leadership, Scholarship, Fellowship, and Service. Session facilitators will share the variety of PTK programs that are available to members...including the highly competitive scholarship programs! Participate in a short leadership development activity that you can use to build your leadership capacity on campus and in your community.

How to Be Successful as an Online Student
Presented by Suz Szucs and Kerry Schad  
This session will help you understand what resources and skills are necessary to be successful as an online student. Learn about how to navigate D2L, time management techniques, and strategies for remaining engaged in an online classroom.

Project Legacy - Building a Legacy for the Future
Presented by Alysha R Carlisle & Abdi Mohamed  
Project Legacy is a unique program that was developed by people of color for youth of color. We offer a “home away from home” where you will find support ranging from a positive friend group, supportive and influential community members who can provide opportunities and guidance from anything from financial planning to budgeting to cooking to careers to food to travel during the summer. We meet multiple times during the week, we attend cultural and recreational events, and have study tables with Mayo doctors and teachers.

Test Anxiety
Presented by Sheri Pearson  
Learn what test anxiety is, how you can manage it, and even how you can use it to your advantage.

Keys to Success: Confident Communication
Presented by Jennifer Kiehne  
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  
Learn to laugh together and use your breath to be more fully present in your daily life.

Campus Connections
Presented by Chao Mwatela  
Are you a first or second semester student still trying to find your way towards success? Do you sometimes wish that you had someone to help you navigate college life? If so, we can help. Campus connections will help connect you to an RCTC staff or faculty member that is dedicated to helping you navigate all areas of college life…and beyond. All are welcome.

Work Smarter, Not Harder with MS Word
Presented by Jim Miner  
A very fast paced session regarding tips and tricks that will allow you to work "Smarter, Not Harder" using MS Word.

How Money Works
Presented by Jason Ferrie  
Teaching people, the rules of the money game so you can become debt free and financially independent.

Bookmobile Registration
Presented by Kelly Pyfferoen and Cara Fox  
We will walk students through the set up process for Bankmobile in order to access the Financial Aid Overage. Please bring checking or savings account information to complete set up process.
### 2:00pm to 2:50pm: Program Session Three (Continued)

**D2L Basics**
Presented by Tom Kerr
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.

**4:30pm to 5:30pm: Evening Session Registration and Campus Community Resource Fair**
Register for Student Success Day and enjoy some FREE dinner while meeting new students and learning about campus and community resources!

### 5:30pm to 6:20pm: Program Session Four

**Study skills: Integrating library resources, building academic success**
Presented by Jen Bruce
Note-taking, Learning-Strategies, Environmental distractions, Organization, Pre-planning, Test-taking, and Asking Questions are all important college student mastery skills. Learn how to find additional information and resources for developing your personal successful college career path.

**Child Care Info and Resources for Families with Young Children**
Presented by Marlene J ehinke
The session will offer information on the importance of early care and education for children, how to find quality child care, and resources to help pay for child care.

**Laughter Yoga**
Presented by Anita Otterness
Learn to laugh together and use your breath to be more fully present in your daily life.

**Ten Keys for College Success**
Presented by Kim Stanton and Steve Lewis
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.

### 6:30pm to 7:20pm: Program Session Five

**2020 Census and Voter Registration**
Presented by Fatu Magassouba & Mohamud Mohamed
2020 census and get out the vote outreach on campus and how students can get involve.

**How Money Works**
Presented by Jason Ferrie
Teaching people, the rules of the money game so you can become debt free and financially independent.

**How to Talk to Your Professor**
Presented by Mike Mutschelknaus
Talking to professors can be hard. How do you tell the professor you think she has made a grading mistake? How do you show respect in an email? What should you do when you meet a professor in his office. What do professors really want to talk about with you? The answers to these conundrums--and many more--will be revealed in this entertaining session.
Rochester Community and Technical College is excited to announce the launch of its new lecture series beginning in January 2020. These initial lectures feature RCTC faculty sharing their expertise and experiences in an array of topics from music to public service. This initial series schedule includes one speaker per month, January through April, with the full lecture series resuming in September 2020.

All series events are free and open to the public and include light refreshments following the program.

February’s program, Peace Corps: Service on Three Continents, features three RCTC English Instructors, Jason Meier, Mike Mutschelknaus, and Beth Heim de Bera, discussing their individual experiences in the volunteer service organization. The program starts at 7pm in the RCTC Hill Theater on Thursday, February 27, 2020.

In March, RCTC Biology and Environmental Science Instructors Cory Rubin and Jennifer Rubin present Water Stories: A Discussion of Rochester’s Most Precious – and Vulnerable – Natural Resource. Come see just how vital water is in creating and maintaining a healthy ecosystem on Tuesday, March 31, 2020 at 7pm, in the RCTC Hill Theater.

April is National Poetry Month, and to commemorate the month, RCTC English Instructor Scannell McCormick will read from his two collections of published poetry. Join us for the program on Thursday, April 23, 2020 in the RCTC Heintz Center Commons at 7pm.