**REGISTER HERE** for Student Success Day to receive the Zoom Webinar Link and Passcodes.

**Tuesday, September 15th**

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**Program Session One • 9:00am to 9:50am**

COVID-19 Q&A  
Presented by Olmsted County Public Health  
Learn more about COVID-19 and have your questions answered with staff from Olmsted County Public Health.

D2L Tutorial  
Presented by Craig Narveson, D2L Brightspace Administrator  
Learn about how to successfully navigate and use D2L.

Degree Audit Reports and Useful E-Service Tools  
Presented by Deb Vang, College Counselor & Nate Smith, Academic Advisor  
Take control of your educational journey. Learn the tools to make your academic plan to reach graduation.

Get Connected with Student Life  
Presented by Travis Rutt, Student Life Coordinator & Morgen Moreno, Student Life Student Employee  
Learn about how to get involved on campus through Student Life activities and clubs and organizations!

Mind Your Mental Health  
Presented by Sheri Pearson and Rebecca Porter, Zumbro Valley Health Center  
Learn about strategies and resources to support your mental health and well-being as a student.
Path to Purple: RCTC and Winona State Transfer Paths
Presented by Paula Carlsen, Academic Advisor & Sammie Eckerson, Recruitment and Admissions Advisor
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 Q and A engaging time with student participants. Join us to discover your Path to Purple.

Radical Self Love
Presented by Victoria VanDeCreek, Education and Outreach Manager Southern MN, Planned Parenthood
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.

Yoga and Mindfulness for College Students
Presented by Jennifer Monsos, RCTC Faculty
We will practice some simple yoga poses and mindfulness exercises to help you manage the stress and anxiety that may come along with taking online courses or managing family and work commitments. You will receive handouts so you can do these practices yourself after this session! Most of the practices will be 5-10 minutes, so they will fit between the tasks of your busy day.

Phi Theta Kappa - Pathway to Success.
Presented by Jamie Mahlberg, RCTC Faculty & Madeline Allen, PTK Member
In this session, students will learn how membership in Phi Theta Kappa (PTK) can help them achieve their personal and professional 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 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.

Secrets revealed! How to talk to your professor and write quickly
Presented by Mike Mutschelknaus, RCTC Faculty
Find out how to write essays and research papers without typing. Learn how to push one button and create a reference list. Discover how to visit a professor in her office without being nervous. Explore ways to write emails to professors that they want to read. These, and other secrets, will only be revealed at this fun and informative session!

Conflict Management
Presented by Victoria VanDeCreek, Education and Outreach Manager Southern MN, Planned Parenthood
Everyone has a go to style for dealing with conflict, sometimes it is appropriate for the situation and sometimes a different approach could work better. This lesson will help the learner identify their conflict management style, explore the 4 main styles and when to apply them to increase positive outcomes and resolution. Participants will leave with an increased knowledge of conflict management skills.
Understanding the Core Learning Outcomes  
Presented by Robin Fruth-Dugstad, RCTC Faculty  
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 is currently being reviewed.

How to Find Affordable Quality Child Care  
Presented by Marlene Jehnke, Families First of MN  
How do I find affordable child care? Where do I look? What do I ask to be sure this is a good fit for my family? These and many other questions will be answered so you can concentrate on your education and have your child in a safe and comfortable environment.

Surviving to Thriving: Mindfulness, Confidence and Compassion  
Presented by Jennifer Kiehne, RCTC Faculty  
We are in ever-changing and uncertain times and this workshop was developed to help you feel equipped to follow your goals with the intention on thriving at college and in life. It will help you identify the difference between surviving and thriving skills, create a mindfulness plan that guides your daily goals, assist you in leading with confidence in your relationships and cultivating compassion as a daily practice. It’s time to move from surviving to thriving!

Doing research for your class? Goddard Library can help  
Presented by Michele McCaughtry, Goddard Library  
We will be exploring library databases, ebooks, and streaming video. Valuable resources available to RCTC students and available online!

LGBTQ+ Q-n-Q Session: Creating an Open Conversation on Campus  
Presented by Lori Halverson-Wente, RCTC Faculty & LGBTQ Alliance Student Leaders  
"What's your pronouns?" Have you been asked this recently and not known what it means? Have questions about what and why the letters, "LGBTQ+" are used? Want to learn how to become an ally? Looking for advice on how to come out? Just interested in learning more? Join our open conversation with members of the RCTC LGBTQ+ Community as they share their lived experience with you. We’ll also discuss campus and community resources. Our session is educational and personal, join us from the comfort of your own safe space as we seek to create a more inclusive campus, or a safe space.

Sex Signals • 11:00am to 12:30pm

Sex Signals has become one of the most popular sexual assault prevention programs on college campuses through its unorthodox, humor-facilitated and inclusive approach to examining our culture, sex, and prevention strategies like bystander intervention. The program has been adapted to be facilitated through a live Web based program.

Click here to register to attend.
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How Money Works
Presented by Jason Ferrie, Primerica
This program will focus on teaching people how to become debt free and financial independent. We will show you how to get your money to work for you and how not to get taken advantage of by banks and insurance companies.

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Business Ownership
Presented by Jason Ferrie, Primerica
We will be showing students the 4 ways in America to earn money. We will highlight the need for business owners in the finance field and why it's such a profitable and impactful career choice.