



# STUDENT SUCCESS DAY SCHEDULE

September 29, 2009—*We Want You Here!*

Student Success Day is a day set aside each semester by Century College to support and celebrate student success. The day provides time for you to meet with your teachers to discuss your academic progress. Our faculty members use the college's Early Warning System letters to let you know before Student Success Day if you are not progressing in a given class and expect you to meet with them on Student Success Day to address concerns. Additionally, you can attend a variety of sessions and activities that support student success. Century College also encourages you to develop an individual GPS LifePlan (GPS stands for *Goals + Plans = Success*). The Student Success Day schedule provides opportunities for you to focus on conferences, sessions, and activities for any or all of the following dimensions of your GPS LifePlan: EducationPlan, PersonalPlan, CareerPlan, FinancePlan, and LeadershipPlan.

**Watch Online:** A tool called Adobe Connect will be used to simultaneously stream a few of our sessions out to students using the Internet in their homes. Adobe Connect allows you to view real-time sessions the same as if you were in the room for each presentation. The tool delivers the voice and presentation over the Internet using a computer! (See Page 3 of this schedule for directions for Adobe Connect Sessions.)

## **How to Invest in Your Success:**

On Student Success Day talk with each of your teachers--find out how you can improve. Attend sessions to help you create or support your GPS LifePlan. Remember: Goals + Plans = Success. Have a success-full day!

- Write your Student Success Day schedule in the space on the next page. If you have questions, talk to your teachers.
- Make an appointment for a conference with each of your teachers—see how you are doing in each of your classes. Find out what you can do to improve.
- Arrive early to enjoy a breakfast bar and juice box. (FOOD!—in the West Main Commons Area).
- Choose sessions, workshops, open houses, and information tables that help you with your GPS LifePlan needs.
- Visit with a counselor and relax in the open gymnasium and Fitness Center.
- Plan to attend the keynote presentation, **“Mental Illness with a Dose of Humor”** by **Michelle Garb**, at either of two times, 12:00 OR 5:00, in the West Campus Theatre. The event is sponsored by Student Life.
- After attending a keynote presentation, enjoy pizza and beverage! (FOOD in the THEATRE LOBBY.)

# FILL IN YOUR SCHEDULE FOR STUDENT SUCCESS DAY:

TIME	MEET WITH YOUR TEACHERS	SESSIONS, OPEN HOUSES, INFORMATION TABLES, COUNSELING, OPEN GYM	ROOM
8:00-8:50 AM			
9:00-10:00 AM		Pick up a breakfast bar and juice box in the West Main Commons area	MAIN Commons
9:00--9:50 AM			
10:00-10:50 AM			
11:00-11:50 AM			
12:00-1:00 PM		Keynote Presentation, sponsored by Student Life.	THEATRE
1:00-1:15 PM		After keynote enjoy FOOD in the Theatre lobby—pizza and beverage	
1:15-2:05 PM			
2:15-3:05 PM			
5:00-5:45 PM		Keynote Presentation, sponsored by Student Life.	THEATRE
5:45-6:00 PM		After keynote enjoy FOOD in the Theatre lobby—pizza and beverage	
6:00-6:50 PM			

## ATTENDANCE INFORMATION FOR STUDENT SUCCESS DAY/WEEK:

**IMPORTANT:** *Students are expected to meet with teachers and participate in Student Success Day!*

### CONFERENCES—check with all of your teachers:

- Check to see when your teachers will be available for conferences with you; make appointments, if necessary.

### CLASS START TIMES ON STUDENT SUCCESS DAY AND DURING THAT WEEK

- Classes that would usually meet BEFORE 3 PM on Student Success Day will not be held on Student Success Day.
- Late Afternoon Classes Starting AT 3:00 PM or LATER on Student Success Day will devote the first hour of class to conferences with the teacher or activities planned by the teacher.
- **EVENING CLASSES on Student Success Day:** Students in evening classes on Student Success Day are expected to **meet with teachers and participate in evening activities.** Students are expected to attend the 5:00 keynote presentation, then meet with teachers from 6:00 to 6:50, participate in activities planned by teachers from 6:00 to 6:50, or attend sessions available from 6:00 to 6:50 PM.
- **Evening classes begin at 7 PM.**
- **Before and After Student Success Day (Monday, Sept. 28; Wednesday, Sept. 30 ; Thursday, Nov. 1; or Saturday, Nov. 3) Late Afternoon/Evening Classes Starting At 3:00 or Later and Saturday classes):** Although Student Success Day is held on September 29, late afternoon, evening, and Saturday classes during the week will devote the first hour of class to faculty-planned student success activities or conferences.

# DIRECTIONS FOR JOINING AN ADOBE CONNECT SESSION

For this Student Success day we are going to be using a tool called Adobe Connect to simultaneously stream a few of our sessions out to students at their homes using the Internet. If you cannot make it in person to the sessions marked Adobe Connect, you can join the sessions on the Internet using Adobe Connect. Adobe Connect allows you to view our real-time sessions the same as if you were in the room for the presentation. The voice and presentation are delivered through Adobe Connect, over the Internet, using a computer. **Note:** Please try to join the session 3-5 minutes before the start time of each Adobe Connect session.

1. Launch **Internet Explorer**
2. Enter the **address** of the session you wish to attend. This can be found on the Student Success Day schedule or below on this page.
3. This will take you to a page that asks for your **Name**. Enter your name and click on “**Enter Room**”-- it is a button

**Links for the available Adobe Connect sessions** (also found in the complete session descriptions found on Pages 4-10 of this schedule):

8 AM: **Do You Have a Desire2Learn Online?**

**Presenter:** Jodi Elliot

<https://breeze5.metnet.edu/cc8am/>

9 AM: **The Century College Online Writing Center—a Great Opportunity for You!**

**Presenters:** Laurie Lykken and Gordy Pueschner


<https://breeze5.metnet.edu/cc9am/>

10 AM: **D2L Support**

**Presenter:** Paul Coyan

<https://breeze5.metnet.edu/cc10am/>

# Workshop Schedule 8:00-8:50 AM

PLAN	TITLE & PRESENTER	DESCRIPTION	LOCATION
<b>EDUCATION</b> ▶  Make appointments with your teachers to see how you are doing in your classes and find out strategies that might make you more successful.  Walk-in counseling is available in West 2410 from 8:00 to 8:50am.	<b>Getting the Most Out of a Tutoring Session</b> <i>Jackie Reichter and Keith Hagen</i>	Get the most out of a tutoring session: prepare ahead of time, questions to ask the tutor, and with what knowledge you should leave your tutoring session. Learn about different tutoring and academic support opportunities on campus.	<b>East 1501</b>
	<b>Top 10 Things Every College Student Should Do</b> <i>Karen Carr and Kiley Waite</i>	Come find out what college graduates wish they would have found out earlier by discovering the top 10 academic and personal things to accomplish while you're in college.	West 1001
	<b>Listening and Note-taking</b> <i>JoAnn Heinsch and Christine Parenteau</i>	Learn to listen actively and how to prepare for exams from the moment your first lecture begins by using the Cornell Note-taking and Study System.	West 1006
	<b>Stop Shooting Yourself in the Foot</b> <i>Mitchell Bucky Fay</i>	Students constantly send out messages about themselves, often unconsciously, that communicate to instructors that the student does not care and is not worth extra consideration or help. This session is designed to help students avoid self-destructive communication practices in their classes.	West 2140
	<b>Word Up! Improve Your Vocabulary</b> (especially for native speakers of English or proficient non-native speakers of English) <i>Cathy Crea</i>	Students with better vocabularies read better and have an academic advantage. Learn strategies for learning the meaning of words, including figuring out the meaning from context, using a dictionary (and why "look it up in a dictionary" is not always the best strategy), and using word parts. Also learn ways to continue to improve your vocabulary.	West 2180
	<b>Do you have a Desire2Learn Online?</b> (for all students interested in online learning) <i>Jodi Elliot</i> <b>ADOBE CONNECT SESSION</b>	Learn your way around an online classroom. This session is for those planning to enroll in/currently enrolled in an online or blended course. If you want to participate in this session as an Adobe Connect session you will need <a href="https://breeze5.metnet.edu/cc8am/">https://breeze5.metnet.edu/cc8am/</a> Complete directions Page 3 of schedule.	West 2120
<b>CAREER</b> ▶	<b>Counseling and Career Services—What's In It For You?</b> <i>Carrie Hageman and Brenda Hill</i>	What career is right for you? Need help with your resume or finding that first job? Not sure where to start? Career assessment inventories can assist you with career decision-making. Learn about the help available in Career Services (like resume and cover letter assistance, job search tips, job postings interviewing skills, online career resources).	West 2400 Counseling and Career Center
<b>FINANCE</b> ▶	<b>Understand Basic Investing in the Stock Market</b> <i>Thanh Le</i>	Learn how to open an account for stock investment, the basic concepts in investing in the stock market, and the strategies for investing.	West 2490
<b>PERSONAL</b> ▶	<b>Mental Health Impacts Everyone</b> (for all students interested in mental health issues) <i>Chris Caulkins</i>	Mental health issues can impact a student directly or indirectly depending on whether the student, a family member, or friend is in need of help. Chris Caulkins talks about his experiences with mental illness and how his family was forever impacted from this disease of the brain called depression. Learn about available resources. <b>(LIMIT 32 – Session also at 2:15 PM, W2490)</b>	<b>East 1225</b>
	<b>Getting to School: Car Maintenance 101</b> (for all students who need to drive to school) <i>Ken Hoffmann</i>	Do you need to keep your car ready for commuting to the college? Learn about your car and its needs. How does a car engine/transmission work? Checking your car's vital fluids—why is that important? What should you do when the red light goes on?	West 2160
GPS LifePlan 	<b>Navigating the GPS LifePlan</b> <i>Aarin Distad and Laura King</i>	The GPS LifePlan can help you to: develop your career and life goals, increase your motivation and focus to succeed in college, effectively plan your class schedule, manage your time and money wisely, and maximize your use of Century College resources. <b>(LIMIT 25)</b>	West 1325 Computer Lab

# Workshop Schedule 9:00-9:50 AM

PLAN	TITLE & PRESENTER	DESCRIPTION	LOCATION
<b>EDUCATION</b> ▶  Make appointments with your teachers to see how you are doing in your classes and find out strategies that might make you more successful.  Walk-in counseling is available in West 2410 from 9:00 to 9:50am.	<b>Panel: Navigating Nursing School</b> (for 1st year nursing students or those considering nursing) <i>Kerry Keenan</i>	A panel of nursing students and/or recent nursing program graduates shares their experiences of being a nursing student. What was beneficial to them? What recommendations would they share with students entering the program in the near future or considering applying for the nursing program?	<b>East 1421</b> Bruening Room
	<b>Surviving and Thriving Your First Year of College</b> (for first-semester and first-year students) <i>Katie Pierre and Century students/guests</i>	Are you new to Century? Find out about resources available to make the most of your college experience. This interactive session will allow you to gain a brief insight into campus resources and how you can best use them.	West 1001
	<b>Gender Matters!</b> <i>Women and Gender Studies Faculty and Students</i>	Learn how gender stereotypes influence your life and learning experiences. Also, learn how courses focused on gender provide a definite advantage for many majors and careers for both women and men.	West 2010
	<b>How to Get Your Engineering Degree</b> (for all students interested in studying engineering) <i>Tim Grebner, Bob Klindworth, and Bill Young</i>	This workshop focuses on what students need to do in order to successfully complete the Century College Engineering Program and transfer to the university of their choice. Topics covered: curriculum and scheduling, study skills, student organizations, and transfer institutions.	West 2180
	<b>Transfer—The What, Why, and How Information You Need to Know</b> (for all students interested in transfer) <i>Angie Alley and Justin Hauer</i>	Learn what you need to know about transferring and how to use USelect, an online tool to assist in transfer planning. <b>(LIMIT 28)</b>	West 3470 Computer Classroom
	<b>Succeed in Math: One Class at a Time</b> <i>Alvina Frahm</i>	Being successful in mathematics is a challenge for some students. Learn what you should do before, during, and after each class to help you be successful in mathematics.	West 3160
	<b>The Century College Online Writing Center—A Great Opportunity for You!</b> (for all interested in online writing assistance) <i>Laurie Lykken and Gordy Pueschner</i> <b>ADOBE CONNECT SESSION</b>	Want online help with your writing, 24-7 or another option for earning Writing Center minutes for your English courses? Learn to access the center and about activities students may complete in the center. If you want to participate in this session as an Adobe Connect session use you will need <a href="https://breeze5.metnet.edu/cc9am/">https://breeze5.metnet.edu/cc9am/</a> Complete directions Page 3 of schedule.	West 2120
<b>CAREER</b> ▶	<b>Paraeducation: Be a School District Employee With a Two-Year Degree!</b> <i>Andrea Coffey</i>	Students will learn what education assistants do, about the job market, what it means to be “highly qualified” in this field, salaries, and additional opportunities to work in a school system while earning an additional degree. (for students interested in being paraeducators)	West 2140
	<b>Personal Impact Statement</b> <i>Christine Parenteau</i>	Learn how to write a personal impact statement that will illustrate how an experience has impacted you. This is an important skill for your portfolio, cover letter, and interviewing.	West 2510
<b>FINANCE</b> ▶	<b>Learn About Re-Applying for Financial Aid</b> <i>Gayle Yamry</i>	There is a lot of information to know concerning Financial Aid. Learn how to re-apply for financial aid, preparing for Summer term and the coming school year (fall and spring).	West 1006
<b>PERSONAL</b> ▶	<b>Greener, Cheaper Homemade Cleaning Solutions</b> <i>Cassandra Moe and Pam Thinesen</i>	Learn a way to save money, pollutants, and have a healthier home for pets, children, and you by making your own cleaners. We'll provide recipes for many types of cleaners and you can help make a big batch of laundry detergent – bring a small jug to the session and you'll be able to take some home! <b>(2-hour Special Time: 9:00 - 11:00 AM)</b>	<b>East 3868</b>
	<b>Empower Yourself for Success</b> <i>Pakou Vang and Kim Gaffney</i>	Learn about making a successful transition to college by addressing what it means to be an empowered student, how empowerment can help students succeed, steps to empowerment, and behaviors and attitudes that lead to empowerment. Dialog and activities will be used to get students thinking about their attitude toward college and making the most of their time at Century College.	West 2160
	<b>ADHD and How to Thrive in College</b> <i>Beth Samuelson</i>	If you have ADD or ADHD or even know someone who does, this presentation will give you some helpful strategies and tips for thriving in a school setting.	West 2490
	<b>I Said Stop That!</b> (for students with or interested in children) <i>Beth Jansen-Bonde</i>	Does your child whine or cry if they don't get their way? Do they hit when angry? Do you ask yourself “Why doesn't my child listen to me”? If this sounds like your house, come and learn some easy parenting strategies using basic psychology and communication for behavior change. Setting guidelines for appropriate behavior will develop desirable life-long skills for your child.	West 3510
	<b>Free Stuff on the Internet—Really!</b> <i>D. Eric Harmon</i>	A resource of freeware on the internet that students may want to use.	West 2090
	<b>The Student Concern Process</b> <i>Laura King</i>	Century College has a new Student Concern Process to help students address their concerns. In this session students will learn how to access important information on how to best approach concerns they have at Century College and what resources are available to help them through this process.	West 2520


# Workshop Schedule 10:00-10:50 AM

PLAN	TITLE & PRESENTER	DESCRIPTION	LOCATION
<p><b>EDUCATION</b> ▶</p> <p>Make appointments with your teachers to see how you are doing in your classes and find out strategies that might make you more successful.</p> <p>Walk-in counseling is available in West 2410 from 10:00 to 10:50am.</p>	<p><b>Intro to <i>Mathematica</i></b> (for students in precalculus and above) <i>Carol Purcell</i></p>	<p><i>Mathematica</i> does so much more than a graphing calculator. This software package from Wolfram is designed to perform mathematical calculations and display graphics and numerical data. Come and learn the basics. Bring a flash drive to save your notebooks. The session may be especially useful for those studying technical/scientific fields.</p>	West 1325 Computer Lab
	<p><b>The Century College Honors Program</b> (for academically successful students) <i>Members of the Honors Council</i></p>	<p>Are you an excellent student with a high degree of intellectual curiosity? Highly motivated? Want a small-class experience? Learn about Century College's Honors Program and the summer Honors Institute. <b>(Session also at 6:00 PM, W2160)</b></p>	West 2160
	<p><b>Plagiarism vs. Paraphrasing</b> <i>Kim Gaffney</i> (Sponsored by the Writing Center)</p>	<p>Plagiarism is a problem. What are the consequences of plagiarizing? Students will be guided through exercises designed to give them the tools to recognize, avoid, and correct plagiarized work in their own writing. Students will be given a list of resources to help with correct attribution of outside sources.</p>	West 2490
	<p><b>The Century Times—YOUR Student Newspaper</b> (for all students, especially those interested in being newspaper staff) <i>Ami Keene and Rich Kuss</i></p>	<p>Find out what your student newspaper can do for you—and what you can do for your student newspaper. Learn how the paper got started, how it operates, and how students can participate. There will be time for questions and answers.</p>	West 2180
	<p><b>Careers &amp; Graduate School in Science</b> <i>Joann Pfeiffer and Bob Klindworth</i></p>	<p>Did you know you can get paid to go to graduate school? In this session we will discuss graduate school as well as explore various careers in science. Do you have what it takes to be a scientist?</p>	West 2090
	<p><b>D2L Support</b> (for all interested in using Desire2Learn or D2L) <i>Paul Coyan</i> <b>ADOBE CONNECT SESSION</b></p>	<p>Learn about the support available for Desire2Learn (D2L). If you want to participate in this session as an Adobe Connect session you will need <a href="https://breeze5.metnet.edu/cc10am/">https://breeze5.metnet.edu/cc10am/</a> Complete directions Page 3 of this schedule.</p>	West 2120
	<p><b>T184 + Calculator Workshop</b> <i>Beth Hentges</i></p>	<p>Learn how to effectively use a graphing calculator for college coursework (at the beginner-level—for MATH 30 and MATH 70 students).</p>	West 3160
<p><b>CAREER</b> ▶</p>	<p><b>So You Need a Resume?</b> <i>Carrie Hageman</i></p>	<p>Learn all about putting together a solid resume that highlights your goals, skills, and experiences. Session will cover resume components, cover letters, and thank you letters as well. There will be a brief overview of additional services available through Career Services.</p>	West 2010
	<p><b>10 Reasons to Choose an Education Associate in Science Degree!</b> (for all students interested in becoming teachers) <i>Andrea Coffey</i></p>	<p>Students will explore why choosing the Education Associate in Science Degree is the best option for future teachers. Career opportunities, professional portfolios, field experience opportunities, and articulation agreements will be discussed.</p>	West 2140
	<p><b>Federal Cybercrimes – Legal Framework and Case Studies</b> <i>Timothy Rank and Israel Aladejebi</i></p>	<p>This session explore the complicated topics of legal framework that every computer forensics professional needs to understand. There will be question and answer session at the end of the presentation.</p>	<b>East</b> <b>1765</b>
<p><b>FINANCE</b> ▶</p>	<p><b>Scholarship Opportunities and Information</b> <i>Nick Maras and Carrie Dieveney</i></p>	<p>Ever wonder why some people get scholarships and you don't know where to start? Learn how to navigate college money opportunities.</p>	West 1006
<p><b>PERSONAL</b> ▶</p>	<p><b>Beyond "Fight or Flight": Building Constructive Conflict Skills</b> <i>Rob Jersak, Dave McReynolds, and Sandy Berkowitz</i></p>	<p>Having a tough time with a co-worker, a classmate, a customer? Workplaces today expect employees to overcome conflict constructively, but doing so requires a range of communication skills that rarely come easily. This engaging, interactive session is designed to help participants define conflict, understand their usual conflict style and consider the benefits that collaboration and negotiation can bring to seemingly impossible situations.</p>	West 1001
	<p><b>Dealing with Diversity: GLBT Issues in College</b> <i>Julie Daniels</i></p>	<p>This session will answer students' basic questions about how gay, lesbian, bisexual, and transgender (GLBT) issues relate to college life. Any question students have about GLBT issues that pertain to the college experience will be addressed.</p>	West 2510
	<p><b>Veterans Service Providers in the Twin Cities Metro Area</b> (for veterans, their families, and significant others) <i>Lynn LaVerdiere</i></p>	<p>Many veterans attend Century College. Students/ staff who have served or are serving in the Armed Forces, along with families and significant others, are invited to this presentation about veterans service providers in the Twin Cities Metro area. Plan to stay for networking following the discussion.</p>	West 2420 Veterans' Center
	<p><b>Grab 'N Go: Good Nutrition</b> <i>Beth Jansen-Bonde</i></p>	<p>This workshop will give you a snap-shot view of basic nutrition, easy to fix nutritious snacks and meals and ways to create a positive mealtime environment. Navigating junk food will be discussed.</p>	West 3510


# Workshop Schedule 11:00-11:50 AM

PLAN	TITLE & PRESENTER	DESCRIPTION	LOCATION
<b>EDUCATION</b> ▶  Make appointments with your teachers to see how you are doing in your classes and find out strategies that might make you more successful.  Walk-in counseling is available in West 2410 from 11:00am to 1:00pm.	<b>Tests Make You Tense?</b> <i>JoAnn Heinsch</i>	Lower your exam stress. Learn about proper test preparation, what to look for in true-false questions, and how to analyze multiple-choice problems.	<b>East 1501</b>
	<b>Procrastination: Understanding and Conquering the "Beast"</b> <i>Michele Jersak</i>	Procrastination can be a "beast" that eats into your time and success. Learn what leads to procrastination and strategies you can use to conquer the beast. <b>(Session also at 2:15 PM, W1006)</b>	West 1006
	<b>Are You READI For An Online Class?</b> (for all students interested in online learning) <i>Mike Mendez</i>	The READI (Readiness for Education at a Distance Indicator) is a tool that helps you determine your level of readiness for online courses. How well can you use a computer? How do you learn? How are your reading skills? Personal scores and feedback will help you decide if online classes are for you. Try it. <a href="http://century.readi.info">http://century.readi.info</a> ; User name = centurystudent and Password = century	West 1325 Computer Lab
	<b>Learning Abroad and Other International Education Opportunities</b> <i>Kelly Donahue, Melissa Borman, Kim Gaffney and Jon Wendt</i>	Participation in international education is what future employers want in their employees. Learn about short-term and semester-long learning abroad opportunities and how to add a Certificate in Global Education to your Century College transcript.	West 2090
	<b>Communication, Culture, and Beyond: the Meaning of Languages</b> <i>Wendy Zhao</i>	Learn a few basic foreign language phrases (Spanish and Chinese) and practice the pronunciation of those phrases. Join in a discussion of the relationship between those languages and English.	West 2180
	<b>The Art of Active Classroom Note-taking and Critical Thinking</b> <i>Ernest Boswell</i>	Learn how to apply critical thinking skills to lecture, acquire skills that will allow you to translate boring material into your own words, and become an active student in the classroom.	West 2510
	<b>Taking Information to New Heights</b> <i>Jane Young and Randi Madisen</i>	Look at selected current library resources, discuss information trends, and also glimpse the future of the Century College Library.	<b>East 1852</b> Science/Library
<b>CAREER</b> ▶	<b>Emerging Trends in Computer Forensic &amp; Job Outlook for IT Industry</b> <i>Israel Aladejebi</i>	This session explores various opportunities for graduates of Computer Forensic degree. It also deals with approaches to employ when looking for jobs including interviewing and resume building.	<b>East 1765</b>
	<b>Our Alumni Share Career Paths</b> <i>Century College Alumni Members</i>	Come and hear the personal stories and interact with former Century/ Lakewood/916 students who now teach or work at Century College. This engaging panel discussion will encourage and advise students for success in their educational pursuits.	West 2140
	<b>Working at a Diverse Community College</b> <i>Pakou Vang and Century Faculty and Staff Members</i>	Have you ever wondered what it is like to work at a community college as a faculty and/or staff member? Listen to a panel of diverse faculty and staff members share their career paths and experiences working at Century. Explore the unique opportunities of a career at a community college.	West 2120
<b>FINANCE</b> ▶	<b>Financial Aid Basics</b> <i>Gayle Yamry</i>	Learn the basics about financial aid: how to apply for financial aid, how to understand your financial aid award, and how your academic progress impacts your financial aid.	West 1001
<b>PERSONAL</b> ▶	<b>We're All Smart In Different Ways: Multiple Intelligences Theory</b> <i>Sue Rosenbaum</i>	Dr. Howard Gardner's Theory of Multiple Intelligences focuses on the idea that intelligence is not a single, static, born-with-it ability. Instead, our intelligences are many, varied, and open to constant improvement.	West 2490
	<b>Veterans Networking</b> (for veterans, their families, and significant others ) <i>Lynn LaVerdiere</i>	Enjoy a time to network with other veterans!	West 2420 Veterans' Center
	<b>Raising Readers: Reading to Children</b> <i>Laurie Lykken</i>	Making reading a family affair has lots of benefits. This presentation will provide suggestions of ways in which to entice children of all ages (and their adults) to both read more and enjoy reading more.	West 2010
	<b>Using Smart Phones (Iphone &amp; Blackberry) for Student Success</b> <i>Chris Weyandt</i>	Learn how to use smart phones to organize and budget time, navigate and manipulate PDF and Word documents, transfer and view text using email accounts, download content using Amazon Kindle and Stanza, and create and utilize flashcard applications to memorize vocabulary and visual material. Bring your phones and creativity for an interactive and hands-on "techno" jam session.	West 2160
<b>12:00-1:00</b>	<b>GUEST PRESENTATION: Mental Illness with a Dose of Humor</b>	Michelle Garb has been performing on the college circuit for 12 years. Her background as a New York City comedian gives her the chops to make people laugh. Her personal experience gives her the compassion to discuss a difficult subject matter with sensitivity. The audience will laugh, learn and develop empathy and understanding.	<b>West Theatre</b>

# Workshop Schedule 1:15-2:05 PM

PLAN	TITLE & PRESENTER	DESCRIPTION	LOCATION
<b>EDUCATION</b> ▶  Make appointments with your teachers to see how you are doing in your classes and find out strategies that might make you more successful.  Walk-in counseling is available in West 2410 from 1:15 to 2:05pm.	<b>Careers in Biology</b> (for students interested in the field of biology and its possibilities ) <i>Mary Harbaugh</i>	The field of biology offers great career possibilities: research, conservation, and environmental management, education, and health care. Combine an interest in biology with areas such as politics, business, mathematics, writing, art, and communication. Learn about possibilities/resources.	West 2160
	<b>Getting the Most Out of a Tutoring Session</b> <i>Christine Parenteau, Jackie Reichter and Keith Hagen</i>	Learn how to get the most out of a tutoring session. Find out what you should prepare ahead of time, good questions to ask the tutor, and what knowledge you should leave a tutoring session. Information about the different tutoring and academic support opportunities available on campus will be shared.	West 2140
	<b>Student Forum</b> <i>Century Student Senate members</i>	Please join your student leaders and fellow students to discuss issues and concerns for Century College students.	West 2090
	<b>Surviving Group Projects</b> <i>Mitchell Bucky Fay</i>	Group projects can be painful, frustrating, and not even very educational. Learn some basic tips to increase their effectiveness.	West 2510
	<b>A secret “Re – C – P” for success in Math</b> <i>Julia Ratnasamy</i>	This session teaches simple and useful tricks to improve basic mathematics skills such as memory, mental calculation and retention skills leading to success. Useful for Math10, 30, 70 and returning students.	West 3160
	<b>Introduction to Access Data’s FTK</b> <i>Aaron Read and Israel Aladejebi</i>	Students will receive an introduction and overview of FTK to include demonstrations of capabilities and forensic techniques. Presentation includes password cracking, keyword searching, and fuzzy hash demos.	<b>East 1765</b>
<b>CAREER</b> ▶	<b>How to Ace Your Next Interview</b> <i>Carrie Hageman</i>	Ace your next interview by learning: research the company and know yourself, practice interview questions, prepare questions to ask the employer, dress for the interview, prepare the day of the interview, stages of the interview, and general tips and follow-up.	West 2520
	<b>What Should I Do With My Life?</b> <i>Linda Baughman-Terry and Karen Machlica</i>	Do you feel like you need to have your whole life figured out now? You are not alone. Come hear a panel of professionals share their life stories. Learn how varied career paths can be and how skills transfer from one career to another. None of our panelists are working in the fields in which they began.	West 2490
<b>FINANCE</b> ▶	<b>Some Tools of Personal Finance</b> <i>Michael McIlhlon</i>	Competent personal finance requires managing the risks we inevitably take, valuing assets we acquire and comparing values over time. A crash course in these skills will be presented.	West 2180
<b>PERSONAL</b> ▶	<b>Gay, Lesbian, Bisexual, Transgender (GLBT) Ally Training</b> (for all students, faculty & staff) <i>MN GLBTA Campus Alliance &amp; Century College SEEDfolks</i>	Ally Training is a three-hour training designed to educate participants about how to be an ally to members of the GLBT community. It includes basic information about the GLBT community and walks participants through common misconceptions and stereotypes about GLBT individuals. Rainbow ALLY stickers will be handed out to participants at the end of the workshop. <b>(3-hour Special Time: 1:15-4:15pm)</b>	West 1420 Cafeteria Conference Room
	<b>Communication and Relationships</b> <i>John Anderl, Jill Hildebrandt, Michele Neaton and Jon Wendt</i>	Are communication difficulties or relationship issues impacting your success in college? This question and answer session will address student concerns about relationships, gender differences and effective communication.	West 1006
	<b>How to Understand and Manage the Crippling Effects of Anxiety</b> <i>Ernie Boswell</i>	Anxiety affects millions of individuals throughout the United States and causes significant problems to individuals. Learn how to know if you have a problem with anxiety, how to effectively cope with anxiety, and when to seek professional help with anxiety-related problems.	West 2010
	<b>Yoga</b> <i>Julie Gleason</i>	Relax—Rejuvenate—Revive! Learn yoga poses to improve muscular strength and endurance, balance, flexibility and focus. Learn breathing and relaxation techniques to calm the mind, relax the body, and release stress. (Please bring a yoga mat if you have one)	West Gymnasium
	<b>Critical Thinking Outside the Classroom</b> <i>David Conrad</i>	This presentation focuses on critical thinking outside the classroom. We will analyze political rhetoric and television advertising and identify fallacious arguments on which they are often constructed.	West 2120
<b>LEADERSHIP</b> ▶	<b>Clearing Up the Confusion about Global Warming (Evidence versus Opinion)</b> <i>Pam Thinesen</i>	Gain better understanding of the science of global warming and the confusion being created by naysayers, most of who are connected to big oil. What will it take to slow it? Can it be stopped? Should the government and technology solve it or we can push for more immediate action?	West 1001
GPS LifePlan 	<b>GPS LifePlan eFOLIO: Get Started and Use It Effectively</b> (for students who want to create/manage an eFolio) <i>Randy LaFoy</i>	Learn how to set up and customize your <b>GPS LifePlan eFolio</b> . Also, learn about the benefits of using an eFolio and its uses. Each participant will be guided through setting up an eFolio and given time to begin customizing a page and learn the different functions of the eFolio platform. <b>(LIMIT 25)</b>	West 1325 Computer Lab

# Workshop Schedule 2:15-3:05 PM

PLAN	TITLE & PRESENTER	DESCRIPTION	LOCATION
<b>EDUCATION</b> ▶  Make appointments with your teachers to see how you are doing in your classes and find out strategies that might make you more successful.  Walk-in counseling is available in West 2410 from 2:15 to 6:00pm.	<b>Presenting Evidence in Court</b> <i>Brent Pack and Israel Aladejebi</i>	Students will learn graphical alternatives to presenting complicated computer evidence in court. Presentation includes three live case examples to include evidence presented in the Abu Ghraib prisoner abuse trials.	<b>East 1765</b>
	<b>Procrastination: Understanding and Conquering the “Beast”</b> <i>Michele Jersak</i>	Procrastination can be a “beast” that eats into your time and success. Learn what leads to procrastination and strategies you can use to conquer the beast. <b>(Session also at 11:00 AM, W1006)</b>	West 1006
	<b>Mobility and the High Tech IT Remote Worker</b> <i>Mario Covelski</i>	Empowering the mobile worker with technology that works without wires. This presentation will demo exciting technologies like wireless printing, scanning, cellular wireless, Bluetooth, WiFi, and a Smart-Phone. <b>(Session also at 6:00 PM, W2140)</b>	West 2140
	<b>Planning Beyond the Four-year Degree: Graduate Programs and Scholarships</b> (for all first- and second-year students) <i>Ernie Boswell</i>	Are you aware that scholarships and other means of financial funding are available if you wish to go beyond a four-year degree? Students with excellent academic records can, in many cases, attend graduate programs without paying tuition. Learn how to make the most of your college education.	West 2010
	<b>Giving Speeches Without Dropping Dead (Or Boring Your Audience to Death)</b> <i>Mitchell Bucky Fay</i>	Presentations—solo or in a group—can be scary. They can also be incredibly dull. Find out how to reduce stage fright and make the speech better for your audience.	West 2510
<b>CAREER</b> ▶	<b>Careers in Federal and Local Law Enforcement</b> <i>Kerry McIntyre and John Adie</i>	Learn about the various careers you can pursue in the Criminal Justice/Law Enforcement fields (at the federal, state, and local levels—including private agencies) and current and future trends in these fields. Also bring topics for the question and answer period.	<b>East 1421</b> Bruening Room
<b>FINANCE</b> ▶	<b>Tips for Writing Application Letters</b> <i>Century College Alumni Members</i>	Learn how to write a letter of application that will stand out in the crowd. Whether you are applying for a job, a scholarship or a college, how you present yourself in that letter is the key to making yourself memorable.	West 1001
<b>LEADERSHIP</b> ▶	<b>Speaking Honestly, Listening Deeply</b> (for student leaders) <i>Dianne Del Giorno and Randy Fane</i>	Learning, leading, and growing in an academic setting require both the ability to speak honestly and to listen deeply. In following these practices, those in a college setting learn to express, hold, and honor multiple perspectives. We'll examine guidelines that create a safe, trusted space for dialogue, and practice asking and sharing open, honest questions. <b>(LIMIT 20)</b>	West 2090
	<b>Opportunities in Phi Theta Kappa—Your Honor Society</b> <i>Wade Warner and Laura King</i>	Phi Theta Kappa Honor Society was named the most distinguished chapter in the region, has received five-star status, and won first place awards for service, leadership, scholarship, and its regional service project. This session will introduce students to Phi Theta Kappa and will provide time for students to ask questions about membership in the organization. <b>(Session also at 6:00 PM, W2120)</b>	West 2120
<b>PERSONAL</b> ▶	<b>Biofeedback</b> (for students interested in stress management) <i>Karen Machlica</i>	Stressed out? View a demo of biofeedback software and learn how to become more aware of your mind and body connection. Learn relaxation techniques and other strategies that lessen the negative effects of your stress responses.	West 2160
	<b>Attention Deficit Disorder and the College Student</b> <i>Joe Bauer, MSE, LP, Ed Sapinski, Jean-Marie Brennan, NCC</i>	Information about the symptoms of ADHD and research on the factors affecting the success of college students with ADHD, Century College's Access Center accommodations for student with ADHD, and Counseling Center Services.	West 2180
	<b>Mental Health Impacts Everyone</b> (for all students interested in mental health issues) <i>Chris Caulkins</i>	Mental health issues can impact a student directly or indirectly depending on whether the student, a family member, or friend is in need of help. Chris Caulkins talks about his experiences with mental illness and how his family was forever impacted from this disease of the brain called depression. Learn about available resources. <b>(Session also at 8:00 AM, E1225)</b>	West 2490
	<b>Buzzed: What Every Student Should Know About Being Trashed</b> <i>Beth Jansen-Bonde</i>	Frank discussion about binge drinking, alcohol, and drug overdoses and a plan of response. In other words, how would you help a friend in an emergency?	West 3510
	<b>The Student Concern Process</b> <i>Aarin Distad</i>	Century College has a new Student Concern Process to help students address their concerns. In this session students will learn how to access important information on how to best approach concerns they have at Century College and what resources are available to help them through this process.	West 2520
	<b>GPS LifePlan Advanced EFOLIO</b> (for students with an eFolio that want to go to the level) <i>Randy LaFoy</i>	This session is for a student who wants to improve an existing basic <b>GPS LifePlan eFolio</b> . Learn how to take your electronic portfolio to the next level and make it more professional. Bring your URL and questions with you. There will be ample time for one-to-one consultation with the presenter. <b>(LIMIT 25)</b>	West 1325 Computer Lab

# Workshop Schedule 5:00 PM Keynote & 6:00-6:50 PM Sessions

PLAN	TITLE & PRESENTER	DESCRIPTION	LOCATION
<b>5:00-5:45pm</b> (or when you can arrive)	<b>GUEST PRESENTATION: Mental Illness with a Dose of Humor</b>	Michelle Garb has been performing on the college circuit for 12 years. Her background as a New York City comedian gives her the chops to make people laugh. Her personal experience gives her the compassion to discuss a difficult subject matter with sensitivity. The audience will laugh, learn and develop empathy and understanding.	<b>West Theatre</b>
<b>EDUCATION</b> ▶	<b>Memory Workshop</b> <i>Joann Heinsch</i>	Learn about techniques that will assist you to memorize and remember information.	West 1001
	<b>Mobility and the High Tech IT Remote Worker</b> <i>Mario Covelski</i>	Empowering the mobile worker with technology that works without wires. This presentation will demo exciting technologies like wireless printing, scanning, cellular wireless, Bluetooth, WiFi, and a Smart-Phone. <b>(Session also at 2:15 PM, W2140)</b>	West 2140
	<b>The Century College Honors Program</b> (for academically successful students) <i>Members of the Honors Council</i>	Are you an excellent student with a high degree of intellectual curiosity? Highly motivated? Want a small-class experience? Learn about Century College's Honors Program and the summer Honors Institute. <b>(Session also at 10:00 AM, W2160)</b>	West 2160
<b>CAREER</b> ▶	<b>So You Need a Resume?</b> <i>Carrie Hageman</i>	Learn all about putting together a solid resume that highlights your goals, skills, and experiences. Session will cover resume components, cover letters, and thank you letters as well. There will be a brief overview of additional services available through Career Services.	West 2010
<b>LEADERSHIP</b> ▶	<b>Opportunities in Phi Theta Kappa—Your Honor Society</b> <i>Wade Warner and Laura King</i>	Phi Theta Kappa Honor Society was named the most distinguished chapter in the region, has received five-star status, and won first place awards for service, leadership, scholarship, and its regional service project. This session will introduce students to Phi Theta Kappa and will provide time for students to ask questions about membership in the organization. <b>(Session also at 2:15 PM, W2120)</b>	West 2120
<b>PERSONAL</b> ▶	<b>Building Self-Esteem: Learning to Put Your Best Self Forward</b> <i>Kari Chaffee</i>	Learn useful techniques to improve positive thinking about yourself and interaction with others. This workshop will help remind you of your very own unique and positive inner qualities, and also enhance your interactions with friends, fellow students, family and co-workers.	West 2090
	<b>Orientation to the Fitness Center</b> <i>Chris Bjork</i>	This orientation provides a closer look at the equipment and expectations of the Fitness Center. Our center features a wide variety of cardiovascular and resistance equipment, as well as a full range of free weights and machine weights to help you reach your fitness goals. Learn the basics of our Fitness Center, enabling you to effectively use the facilities without hesitation.	West 1610 Fitness Center

## CLASS START ON STUDENT SUCCESS DAY FOR EVENING CLASSES

Students are expected to:

- attend the 5:00 PM presentation given by the keynote speaker
- between 6:00-6:50 PM: meet with teachers, participate in activities planned by teachers, and/or attend sessions.

**NOTE: Evening classes start at 7:00 PM on Student Success Day.**

# SUPPORT YOUR SUCCESS AND YOUR GPS LIFEPLAN ON STUDENT SUCCESS DAY

## OPEN HOUSES, CENTERS, and LABS; INFORMATION TABLES; WALK-IN COUNSELING; AND OPEN GYMNASIUM:

TIME	OPEN HOUSES, LABS, CENTERS, INFORMATION TABLES , WALK-IN COUNSELING, AND OPEN GYMNASIUM	ROOM	GPS LIFEPLAN DIMENSION
8:00-6:00	Academic Support Center Open House	West 2460	EducationPlan
9:00-7:00	Career Center Open House	West 2400	CareerPlan
9:00-6:00	Connection Open House (by Student Senate Office/Fitness Center)	Connection Area, 1 <sup>st</sup> floor	LeadershipPlan
8:00-4:00	East Campus Student Support Center Open House	<b>East 2523</b>	EducationPlan
8:00-12:00; 1:15-7:00	Fitness Center Open House	West 1610	PersonalPlan
10:00-2:00	Greenhouse Open House—Horticulture (behind East Campus Buildings)	<b>Greenhouse (East)</b>	EducationPlan
9:00-11; 1:30-3:30; 5-6	Language Lab--Open Lab	West 1190	EducationPlan
10:00-2:00	Library Open House	Science/Library Building	EducationPlan
8:00-12:00; 1:15-7:00	Mathematics Resource Center Open House	West 3315	EducationPlan
9:00-2:00	Reading/Study Skills Lab Open House	West 3250	EducationPlan
7:30 AM--10:00 PM	Technology Labs—Open Labs	West 1320 and <b>East 1710</b>	EducationPlan
8:00-12:00; 1:15-7:00	Writing Center Open House and Open Center	West 3370	EducationPlan
9:00-11:30	Common Book & Campus Conference Information Table	West Main Commons	GPS LifePlan
9:00-2:00	Course Planning Assistance Information Table	West Main Commons	EducationPlan
9:00-11:30	ESOL Information Table	West Main Commons	EducationPlan
9:00-11:30	GPS LifePlan Information Table	West Main Commons	GPS LifePlan
9:00-11:30	Honors Program Information Table	West Main Commons	EducationPlan
9:00-11:30	International Education Opportunities/Global Education Certificate Information Table	West Main Commons	EducationPlan
9:00-11:30	Learning Communities Information Table	West Main Commons	EducationPlan
9:00-11:30	Phi Theta Kappa Honors Society Information Table	West Main Commons	LeadershipPlan
9:00-11:30	Student Senate Information Table—Meet and Greet Student Leaders	West Main Commons	LeadershipPlan
8:00-6:00	Walk-In Counseling	West--Counseling Center	GPS LifePlan
9:00-11:00; 1:15-4	Intramural/Open Gymnasium	West Gymnasium	PersonalPlan



CAREER

Assess Yourself  
Explore Careers  
Prepare For Your Job Search



EDUCATION

Improve Your Study Skills  
Select Appropriate Courses  
Develop Your Transfer Plan



FINANCE

Pay For College  
Create Your Budget  
Evaluate Your Finances



LEADERSHIP

Get Involved  
Develop Your Leadership Skills  
Increase Your Global Awareness



PERSONAL

Adjust To College  
Manage Your Health  
Improve Your Relationships

# GPS LifePlan



The **GPS LifePlan** will assist you in developing and achieving your goals and plans while you are attending Century College.

There are 5 categories within the **GPS LifePlan** that were created to meet the needs of students in all areas of their academic, personal and career development.

How you use the **GPS LifePlan** categories are based solely on your needs and the questions you have surrounding your success as a student!

[gpslifeplan.org/century](http://gpslifeplan.org/century)