

PLAN TO SUCCEED IN...
YOUR CURRENT CLASSES, MANAGING YOUR BUDGET, YOUR DEGREE & CAREER

SPRING 2012

GPS LifePlan



STUDENT SUCCESS DAY

Tuesday, February 7, 2012
8 am - 3 pm

CENTURY
COLLEGE



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Student Success Day

February 7th—Plan to Succeed!

Schedule Overview

8-8:50am	Workshop Sessions
9-9:50am	Workshop Sessions
9am-12pm	Transfer Fair
9am-12pm	Resource Fair
10-10:50am	Workshop Sessions
11-11:50am	Workshop Sessions
12-1pm	Keynote Speaker
1:15-2:05pm	Workshop Sessions
2:15-3:05pm	Workshop Sessions
Throughout Day	Meet with Instructors, Attend Open Houses

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 instructors 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.

Breakfast Breakfast is served starting at 7:30am until gone. Please come to the West Main Commons entrance & bring your Student ID!

Meet with Instructors

Student Success Day is a day intended for you to meet with your instructors to discuss your academic progress in each course. These meetings are set up with your instructors- please check with your instructor for their schedule.

Workshop Sessions

These workshop sessions are designed to offer you the opportunity to explore a variety of topics that you are interested in and that will help you build the skills you need to be successful at your goals. All of the sessions are organized using the GPS LifePlan areas: Career, Education, Finance, Leadership and Personal. There is something for everyone! Descriptions for each session can be found starting on Page 10.

Keynote Speaker: Delatorro L. McNeal, II: The Most Powerful Life Principles That Students Need: Prepare for a roller coaster ride of empowerment, motivation, strategy, laughter, tragedy, and victory as Delatorro masterfully walks you through 5 of the most powerful life principles that students need to pursue their collegiate greatness. Delatorro shares 5 unique characteristics about his journey through life, while simultaneously showing students the power of these principles in their own lives! This dynamic keynote presentation stimulates the visual, auditory, and kinesthetic parts of the brain by combining music, dance, and body movements into the main points, which maximizes and energizes the learning experience.

Pizza will be served immediately following the keynote presentation. **To participate** in free pizza, **students are expected to attend the keynote presentation** first and present their Student ID!

College Transfer Fair

The transfer fair will have representatives from over 12 bachelor degree granting colleges and universities. It will be held in the West Main Commons from 9am to 12pm. If you are thinking about transferring or interested in learning about 4-year institutions, stop by to get information from potential institutions.

Resource Fair

The resource fair will have vendors from the twin cities metro area on transportation, day care, and social services. It will be held in the West Main Commons from 9am to 12pm. Stop by to learn more about area resources to help you with the "everyday things!"

Academic Planning with Counselors

What is your plan to graduate? How long will it take you and what courses do you need to take each semester? In these workshops today, you will print your DARS report and learn how to read and understand it. Then you will meet with a counselor to create your academic plan. You'll walk away with a great plan to help you succeed at Century College! (Limited to first 20 students; Bring student ID and pin #).

OPEN HOUSES and RESOURCES ON CAMPUS

GPS LifePlan Area	Resource	Room	Time
	Academic Support Center	W2460	8am-4:30pm
	DARS, Transfer Services & USelect	W2240	10am-2pm
	East Campus Support Center	E2542	8am-4pm
	Greenhouse—Horticulture	Greenhouse (behind East Campus)	10am-2pm
	Language Lab	W1190	9-11am; 1:30-3:30pm
	Library	Science/Library Building	10am-2pm
	Mathematics Resource Center	W3315	8am-12pm; 1:15-3pm
	Reading and Student Success Lab	W3250	9am-2pm
	Service Learning & Advising	W2103	8am-12pm; 1:15-3pm
	Technology Labs	W3165 and E1710	7:30am--6pm
	Visual Communications Technology	E2404	1:30-2:30pm
	Writing Center	W3280	8am-12pm; 1:15-6pm
Career	Career Center	W2410	9am-4pm
Leadership	The Connection	W1520, 1st floor	9am-6pm
Personal	Fitness Center	W1610	9am-4pm

Join an ADOBE CONNECT Session: Directions Below!

For 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 or Firefox/Mozilla
2. Enter the address of the session you wish to attend. This can be found on the Student Success Day complete session descriptions found on Pages 9-14 or below.
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:

8am	Critical Thinking in Nursing Seminar	https://umconnect.umn.edu/cc8am2
8am	Navigating the GPS LifePlan	https://umconnect.umn.edu/cc8am/
9am	I Didn't Know I Could Do THAT at the Library!	https://umconnect.umn.edu/cc9am/
10am	Strategies for Reading Texts and Preparing for Exams	https://umconnect.umn.edu/cc10am2
11am	PILLOW Fighting: New Approaches to Conflict	https://umconnect.umn.edu/cc11am/
1:15pm	Clearing Up the Confusion about Global Warming: Evidence versus Opinion	https://umconnect.umn.edu/p65829959/ and Part 2 of 2 (60 min) https://umconnect.umn.edu/p82272604/
1:15pm	D2L Support	https://umconnect.umn.edu/cc215pm/
2:15pm	Being a Successful Online Student at Century College	https://umconnect.umn.edu/cc215pm2/

Workshop Sessions, 8-8:50am

GPS LifePlan	Title and Presenter	Location
All Plans	Navigating the GPS LifePlan Aarin Distad ADOBE CONNECT SESSION	W3120
Career	Counseling and Career Services—What's In It For You? Carrie Hageman	W2400
Education	Accessing Your Resources and College Support System Erik Torgerson	W2005
	Critical Thinking and Note-Taking Gordon Pueschner	W2090
	Critical Thinking in Nursing Teri Wisdorf and Barb Sarr ADOBE CONNECT SESSION	E1421
	Did We Do Anything Important Today? Tips on Talking to Your Instructor for Success Stacey Feig	W2120
	Finish What You Start: Map Out Your Academic Plan DARS Staff and Counselors	W2290
	Online Learning Success Jennifer Robey	W1001
	Study Groups: Three Heads Are Better Than One Valerie Castillo	W2007
	Succeed in Math: One Class at a Time Alvina Frahm	W2140
Finance	Creating Your Budget: A Love Story Jennifer Ruhland	W1006
Personal	Faith and College Life John Oughton	W2180
	Fitness Center Tour Kyrstal Scott and Kaari Nelson	W1610
	Getting to School: Car Maintenance 101 Ken Hoffmann	W2160
	Grief, Loss, and Transition: It's More than Stages; Help for the Changes Dianna Diers	W2010

Workshop Sessions, 9-9:50am

GPS LifePlan	Title and Presenter	Location
Career	Career Path In Computer Forensics Robert Berkowitz & Israel Aladejebi	E1765
	Medical Assisting: Is this the career for you? Michelle Blesi and the MA Program Student Ambassadors	E3531
	Professions in Emergency Medical Services Chris Caulkins	E1223
	Social Media in Your Job Search: The Basics Carrie Hageman and Michele Jersak	W2005
	What Can I Do with a Degree in... MUSIC? Shirley Mier and Shannon Loehrke	W2160
	What Can I Do with a Major in....PHYSICAL SCIENCES (CHEMISTRY AND PHYSICS)? Kim Loomis	W2010
	What Can I Do with a Major in....SOCIOLOGY? Peter Wruck	W2090
Education	Are You #%?*&! Kidding Me? How to Stay in School When the Unexpected Happens Steve Anderson and Dana Bruhn	W2120
	Finish What You Start: Map Out Your Academic Plan DARS Staff and Counselors	W2290
	I Didn't Know I Could Do THAT at the Library! Randi Madisen and Jane Young ADOBE CONNECT SESSION	E1852

Workshop Sessions, 9-9:50am Continued

GPS LifePlan	Title and Presenter	Location
Education	If it's on the Internet, Why Can't I Just Use It? Kim Gaffney and Joan Williams	W1006
	Know and Use Your Learning Style Valerie Castillo	W2140
	Making the Transition: Transferring to a 4-Year College Hamline University Representatives	W1001
	Navigating Nursing School Teri Wisdorf	E1421
	Tips for Math with the TI-89 Calculator Carol Purcell	W3150
	Transferring—The What, Why, and How for All Students Interested in Transfer Angie Alley and Ali Miesen	W3120
	Write Your Way to Success: Tips for Achieving Strong Essays in Any Class! Jill Cadwell	W2120
Finance	Financing Your Education: Re-apply for FAFSA Kim Kolar	W2180
	What's Your Money Style? Money Management for Couples Jennifer Ruhland	W3180
Personal	Campus Recreation: Where the Wood Ducks Play Matt Ruhland	W2490
	Gluten Free / Celiac Life Nick Sampson	W2007
	Healthy Snacks Connie Stack and Kaari Nelson	W3510
	Raising Readers Laurie Lykken	W3160
	Tips for Managing Perfectionism in College Jessie Breyer	W3170

Workshop Sessions, 10-10:50am

GPS LifePlan	Title and Presenter	Location
All Plans	GPS LifePlan eFolio: Get Started and Use it Effectively Randy LaFoy	W3120
Career	Narrowcasters, and Other Jobs of the Future Mike Eddy and the VCT Futurists	W2160
	What Can I Do with a Major in....BIOLOGY? Jason Strandberg and Joy Cedarleaf	W2090
	What Can I Do with a Major in....COMMUNICATION? Amy Donohue and Jon R. Wendt	W2010
	Writing Your Best Resume Carrie Hageman	W2180
Education	Adult Student's College Success Pathway Julia McBride-Bibby	W2005
	Finish What You Start: Map Out Your Academic Plan DARS Staff and Counselors	W2290
	Honors Program at Century Bob Hathaway and Members of the Honors Council	W2140
	How to Transfer to the University of Minnesota Representatives from the U of M	W1001
	Library Orientation Maura Smyth	E1852
	MyMilitary GPS LifePlan: Resources for Veterans, Servicemembers, and Family Members Michele Jersak	W2007
	Professional Licensing Process for Law Enforcement Officers in Minnesota Mylan Masson	E1421

Workshop Sessions, 10-10:50am Continued

GPS LifePlan	Title and Presenter	Location
	Strategies for Reading Texts and Preparing for Exams Mike McIlhon ADOBE CONNECT SESSION	W2490
	Surviving and Thriving Your First Year of College (for first-semester & first-year students) Katie Pierre	W3170
	TI-84 Advanced Beginner Session for Math 30 and Math 70 Beth Hentges	W3160
Finance	Free Money for College? Century College Foundation Scholarships Carrie Dieveney	W1006
Personal	Basic Self- Defense for Women Beth Jansen-Bonde (2-hour session; for female students)	W3510
	Campus Safety Mark Holper	W3180
	Greener, Cheaper Homemade Cleaning Solutions Pam Thinesen (1.5 hour session)	E3868
	Kill Your TV: Understanding The Effects Television Has on You and Your Children Gordon Pueschner	W3150

Workshop Sessions, 11-11:50am

GPS LifePlan	Title and Presenter	Location
Career	How Can I Get a Job in Computer Forensics and Other IT-related Fields? Robert Brommel	E1765
	Radiologic Technology Information Session Diane Fleury-Evans	E3265
	What Can I Do with a Major in... ENGLISH? English Faculty Members	W2120
	Finish What You Start: Map Out Your Academic Plan DARS Staff and Counselors	W3170
Education	Getting Credit for What You Know Brenda Lyseng and Angie Alley	W2290
	How to Transfer to a Minnesota State University Representative from Winona State University	W2160
	Learning Abroad/Global Studies Jon R. Wendt	W2010
	Making the Transition: Transferring to a 4-Year College Hamline University Representatives	W1001
	Procrastination: Understanding and Conquering the "Beast" Michele Jersak	W1006
	Succeeding In Your College Biology Courses Mary Harbaugh, Ann Kessen, and Paul Dykes	W2090
	Tour the FAB LAB John Rupert	W2090
	Use SmarterMeasure to see if you are Ready for an Online Course Mike Mendez	E1371
We're All Smart in Different Ways: Multiple Intelligences Theory Sue Rosenbaum	W3120	

Workshop Sessions, 11-11:50am Continued

GPS LifePlan	Title and Presenter	Location
Finance	Financing Your Education: Re-apply for FAFSA Kim Kolar	W2180
	Getting a Handle on Credit Cards & Understanding Your Credit Score Jason Isaacson	W3160
Leadership	Voice Your Opinion on Student Issues that Impact YOU Century College Student Senate Members	W3150
Personal	An Introduction to Karen (Myanmar) Culture and Higher Education: Traditions and Challenges Eh Taw Dwe	W2140
	PILLOW Fighting: New Approaches to Conflict Rob Jersak and Amy Fisher ADOBE CONNECT SESSION	W3180
	The Social Network: Making Social Media Work for You John Anderl and Aaron Klemz	W2005

Keynote Presentation, 12pm-1pm, W. Theater

The Most Powerful Life Principles That Students Need

Delatorro L. McNeal II,: Prepare for a roller coaster ride of empowerment, motivation, strategy, laughter, tragedy, and victory as Delatorro masterfully walks you through 5 of the most powerful life principles that students need to pursue their collegiate greatness. Delatorro shares 5 unique characteristics about his journey through life, while simultaneously showing students the power of these principles in their own lives! This dynamic keynote presentation stimulates the visual, auditory, and kinesthetic parts of the brain by combining music, dance, and body movements into the main points, which maximizes and energizes the learning experience. (Keynote speaker also presents Leadership on the Big Screen! at 2:15 PM, W1001)



Workshop Sessions, 1:15-2:05pm

GPS LifePlan	Title and Presenter	Location
All Plans	GPS LifePlan eFolio: Get Started and Use it Effectively Randy LaFoy	W3120
Career	Living an Artist's Life, Education and Career Choices Neil Johnston, Melissa Borman, Ken Maeckelbergh, and Ken Wenzel	W2090
	Marketing – It's Not Just for Marketers Anymore Lynn Smaagard and Stephen Kelly	W2140
	Tips for Avoiding Career Derailment Joe Wohkittel	W2180
	What Can I Do with a Major in....PSYCHOLOGY? Joe Wohkittel, Stacey Feig, and Jessie Breyer	W2010

Workshop Sessions, 1:15-2:05pm, Continued

GPS LifePlan	Title and Presenter	Location
Education	D2L Support Paul Coyan ADOBE CONNECT SESSION	W3170
	Finish What You Start: Map Out Your Academic Plan DARS Staff and Counselors	W2290
	Gender Matters! Kris Peleg	W3160
	Goal Setting and Life Mapping Candi Walz	W3150
	Manage Your Time Wisely Valerie Castillo	W1001
	Success Tips for Math Anxiety Michele Jersak and Anita Lesmeister	W2160
Finance	Adult Learners – Helpful Tips Regarding Financial Aid and the Transition Back to School Kimberly Kolar	W3180
	Understand Basic Investing in the Stock Market Thanh Le	W2490
Personal	Clearing Up the Confusion about Global Warming: Evidence versus Opinion Pam Thinesen ONLY ADOBE CONNECT SESSION	Adobe Connect
	Communication and Relationships Jon R. Wendt, Amy Donohue, Jill Hildebrandt, Jason Isaacson, and John Anderl	W1006
	Dealing with Diversity: GLBT Issues in College Susannah Dolance	W2007
	Fitness Center Tour Krystal Scott and Kaari Nelson	W1610
	I Said Stop That! Positive Parenting Skills Beth Jansen-Bonde	W3510
	Yoga for Wellness Julie Gleason	WGym

Workshop Sessions, 2:15-3:05pm

GPS LifePlan	Title and Presenter	Location
Career	Interviewing with Confidence Carrie Hageman	W2180
	Professional Education Degrees Andrea Coffey	W3170
	What Can I Do with a Degree in... Translating and Interpreting (TRIN)? Cris Mazzei	W2090
	What Can I Do with a Major in....HISTORY? Craig Moran, Judith Roy, Mollie Spillman, Robin Bowden	W2140
	What Can I Do with a Major in....PHILOSOPHY? Carl Chung	W2010
Education	Active Learning, Listening, and Engagement Joe Osborn	E2880
	Being a Successful Online Student at Century College Brian Lewis ADOBE CONNECT SESSION	W3160
	Finish What You Start: Map Out Your Academic Plan DARS Staff and Counselors	W2290
	Getting the Most Out of a Tutoring Session Jackie Reichter and Keith Hagen	W2160

Workshop Sessions, 2:15-3:05pm Continued

GPS LifePlan	Title and Presenter	Location
Education	Math Contest Review Session Pat Byrnes	W3150
	Procrastination: Understanding and Conquering the “Beast” Michele Jersak	W1006
	Transferring: The What, Why and How Angie Alley and Ali Miesen	W3120
Finance	Navigating the Student Loan Maze Jennifer Ruhland	W2007
Leadership	Leadership on the Big Screen! Delatorro L. McNeal II (Guest Speaker)	W1001
	Opportunities in Phi Theta Kappa—Your Honor Society Phi Theta Kappa Officers ADOBE CONNECT SESSION	W2120
Personal	Campus Recreation: Where the Wood Ducks Play Matt Ruhland	W2490
	Campus Safety Mark Holper	W3180
	How to Look Your Best, for Less Candi Walz	W2005

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or

Get texts from Woody:
 41411 and type in Woody

When you become a fan or get texts, you are guaranteed to get the most up-to-date student events on campus.

Hey, it's free - you don't have anything to lose.

Student Events - Spring 2012

	Valentines Day	February 14
	Blizzard Blast	February 22-23
	Leap Year	February 29
	March Madness	March 21
	April Fool's Day	April 1
	Video Film Festival	April 18
	Wood Duck Awards	April 26
	Wood Duck Days	May 1-2

Workshop Session Descriptions

+ more than one workshop

Accessing Your Resources and College Support System

Being successful in college is not something that you can do alone, but it is not always easy to know who to ask for help. Come learn more about how to tap into your resources and develop a support system in college.

Active Learning, Listening, and Engagement

Advocate for your own learning by becoming an active learner in your classes. Learn solid tips for becoming an active learner; learn to hear what you need as an active listener; and learn to ask and tell as an active engager. Learn to 'gain and retain' in the most effective mannerism possible.

Adult Learners – Helpful Tips Regarding Financial Aid and the Transition Back to School

Come take part in a relaxed discussion about common issues that adult learners face with transitioning back to school. Guidance on how to apply for financial aid and how to file a professional judgment will be provided.

Adult Student's College Success Pathway

Being successful as an adult student is all but assured with this easy to follow workshop. An overview of campus resources will be discussed along with tips on attaining success in the classroom and beyond for our "Adult Students". This workshop offers adult students tips to assist in navigating college and community resources that will assist with your return to college.

An Introduction Karen (Myanmar) Culture and Higher Education: Traditions and Challenges

The Karen culture is a new and growing immigrant community in the twin cities. Eh will lead a discussion about the Karen culture, its history and issues facing this community and their ability to achieve academic success. Eh Taw Dwe is from Neighborhood House.

Are You #%?*&! Kidding Me? How to Stay in School When the Unexpected Happens

We can't expect the unexpected, but there are things you can do to stay in school when the unexpected happens and resources out there to help. Learn about them here.

Basic Self- Defense for Women (2-Hour Special Session; For Female Students)

Basic self-defense will cover introductory techniques for escaping a confrontation. Wear clothing that is comfortable and stretchy. Special 2-hour session; limited to the first 26 female students to pre-register. Pre-register by email to beth.jansen-bonde@century.edu

Being a Successful Online Student at Century College (ADOBE CONNECT SESSION)

"Students will receive several tips for learning online successfully that they can immediately apply to their current online courses." ADOBE CONNECT this session at <https://umconnect.umn.edu/cc215pm/> (Complete directions can be found on Page 3 of this schedule.)

Campus Recreation: Where the Wood Ducks Play +

Participants in this session will gain knowledge on the vast benefits of participating in our campus intramurals and recreation program. Learn about Century's program offerings and the facilities here. Presentation topics also include: the benefits of campus recreation, our game room, our outdoor rental center, and intramurals and recreation at Century. Students will also have the opportunity to voice their opinion on what they believe our offerings should include.

Campus Safety +

In this session, students will view a video, "Shooter on Campus," and discuss Century College Emergency Plans for lockdown and fire emergencies. There will also be opportunities for open discussion/questions on other campus safety and security concerns.

Career Path in Computer Forensics

This workshop provides information needed by students in Information Security and Computer Forensics. It will help them decide which area(s) of specialization is most suitable to their goals and most appropriately align(s) with their career path. This session is strongly recommended for new and existing students. The instructors hope the information gathered during this workshop will help students avoid common career mistakes among individuals going into this area of discipline.

Clearing Up the Confusion about Global Warming: Evidence versus Opinion (ADOBE CONNECT SESSION only; 1.5 Hours Special Session)

"None of us can succeed in life without a healthy home planet. During this session, you'll gain a better understanding of the science of global warming and why the information in the media and from some politicians is so confusing. What will it take to slow it? Should we sit back and go about business as usual or are there actions we can take to push for more immediate actions to solve the problem? You'll also learn about Century College's signing of the American College and University Climate Commitment and what that entails. (1.5-hours Special Time: 9:00-10:30am) ADOBE CONNECT SESSION: Part 1 of 2 (47 min) <https://umconnect.umn.edu/p65829959/> and Part 2 of 2 (60 min) <https://umconnect.umn.edu/p82272604/>

Communication and Relationships

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.

Counseling and Career Services—What's In It For You?

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, and online career resources).

Creating Your Budget: A Love Story

Why is it that so many people cringe at the idea of a budget? Is a budget really such a frightening, hateful thing? It's my belief that the poor, modest budget is a misunderstood creature. Join me as we discuss what it takes to make a great financial plan. We'll discuss goal setting, tracking, budgeting, asset plans and community resources. Walk away with lots of tools to begin your own financial love story.

Critical Thinking and Note-Taking

Learn to think critically and improve your note-taking skills! Attend this session to learn how to prepare for exams from the moment your first lecture begins by using the Cornell note-taking system, graphic organizers, and other strategies.

Critical Thinking in Nursing Seminar (ADOBE CONNECT SESSION) +

How do you use critical thinking when taking a nursing exam? Come to this seminar and find out. This is a session particularly for students in the Nursing Program, which will examine critical thinking strategies and test taking strategies unique to the higher level thinking required with nursing exams. The presenters will show you the theory behind the NCLEX style questions and how to critically think through them to decide on the correct answer.

D2L Support (ADOBE CONNECT SESSION)

Learn about the support available for Desire2Learn (D2L). ADOBE CONNECT this session at <https://umconnect.umn.edu/cc115pm/> (Complete directions can be found on Page 3 of this schedule.)

Dealing with Diversity: GLBT Issues in College

This session will answer students' basic questions about how gay, lesbian, bisexual, and transgender (GLBT) issues relate to college life. Any questions students have about GLBT issues that pertain to the college experience will be addressed.

Did We Do Anything Important Today? - Tips on Talking to Your Instructor for Success

Did you know that by being more aware of your communication, you can impact your academic success? Attend this session to learn tips on how to effectively talk with your instructor before, during, and after class, as well as during office hours.

Faith and College Life

All faiths are invited, all faiths equally honored, and a local college community and global perspective will be employed. This session will focus on the world's major global faiths and religions and their connections to education and community life.

Financing Your Education: Re-apply for FAFSA +

There is a lot of information to know concerning Financial Aid. Learn how to re-apply for financial aid, prepare for Summer term and the coming school year (fall and spring).

Finish What You Start: Map Out Your Academic Plan +

What is your plan to graduate? How long will it take you and what courses do you need to take each semester? At this session, you will print your DARS report and learn how to read and understand it. Then, you will meet with a counselor to create your academic plan. You'll walk away with a great plan to help you succeed at Century College! (Limited to first 20 students; Bring student ID and pin #.)

Fitness Center Tour +

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. Our weight room features 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.

Free Money for College? Century College Foundation Scholarships

Ever wonder why some people get scholarships and you don't even know where to start? Learn how to navigate college money opportunities and get tips on how to write the scholarship essay that will get you noticed!

Gender Matters!

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.

Getting a Handle on Credit Cards & Understanding Your Credit Score

Through this seminar, you will learn about the fine print in credit card agreements, consumer credit rights, and how choices may affect your credit score. If you already have a credit report, then you may bring it to this seminar to get help understanding the information tracked by the credit bureaus.

Getting Credit for What You Know

Learning happens in many different situations – work experiences, volunteering, hobbies, and non-credit courses. Discover options that will assess your learning (ACE, CLEP, Credit-by-Exam, etc.).

Getting 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 gain when you leave a tutoring session. Information about the different tutoring and academic support opportunities available on campus will be shared.

Getting to School: Car Maintenance 101

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?

Gluten Free / Celiac Life

Learn about one student's journey with eating gluten free and Celiac's disease, then make use of his knowledge and experiences. Session will include: information about eating gluten free; sources for information; the advancement of gluten free foods in society; and Celiac's disease. Anyone interested is encouraged to attend even if they do not eat gluten free.

Goal Setting and Life Mapping

Being in college doesn't necessarily mean that you know what you want to do with your life. In this workshop, we will explore what roadblocks you might face in setting and accomplishing your goals. We will also talk about how to achieve goals and set benchmarks. The final project in this workshop will be creating your own life map. Come ready to be interactive and creative.

GPS LifePlan eFolio: Get Started and Use it Effectively +

If your version of planning is checking your Facebook Upcoming Events, and marketing yourself is cleaning out your Facebook photos - please come to eFolio Primer and take away a professional and academic way to plan, improve the quality of your digital footprint and showcase your best work. In this session, new users will create their account; become familiar with what is in eFolio – where it is and how to navigate the site; and add a welcome page and import a picture. (LIMIT 25)

Greener, Cheaper Homemade Cleaning Solutions (1.5 Hours Special Session)

Want to save money, avoid exposure to toxins commonly found in cleaners, and have a healthier home for pets, children, and you? Then join us to learn how to make your own simple cleaners. You'll get recipes for many types of cleaners and you can help make a big batch of laundry detergent – bring along a 1/2 gallon to 1 gallon jug so you can take some home! Maximum participants: 24 (1.5-hour Special Time: 10:00-11:30 am)

Grief, Loss, and Transition: It's More than Stages; Help for the Changes

A therapist at the Center for Grief, Loss and Transition, will discuss the effects of loss on individual adult and family development and ways that we can tap into our creativity and resilience in the midst of loss and change.

Healthy Snacks

Discussion and presentation of nutritious snacks, how they help with healthy eating and tips on how to make/use them. Including samples of recipes.

Honors Program at Century College

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. (For academically successful students)

How Can I Get a Job in Computer Forensics and Other IT-related Fields?

With the IT industry dramatically evolving in the last 2 years, it is becoming more and more crucial for you to realize that your best advocate is yourself. Attend this session to learn more about getting a job in computer forensics. We'll discuss the importance of realizing your shortcomings, as well as your strong points, and you will learn to do an inventory of the skills that you possess. Just about any competent system administrator can easily transition to that coveted security analyst job.

How to Look Your Best, for Less

It's no secret that every college student is on a budget. When you spend many hours of your week studying that leaves less time for work and making money. In this course, learn how to budget your wardrobe and literally shop for deals. Do you have a big interview coming up? Are you getting ready to transition into a working career? Or are you just interested in the latest fashion trends? Learn how to dress for less in this course.

How to Transfer to a Minnesota State University

Have you considered transferring to one of Minnesota's state universities? A representative from Winona State University will be sharing information about what you need to do to transfer, how the MnTC works, and other information.

How to Transfer to the University of Minnesota

Learn about transferring to the University of Minnesota. Representatives from the College of Liberal Arts at the University of Minnesota will be sharing information about how you can prepare for the transition, what you need to do to apply, and other information.

I Didn't Know I Could Do THAT at the Library! (ADOBE CONNECT SESSION)

Your library is not just for college, it's your gateway to lifelong learning. Unlock the secrets of audio, video, music, foreign language and more at the Century Library. ADOBE CONNECT SESSION

If it's on the Internet, why can't I just use it?

Learn how to correctly use materials from the Internet and other sources in your writing. Topics covered include plagiarism and how to avoid it, citations, summary and paraphrasing.

I Said Stop That! Positive Parenting Skills

Learn easy parenting strategies using basic psychology and communication principles to create a healthy environment for your home. New parenting skills will help you develop desirable life-long social skills for your family.

Interviewing with Confidence

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.

Keynote Presentation: The Most Powerful Life Principles That Students Need

Prepare for a roller coaster ride of empowerment, motivation, strategy, laughter, tragedy, and victory as Delatorro masterfully walks you through 5 of the most powerful life principles that students need to pursue their collegiate greatness. Delatorro shares 5 unique characteristics about his journey through life, while simultaneously showing students the power of these principles in their own lives! This dynamic keynote stimulates the visual, auditory, and kinesthetic parts of the brain by combining music, dance, and body movements into the main points, which maximizes and energizes the learning experience.

Kill Your TV: Understanding The Effects Television Has on You and Your Children

Students will learn the effects television has on them and their children. This session will discuss the background on how much we spend watching television, what we watch, and the effects television has on language development.

Know and Use Your Learning Style

“Learning Style” refers to how a person takes in, processes, and remembers information. Basically, it’s how a person prefers to learn! In this workshop students participate in activities to identify their personal learning style and are taught academic success strategies that align with their unique style. This is a great workshop for any student who wants to empower her or himself with self-awareness.

Leadership on the Big Screen! - GUEST SPEAKER

Utilizing brief clips from movies like Coach Carter, Save the Last Dance, The Karate Kid, Rudy, and a host of others., our guest speaker, Delaorro L. McNeal II will masterfully teach college students and staff cutting edge leadership, teambuilding, and relationship lessons in a highly interactive – talk show type seminar. Students watch, discuss, debate, and most importantly LEARN a plethora of amazing hidden leadership secrets and principles found deep within many of America’s favorite blockbuster movies.

Learning Abroad/Global Studies

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.

Library Orientation

Do you want to know more about the library? Come to an orientation to learn about library policies, the library webpage and library resources, locating material in the library, collections and call numbers, and inter-library loans for books and videos.

Living an Artist’s Life, Education and Career Choices

Do you wonder what career paths are available to you in the visual arts? Learn about undergraduate and graduate level degree programs, and how Century’s new Associates in Fine Arts (AFA) Degree will help you along your path. This session will introduce you to the educational possibilities in the fine arts and career options you have after graduating.

Making the Transition: Transferring to a 4-Year College +

Learn about transferring to a 4-year college! How do you present yourself to an admissions committee? What is a 4-year college looking for? When do I ask about transferring credits? What are the other challenges?

Manage Your Time Wisely

Do you need help with getting everything done? Learn more about balancing priorities and managing time so you can take charge of your college experience. This workshop teaches strategies to help students figure out: 1) How you’re using your time, 2) How you can use your time more efficiently and, 3) What tools you can use to better manage your time.

Marketing – It’s Not Just for Marketers Anymore

Think about this: when you apply for a job after college, you will be marketing yourself. When on the job, you will need to successfully and effectively work with customers – internal or external. If you start your own business, you’ll be marketing all the time, regardless of the industry you are in. Attend this informative session and learn some marketing techniques you can use when applying for a job and on the job. Also learn about the many marketing courses and certificates available here at Century.

Math Contest Review Session

We will discuss a few types of problems that commonly occur on the AMATYC Student Mathematics League contest.

Medical Assisting: Is this the career for you? (1.5 Hours Special Session)

Attend this session to learn more about the Medical Assistant Program. This program prepares you to become a multi-skilled professional who assists in patient care management. The program will help you develop the critical skills needed to perform clinical, laboratory and administrative duties in clinics, hospitals, urgent care facilities and other health care agencies. You will also participate in a clinical externship under the direct supervision of a physician. Upon graduation, you are eligible to take the certification exam of the American Association of Medical Assistants (AAMA). (1.5-hours Session Time: 9:00 -10:30am)

MyMilitary GPS LifePlan: Resources for Veterans, Servicemembers, and Family Members

Learn more about using the MyMilitary GPS LifePlan to set your goals and design plans that will lead you to the success you desire.

Narrowcasters, and Other Jobs of the Future

How do I prepare now, for the jobs of the future? What skills do I need in technology? Find out, and learn about a career in visual communications. We are living in the future.

Navigating Nursing School

A panel of nursing students and/or recent nursing program graduates share 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?

Navigating the GPS LifePlan (ADOBE CONNECT SESSION) +

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. (LIMIT 25) ADOBE CONNECT this session at <https://umconnect.umn.edu/cc8am/> (Complete directions can be found on Page 3 of this schedule.)

Navigating the Student Loan Maze

Student loans are an important tool for college students. However, not all student loans are created equal. Which loan type is more beneficial to you? When are student loans a poor choice? What are the consequences of using (and abusing) student loans? In this session, we'll discuss student loan options, the process for obtaining student loans, pitfalls to avoid and options for repayment.

Online Learning Success

This session will address the practical skills students need to be successful in online courses. Topics discussed will include motivation, time management, and goal-setting. If you are uncertain about whether an online class is right for you, this session will help you think about some of the relevant factors that lead to success in an online course.

Opportunities in Phi Theta Kappa—Your Honor Society (ADOBE CONNECT SESSION) +

This session will introduce students to Phi Theta Kappa Honor Society and provide time for students to ask questions about membership in the organization.

PILLOW Fighting: New Approaches to Conflict (ADOBE CONNECT SESSION)

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 session will help participants define conflict, understand their usual conflict style and consider the benefits that collaboration and negotiation can bring to seemingly impossible situations.

Procrastination: Understanding and Conquering the “Beast” +

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.

Professional Education Degrees

Begin your path to becoming a teacher or paraeducator with a two-year degree in Education. Find out which education degree is best for you, and explore what you can do with your degree after graduation. Learn how to network within the field of education and how to prepare for entrance into a teacher education program at a four-year institution.

Professional Licensing Process for Law Enforcement Officers in Minnesota

The director of Hennepin Tech's Law Enforcement Education Center will provide an overview of their POST licensing program and answer questions for those students interested in becoming peace officers in Minnesota.

Professions in Emergency Medical Services

What is the difference between an EMT and paramedic? What kind of careers are available to EMS professionals, what is the typical day of an EMS worker like? How do I get into the EMS program at Century College? Learn the answers to all of these questions and more! After the session participants may take a guided tour of the EMS program area.

Radiologic Technology Information Session

Have you been thinking about a career in health care? Would you like to learn about the requirements to become admitted to Century's Radiologic Technology Program? In addition to learning about the program's admission requirements, students will also learn about the nature of the work, job outlook, and possible career paths within medical imaging. This session is intended for Pre RT students and students with general interest in pursuing a career in medical imaging. A tour of Century's RT lab facilities will be included in this session.

Raising Readers

Attend this session to learn how you can help children to learn love reading. This session will discuss what to read to children (for example, poetry) to get them interested in reading and in the sounds of words. It will also give you some ideas where to find books for children.

Social Media in Your Job Search: The Basics

Are you putting your best foot forward or your foot in your mouth? Learn how employers are using social media to size you up, and how you can take advantage.

Strategies for Reading Texts and Preparing for Exams (ADOBE CONNECT SESSION)

Do you think studying is the best way to prepare for an exam? That underlining and highlighting are the best ways to study? If you do, you need to attend! ADOBE CONNECT this session at <https://umconnect.umn.edu/cc10am2/> (Complete directions can be found on Page 3 of this schedule.)

Study Groups: Three Heads Are Better Than One

Attend this workshop to learn how to organize and participate in groups that will improve your grades and increase your success in class!

Succeed in Math: One Class at a Time

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.

Succeeding In Your College Biology Courses

Want to improve your science grades? Learn how to get the most out of your science lectures, labs, and textbooks and improve your test-taking and critical thinking skills.

Success Tips for Math Anxiety

Do you experience any of the following: anxiety before a math test, blank-outs during math tests, or general insecurities about your math skills? You may be experiencing MATH ANXIETY! Learn more about what you can do to overcome this barrier and be more successful in math.

Surviving and Thriving Your First Year of College (for first-semester & first-year students)

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.

The Social Network: Making Social Media Work for You

The explosion of social media sites (like Facebook, Twitter and Google+) present great opportunities for career development and networking, but they also present a number of pitfalls. This session will introduce you to some new tools, teach you a few tricks, and help you avoid the downside of social media.

TI-84 Advanced Beginner Session for Math 30 and Math 70

Do you want to know how to graph, trace, and zoom; use the table of values; store to and recall a number from a memory location? Do you know how to use the catalog, upgrade your system software, and copy and paste your calculator's image into a document? Do you have a question about using your calculator?

Tips for Avoiding Career Derailment

Career difficulties that result in job loss or demotion can be disastrous for individuals and organizations. This presentation will explore current career derailment research with an emphasis on prevention.

Tips for Managing Perfectionism in College

This session will focus on strategies that students can use to better manage their perfectionism and succeed in the college environment.

Tips for Math with the TI-89 Calculator

Introduction to a calculator that does symbolic manipulation. Solve equations, find derivatives, evaluate integrals. Graphs available in Polar, Parametric and 3-D modes.

Tour the FAB LAB

Get a tour of the Fab Lab to learn more about the wide variety of machines we have and the kinds of parts we can make. Students will see laser cutters and 3D printers in operation and also see 2D&3D CAD (Computer Aided Design). Students will also learn the role of the FAB LAB in STEAM - Science, Technology, Engineering, Art, and Math.

Transferring—The What, Why, and How +

This hands-on workshop will help all students – new students, transfer students and non-transfer students – learn the what, why, and how information about your Interactive Degree Audit (DARS) and U.select. (LIMIT 28)

Understand Basic Investing in the Stock Market

Learn how to open an account for stock investment, the basic concepts in investing in the stock market, and the strategies for investing.

Use SmarterMeasure to see if you are Ready for an Online Course (ADOBE CONNECT SESSION) *

SmarterMeasure is a tool that helps you determine your level of readiness for online courses. Personal scores and feedback will help you decide if online classes are for you. Try it. <http://century.readi.info> ; User name = centurystudent and Password = century

Voice Your Opinion on Student Issues that Impact YOU

Please join your student leaders and fellow students to discuss issues and concerns that impact you as a Century College student.

We're All Smart in Different Ways: Multiple Intelligences Theory

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.

What Can I Do with a Degree or Certificate in... Translating and Interpreting (TRIN)?

Are you bilingual? Earn a degree in interpreting and translating and work as an interpreter! Attend this session to learn more about the Translating and Interpreting (TRIN) Program at Century. Hear more about the classes you could take, the degrees you could get, and career options you have after graduating.

What Can I Do with a Major in....BIOLOGY?

Ever wonder what careers you could possibly have with a degree in Biology? Attend this session to learn more about majoring in Biology: what classes you could take, what degrees you could get, what graduate programs are available, and what career options you have after graduating.

What Can I Do with a Major in....COMMUNICATION?

Ever wonder what careers you could possibly have with a degree in Communication? Attend this session to learn more about majoring in Communication, what classes you could take, what degrees you could get, and what career options you have after graduating. Also, learn more about the new Communication Studies Certificate!

What Can I Do with a Major in... ENGLISH?

Ever wonder what careers you could possibly have with a degree in English? Attend this session to learn more about majoring in English: what classes you could take, what degrees you could get, what graduate schools are available, and what career options you have after graduating.

What Can I Do with a Major in... HISTORY?

History! It's not just about dead people - Come check out how history can lead to careers in academia, public history (including historical societies and museums), law, business, public service, and more.

What Can I Do with a Major in....MATHEMATICS?

Ever wonder what careers you could possibly have with a major in Mathematics? Attend this session to learn more about majoring in mathematics: what classes you could take, what degrees you could get, what graduate schools are available, and what career options you have after graduating.

What Can I Do with a Degree in... MUSIC?

Ever wonder what careers you could possibly have with a degree in Music? Attend this session to learn more about Century's Associate in Fine Arts (AFA) in Music. You'll learn what classes you could take, what degrees you could get, what graduate schools are available, and what career options you have after graduating.

What Can I Do with a Major in....PHILOSOPHY?

Ever wonder what careers you could possibly have with a degree in Philosophy? Attend this session to learn more about majoring in Philosophy: what classes you could take, what degrees you could get, what graduate schools are available, and what career options you have after graduating.

What Can I Do with a Major in....PSYCHOLOGY?

This presentation will explore the degree options and fields within psychology. Strategies and tips for perusing four-year and/or graduate degrees will be discussed along with employment outlook and opportunities.

What Can I Do with a Major in....PHYSICAL SCIENCES (CHEMISTRY AND PHYSICS)?

Ever wonder what careers you could possibly have with a degree in the physical sciences? Attend this session to learn more about majoring in Chemistry or Physics: what classes you could take, what degrees you could get, what graduate programs are available, and what career options you have after graduating.

What Can I Do with a Major in....SOCIOLOGY?

Ever wonder what careers you could possibly have with a degree in Sociology? Attend this session to learn more about majoring in Sociology: what classes you could take, what degrees you could get, what graduate schools are available, and what career options you have after graduating.

What's Your Money Style? Money Management for Couples

Like so many things in life, we each approach money differently. In relationships, these differences can mean trouble. Understanding your own money management style (and that of your partner) can help you create a plan that works for everyone. We'll start with a fun "money personality" quiz, and end with lots of resources to help you take the next step in communicating with your partner.

Writing Your Best Resume

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.

Yoga for Wellness

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).

Class Attendance Information for Student Success Day

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

CONFERENCES — Check to see when your instructors will be available for conferences with you. Make appointments, if necessary.

Expectation for classes on February 7:

Day Classes: Starting before 3:00pm on Student Success Day: Day classes that are scheduled before 3:00 pm will not meet on Student Success Day. Students are expected to attend Student Success Day activities (see above options) between 8:00am – 3:00pm.

Late Afternoon Classes: Starting at 3:00pm or LATER on Student Success Day will devote the first hour of class to conferences with the instructor or activities planned by the instructor.

Evening Classes: There are no evening classes on February 7th because of the Precinct Caucuses.

During Student Success Week, February 6 – February 11:

Late Afternoon and/or Evening Classes: Starting at 3:00 PM or later on Monday, Wednesday, and Thursday during Student Success Week: In keeping with the goals of Student Success Day, late afternoon and evening classes on Monday, Wednesday, and Thursday of Student Success Week will devote the first hour of class to conferences or student success activities planned by instructors.

Saturday Classes: During Student Success Week: In keeping with the goals of Student Success Day, Saturday classes during Student Success Week will devote the first hour of class to conferences or student success activities planned by instructors.

My Student Success Day Schedule

Time	Meet with your Instructors	Workshops, Open Houses or Counseling Quick Stop	Room	GPS LifePlan Area
8-8:50am				
9-9:50am				
10-10:50am				
11-11:50am				
Noon-1pm		Keynote Presentation- Sponsored by Student Life		All Plans
1:15-2:05pm				
2:15-3:05pm				
Throughout the day, meet with instructors, attend Open Houses & Check Academic Plan with a Counselor				



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
- Maintain Well-Being
- 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 in 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 is based solely on your needs and the questions you have surrounding your success as a student!

www.gpslifeplan.org/Century