



**Welcome to Staples Student Success Day
Wednesday, September 28, 2011
It's About You!**

Break-out sessions & activities that will support and encourage your success here at Central Lakes College:

- Visit with each of your instructors - find out how you are doing in your classes and how you can improve.
- Enjoy break-out sessions and information tables that will help you be successful.
- Visit with a counselor. They will be available at their booth, located in front of the cafeteria, to address your personal, academic and career counseling needs.
- Attend our keynote speaker: Marc Elliot - *What Makes You Tic?*
- Watch or participate in paintball or play "Minute-to-Win-It"!



GPS Lifeplan is a website that focuses on your success as a student at Central Lakes College! GPS Lifeplan is a one-stop resource that connects you with answers to all of the questions and challenges that you face as a college student. GPS Lifeplan features 5 categories: Career, Education, Finance, Leadership and Personal. Student Success Day workshops are identified by the GPS Lifeplan category so that you might select a track to meet your specific needs and interests. Want to learn more about GPS? Attend a GPS workshop today!

www.gpslifeplan.org/clcmn

Break-out sessions being held today. You choose what you would like to attend!

Time	Session Title	Room	Description of 8:00 Sessions	Presenter	GPS
8:00-9:00	Campus Health		Information on healthy eating and campus health services		Outside cafeteria
8:00-8:45	GPS Lifeplan: Reaching Your Goals Using GPS	B249	Got Questions? GPS LifePlan has answers! GPS is a one-stop website that will connect you with answers to all of the questions and challenges you face as a college student: making decisions about careers and majors, developing study skills, preparing for your job search, paying for college, budgeting, getting involved on campus, and successfully meeting the personal challenges in your life.....and so much more! If you have a question, GPS will point you in the right direction!	Teri Duff	All plans
8:00-8:45	What Does it Mean; Why Does it Matter	A136	This session is a general Q&A session meant to cover the differences between a diploma and an associates degree; general education versus technical education, and a discussion about what credits transfer from one school to another.	Steve Jennissen	Education
8:00-8:45	Test Taking Strategies to Enhance Your Success on RN Exams and the NCLEX-RN	B214	This presentation will provide students enrolled in the ADN Mobility program with knowledge that will enable the student to correctly answer NCLEX-style questions that ask the student to identify the "best, first, initial, or priority . . ." action types of questions on nursing exams and the NCLEX-RN even if they don't know the correct answer at first glance!	Kim Scott	Education
8:00-8:45	Basic Budgeting	B205	This session will provide the basic skills necessary to implement a personal budget. Steps will include a personal information organizer on income, assets, and managing debt.	Jay Bock	Financial
8:00-8:45	Security Rockx	A112	PowerPoint presentation on the emergency notification system, the Wireless Emergency Notification System, tips on how to protect yourself and your property as a college student. Question and answer period will follow the presentation. Well worth your while to attend.	Kenneth Dickinson	Personal
8:00-8:45	Taking the Scare Out of Auto Repair	D110	This presentation will give students knowledge of basic car maintenance along with how to change a tire and how to properly jump start a vehicle with a dead battery.	John Maleski	Personal
8:00-8:45	Maximize Your Workout	Weight Room	Tips & techniques on strength training and using the Staples campus weight room.	Andy Anderson	Personal

8:00-8:45	Outdoor Law	E101	Laws on hunting, fishing, ATV and snowmobile activity.	Jeff Halverson, DNR Officer	Personal
8:00-8:45	Turning Stress into Strength	A111	Learn some common sense strategies to transform mental and physical tension into creative and efficient energy.	Deb Herbaugh, Lakewood Health Systems	Personal
9:00-10:00	Keynote Speaker - Marc Elliot: <i>What Makes You Tic?</i>				Cafeteria
Time	Session Title	Room	Description of 10:15 Sessions	Presenter	GPS
10:15-11:00	The Graphic Design Portfolio	A143	Learn about the graphic design industry and take a look at a digital portfolio.	Leon Dahlvang	Career
10:15-11:00	Writing a Resume That Gets Results!	B205	Resume advice to create an impressive resume to sell your skills.	Gayle Wonders	Career
10:15-11:00	Ace that Next Test!	B249	Teri Duff of the ACE Department will discuss the various types of tests, review test-taking strategies and how to prepare and study for different types of tests.	Teri Duff	Education
10:15-11:00	Questions + Computers = Open Lab	B146	Come see us and we will help you find the answers to your questions about logging in, the 'G' drive, Netmail, flash drives.....	Connie Moroni	Education
10:15-11:00	Let's Talk Money	A136	Discuss some of the basics of money management, why it's good to have a spending plan, difference between a check card and credit card, importance of using a credit card responsibly, and protecting your identity.	Hilary Keprios, Wells Fargo Bank	Financial
10:15-11:00	Rootbeer Floats and Student Senate!!	A155	Come learn about how to get involved on campus and get your voice heard through Student Senate! Find out what fun activities are planned for the year. Come hear how to get involved and enjoy a rootbeer float at the same time!	Student Senate	Leadership
10:15-11:00	Taking the Scare Out of Auto Repair	D110	This presentation will give students knowledge of basic car maintenance along with how to change a tire and how to properly jump start a vehicle with a dead battery.	John Maleski	Personal
10:15-11:00	Secrets to Balancing Your Life	A111	What would a balanced life or day in a balanced life look like, why is this important? How does balancing our life accept our health, relationships, school, and jobs?	Deb Herbaugh, Lakewood Health Systems	Personal
10:15-11:00	The Healthy Plate	A167 The Depot	Before eating, we should think about what goes on our plate or in the cup or bowl. Kelly Coughlin, Registered Dietitian will help guide you through how to build a healthy plate. You will have the opportunity to taste some easy to prepare foods and get some recipes.	Kelly Coughlin, Lakewood Health Systems	Personal
10:15-11:00	Outdoor Law	E101	Laws on hunting, fishing, ATV and snowmobile activity.	Jeff Halverson, DNR Officer	Personal

10:15-11:00	What's It Gonna Cost Me?	C168	In this presentation, we will discuss current state statutes, local ordinances, and CLC rules which pertain to the college student. We will also advise the students of the services our area has to offer. There will also be a question and answer session at the end of the presentation.	Jamie Pearson, Staples Police Department	Personal
Time	Session Title	Room	Description of 11:15 Sessions	Presenter	GPS
11:15-12:00	The Graphic Design Portfolio	A143	Learn about the graphic design industry and take a look at a digital portfolio.	Leon Dahlvang	Career
11:15-12:00	Ace the Interview!	B249	Do you have the skills employers are seeking? Amy Sjoblad, HR Generalist, will share the recruiter's perspective regarding what employers are looking for and how to convey these skills in an interview. If you're looking for a job now, or in the future, you won't want to miss this opportunity to make yourself even more marketable to employers!	Amy Sjoblad, Mid-Minnesota Federal Credit Union	Career
11:15-12:00	Ace That Next Test!	B205	Gayle Wonders of the ACE Department will discuss the various types of tests, review test-taking strategies and how to prepare and study for different types of tests.	Gayle Wonders	Education
11:15-12:00	Questions + Computers = Open Lab	B146	Come see us and we will help you find the answers to your questions about logging in, the 'G' drive, Netmail, flash drives.....	Connie Moroni	Education
11:15-12:00	Don't Drive a Chevy When What You Really Want in Life is a Ford	B214	How to stand up and get whe you want out of life. Get your pit crew in place and don't let your self esteem drive you down a dead end road.	Diane Wuollet	Education
11:15-12:00	Credit-Wise	A136	This presentation will teach students what a credit score is, how the score is determined, how to keep good credit, what financial institutions use credit scores for and how to keep track of your credit score.	Jill Carlson-Ferrier, Mid-Minnesota Federal Credit Union	Financial
11:15-12:00	Where's My Money?: Education Benefits for Service Members & Their Families	A112	This session will be an overview of military benefits available to veterans, current military members & their dependents.	Laura Boden, MDVA Regional Coordinator	Financial
11:15-12:00	Maximize your Workout	Weight Room	Tips & techniques on strength training and using the Staples campus weight room. Limited to 12 attendees.	Andy Anderson	Personal
11:15-12:00	Managing the Changes in Your Life	A111	Discuss stages of change. What motivates us to change? Understand how we change.	Deb Herbaugh, Lakewood Health Systems	Personal
11:15-12:00	Not So Extreme Couponing	ITV room A113	Have you watched Extreme Couponing? Maybe you would like to start saving money with coupons but are not sure how to start. Stop by this workshop and learn lots of couponing tips and tricks from a "Not So Extreme Coupon" lady! Save \$\$ today!	Kathryn Schulte	Personal