

Column 1	Column 2	Column 3	STUDENT SUCCESS DAY BREAKOUT SESSIONS	Column 4
Time	Session Title	Room	Descriptions of 10:15 Sessions	Presenter
10:15-11:00	Tarry Not: the causes, consequences, and calamities of procrastination.	Chalberg Theater	Leading a tortured life because you blow stuff off 24/7? Missing opportunities and suffering setbacks because you can't punctually negotiate life's endless deadlines and rules? This one-time seminar for chronic procrastinators just might be for you! CLC English major Jeff Johnson will be your guide and offer research findings, tragic, real-life anecdotes, and strange literary allusions to increase your awareness about this 21st. century problem. Procrastination is not an incurable condition, and there is hope!	Jeff Johnson, CLC
10:15-11:00	Don't Stress! Keep Calm and School on	E354	Learn how stress affects your life and tips for managing and coping with it!	Alita Reque-Peterson, CLC
10:15-11:00	NR Internship Presentations	E203	Second year Natural Resources students will be showing Power Point presentations of their internships.	Dr. Bill Faber, CLC
10:15-11:00	Podcasting- for those with something to say	C236	Those aspiring to start podcasting will learn from a master podcaster how to dominate a topic and become a must-listen.	Mike Paulus, Rube Sports Radio Podcast
10:15-11:00	So You Want To Be a Millionaire.....	E339	It is attainable! Yes, even for a struggling, hungry, dead broke college student. Come to this informative, entertaining session to learn what you can do TODAY to ensure financial stability and reach your long term goals. You'd be surprised what a difference it makes to put away a dollar or two when you're young. This isn't theory....it's real world strategy and we'll show you how.	W. Andrew Larson, Retirement Learning Center
10:15-11:00	Sobriety- Recovery and College Success	E362	Hear from clean-and-sober, CLC graduates about how they set themselves up for success as a college student in recovery. Topics will include: struggles facing students in recovery, campus supports, and humility: asking for help. A group discussion will follow the panel presentation, brainstorming ideas on increasing student success for those in recovery from addiction.	Amanda Small, CLC & CLC Alumni

10:15-11:00	Money - Who Needs It? E363		Are you getting as much financial help as you can? Learn about our College's Foundation and Financial Aid options and see what resources you might be missing out on.	Mike Barnaby and Jana Shogren, CLC
10:15-11:00	Zander Curriculum	C200	This presentation will assist students on effective study methods throughout CLC's Nursing program. It will teach how to use active learning methods, reduce test anxiety, teach time management skills, and how to identify your own personal preferred learning styles. *Limited to and required of current CLC RN students.	Jill Lechner, CLC
10:15-11:00	Who the Heck is ALICE?	E319	Come join us for an action packed, hands-on training in active intruder emergency events. This won't be death by PowerPoint. We promise!	Joy Larson and Security Officers, CLC
10:15-12:00	Smashing College Like a Pro: Tips and Tricks for Ensuring Success in College	E342	Today's college students are pressed to get it right the first time. Smashing College Like a Pro explores strategies that will help you develop personal excellence and grow the skills necessary for taking full ownership of learning and your college experience. College for many is where the road to success is paved and developing the right skills while learning content is critical for your future success. Come learn, laugh, and explore with us while we discover the secret to ensuring personal growth and success in and beyond college. (This session spans both session times so you are committing to spending the whole time in this one session).	Jonathan Brown, AVID
10:15-11:00	Continuing Your Education: A guide to transferring	C223	We will be covering the ins and outs of transferring to a 4-year school after graduating from CLC. How to pick a school, differences between public, private, in state, out of state, how classes transfer and much more.	Brianna Rajkowski and Aubrey Beadell, CLC
10:15-11:00	The Importance of Dreams	C228	Your dreams for the future and why they are important.	Karl Samp
10:15-11:00	TRIO SSS, a lighthouse to help first generation students navigate the rough waters of college!	C229	Navigating an associate's degree and planning to transfer to a 4-year college? TRIO SSS is a free program that can assist first generation and over income college students wade the unpredictable waters ahead. From priority registration, to scholarship help, and transfer trips...TRIO lights the path to graduation. Join me for study tips, transfer checklists, TRIO swag, and snacks (of course.)	Julie Jo Larson, CLC

10:15-11:00	Travel Opportunity: CLC Band Tours Spain, France and Italy, June 2020!	E151	Time to dust of your musical instrument! CLC Band tours Spain, France, and Italy June 4-14 of 2020 for under \$2,800! You can also receive a Global Studies Credit towards your Associates of Arts degree!	Jonathan Laflamme, CLC
10:15-11:00	What Can I Say? How to talk about suicide and mental health.	E338	The National Action Alliance for Suicide Prevention stresses that to prevent suicide we need to talk about it openly without fear or shame. How we talk about suicide matters, certain conversations can be helpful or harmful. How we talk about suicide and mental health can help to break down stigma barriers and increase help seeking behaviors. This presentation will share the best practices and information on safe messaging and provide tools and resources for creating safe messages.	Stephanie Downey, MDH
10:15-11:00	Find out about the Cultural Immersion Experience Coming in Spring 2020!	E358	Hear about a new learning experience at CLC that will provide students with an opportunity to see the world through a cultural lens different from their own and, in doing so, to have a better understanding of the diversity of human experience.	LoriBeth Larsen, CLC
10:15-11:00	WeARE...Who are we, where are we and why you should know us?	C233	WeARE is a sexual health clinic that helps young people access medically accurate information and affordable services like birth control and STI testing. We wil provide information on birth control options, common STIs and how to decrease your risk, and insurance and how to access free services. Come play our WeARE Game Wheel and win a prize!	Sue Hadland, WeARE and Megan Kath, WeARE
10:15-11:00	Planting Party	W120	Learn the benefits of plants, how they affect the world around us and what a large part of the economy they are. Learn how to take cuttings from plants to make more, and plant a houseplant to take home with you. Limit to 30 students.	Theri Wasniewski and Jeff Dirks, CLC
10:15-11:00	Automotive Maintenance and the Consumer	W162	How often should you change all the different fluids in your vehicle and what do all those lights on the dash mean? What fuel should your engine use? Ever wonder these things? We'll cover all of this and whatever you ask!	Raymond Johnson, CLC
<b>Time</b>	<b>Session Title</b>	<b>Room</b>	<b>Descriptions of 11:15 Sessions</b>	<b>Presenter</b>

11:15-12:00	Tarry Not: the causes, consequences, and calamities of procrastination.	Chalberg Theater	Leading a tortured life because you blow stuff off 24/7? Missing opportunities and suffering setbacks because you can't punctually negotiate life's endless deadlines and rules? This one-time seminar for chronic procrastinators just might be for you! CLC English major Jeff Johnson will be your guide and offer research findings, tragic, real-life anecdotes, and strange literary allusions to increase your awareness about this 21st. century problem. Procrastination is not an incurable condition, and there is hope!	Jeff Johnson, CLC
11:15-12:00	Don't Stress! Keep Calm and School on	E354	Learn how stress affects your life and tips for managing and coping with it!	Alita Reque-Peterson, CLC
11:15-12:00	Mission of Honor: A Moral Compass For a Moral Dilemma	E203	As a UH-1 Helicopter pilot flying in the jungle highlands of South Vietnam, Warrant Officer Jim Crigler and the men he flew with were tested daily. Coming of age in the late 1960s and early 1970s was challenging for most young men of that era. Throw in drugs, free love, draft notices, the Vietnam War and a country deeply divided, and you have one of the most important books of this genre. This true story is a raw, bold, introspective autobiography where the author openly wrestles with his personal moral dilemma to find meaning and purpose in his life. He calls it his "Mission of Honor."	Jim Crigler, MN Author
11:15-12:00	Podcasting- for those with something to say	C236	Those aspiring to start podcasting will learn from a master podcaster how to dominate a topic and become a must-listen.	Mike Paulus, Rube Sports Radio Podcast
11:15-12:00	So You Want To Be a Millionaire.....	E339	It is attainable! Yes, even for a struggling, hungry, dead broke college student. Come to this informative, entertaining session to learn what you can do TODAY to ensure financial stability and reach your long term goals. You'd be surprised what a difference it makes to put away a dollar or two when you're young. This isn't theory....it's real world strategy and we'll show you how.	W. Andrew Larson, Retirement Learning Center

11:15-12:00	How to Start a Small Business 101	E363	This program will cover the basics of how to start a small business in Minnesota. We will discuss why a person would want to start a business as well as some of the challenges of doing so. Attendees will learn options for structuring a business, common licenses and permits needed and other things to think about when organizing a business venture. We will also touch on business planning and financing if time allows.	Greg Bergman
11:15-12:00	Success in Nursing School-Zander Curriculum	C200	This presentation will assist students on effective study methods throughout CLC's Nursing program. It will teach how to use active learning methods, reduce test anxiety, teach time management skills, and how to identify your own personal preferred learning styles. *Limited to and required of current CLC RN students.	Jill Lechner, CLC
11:15-12:00	Who the Heck is ALICE?	E319	Come join us for an action packed, hands-on training in active intruder emergency events. This won't be death by PowerPoint. We promise!	Joy Larson and Security Officers, CLC
11:15-12:00	Safe Space Training	C223	This training will give a basic overview of definitions, highlighting the difference between biological sex, gender, and sexual orientation. If time permits, we will also briefly discuss the 'coming out' process and how to be an ally.	Brianna Rajkowski and Kevin Lattu, CLC
11:15-12:00	The Importance of Dreams	C228	Your dreams for the future and why they are important.	Karl Samp
11:15-12:00	TRIO SSS, a lighthouse to help first generation students navigate the rough waters of college!	C229	Navigating an associate's degree and planning to transfer to a 4-year college? TRIO SSS is a free program that can assist first generation and over income college students wade the unpredictable waters ahead. From priority registration, to scholarship help, and transfer trips...TRIO lights the path to graduation. Join me for study tips, transfer checklists, TRIO swag, and snacks (of course.)	Julie Jo Larson, CLC
11:15-12:00	Honors Program & Phi Theta Kappa: Explore, Aspire, and Lead while at CLC	E151	Have you heard of the Honors Program and/or Phi Theta Kappa (PTK) and would like to know more about what they offer? Check out this workshop to get the inside scoop from students and faculty how these programs provide opportunities for leadership, scholarship, exploration, service, fellowship, and more.	Adam Marcotte, Kate Porter, CLC

11:15-12:00	What Can I Say? How to talk about suicide and mental health.	E338	The National Action Alliance for Suicide Prevention stresses that to prevent suicide we need to talk about it openly without fear or shame. How we talk about suicide matters, certain conversations can be helpful or harmful. How we talk about suicide and mental health can help to break down stigma barriers and increase help seeking behaviors. This presentation will share the best practices and information on safe messaging and provide tools and resources for creating safe messages.	Stephanie Downey, MDH
11:15-12:00	Yoga & Beginning Meditation	E101	Yoga - why doing less is really beneficial to your ability to relax; reduce stress and anxiety; and be confident in who you are. Beginning "pranayama" (breathing) and meditation techniques will be introduced.	Jane Peterson, CLC
11:15-12:00	WeARE...Who are we, where are we and why you should know us?	C233	WeARE is a sexual health clinic that helps young people access medically accurate information and affordable services like birth control and STI testing. We wil provide information on birth control options, common STIs and how to decrease your risk, and insurance and how to access free services. Come play our WeARE Game Wheel and win a prize!	Sue Hadland, WeARE and Megan Kath, WeARE
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