



# Student Success Day

**September 27, 2023**



Devoted to your growth

Student Success Day is set aside each semester to support your academic and personal success.

## What is there to do during Student Success Day?

- Explore topics and activities to support your success.
- Participate in the sessions of your choice that promote personal, career, financial, leadership, and educational skill building.
- Make connections and build community with other students, staff, and faculty.
- Connect with campus services like advising, counseling, tutoring, and more.

## How to make the most of Student Success Day:

- Use this **Student Success Day Planner** to schedule your day.
- Write your Student Success Day schedule in the space provided on the planning sheet. **Most sessions are 50 minutes.** Some sessions are repeated, but many are not. Plan ahead to make the most of your day.
- Interested in joining or starting a Student Club? Check out the **“Student Club Showcase”** from 11:00 a.m. – 12:00 p.m. in the LSC Commons.
- Take part in some free thrifting at the **Clothing Swap** from 12:00 p.m. – 2:00 p.m. in the Center for Equity and Inclusion.
- Enjoy a **free lunch in Hawks Landing** at 12:00 p.m., until supplies last, listen to the choir sing, and check out the **information tables** from 12:00 p.m. – 2:00 p.m. in the main concourse Follow the crowds!
- **Tie-dye** an LSC T-shirt with the TLC Tutors or get your hands dirty on the **LSC Farm** from 3:00 p.m. – 4:00 p.m.

NOTE: There are NO classes from 8:00 a.m. – 4:00 p.m. on Student Success Day; evening classes will begin at 4:00 p.m.

***For any questions on the day, please look out for any staff wearing blue LSC apparel. More information can also be found at check-in tables on the day.***

Scan the Qr Code above or go to [lsc.edu/studentsuccessday](https://lsc.edu/studentsuccessday) for the most up-to-date information on the day.

*Individuals with disabilities may request reasonable accommodations by contacting LSC's Accessibility Services at (218) 733-7650 or [studentaccessibility@lsc.edu](mailto:studentaccessibility@lsc.edu).*

## PLAN YOUR SCHEDULE FOR STUDENT SUCCESS DAY

Use the session guide to choose which presentations, workshops, or events you would like to attend.

Time	Title and Presenter / Activity	Location
Ongoing	Conferences with instructors or advisors: Make appointments or attend sessions throughout the day	lsc.edu/studentsuccessday for locations
8:30 – 9:00	<b>Free Coffee and Cookies at the IceHawk Café</b>	
9:00-9:50	<b>YOUR CHOICE for Session One:</b> _____	varies
10:00-10:50	<b>YOUR CHOICE for Session Two:</b> _____  <b>Highlighted session:</b> Hike with the LSC President & LSC Hiking Enthusiast, Steve Dalagar Join President Rogers and Steve Dalagar, LSC Faculty on a hike around the LSC Trails. Meet at the Student Life Kiosk and dress appropriately for the weather!	
11:00 – 11:50	<b>Student Club Showcase</b> <i>Interested in joining or starting a Student Club on campus? The Student Club Showcase will highlight the current clubs on campus and provide information about how to start your own club. This is a great opportunity to get involved, make connections, and add to your resume</i>	LSC Commons
	<b>Free lunch 12:00 p.m. – 1:00 p.m. Hawks Landing</b> <b>Tell Your LSC Story 12:00 p.m. – 1:00 p.m. Hawks Landing</b> <b>Choir Performance from 12:00 p.m. – 12:30 p.m. Hawks Landing</b> <b>Information Tables 12:00 p.m. – 2:00 p.m. Main Concourse</b> <b>Fire Club Demonstration from 12:30 p.m. – 1:00 p.m. LSC Commons</b> <b>CEI Clothing Swap 12:00 p.m. – 2:00 p.m. Center for Equity &amp; Inclusion</b>	varies
1:00 - 1:50	<b>YOUR CHOICE for Session Three:</b> _____	varies
2:00-2:50	<b>YOUR CHOICE for Session Four:</b> _____	varies
3:00-4:00	<b>Community Building Activities</b> <b>IceHawk Pantry Harvest</b> 3:00 – 4:00 p.m. <i>Join Eco3 on the LSC farm to harvest for the LSC IceHawk Pantry. Learn more about the LSC Garden Club and meet new people. Meet at the Student Life Kiosk.</i>  <b>Tie-dye with the TLC Tutors</b> 3:00 – 4:00 p.m. <i>Join the Tutoring and Learning Center tutors to tie-dye an LSC shirt. Meet at the picnic tables on the front lawn. Inclement weather will relocate to LSC Atrium.</i>	varies
4:00	<b>Classes resume at 4 pm</b>	

## Key



### **Repeat session**

The sessions are repeated during the day



### **Recorded session**

The session will be recorded and shared after Student Success Day

## Session Type



**Academic**



**Arts**



**Community Engagement**



**Financial**



**Health & Wellness**



**Life Skills**



**Student Clubs**



**Technology**



**Travel**



**Transfer & Future Planning**

## SESSION 1: 9:00 A.M. – 9:50 A.M.

### Academic and TRIO Advisor Meet and Greet



Room: C243

Presented by LSC Academic and TRIO Advisors



Stop by, grab a treat, and meet your academic or TRIO advisor during Student Success Day! All LSC students are assigned to an academic or TRIO advisor who can help you with academic planning, career exploration, course planning/registration, academic concerns, college transition support, college policies, and transfer planning.

### Accommodations, Disability, Support - Is that for me?



Room: S275

Presented by Chloe Tralle, Accessibility Services Coordinator



What are accommodations in college? Do you have a disability? Do you need extra support to be successful? Find out more about LSC's Accessibility Services and how you may qualify for accommodations and services to assist with your success.

### All Things Transfer!



Room: L130-Transfer Center

Presented by Pam Lahti, Associate Director of Transfer Admissions at The College of St. Scholastica



Visit the LSC Transfer Center to learn all things transfer hosted by St. Scholastica! Come learn about how credits will transfer using Transferology, what typical transfer processes are to a 4-year institution, and tips on how to find programs you are interested in during this drop-in period.

### Bridge to Baccalaureate Program Presentation



Room: C241

Presented by Terrence Wilcox, LSC Faculty

Bridge to Baccalaureate program is an NIH grant that allows community college students to do undergraduate research in all STEMM and social science fields. Attend this presentation to learn more.

### Business Professionals of America (BPA) Club Informational Meeting



Room: L205

Presented by Lori Yecoshenko and Anup Parajuli, LSC Faculty

Do you have what it takes to join Business Professionals of America? Compete against top competitors around the US, improve your resume, and make new friends! Prepare for and compete in over 90 assessment areas including Finance, Business Administration, Management Information Systems, Digital Communication and Design, Management, Marketing, and Communication.

### **Exercising Radical Happiness**



Room: S240

Presented by Vinod Gupta, Mountaineer and Certified Financial Planner

What is happiness? What is it for YOU? In this interactive session, you'll learn what makes you most happy and how to exercise that happiness every day. Happy people are fun to work with, get faster promotions, make more money, and live healthier lives. Need more happiness in your life? Today's the day to start!

### **Nursing Preceptor Course Informational Session for ICU and Medical-Surgical Nursing Preceptorships**



Room: H305

Presented by Joel Krochalk, LSC Faculty

Come hear from a panel of LSC Nursing Alumni who once participated in a Nursing Preceptor Course. Nursing Preceptorships are offered to 3rd and 4th-semester Nursing Students.

### **Stretching Your Dollar**



Room: L258

Presented by Amanda Bruggman, Affinity Plus Branch Manager, or colleagues at Affinity Plus

Budgeting plus tips and tricks to stretch your dollar! We will have treats and prizes for participation!

### **What is SANE Anyway?**



Room: C245

Presented by Alaine Ripley, RN, SANE-A and Chelsie Judnick, RN, SANE

In this session, participants will hear from two Sexual Assault Nurse Examiners (SANEs) about medical forensic exams that are available in our community through PAVSA's SANE Program. This will include an outline of the examination, how to support patients who have experienced sexual assault, and the next steps in becoming SANE-trained.

## **DOUBLE SESSION**

### **9:00 A.M. – 10:50 A.M.**

### **Imagine Your Future: Make a Vision Board or Collage**



Room: L261

Presented by Lindsay Mason O'Brien, LSC Faculty

Who doesn't like cutting and gluing? In this relaxed and conversational session, you'll be provided supplies to make a collage, specifically a "vision board": a collage of images that you imagine for your future. Students, faculty, and staff are welcome. Bring old magazines if you have them and drop in at any point during the session!

## SESSION 2: 10:00 A.M. – 10:50 A.M.

### **A Place to Belong: TRIO Student Support Services**



Room: C243

Presented by Rosalin Cobb-Tia-LSC, Director of TRIO SSS, Carmel Peterssen, LSC TRIO Advisor, and Mary Cowen Bantle, LSC TRIO Advisor

Supporting, engaging, dedicating, and celebrating are just a few ways TRIO SSS could support you and your educational goals. Come join us for an activity where we recognize where you've been and where you're going.

### **All Things Transfer!**



Room: L130 Transfer Center

Presented by Pam Lahti, Associate Director of Transfer Admissions at The College of St. Scholastica



Visit the LSC Transfer Center to learn all things transfer hosted by St. Scholastica! Come learn about how credits will transfer using Transferology, what typical transfer processes are to a 4-year institution, and tips on how to find programs you are interested in during this drop-in period.

### **Credit, Credit, Credit!**



Room: L258

Presented by Amanda Bruggman, Affinity Plus Branch Manager, or colleagues at Affinity Plus

You've got questions! We've got answers! We will talk about all things credit! We will have treats and prizes for participation!

### **Making Success Happen**



Room: S240

Presented by Vinod Gupta, Mountaineer and Certified Financial Planner

"Success" doesn't just happen; it's a valuable skill that can be learned. During this interactive session, you'll learn what you're most passionate about and how that passion can drive you to work hard for your goals. We all want to be successful, and there are concrete steps you can take NOW to get there. Come to this session and learn how.

### **Miller Creek Hike with Hiking Enthusiast Steve Dalager and President Rogers**



Room: Meet at the Student Life Kiosk

Presented by Steve Dalager, LSC Faculty, and President Rogers

Did you know there are trails surrounding the LSC Main Campus? Explore them with us. They are somewhat rugged in spots, so wear good footwear. Also, pay attention to the weather and dress accordingly. Meet at the Student Life Kiosk by the entrance to the Center for Diversity, Equity, and Inclusion. Don't be late!

### **MNsure Bingo!**



Room: C245

Presented by Joe Murphy, MNsure Navigator, Insure Duluth and Jae Nelson, MNsure Navigator, Insure Duluth

Come play bingo for your chance to win FREE GROCERIES while brushing up on your health insurance knowledge! This will be hosted by two MNsure Navigators that are available to assist with all health insurance questions you may have.

### **Navigating Life Changes and The Transition to College**



Room: C241

Presented by Amy Fullerton, LSC Director Of Mental Health

This session looks at the challenges that both traditional and non-traditional students face returning to school. Explore various stressors and learn strategies and skills to more effectively manage change.

### **Resume and Cover Letter Drop-in**



Room: S275

Presented by Kaitlyn Taggart, LSC Career Services Director

Stop in and get your resume and/or cover letter looked at by Career Services. Learn tips and tricks that make your resumes polished and ready for your next job application!

### **Surviving and Succeeding in Anatomy and Physiology**



Room: L205

Presented by Brian Bich, LSC Faculty

The presenter will provide students with advice on how to succeed in Human Anatomy and Physiology. Topics covered will include advice on time management, studying for exams, getting off to a good start, and how to use available resources.

## **11:00 A.M. – 1:00 P.M.**

### **Radiology Career Ladder**



Room: C260

Presented by Essentia Institute of Rural Health

(This drop-in session is intended for current, future, and potential radiology students)

Learn about various ways to advance your Radiology career with brief discussions including MRI, CT, mammo, Radiation Therapy, Sonography. Introduction with Essentia's Coordinator and different resources Essentia has to offer in today's student market!

## Sensory Room



Room: S253

Presented by Chloe Tralle, Accessibility Services Coordinator

Student Success Day is a great day full of resources, fun, and excitement, but it may also be overwhelming and overstimulating. The sensory room will be available as a safe and calming environment to help relieve those feelings of overwhelm or overstimulation. Come by to relax, reset, and recharge to better enjoy the rest of your Student Success Day!

# 11:00 A.M. – 12:00 P.M.

## STUDENT CLUB SHOWCASE

### Explore the Student Clubs on campus!

#### Date/Time

**Wednesday, September 27**  
11:00 a.m. - 12:00 p.m.

#### Location

**Main campus**  
LSC Commons\*  
\*check the [lsc.edu/SSD](https://lsc.edu/SSD) for updates

#### Details

Interested in joining a club or starting a new one? Check out the Student Clubs that are already established or learn more about how to start one with Student Life.



## **Lunchtime Activities**



11 am – 1 pm  
**Sensory Room in S253**

12:00 PM – 1:00 PM  
**Free Lunch in Hawks Landing**  
**Tell Your LSC Story in Hawks Landing**

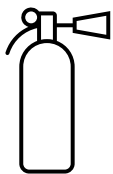
12:00 P.M. – 12:30 P.M.  
**Choir Performance in Hawk's Landing**



12:00 P.M – 2:00 P.M.  
**Clothing Swap in the Center for Equity and Inclusion**



12:00 PM - 2:00 PM  
**Information Tables Open in the Main Concourse**



12:30 P.M. – 1:00 P.M.  
**Fire Club Demonstration in LSC Commons**



12:00 PM – 1:00 PM  
**All Things Transfer in the Transfer Center**

## SESSION 3: 1:00 P.M. – 1:50 P.M.

### Become the Mentor You Either Had (or Wished For)!



Room: C243

Presented by Molly Hieb, Mentor Engagement Coordinator, Mentor North

Let's talk about mentoring! At Mentor North we match caring adults with youth in our community for one-on-one, community-based mentoring. Our matches have tons of opportunities to have fun together, try new things and learn from each other! Come learn how you can be the mentor you had (or wished you had!) for a youth across the Twin Ports!

### France and Italy, Spring 2024--Education Abroad with LSC



Room: L258

Presented by Paul Richgruber and Gretchen Flaherty, LSC Faculty

LSC's education abroad program will be taking a group to Europe in the spring: Paris, Florence, and Rome, May 14-26, 2024. Join us for this session to learn of the great benefits of educational travel and getting abroad. There will be another trip at the end of Spring Semester 2025, and all are welcome to join us--current students, past students, and family members or friends included.

### Nursing Club Outreach



Room: L205

Presented by The LSC Nursing Club

This session is for prospective and current nursing students. Learn more about the nursing club, help with organizing your studies and homework, and discuss different learning strategies and how you can utilize the resources you already have available to you! This is a great opportunity to ask any questions you may have.

### Ping Pong Tournament



Room: LSC Atrium

Presented by Steve Dalager, Nate Zobel, and Bryan Stark, LSC Faculty

Ping Pong Tournament! All skill levels are invited. Prizes awarded! Win or lose, hang out and have fun!

### PSEO Club Meeting



Room: C241

Presented by Sarah Bjornson, LSC PSEO Advisor, and Lindsay Mason O'Brien, English Faculty

PSEO High School Students, come join us to discuss the formation of the PSEO Club! We'll work together to collaborate on goals for the club and take action on the next steps.

## **PTK 101 (Phi Theta Kappa)**



Room: L261

Presented by Deanna G. Keller, LPN, CTT, MA, LSC Faculty

Phi Theta Kappa is the international honors society for 2-year colleges. What does joining our active chapter do for your resume and/or transfer plans? Presented by current PTK advisor and PTK alumni.

## **Roadmap to Library Research Resources**



Room: S275

Presented by Kate Rolfe, LSC Librarian

Learn about Erickson Library's resources for your research topics! Whether you're exploring research topics or have one in mind, we'll cover our popular databases during this hands-on session.

## **The Science of Agatha Christie: Writing About the Queen of Mystery**



Room: C245

Presented by Kelly Florence, Communications Faculty & Author, and Meg Hafdahl, Author

Kelly Florence, Communications Faculty, and Meg Hafdahl have co-written seven books together in The Science of... series, and their latest, The Science of Agatha Christie, was released in September of 2023. They will share their process for writing and researching and give a glimpse into some topics from their books.

## **The Science of Manifestation**



Room: S240

Presented by Vinod Gupta, Mountaineer and Certified Financial Planner

What is stopping you from getting what you want in life? The science of Manifestation discusses four pillars that can help you manifest anything in your life. The four pillars: Goal, Attention, Repetition, and Celebration. We will go in detail for each pillar. When you follow the science about these pillars, the probability of success is much greater. The speaker will talk about his four resolutions for 2023 and apply these four pillars of manifestation to these resolutions.

## **What Can Duluth Adult Education Do for You Here At Lake Superior College?**



Room: L226

Presented by Jody Greniger, DAE Instructor

Stop in and hear about the support we offer you as a learner at Lake Superior College and also off-campus in the Duluth area! You will learn how to review your skills for course placements in both Read/Write & Math. You can also become certified in computer skills needed for college and today's workforce, while learning about other courses and programming we have to offer in your area.

## SESSION 4: 2:00 P.M. – 2:50 P.M.

### Academic and TRIO Advisor Meet and Greet



Room: C243

Presented by LSC Academic and TRIO Advisors



Stop by, grab a treat, and meet your academic or TRIO advisor during Student Success Day! All LSC students are assigned to an academic or TRIO advisor who can help you with academic planning, career exploration, course planning/registration, academic concerns, college transition support, college policies, and transfer planning.

### Accommodations, Disability, Support - Is that for me?



Room: S275

Presented by Chloe Tralle, Accessibility Services Coordinator



What are accommodations in college? Do you have a disability? Do you need extra support to be successful? Find out more about LSC's Accessibility Services and how you may qualify for accommodations and services to assist with your success.

### Animal Allies Humane Society: Benefits of Working with Animals



Room: L205

Presented by Nicole Facciotto, Humane Education Manager, Animal Allies

Working with animals has proven to have both physical and mental health benefits. Come find out all the ways you can get involved with your local humane society - from volunteering to job opportunities and internships!

### Neurodiverse Students and Friends Meet-and-Greet



Room: L258

Presented by Lindsay Mason O'Brien, LSC Faculty

Join students who identify as neurodivergent to chat, color, and casually discuss what it is like being neurodivergent at LSC. This is an opportunity to get to know other students with this identity and compile some thoughts to share with the college about the neurodivergent experience of our school. Friends welcome!

### Transferology 101



Room: S245

Presented by Shannan Ellis, LSC Transfer Specialist & Taylor Stiller, LSC Academic Advisor

Transferology.com is an amazing tool for maximizing potential transfer credits. Learn how to use Transferology to eliminate the guesswork and help select courses that will transfer seamlessly to your next college or university.

## Winning the Big Ones



Room: L261

Presented by Deanna G. Keller, LPN, CTT, MA, LSC Faculty

What does it take to win scholarships? What does it take to win the big ones? Deanna shares the tips and tricks she used to win thousands of dollars in scholarships, including both a PTK Guistwhite and Jack Kent Cooke Undergraduate transfer scholarship.

## Community-Building Activities 3:00 P.M. – 4:00 P.M.

### IceHawk Pantry Harvest



**Meet outside of Student Life between 2:50 PM - 3:00 PM to head to the farm together.**

Join Eco3 on the LSC Farm and help harvest produce for the LSC IceHawk Pantry. Meet other students, learn more about the LSC Garden Club, and get your hands dirty! Dress accordingly. All are welcome.

### Tie-Dying with the TLC Tutors



**Picnic Tables on the Front Lawn\* inclement weather will relocate this activity to the LSC Atrium.**

Join the TLC tutors and Student Life to tie-dye an LSC shirt to take home@ Get a free shirt and meet other LSC students and staff. First come, first serve; limited shirts available.

**ALL DAY**

**8:00 A.M. – 4:00 P.M.**

**Rad Tech Program Course Informational Session**



Room: C270

Presented by Dinah Johnson, LSC Faculty

For Rad Tech Students only. See Dinah for more details ([dinah.johnson@lsc.edu](mailto:dinah.johnson@lsc.edu)).



## **Bonus Sessions Throughout the Week: Recorded Presentations**

*Recorded sessions will be shared via the IceHawk Talk Newsletter. All recordings will be captioned.*

**Monday, September 25, 2023**

**3:30 PM – 4:30 PM**

### **Career Tips**

Presented by: Kaitlyn Taggart, LSC Director of Career Services

<https://minnstate.zoom.us/j/96680557036>

**Tuesday, September 26, 2023**

**2:00 PM**

### **Enhancing your Mental Wellness**

Presented by: Amy Fullerton, LSC Director of Mental Health

<https://minnstate.zoom.us/j/96616668229>

**3:00 PM- 4:00 PM**

### **Student Success Webinar Series: Becoming A Confident Writer**

Presented by: Tutor.com

<https://rb.gy/mfqig>

**Thursday, September 29, 2023**

**3:00 PM – 4:00 PM**

### **Self-Care: Tips for a healthier YOU!**

Presented by: Roxanne Fredrickson, LSC Wellness Coordinator

<https://minnstate.zoom.us/j/99674585990>



Devoted to your growth

***THANK YOU FOR ATTENDING STUDENT  
SUCCESS DAY!***

*Got any comments, suggestions, or  
feedback on the day?*



*Scan the QR Code to provide your feedback or fill in  
one of the paper feedback forms at Student Life, or  
the Main Entrance.*

*Individuals with disabilities may request reasonable accommodations by contacting  
LSC's Accessibility Services at (218) 733-7650 or [studentaccessibility@lsc.edu](mailto:studentaccessibility@lsc.edu).*