



Student Success Day Schedule



Wednesday, October 2, 2024

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”** in the LSC Commons from 11:00 a.m. – 12:00 p.m.
- Check out the **information tables** from 12:00 p.m. – 2:00 p.m. in the main concourse. Head into the Center for Equity and Inclusion for the **CEI Clothing Swap!** Follow the crowds!
- Enjoy a **free lunch in the Upper Concourse** from 12:00 p.m., until supplies last and listen to the choir sing.

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.

Scan the QR Code above or go to lsc.edu/studentsuccessday for the most up-to-date information on the day.

*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.*

Individuals with disabilities may request reasonable accommodations by contacting LSC’s Accessibility Services at (218) 733-7650 or studentaccessibility@lsc.edu.

Schedule subject to change: See lsc.edu/studentsuccessday for the latest updates

PLAN YOUR SCHEDULE FOR STUDENT SUCCESS DAY

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

Time	Activity	Location
Ongoing	Conferences with instructors or advisors: Make appointments or attend sessions throughout the day	
8:30 - 9:30	Free Light Breakfast inside the new LSC Erickson Library in the main concourse	Inside the Erickson Library
9:00 - 9:50 Session 1	YOUR CHOICE for Session One: _____	varies
10:00 - 10:50 Session 2	YOUR CHOICE for Session Two: _____	varies
11:00 - 11:50	Student Club Showcase <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
	Sensory Room 11:00 a.m. -1:00 p.m.	S253
	Free Lunch 12:00 p.m. - 1:00 p.m. Choir Performance from 12:00 p.m. – 12:30 p.m.	Upper Concourse
12:00 - 2:00	Information Tables <i>Local Organizations, Outdoor Activity Enthusiasts, Non-profits, LSC programs, LSC Student Services, and Volunteer Opportunities</i> CEI Clothing Swap Kickball (weather permitting)	Lower Concourse Center for Equity and Inclusion Out on front lawn
1:00 - 1:50 Session 3	YOUR CHOICE for Session Three: _____	varies
2:00 - 2:50 Session 4	YOUR CHOICE for Session Four: _____	varies
3:00 - 4:00 Session 5	YOUR CHOICE for Session Five: _____	varies
4:00	Classes resume at 4 pm	

Key



Repeat session

The session is repeated at another time during the day



Online Session

The session will be accessible online

Session Type



Academic



Allied Health & Nursing



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.

Exploring Careers in Medical Laboratory Science and Beyond



Room: H360

Presented by Crystal Schmidt and Christian Lindquist, LSC Faculty

Do you like science? Do you like the idea of helping others as a career? Come to the MLT laboratory to learn more about careers in the field of lab science. We will have hands-on activities for you to experience what it is like to work in the lab. We will also have information about career laddering and ways to advance your career in healthcare. If you already have a degree, ask us about fast tracks to working as an MLS after the MLT program.

Maximizing Your College Experience to Launch Your Career



Room: C241

Presented by Jenn Searles, Director of Transfer Partnerships and Pathways, St Catherine University and Judy Niemi Johnson, Assistant Director of Admission and Transfer, MN Private College Council

Beyond the books, assignments and papers, there is a hidden curriculum that helps students go on to the next thing after graduation. In this session we will share those unique learning experiences that give you the advantage for that graduate school application or job in your career field. Learn the tips you need to know about faculty mentors, internships, research, study abroad, community organizations and leadership opportunities at your 4-year university.

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.

Read and Write Workshop



Room: L261

Presented by Chloe Tralle, LSC Accessibility Services Coordinator

Read&Write is a tool that can help with reading, writing, notetaking and more, and is available for all LSC students. Come join Chloe Tralle, Student Accessibility Services Coordinator, to learn more about the tool and how it can help you!

Stretching Your Dollar



Room: C243

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

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

Transfer 101 Within the Minnesota State System



Room: C245

Presented by Dan Voss, Transfer Partnership Coordinator, Bemidji State University

Get answers to your transfer questions. Will my credits transfer to a Minnesota State University? Transfer Pathways, do they really work? How can early advising save you money and time. What can I do to make my transfer experience easy and efficient?

What is a SANE anyway?



Room: C243

Presented by Holly Olson, RN, SANE-A; Shawna Fisk, RN, SANE; and Sam Madsen

Presenters will discuss the specialty of forensic nursing, specifically the role as a Sexual Assault Nurse Examiner (SANE). We will include where to go, an explanation of consent, elements of the medical forensic exam, and what providing patient-centered care looks like for victim-survivors of sexual assault. We will also review pathways to train to become a SANE.

DOUBLE SESSION 1 & 2: 9:00 A.M. – 10:50 A.M.

Academic and TRIO Advisor Meet and Greet



Room: L254

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.

All Things Transfer: St. Scholastica Drop-in



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.

-----Highlighted Session -----

Auto Checks for LSC Students



Room: Sign up opposite the Ice Hawk Café

Presented by Stuart Soland, LSC Automotive Faculty & Auto Students



You can sign up for free auto checks with the auto school students and faculty on Student Success Day between 9 a.m. and 10:50 a.m. You can sign up opposite the LSC Ice Hawk Cafe.

Pro Tip: Sign up early to get on the list for same-day checks.

Stop the Bleed



Room: S165

Presented by Kaitlyn Hart, EMT and LSC Faculty, and the LSC Fire Club

No life has ever been saved theoretically. This course presents empowering skills using hands-on props to stop any bleed. The goal is to leave this session as an enabled bystander to render life-saving bleeding control quickly and efficiently should the unfortunate need arise. This follows the Stop the Bleed Course, but no certification is provided for this session. Our very own Fire Club will assist with this training session.

SESSION 2: 10:00 A.M. – 10:50 A.M.

Business Professionals of America (BPA) Club Informational Meeting



Room: C290 hybrid Zoom Link: <https://minnstate.zoom.us/j/94010180223>



Meeting ID: 940 1018 0223

Presented by: Lori Yecoshenko, LSC Faculty and Club Advisor

Do you have what it takes to join Business Professionals of America? Compete against top competitors around the U.S., 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 & Design, Management, Marketing, & Communication.

Credit, Credit, Credit!



Room: C243

Presented by Amanda Bruggman, Affinity Plus Branch Manager

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

Grocery Bingo with Insure Duluth



Room: C245

Presented by Alyssa Peoples and Tara Wieland, MNSure Navigators

Learn about health insurance and MNSure by playing bingo! Winners will go home with groceries. All will go home knowing more about how to get insured, and use health insurance. This game will be hosted by two MNSure navigators, who can answer your questions about health insurance.

-----Highlighted Session -----

Indigenous Healthcare with Dr. Arne Vainio, MD



Room: Hawks Landing

Presented by Dr. Arne Vainio, MD

Join us for an insightful presentation by Dr. Arne Vainio, MD, a renowned physician and member of the Mille Lacs Band of Ojibwe, as he shares his expertise on Indigenous healthcare. With decades of experience in rural healthcare and a deep commitment to improving the health and wellness of Native American communities, Dr. Vainio will explore the unique challenges and disparities Indigenous populations face in accessing quality medical care. Dr. Vainio will also highlight the role of culturally competent care in improving health outcomes and building trust between healthcare providers and Indigenous patients. This session offers healthcare students a valuable opportunity to deepen their understanding of Indigenous healthcare and learn practical strategies for delivering inclusive, compassionate, and effective care to Indigenous communities.

Maximizing Your College Experience to Launch Your Career



Room: C241

Presented by Jenn Searles, Director of Transfer Partnerships and Pathways, St Catherine University and Judy Niemi Johnson, Assistant Director of Admission and Transfer, MN Private College Council



Beyond the books, assignments and papers, there is a hidden curriculum that helps students go on to the next thing after graduation. In this session we will share those unique learning experiences that give you the advantage for that graduate school application or job in your career field. Learn the tips you need to know about faculty mentors, internships, research, study abroad, community organizations and leadership opportunities at your 4-year university.

Miller Creek Hike



Room: Meet at the Student Life Kiosk at 9:55 a.m.

Presented by Steve Dalager, Hiking Enthusiast and LSC Faculty

Did you know there are great trails surrounding the LSC Main Campus to explore? Explore them with us. They are somewhat rugged in spots, so wear suitable footwear. Also, pay attention to the weather and dress accordingly.

-----Highlighted Session -----

Surgical Tech Club Mock Surgery: Cesarean Section of Twins & Appendectomy



Room: H333

Presented by the Surg Tech Club

Join the LSC Surgical Technology Club for an exciting and educational Mock Surgery Presentation featuring a simulated cesarean section of twins. There will also be an appendectomy conducted. This second procedure shows just how different the day-to-day is for surgical tech. This session provides an excellent opportunity for students, aspiring healthcare professionals, and anyone interested in medical procedures to observe and understand the complexities of surgical interventions. Don't miss this chance to witness a detailed simulation of a twin birth via C-section and learn more about the vital contributions of surgical technologists to successful outcomes in the operating room.

University Transfer 101



Room: S253

Presented by Glenn Merrick, LSC Faculty

LSC is a great place to start your college education. Planning for transfer works best when started early. Learn more about saving time and money in transferring to a public or private university with half of your major completed.



Sensory Room



Room: S253

Presented by Chloe Tralle, LSC 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!



STUDENT CLUB SHOWCASE



Date/Time

Wednesday, October 2, 2024
11:00 – 12:00 p.m.

Location

Main campus
LSC Commons

Interested in joining or even starting a student club? The Student Club Showcase is a chance to check out all active campus clubs and get involved. Student Clubs will be in the LSC Commons to share their mission, meeting times, and how to sign up. Speak to Heather Grillo (heather.grillo@lsc.edu) in Student Life for more information.

Schedule subject to change: See lsc.edu/studentsuccessday for the latest updates

Lunchtime Activities

12:00 P.M. – 1:00 P.M.

Afternoon Information Tables Open

12:00 PM - 2:00 PM
Main Concourse



Choir Performance

12:00 P.M. – 12:30 P.M.
Upper Concourse



Free Lunch

12:00 P.M. – 1:00 P.M.
Upper Concourse

CEI Clothing Swap

12:00 P.M. – 2:00 P.M.
Center for Equity and Inclusion

Kickball with the Student Senate

12:00 PM - 2:00 PM
Outside on the front lawn

Sensory Room

11:00 A.M - 1:00 P.M.
S253

(Weather permitting. If it is raining, the senators will be hosting a boardgame session in the library during this time. All welcome – check in with the library!)

SESSION 3: 1:00 P.M. – 1:50 P.M.

All about all types of Careers in Healthcare: Q & A



Room: L261

Presented by Andrea Chartier, Essentia Health

Know you want to help and heal people but not sure how? Wanting to work in healthcare but unsure how to get there? Wondering what careers are in high demand and a good match for your skills and interest? Come and chat about all things Healthcare Careers! This session is an open and inviting opportunity to ask any burning questions you have about opportunities to work in healthcare fields. Come with questions or come just listen, drop in or stay the whole time - we will discuss all things Healthcare Careers!

Career Opportunities in the US Marines



Room: C241

Presented by Sgt Wenzel, Gregory, United States Marines

Unlock your potential with our insightful Career opportunities Talk! This is an opportunity to land your dream job, this session will guide you towards your path to success. Don't miss out on securing your future now!

Emotional Wellness: Tools For Emotional Self-Care and Management



Room: C290 – hybrid: Online link: <https://minnstate.zoom.us/j/93682492883>

Meeting ID: 936 8249 2883



Presented by Amy Fullerton, LPCC, Director of Mental Health

Stress, anxiety, sadness...we all have big feelings from time to time. This session will help you learn to more effectively cope with distressing or uncomfortable emotions through a variety of activities aimed at helping you build your personal toolkit.

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!

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!



Spring Break 2025 in Italy



Room: C245

Presented by Paul Richgruber and Heidi Bagley, LSC Faculty

Join us to learn about the importance of international travel and education abroad for students at LSC. Consider joining us for a trip to Italy March 6-16, 2025, or next Spring 2026 for a trip to France and Italy.

DOUBLE SESSION 3 & 4: 1:00 P.M. – 2:50 P.M.

All Things Transfer: St. Scholastica Drop-in



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.

Microscopes - The Basics and Open Lab Practice



Room: C209

Presented by John Vallez, LSC Faculty

This session is intended to be an introduction and basic review of how to properly use a microscope. It is also a chance to get practice, tips and tricks, and feedback on how to improve your skills.

Munchkin Deluxe: Board Gaming Session in Erikson Library!



Room: LSC Erikson Library Group Study Room L151.C

Presented by Kate Rolf, LSC Faculty Librarian

Go down in the dungeon. Fight every monster you meet. Turn on your friends and rivals and steal their stuff. Grab the treasure and run! If you've never played Munchkin, now's your chance! Join us for a board gaming session in the library (up to 6 players).

SESSION 4: 2:00 P.M. – 2:50 P.M.

Exploring Careers in Medical Laboratory Science and Beyond



Room: H360

Presented by Crystal Schmidt and Christian Lindquist, LSC Faculty



Do you like science? Do you like the idea of helping others as a career? Come to the MLT laboratory to learn more about careers in the field of lab science. We will have hands-on activities for you to experience what it is like to work in the lab. We will also have information about career laddering and ways to advance your career in healthcare. If you already have a degree, ask us about fast tracks to working as an MLS after the MLT program.

First Aid for Opioid Overdose Training with Naloxone (Narcan) distribution



Room: C290

Presented by Laura Palombi, Pharm.D., MPH, MAT (she/her) Maddy Reinolt, Health Educator (she, her)



This session will cover the opioid crisis we are facing in St. Louis County and surrounding areas and review the appropriate use and administration of Naloxone (Narcan). This life-saving drug can be used to reverse an opioid overdose. Optional kits are available to interested attendees. A repeat session will also happen at 3:00 p.m.

-----Highlighted Session -----

Inside Perspectives on the Criminal Justice System



Room: S285

Presented by Theresa Leopold, LSC Faculty, and men from the Federal Prison Camp



Men who are currently incarcerated at the Federal Prison Camp will join us for a discussion of the criminal justice system. We will participate in interactive activities and collaborate in groups to come up with solutions to problems, all while including inside voices in the conversation.

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.

Scrubbed Up Suture Club- Behind the Scenes in the Operation Room



Room: L261

Presented by Stacy Lund -Senior Operations Director for Surgery and Anesthesia, Lisa Rodriguez- Nursing Director of Surgical Services

We will share the details around a career in the operating room and describe the roles involved.

Show Me the Money! Scholarships Made Easy



Room: C241

Presented by David Kline, and Ellen Oaks, LSC Foundation Office

Get the best tips and tricks for applying for a scholarship at Lake Superior College and beyond. We'll walk you through the best practices so you can earn a scholarship or two during your college career.

Transferring to the University of Minnesota Twin Cities



Room: L258

Presented by Jeff Kauffski, University of Minnesota, Twin Cities

Interested in transferring to the University of Minnesota Twin Cities? Join Jeff Kauffski to learn more. This presentation is from Transfer Admissions at the University of Minnesota Twin Cities.

DOUBLE SESSION 4 & 5 2:00 P.M. – 3:50 P.M.

LGBTQIA2S+ Identities 101



Room: C245

Presented by Maryn Hakes (they/them) Program Coordinator for Together for Youth and the Teen Health Center, Lutheran Social Service of Minnesota

This training will provide participants with a basic understanding of LGBTQIA2S+ identities, tools to be better allies to the queer community, and an opportunity to engage in dialog and ask questions.

Stress Management and Burnout Prevention



Room: C243

Presented by Casey Snaza & Fritz Bimberg, LeadMN

We will provide education on recognizing signs of burnout and managing stress to prevent burnout. This includes strategizing self-care, developing study habits that work for you, and balancing the many pressing responsibilities in life. We will also provide snacks and beverages!

Veterans Resource Center Drop-in



Room: LSC Veterans Resource Center (opposite the Center for Equity and Inclusion)

Presented by David Ronoh, LSC Regional Veterans Education Coordinator

Join David Ronoh, Regional Veterans Education Coordinator in LSC's Veterans Resource Center to meet other veterans, active service military, and family members and learn more about the resources in the LSC Veterans Resource Center.

Session 5: 3:00 P.M. – 3:50 P.M.

-----Highlighted Session-----

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Making A Good First Impression



Room: C241

Presented by Taylor Ahrendt, Career Services Director

Whether networking or meeting a prospective employer for the first time, the ability to make a good impression when introducing yourself is essential. Learn how to calm the nerves and feel prepared when connecting with someone new!

Nursing Engagement



Room: L258

Presented by Melissa Rock, Essentia Health

Being excited about nursing, talking through how to be the person who everyone wants to work with.

PSEO Club Meeting



Room: L254

Presented by Sarah Bjornson, LSC PSEO Advisor & Sara Sorenson LSC English Faculty, PSEO Club Advisor

Are you a high school student taking PSEO classes? Come join us for an informal PSEO Club Meeting and meet with other PSEO students and the PSEO Advisor. You'll get answers to any PSEO questions you have, meet other students, and learn about opportunities to get involved.

Roadmap to Library Research Resources



Room: L261

Presented by Kate Rolfe, LSC Faculty 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 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 2024 and apply these four pillars of manifestation to these resolutions.

Transferology 101



Room: S245

Presented by Shannan Ellis, LSC Transfer Specialist & Sherry Dalager, 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.

ALL DAY
8:00 a.m. – 10:50 a.m.
1:00 p.m. – 4:00 p.m.

Rad Tech



Room: C270

Presented by Dinah Johnson, Rad Tech Faculty

For current Rad Tech students only. Please contact dinah.johnson@lsc.edu for more information.



Devoted to your growth

THANK YOU FOR ATTENDING STUDENT SUCCESS DAY!

*Do you have any comments, suggestions,
or feedback on the day?*

Scan the QR Code below to share
your feedback (students)



*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.*