

### **Student Success Day**

### September 28, 2022

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

### What do I do during Student Success Day?

- Explore topics and activities to support your success.
- Participate in sessions that promote personal, career, financial, leadership, and educational skill building.
- Make connections with other students, staff, and faculty.

### Suggestions to get the most out of your Student Success Day:

- **Use** the planning sheet on the following page.
- Write your Student Success Day schedule in the space provided on the planning sheet. If you have questions, talk to your instructors or advisors. Most sessions are 50 minutes. Some sessions are repeated, but many are not. Plan ahead so you can enjoy your day.
- **Make** appointments to connect with your instructors during the day see how you are doing in each class.
- **Visit** the information tables set up in the lower concourse between 12:00 PM 2:00 PM
- **Take** part in the Clothing Swap in the Center for Equity & Inclusion from 12:00 PM 3:00 PM
- Attend the keynote, Diana Oestreich, in the LSC Commons at 11:00 AM.
- **Enjoy** a free lunch at 12:00 pm near the Tutoring and Learning Center math labs and listen to the choir sing. Follow the crowd!
- Watch (and participate) in the Fire Club Game Show 12:30 PM 1:00 PM

NOTE: Day classes are canceled; evening classes will begin at 4:00 p.m.

# For any questions on the day, please look out for any staff wearing a blue LSC apparel or go to one of the check-in tables located at each of the four entrances.

Individuals with disabilities may request reasonable accommodations by contacting LSC's Disability Services at (218) 733-7650 or <u>georgia.robillard@lsc.edu</u>.

### 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, advisors, or counselors: Make appointments or attend sessions throughout the day	
8:00 - 9:00	Grab Breakfast at the Main Entrance (free)	All
8:00-9:30	Pre-Sessional Presentation	Entrances LSC
0.00 0.00	"Test-Taking Strategies with Professor Z"	Commons
9:00-9:50	Session One:	varies
10:00-10:50	Session Two:	
11:00 – 11:50	Keynote: Diana Oestreich	
	Diana Oestreich is an author, veteran, activist, peacemaker, and Lake Superior College alumni. Diana	LSC
	earned her nursing degree from Lake Superior College and served as a combat medic for 397 days on	Commons
	the battlefield of the Iraq war. Hear her story in the LSC Commons today! Book signing in the LSC Commons 11:50 AM – 12:30 PM	
	Book signing in the LSC commons 11.50 AM = 12.50 PM	
12:00-2:00	Clubs, Campus & Community Resources, and Health-Related	varies
	Information Tables OPEN	
	Main Concourse Information Tables	
	Lighlight: Erec lunch of 12 DM:	
	<b>Highlight: Free lunch at 12 PM:</b> 2 <sup>nd</sup> floor near the Tutoring and Learning Center	
	Choir Performance at 12:00 PM – 12:30 PM 2 <sup>nd</sup> floor near the Tutoring and Learning Center	
	Fire Club Game Show at 12:30 PM – 1:00 PM LSC Commons	
1:00 - 1:50	Session Three:	varies
	We his has all company Discussions have a literation of the	
	<i>Highlight: "Keynote Panel Discussion hosted by the Nursing Club"</i> Join the Nursing Club in Hawk's Landing to hear more about Diana Oestreich's experiences as an LSC	
	nursing school graduate, peacemaker, author, veteran combat medic, and S.A.N.E.	
	Hawk's Landing	
2:00-2:50	Session Four:	
	Highlight: "Talk on Obesity with Professor Z"	
	2:00 PM – 3:30 PM	
	LSC Commons	
2.00 4.00		1/001
3:00-4:00	Time to connect with campus resources and instructors	Varies
4:00	Classes resume at 4 pm	

## Key



### **Repeat session**

Session repeated at another time



### **Recorded session**

Session will be recorded and shared after Student Success Day



### Live-streamed session

Session will be live-streamed. Go to lsc.edu/studentsuccessday

# **Session Type**



🛍 Academic

- Arts
- Community Engagement
- Financial
- Emergency Response
- Health & Wellness
- 😼 Life Skills
- **Student Clubs**
- Technology
- Transfer & Future Planning

### 8:00 AM - 9:30 AM

#### **Pre-sessional Presentation**

#### Test Taking Strategies with Professor Z



Room: LSC Commons Presented by Nik Zhelev, Adult-Gerontological Nurse Practitioner & LSC Nursing Faculty

This session is intended for students who are in the allied health and nursing field. It will be tailored to nursing students, but all students are welcome to attend.

### 9:00 AM - 9:50 AM

#### In Their Shoes

Room: S265

Presented by Jaci Christiansen, Community Engagement Coordinator

This session will be an active workshop that will allow participants the opportunity to walk in the shoes of survivors of domestic violence. Participants will learn about the struggles that survivors face and the resources that are in the Twin Ports community.

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

Nitzan Room: H305

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.

### Learn about the Psychology Club



Room: L222 Presented by Amanda Delich, LSC Faculty

Learn about LSC's Psychology Club and consider becoming a member of this student-run organization to increase your knowledge base in psychology, gain leadership skills, and build community.

### Cybersecurity Cornucopia Part 1



Room: Zoom https://minnstate.zoom.us/i/92770683126 Meeting ID: 927 7068 3126 Passcode: LSCssd Presented by Matt McCullough, LSC Faculty

Breaches, hackers, cyberwarfare, passwords, MFA....pumpkins, apples, gourds. Come join us for a wide ranging talk on cybersecurity topics! Are you interested in working in cybersecurity? Maybe want to learn more about how to secure your digital life? Those recent news stories you heard about...yup we'll touch on those! Or just want to try some cybersecurity games? This interactive session will bounce all around the ever growing field of cybersecurity and leave you with some tools and tasks to help secure you and your family and some fun games to try out while eating that Fall apple crisp!

### First Aid for Opioid Overdose Training

Room: C290 Presented by Dr. Laura Palombi

This session will cover the opioid crisis we are facing in St. Louis County and surrounding areas, review appropriate use and administration of Naloxone (Narcan) the life-saving drug that can be used to reverse an opioid overdose. Optional kits available to interested attendees.

### Academic Advisor Meet and Greet

Noom: Hawk's Landing Presented by LSC Academic Advisors

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

#### Online Tutoring Help from Tutor.com



3世 Room: C241 Presented by Ashlenn Wellbrock, Tutor.com

This session will provide an overview of the Tutor.com services available for you through Lake Superior College. The overview will include a live demonstration of the Tutor.com learning environment, a review of resources available, and time for questions.

### 9:00 AM - 10:50 AM **Double Session**

#### Stop the Bleed



Room: S260 Presented by Benjamin Evans, Fire Faculty, & the Fire Club Initiative

No life has ever been saved theoretically. This session 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. A brief tutorial on stopping a major bleed with props, videos, and a short lecture.

### Safe Zone Training

Room: L258 Presented by Amy Jo Swing & Sarah Lyons, LSC Faculty & Executive Diversity Officer

Lake Superior College students are invited to participate in the Safe Zone training, aimed at creating LGBTQ+ friendly spaces through increased awareness and increasing allyship, regardless of your sexuality or gender identity. Join the growing number of LSC faculty, staff, and students who are part of the Safe Zone!

### 10:00 AM – 10:50 AM

### **Cybersecurity Cornucopia Part 2**



Room: Zoom <u>https://minnstate.zoom.us/j/92770683126</u> Meeting ID: 927 7068 3126 Passcode: LSCssd Presented by Matt McCullough, LSC Faculty

Breaches, hackers, cyberwarfare, passwords, MFA....pumpkins, apples, gourds. Come join us for a wide ranging talk on cybersecurity topics! Are you interested in working in cybersecurity? Maybe want to learn more about how to secure your digital life? Those recent news stories you heard about...yup we'll touch on those! Or just want to try some cybersecurity games? This interactive session will bounce all around the ever-growing field of cybersecurity and leave you with some tools and tasks to help secure you and your family and some fun games to try out while eating that Fall apple crisp!

### **Using VidGrid for Your Course Activities**



Room: L222 Presented by Stacy Leno, Instructional Technologist & Campus Trainer

Do you need to create a quick video presentation for one of your courses? Or do you need to make a video to demonstrate the skill that you've been learning about recently? Come to this VidGrid session to learn how easy it is to make a video and submit it in your D2L Brightspace Course.



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### Read/Write And How it Can Help You!

Room: S253 Presented by Stacy Langguth, Disability Specialist

Read&Write is a literacy support tool that offers help with everyday tasks like reading text out loud, understanding unfamiliar words, researching assignments and proofing written work. Come and see how this tool could help you!

### **Credit and Credit Cards**

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Room: C241

Presented by Amanda Bruggman, Affinity Plus Duluth & LSC Branch Manager

Come learn in an interactive session about all things credit and credit cards! We will have snacks and prizes!

### First Aid for Opioid Overdose Training

Room: C290 Presented by Dr. Laura Palombi and Dr. Elisabeth Bilden

This session will cover the opioid crisis we are facing in St. Louis County and surrounding areas, review appropriate use and administration of Naloxone (Narcan) the life-saving drug that can be used to reverse an opioid overdose. Optional kits available to interested attendees.

# Sexual Assault Nurse Examiners (SANEs): Providing Care to Victim-Survivors of Sexual Violence

Room: S265

 Presented by Alaine Ripley, RN, SANE-A, Program for Aid to Victims of Sexual Assault (PAVSA) & Karin Patronas, RN, SANE, Program for Aid to Victims of Sexual Assault

(PAVSA)

This presentation will focus on the forensic nursing specialty of Sexual Assault Nurse Examiners (SANEs). Participants will learn how forensic medical exams are administered locally and what is included in the exam. The content will be great for students entering the medical or social service fields. Following the presentation, nursing students can elect to be connected the a free SANE training course if they choose.

### **University Transfer 101: Getting Started**

Room: L205 Presented by Glenn Merrick, LSC Faculty

LSC is a great place to start your college education. Learn more about saving time and money in transferring to a university with half of your major completed.



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#### Miller Creek Hike



Room: Meet at the information table between Student Life and the Center for Diversity,
Equity, and Inclusion. Don't be late!
Presented by Steve Dalager, LSC Faculty

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

#### Transferology Lab

Room: S245

Presented by Shannan Ellis, LSC Transfer Specialist & Sarah Bjornson, 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.





### 11:00 AM -11:50 AM KEYNOTE LSC COMMONS



### Keynote Speaker: Diana Oestreich

Diana Oestreich is an author, veteran, activist, peacemaker, and Lake Superior College graduate.

She served as a combat medic for 397 days on the battlefield of the Iraq war. She earned her nursing degree from Lake Superior College, working with hospice and cancer patients before becoming a Sexual Assault Nurse Examiner connecting healthcare to advocating in the justice system.

Her book *Waging Peace: One Soldier's Story of Putting Love First* was Amazon's #1 new release in war and peace. *Waging Peace* exposes the false divide between loving our country and living out our higher call to love our enemies--whether we perceive our enemy as the neighbor with an opposing political viewpoint, a religion that is different than ours, or the person born across a border. By showing that usversus-them is a false choice, this book will inspire each of us to choose love over fear. Showing us how to link arms and fight together for the common good that we know is possible instead of burning down the bridges between us; because the good that is possible together is worth waging peace for!

She empowers us to identify our own rural, urban, political, or religious divides to cross our own "enemy lines" in order to remake the world and heal all that's tearing us apart. Speaking across the country, whether in Iran, Iraq or at her son's middle school in Minnesota, from schools to Synagogues and alongside fellow activist

"It's time to challenge the very foundations of 'us vs. them,' at home and afar. Like Oestreich, we have to put our lives on the line. We have to *wage peace*. This book will show you how."

> -JEREMY COURTNEY, CEO of Preemptive Love Coalition

Dr. Berenice King commemorating her Father's work for Justice and Peace.

Diana is the founder of Waging Peace Project, a movement activating everyday people to commit acts of courage right where we live to transform the world and disrupt violence, because Justice and Joy cannot wait.

Diana, her partner Jake and their two sons, Bridger and Zelalem live along the shores of Lake Superior on Ojibwe land. They are an Ethiopian-American family woven together through adoption and a shared love for bad jokes and competitive card games.



### **Lunchtime Activities**



12:00 PM – 1:00 PM Free Lunch will be served for all students after the keynote at 12:00 PM next to the Tutoring and Learning Center.

12:00 PM Choir Performance next to Tutoring and Learning Center

> 12:00 PM – 12:30 PM Keynote Book Signing in the LSC Commons



12:30 PM – 1:00 PM Fire Club Game Show will be hosted in the LSC Commons

> 12:00 PM - 2:00 PM Information tables open in the Main Concourse



### 1:00 PM – 1:50 PM

### Session 3

### Keynote Panel Discussion hosted by the Nursing Club

Room: C241 Presented by Nursing Club President Melinda Johnson, Faculty Advisor & Nursing Club

Hear the Nursing Club chat with the keynote speaker, Diana Oestreich about her time as a student at Lake Superior College and her time in the nursing program and what her degree led her to. Discussion may cover her time as a combat medic and Sexual Assault Nurse Examiner.

### **Credit and Credit Cards**

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Room: C241 Presented by Amanda Bruggman, Affinity Plus Duluth & LSC Branch Manager

Come learn in an interactive session about all things credit and credit cards! We will have snacks and prizes!

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



Room: C241 Presented by Lindsy 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!

### The Science of Horror



Room: L258 Presented by Kelly Florence and Meg Hafdahl, Co-authors

Best-selling co-authors of six books in The Science of Horror book series, Kelly Florence and Meg Hafdahl, will discuss their latest book: The Science of Witchcraft, and talk about their writing process.

### Sexual Assault Advocacy 101



Room: S260 Presented by Charlie McGregor, PAVSA Volunteer Coordinator

How do we support loved ones when they experience a sexual assault, and how can we better support survivors in our community? Tune in to learn how we can support survivors and learn more about what PAVSA does in our community.

#### Faculty, Staff, and Student Board Games in the Erickson Library

Room: Erickson Library Presented by Kate Rolfe, Faculty Librarian, & Erik Larson, TLC Math Tutor

A chance to meet with students in a relaxed atmosphere with board games and discussion.

#### **Ping Pong Tournament**

Room: LSC Atrium (through the double doors near Student Life)

②八章 Presented by Steve Dalager, Bryan Stark, & Paul Richgruber, LSC Faculty

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

#### **Essential Math for Chemistry**

Room: L205 Presented by Anna Swarts, LSC Professional Science Tutor

If you find yourself needing a refresher on some of the math skills needed to be successful in your Aspects of Chem or Chem 1 class, this is the session for you. Please bring a pencil and calculator if you have one.

### 2:00 PM - 2:50 PM

Session 4

#### Afraid You Are Falling Behind?



Room: Hawk's Landing Presented by Lindsy Mason O'Brien, Jody Ondich, & Heidi Bagley, LSC Faculty, & Tanner Servoss, Professional Writing Tutor

Overwhelmed in your courses this semester? Drop-in to meet one-on-one with a volunteer faculty member who is ready to listen to your concerns (academic, time management related, or even personal), help where they can, and connect you to helpful resources

#### Microscope Fun: Open Lab

Room: Science Lab in the Tutoring and Learning Center (M213) Presented by Anna Swarts, LSC Professional Science Tutor

If you find yourself needing some additional microscope pointers and practice, drop into the TLC Science Lab. A tutor or instructor will be available to help you hone your microscope skills in a low-stress environment.

### Academic Advisor Meet and Greet



Room: Hawk's Landing Presented by LSC Academic Advisors

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

### The +'s and -'s of Calculator Use

·迎生 Room: Tutoring and Learning Center Math Lab (M226-B) Presented by Kelly Peterson and Marcus Walker, LSC Professional Math Tutors

This session will cover the basic functions of various calculators. During this interactive session Professional Tutors Marcus and Kelly will assist you in using your calculator to its fullest potential. Bring your own calculator to this session.

### Using VidGrid for Your Course Activities



Do you need to create a quick video presentation for one of your courses? Or do you need to make a video to demonstrate the skill that you've been learning about recently? Come to this VidGrid session to learn how easy it is to make a video and submit it in your D2L Brightspace Course.

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

Room: S253



Presented by Georgia Robillard, Disability Coordinator & Stacy Langguth, Disability Specialist.

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

#### MNsure Made Easy: how to get your own health insurance



Room: L258 Presented by Megan Halena & Michelle Babcock, MNsure-certified navigators

Two local MNsure navigators will de-mystify what MNsure is and how to use it to get health insurance. If you are uninsured or losing coverage from a parent or job soon, this presentation is for you. The navigators will explain the coverage options available, how to sign up, and where to go in Duluth for free help with enrollment or questions.

#### Defining Success: Understanding what it means to you in your courses



Presented by Kelli Hallsten Erickson, English Faculty & Center for Faculty Innovation Coordinator

In this session, faculty and students are invited to come together to discuss what success means in our classes. How does "Success" differ from instructor to instructor and student to student? Let's talk about how to navigate these different expectations in our educational journeys and the next best steps to take to reach that very personal definition of success.

#### LSC Career Services – How can we help?

Room: Zoom Presented by Kaitlyn Steffen, LSC Career Services Director

Join the director of career services here at LSC to learn about resources available to you with your resume & cover letter, Handshake (LSC's platform to find jobs), assessments to learn about your work values, work personality, and more!

### 2:00 PM - 3:30 PM

#### Session 4 +

#### Talk on Obesity

Fe REC Room: LSC Commons ∑)/( Presented by Nik Zhelev, Adult-Gerontological Nurse Practitioner & LSC Nursing Faculty

Over the last 8 years as a nurse practitioner, I have learned a lot about obesity. The greatest lesson has been that small changes can yield great results in weight loss and huge improvements regarding other comorbid conditions. I've compiled a list of strategies for weight loss from multiple health care professionals, patients, and experts on the subject. If you wish to get my personal notes on the subject, please stop by this information session.

### 3:00 PM - 3:50 PM

### End of Day Review & Feedback

**Puzzles & Popcorn** 



Room: Hawk's Landing Presented by Kelli Hallsten Erickson, Erik Larson, & Nicola Scott In the last activity of the day, faculty, staff, and students can connect over puzzles and popcorn in a relaxed environment, chat about the day, and share their feedback about sessions and activities. Upon completing a short survey, students will be put in a draw to win some LSC merchandise. Survey and feedback optional, puzzles and popcorn mandatory!

### **Additional Morning Sessions**

### 7:50 AM – 10:50 AM

#### **Biology Open Lab**

Room: C202, C207, and C209 Presented by Bailey Alexander

The Biology Department will host an open lab session in rooms C202, C207, and C209. Students will have the opportunity to study histology, study anatomy models, or catch up on coursework. This is a great opportunity for anyone currently enrolled or planning to enroll in Intro to Cell Biology, Anatomy & Physiology I, or Anatomy & Physiology II.

### 9:00 AM - 10:00 AM

#### LSC Lawn Games

Room: Outside of Front Entrance on grass\* weather permitting Presented by Gretchen Flaherty and a student club

Meet other students at LSC and play lawn games to start your day!

### 8:00 AM - 11:00 AM

### **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).

### **Additional Afternoon Sessions**

### 12:00 PM – 3:00 PM

#### **Clothing Swap**

Room: Center for Equity and Inclusion Presented by Center for Equity and Inclusion, Tutoring and Learning Center, & LSC Faculty

### 12:00 PM - 4:00 PM

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### **Online Sessions or Online Accessible**

\*Please turn off camera and change your name on Zoom if you would like to remain anonymous during any of the recorded sessions.

### 9:00 AM – 9:50 AM

### **Cybersecurity Cornucopia Part 1**

Room: Zoom <u>https://minnstate.zoom.us/j/92770683126</u> Meeting ID: 927 7068 3126 Passcode: LSCssd Presented by Matt McCullough, LSC Faculty

Breaches, hackers, cyberwarfare, passwords, MFA....pumpkins, apples, gourds. Come join us for a wide-ranging talk on cybersecurity topics! Are you interested in working in cybersecurity? Maybe want to learn more about how to secure your digital life? Those recent news stories you heard about...yup we'll touch on those! Or just want to try some cybersecurity games? This interactive session will bounce all around the ever-growing field of cybersecurity and leave you with some tools and tasks to help secure you and your family and some fun games to try out while eating that Fall apple crisp!

### 10:00 AM – 10:50 AM

Cybersecurity Cornucopia Part 2



Room: Zoom https://minnstate.zoom.us/j/92770683126 Passcode: LSCssd





Presented by Matt McCullough, LSC Faculty

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### **Recorded Sessions**



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Presented by Nik Zhelev, Adult-Gerontological Nurse Practitioner & LSC Nursing Faculty

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# **Information Tables**

### 12:00 PM - 1:00 PM

### Main Concourse

# Four-year colleges, employers, non-profits, LSC, community, & local resources

Including... Essentia Health Community Action Duluth Mentor North JET Crown College REM Arrowhead and TBI Residential & Community Services Duluth Area Family YMCA True North TLC of Duluth St Louis County Minnesota State University Safe Haven Shelter and Resource Center Conservation Corps Minnesota and Iowa ...and many more!



Individuals with disabilities may request reasonable accommodations by contacting LSC's Disability Services at (218) 733-7650 or <u>georgia.robillard@lsc.edu</u>.