



Student Success Day

February 14, 2023



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
- **Attend** the keynote 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 in the LSC Commons. Follow the crowd!

NOTE: There are NO classes from 8 AM - 4 PM on Student Success Day; evening classes will begin at 4:00 PM

For any questions on the day, please look out for any staff wearing blue LSC apparel or Spirit Week colors. More information can also be found check-in tables located at each of the four entrances.

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

Individuals with disabilities may request reasonable accommodations by contacting LSC's Disability Services at (218) 733-7650 or disabilityservices@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	
8:00 – 9:00	Grab Breakfast at the Main Entrance (free)	All Entrances
9:00-9:50	Session One:	varies
10:00-10:50	Session Two:	
11:00 – 11:50	<p style="text-align: center;">Keynote Erica Gagnon <i>“DBT Emotion Regulation Principles: How Understanding Emotions Can Promote Success”</i></p>	LSC Commons
	<p style="text-align: center;">Free lunch from 12:00 PM – 1:00 PM: 2nd floor near the Tutoring and Learning Center Clubs, Campus & Community Resources, and Health-Related Information Tables OPEN 12:00 PM – 2:00 PM Main Concourse Information Tables Choir Performance from 12:10 PM – 12:30 PM LSC Commons Fire Club Game Show from 12:30 PM – 1:00 PM LSC Commons</p>	varies
1:00 - 1:50	Session Three:	varies
2:00-2:50	Session Four:	
3:00-3:50	Session Five	
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



Health & Wellness



Life Skills



Student Clubs



Technology



Travel



Transfer & Future Planning

Session 1: 9:00 AM – 9:50 AM

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.

Research Resources



Room: L185 – Erickson Library

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.

Peace Corps: The Toughest Job You'll Ever Love



Room: L261

Presented by Keri Stimpson, LSC Faculty

Have you got the winter blahs? Take this opportunity to visit the beautiful Pacific islands of the Federated States of Micronesia. Learn about the challenges and rewards of serving overseas as a Peace Corps Volunteer. The world is waiting!

Civil Discourse: It Actually Starts With You!



Room: S240

Presented by Kelly Florence & Sara Sorenson, LSC Communications Faculty

Join Communications faculty Kelly Florence and Sara Marie Sorenson for a conversation on self-awareness, co-cultures, and communication.

There are only 1440 Minutes in a day!



Room: C243

Presented by Tracy Sonterre-Rieger RN, MSN-ED, CNE. LSC Nursing Faculty and Clinical Coordinator

Do you feel like you don't have enough time to do all of your coursework? If so, you're not alone! Nearly 49% of college students say the very same thing. Learning how to manage your time is where you need to start. This session will focus on how to set up a planner that will increase productivity, reduce stress, and help you reach your goals.

All Things Transfer!



Room: L130 Transfer Center

Presented by Brenda Panger, 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.

Exercising Radical Happiness



Room: S253

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!

Using your Resources for Nursing School Success



Room: C290

Presented by Jacqueline Semaan, LSC AHN Faculty

Learn about all the different resources embedded in your online resources - Lippincott and Kaplan that can help you study and retain content. Learn how to make your ebook work for you! Learn how to identify your strengths and weaknesses in PrepU and Kaplan.

Behind the Scenes of Surgery



Room: H380

Presented by Heather Ramel and Carly Mathews, Essentia Health

Take a short walk in the life of sterile processing all through nursing in surgery.

Welcome to the World of the Laboratory



Room: H395

Presented by Shelly Moen, Lab Operations Director, Kelsi Steffen, Lab Operations Director, Theresa Sarkela, Lab Manager, Colleen Hill, Lab Manager

Learn about how to work your way up the career ladder in the laboratory. Learn about our Education to employment and tuition reimbursement opportunities.

Double Session

9:00 AM – 10:50 AM

Is Your Mission Our Mission?



Room: S285

Presented by Kenneth A. Reid, Associate Vice President of Student Affairs & Stephanie Wainionpaa, College in the Schools Director

Does the Lake Superior College mission statement support your desired academic and civic outcomes? Do you have feedback on how it can align more with students' values? Join campus administrators for an interactive workshop where we will envision the future of Lake Superior College's mission statement. You won't want to miss out on having your voice heard and providing feedback on the future of LSC!

Safe Zone Training



Room: L222

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!

Benefits of Rural Healthcare



Room: C268

Presented by Hallie Shevich, Dillon Campbell, Amanda Perrington, Jessica Schmitz, Molly Sobotzak from Grand Itasca Clinic and Hospital

An open discussion on the benefits of Rural Healthcare. We believe the diversity in roles and job duties in rural healthcare allows employees to explore all aspects of their roles. Join us in discussion and learn about our various student opportunities, such as Imaging Internships and Surg Tech opportunities.

Imagine Your Future: Make a Vision Board or Collage



Room: C245

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 AM – 10:50 AM

Forensic Nursing in Duluth!



Room: C290

Presented by Jennifer Baumann, BSN, RN, PHN, SANE-A, & Alaine Ripley, RN, SANE-A

Be a part of the Forensic Nursing response in the Duluth area! Expedite your forensic nursing path by learning what a SANE nurse is (a what??!), what a SANE nurse does, becoming an advocate, learning how to become a SANE nurse, and learning why being a SANE nurse will significantly enhance your bedside care!

AmeriCorps in the Northland - A Bridge from Academia to the Career Force



Room: L258

Presented by Beatrice Dornfeld - Northern Bedrock Historic Preservation Corps, Patrick Weber - Ecollibrium3, Mikayla Karels - Ampact, Hillary Olson - Conservation Corps, Alice Werle - True North AmeriCorps

Join us for a panel discussion with staff from several AmeriCorps programs with opportunities in northern Minnesota! Learn about the benefits of AmeriCorps, the variety of programs in the area, how to get involved, and how to use AmeriCorps to propel your career or sample a career path before fully committing.

Become the Mentor You Either Had or Wished For!



Room: C243

Presented by Jill Hinners, Mentor North Executive Director (and/or Mentor North colleagues)

Let's talk about mentoring! Mentor North matches caring adults with youth for at least one year of ongoing support and fun. Our volunteer mentors learn a lot about themselves, too! We'll introduce you to the impact of mentoring and opportunities to get involved. Our youth are excited to meet YOU.

Introduction to LSC's Counseling Services



Room: S265

Presented by Amy Fullerton, LSC Director of Mental Health

This is an opportunity to meet the new Director of Mental Health and hear about LSC's counseling and mental health services and how to access them. Students are also invited to ask questions and share their thoughts about their mental health concerns.

Check-in with your Academic Advisor



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.

First Aid for Opioid Overdose Training



Room: S260

Presented by Dr. Laura Palombi, Pharm.D., MPH, MAT, University of Minnesota College of Pharmacy & Marcia Gurno, Health Educator, Rural AIDS Action Network

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.

Radiology Career Ladder



Room: C260

Presented by Melissa Watson, R.T. (R)(CT)(MR), Radiology Clinical Education Coordinator, Essentia Institute of Rural Health

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!

All Things Transfer!



Room: L130 Transfer Center

Presented by Brenda Panger, 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.

Making the Most of Your Money! Budgeting and tips for stretching your dollar!



Room: C241

Presented by Amanda Bruggman and Caleb Coleman, Affinity Plus

Come join us to learn some tips and tricks to maximize your budget and sort through needs vs. wants, and balance short-term and long-term goals! Join us for this interactive session with prizes for participation!

Making Success Happen



Room: S253

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.

A Conversation on ALL KINDS of Careers in Healthcare



Room: H310

Presented by Andrea Chartier, Workforce Development Specialist for Essentia Health

Know what you want to be, but are not sure how to get there? Know you want to help people – but are not sure what field is right for you? Want to learn more about Healthcare careers you can start as a student to help you answer these questions? Come ask any and all questions you have about Healthcare Careers!! Career Counselor and Workforce Development Specialist Andrea Chartier will offer advice, insight, and an open Q&A session to answer any and all questions you have about healthcare careers.

Behind the Scenes of Surgery



Room: H380

Presented by Heather Ramel and Carly Mathews, Essentia Health

Take a short walk in the life of sterile processing all through nursing in surgery.

Welcome to the World of the Laboratory



Room: H395

Presented by Shelly Moen, Lab Operations Director, Kelsi Steffen, Lab Operations Director, Theresa Sarkela, Lab Manager, Colleen Hill, Lab Manager

Learn about how to work your way up the career ladder in the laboratory. Learn about our Education to employment and tuition reimbursement opportunities.

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



Keynote Speaker: Erica Gagnon BA, RN, MAC

“DBT Emotion Regulation Principles: How Understanding Emotions Can Promote Success”

Erica Gagnon will share with the LSC campus community how understanding the emotions of yourself and others can help promote success in and outside the classroom. Dialectic Behavior Therapy (DBT) principles of validation and problem-solving can benefit all in any situation.

Keynote Bio

Erica Gagnon, BA RN, MAC, has worked in the health care industry for over 30 years, gaining experience in crisis intervention, behavioral support, implementation of change initiatives, and caring communication. As a seasoned psychiatric RN, she is passionate about walking alongside those in crisis and advancing the Dialectic Behavior Therapy (DBT) principles of validation and problem-solving. In addition to DBT education, she is also involved in developing effective orientation strategies for new hires and monitoring quality improvement projects for the Child/Adolescent Behavioral Health Unit at Essentia Health in Duluth. Outside the office, Erica enjoys reading, listening to podcasts, and spending time on the farm with her husband, six children, and 3 (soon to be 5!) grandchildren.

Live stream link: <https://minnstate.zoom.us/j/98135229503> Meeting ID: 981 3522 9503

*to access the live stream, you must use your Minnstate Zoom account by going to minnstate.zoom.us and clicking “Join” using the meeting code. This will also be recorded, captioned, and sent to your LSC email within a week.

Lunchtime Activities



12:00 PM – 1:00 PM

Free Lunch will be served for all students next to the Tutoring and Learning Center.

12:00 PM – 1:00 PM

TRIO SSS Lunch and Listen in Hawk's Landing
Free Dessert!

12:00 PM – 1:00 PM

All Things Transfer in the Transfer Center ®



12:10 PM – 12:30 PM

Choir Performance 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



12 PM – 4 PM

Biology Open Labs in C202, C207, & C209

Session 3: 1:00 PM – 1:50 PM

Emotional Regulation in the Healthcare Field: Q & A session with Erica Gagnon hosted by the Nursing Club



Room: Hawk's Landing

Presented by Nursing Club President Melinda Johnson, Jacqueline Semaan, Faculty Advisor & LSC AHN Faculty, & Nursing Club

Come ask our Keynote speaker your questions regarding how to deal with the often emotional situations, stress, and conflicts found in healthcare. Learn how to respond to clients, co-workers, management and other professionals on the healthcare team.

Thriving as an International Student



Room: C241

Presented by Juliet Cherotich, LSC Faculty

It is an exciting opportunity to study abroad. However, there are challenges that International Students face. How do you maintain a healthy balance in academics and personal development? Are you thriving or surviving? As a former International student, I have found myself often thinking, "I wish someone told me this before!". Come join me for a chance to connect, learn from each other, and find helpful resources that may benefit your personal life and academic success.

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



Room: L205

Presented by Paul Richgruber and Gretchen Flaherty, LSC Faculty

LSC will reestablish its education abroad program with a two-week trip to Paris, Florence, and Rome. Join us in this session to learn of the great benefits from international travel and study abroad. Everyone is welcome to travel with us at the end of Spring Semester 2024--current students, past students, and family members or friends included.

PSEO Check In



Room: C243

Presented by Sarah Bjornson, LSC PSEO Advisor & Stephanie Wainionpaa, LSC College in the Schools Director

PSEO High School Students, come check in with us! Seniors, we will have a checklist of things for you to remember before graduation in June. Sophomores and Juniors, we will have your paperwork for next year and be available to answer any questions you have!

E-Sports



Room: LSC Atrium

Presented by Student Senate

Come and check out the new E-Sports space on campus. Here is an opportunity to share your thoughts on the space, what games you would like, and what furniture would fit the space best. More information coming soon!

I'm Not a Math Person, BUT...I Have a Math Question.



Room: S265

Presented by Sarah Thilmany Bustrom, LSC Faculty

Do you have a question where you need to use math and don't know where to look? Do you have a concept you struggle with? Do you need to know how to help your kids? Come to this session. Submit your questions early to sarah.bustrom@lsc.edu.

Loans, Loans, Loans!



Room: C245

Presented by Amanda Bruggman and Caleb Coleman, Affinity Plus

Let's get together and talk about loans! How much does a loan cost you? How are interest rates determined? How can you save on interest? How do you decide if it's affordable? And so much more! Come join us in a very interactive session with prizes for participation!

The Science of Manifestation



Room: S253

Presented by Vinod Gupta, Mountaineer & 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.

Learn about the Psychology Club



Room: S275

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

10 Tips for Reading with Kids



Room: L261

Presented by Keri Stimpson, LSC Faculty

If you have little ones in your life, come learn easy and fun ways to build a family reading routine into your day. We'll look at different kinds of children's books and you can make one to take home and share!

University Transfer 101: Getting Started



Room: L258

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.

Behind the Scenes of Surgery



Room: H380

Presented by Heather Ramel and Carly Mathews, Essentia Health

Take a short walk in the life of sterile processing all through nursing in surgery.

Welcome to the World of the Laboratory



Room: H395

Presented by Shelly Moen, Lab Operations Director, Kelsi Steffen, Lab Operations Director, Theresa Sarkela, Lab Manager, Colleen Hill, Lab Manager

Learn about how to work your way up the career ladder in the laboratory. Learn about our Education to employment and tuition reimbursement opportunities.

Session 4: 2:00 PM – 2:50 PM

MNsured Made Easy: how to get your own health insurance



Room: C290 & <https://minnstate.zoom.us/j/95978601821> Meeting

ID: 959 7860 1821

Presented by Alyssa Peoples & Joe Murphy, 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.

AmeriCorps in the Northland - A Bridge from Academia to the Career Force



Room: L258

Presented by Beatrice Dornfeld - Northern Bedrock Historic Preservation Corps, Patrick Weber - Ecollibrium3, Mikayla Karels - Ampact, Hillary Olson - Conservation Corps,

Alice Werle - True North AmeriCorps

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Become the Mentor You Either Had or Wished For!



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Check-in with your Academic Advisor



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.

It's a New DAE! Meet n' Greet with Duluth Adult Education!



Room: L226

Presented by Jody Greniger, Duluth Adult Education

Join Jody Greniger in L226 to learn more about Duluth Adult Education at LSC and meet other DAE students. Come for snacks and meet fellow learners!

Writing Through Stress



Room: C245 & <https://minnstate.zoom.us/j/99574552661> Meeting ID: 995 7455 2661

Presented by Lindsay Mason O'Brien, LSC Faculty

Engage with brief writing and journaling activities geared to help work through stress, anxiety, and depression, and walk away with a page of prompts you can use again and again. Bring your own pen and paper.

Ping Pong Tournament



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

Presented by Bryan Stark, Paul Richgruber, & Nathan Zobel, LSC Faculty

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

What Do I Do with My Life?



Room: L205

Presented by Kaitlyn Taggart, Director of Career Services

Not sure what program or career you want to pursue? Here at Lake Superior College, we have a tool called the SuperStrong Interest Assessment that you can take to help you get an idea of the industry areas and programs that you might align with. Come into our walk-in session to take this 10-minute assessment and get some guidance on your results.

D2L Brightspace & LSC Technology Tools



Room: S270

Presented by Christine Torma, D2L Administrator & Carly Beckwith, Data Management Technician

The D2L Brightspace part of the session will include a 20-minute overview on setting up Notifications, the Pulse app, learner videos, tutoring options, and where to find support. The second part of the session will provide information on O365 and email, Chromebook usage, wireless information, and other LSC resources.

Behind the Scenes of Surgery



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Sessions 4 & 5 (90-minute session) 2:00 PM – 3:50 PM

IT Professionals AMA Panel



Room: S260 & hybrid: <https://minnstate.zoom.us/j/95653721714> Meeting ID: 956 5372 1714

Presented by CIS Panel

Come chat and learn about the IT career world from a variety of local professionals in both technical and non-technical roles. There will be networking, Cybersecurity, programming, web design, and other sub-fields of IT represented. Bring your questions and be ready to have a lively discussion on all things IT career-related!

Session 5: 3:00 PM – 3:50 PM

Is Chemistry a Math-stery?



Room: C243

Presented by Anna Swarts, LSC Professional Science Tutor

If you need a refresher on some of the math skills needed to succeed 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.

Mental Wellness 101



Room: S265

Presented by Amy Fullerton, LSC Director of Mental Health

What is mental wellness, and what are some ways we can help ourselves take care of our mental health? Come and learn some easy strategies and share your favorite self-care activities!

D2L Brightspace & LSC Technology Tools



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Presented by Christine Torma, D2L Administrator and Carly Beckwith, Data Management Technician

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Accommodations, Disability, Support - Is that for me?



Room: C241

Presented by 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.

Transferology 101



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.

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.

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 – 4:00 PM

Biology Open Lab



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Presented by Bailey Alexander

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Online Sessions or Online Accessible

**Please turn off your camera and change your name on Zoom if you want to remain anonymous during any recorded sessions.*

11:00 AM – 11:50 AM

Keynote: DBT Emotion Regulation Principles: How Understanding Emotions Can Promote Success

Room: LSC Commons & <https://minnstate.zoom.us/j/98135229503> Meeting ID: 981 3522 9503
Presented by Erica Gagnon BA, RN, MAC

Erica Gagnon will share with the LSC campus community how understanding the emotions of yourself and others can help promote success in and outside the classroom. Dialectic Behavior Therapy (DBT) principles of validation and problem-solving can benefit all in any situation.

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Session 4: 2:00 PM – 2:50 PM

MNsured Made Easy: how to get your own health insurance



Room: C290 & <https://minnstate.zoom.us/j/95978601821> Meeting ID: 959 7860 1821
Presented by Alyssa Peoples & Joe Murphy, 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.

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Come chat and learn about the IT career world from a variety of local professionals in both technical and non-technical roles. There will be networking, Cybersecurity, programming, web design, and other sub-fields of IT represented. Bring your questions and be ready to have a lively discussion on all things IT career-related!

Recorded Sessions



Recorded sessions will be shared the week following Student Success Day. All recordings will be captioned.

Keynote: DBT Emotion Regulation Principles: How Understanding Emotions Can Promote Success

Room: LSC Commons & <https://minnstate.zoom.us/j/98135229503> Meeting ID: 981 3522 9503
Presented by Erica Gagnon BA, RN, MAC

Erica Gagnon will share with the LSC campus community how understanding the emotions of yourself and others can help promote success in and outside the classroom. Dialectic Behavior Therapy (DBT) principles of validation and problem-solving can benefit all in any situation.

*to access the live stream, you must use your Minnstate Zoom account by going to minnstate.zoom.us and clicking "Join" using the meeting code.



MNsure Made Easy: how to get your own health insurance



Room: C290 & <https://minnstate.zoom.us/j/95978601821> Meeting ID: 959 7860 1821
Presented by Alyssa Peoples & Joe Murphy, 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.

**Recorded sessions from 2022 are available to watch at
lsc.edu/studentsuccessday**

Information Tables

12:00 PM - 2:00 PM

Main Concourse

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

Including...

Community Action Duluth

Conservation Corps Minnesota and Iowa

Duluth Area Family YMCA

Ecolibrium3

Essentia Health

JET

Mentor North

Minnesota State University Moorhead

Northern Bedrock

PAVSA

Summit Management

TLC of Duluth

True North

U.S. Army, U.S. Navy, U.S. Air Force, & U.S. Space Force

...and many more!



A member of Minnesota State

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

Spring 2023 Student Success Day Student Feedback

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

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

Scan the QR Code to go to the Post Event Survey.

The survey will also be sent via your LSC email following the event.



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