

OVER 100 SESSIONS ON CAREERS • EDUCATION • FINANCE • LEADERSHIP • PERSONAL INTEREST • WELLNESS • HEALTH FAIR



**NORMANDALE**  
COMMUNITY COLLEGE

Join us for the 6th Annual  
**Success Day 2015**

**We the People:**

Accepting  
Learning

**Expanding Perspectives**

**Normandale Community College**

Uniting  
**Success Day 2015**

Diversity

Exploring

Building

Understanding

Developing

Growing

Reaching

Respecting

Nurturing

Keynote event:  
**DEFAMATION, THE PLAY**  
8:30am & 5:30pm  
Lorenz Auditorium



**Tuesday, February 10, 2015**  
**8:30am - 7pm**

**Open to students, staff and community**

Visit [www.normandale.edu](http://www.normandale.edu) for more information





# We the People: Expanding Perspectives Success Day 2015 February 10, 2015

TIME	WORKSHOP TITLE	PRESENTER	LOCATION	TRACK
8:30-10:00 am	<b>Defamation – The Play</b> Courtroom Drama Where Your Audience is the Jury	A play by Todd Logan Directed by Richard Shavzin	Lorenz Auditorium	Career, Education, Personal Interest
10-10:50 am	Applying for Scholarships...It's Easier Than You Think!	B. Trafton	C 1022	Finance
	Ask the Experts: An Interactive Panel on Interpersonal Relationships	A. DuBois, S. Freese, J. Isaac, K. Pearson, K. Dederichs	C 2020	Personal Interest
	Class Discussions: Leading and Getting Student Participation (open to faculty only)	E. Mein, J. Miller and D. Darling	C 3140	Education
	Counselors 101: Who We Are; How We Help Students	F. Bland, V. Dean , L. Evenson, P. Harlos	L 1790	Education
	Email, Texts, and Calls: Effective Communication for School and Work	K. Bigalk	C 3002	Career, Educational
	English Made Easier: An Introduction to Accent Reduction	C. Tokar	A 2552	Career, Education
	Fused Glass Tiles * (18 participants only)	M. Wittstruck, P. Huson	F 1293	Personal Interest
	Interested in a Career in Patient Care?	J. Melbye, Transfer Admissions Representative, U of MN-Rochester	S 2320	Career
	Muslims in Minnesota	Islamic Resource Group	L 3701	Education, Personal Interest
	Oh, The Places You'll GO-PHER!	Savattanison, D. Finlayson, B. Cleveland, A. Kotzian, S. Beck	S 1328	Career, Education
	Overpopulation is Solvable: Let's Choose Our Future	D. Paxson	L 1743	Education, Leadership
	Phi Theta Kappa Informational Session	A. Lilgreen	C 2044	Education, Leadership, Personal Interest
	Sexual Violence 101 and Bystander Intervention	K. Bisanz and C. Buscko	C 1018	Education
	"So You Want to Be a Cop?"	S. Sullivan/Bloomington Police	C 3145	Career
	Surviving College Without Going Crazy	D. Rayson	C 1020	Education
	Textbook Affordability	P. Bacall	C 3147	Education
	The Value of Study Abroad, It's Not Just a Dream!	D. Creed	C 3148	Career, Education, Personal Interest
	Under the Big Top: Animals in Entertainment	F. Brammer	C 2036	Education, Personal Interest



# We the People: Expanding Perspectives Success Day 2015 February 10, 2015

<b>10-11:30 am</b>	In Our Own Voice presentation (90-minute session)	National Alliance on Mental Illness	C 1024	Education, Personal Interest
<b>10-12:00 pm</b>	Peace Corps Experience – ongoing until noon	B. Smith	C 1095	Personal Interest
<b>10-1:00 pm</b>	Success Tips for Nursing Students (ongoing poster sessions)	K. Carey	S 2333, S 2325, S 2368	Career
<b>11-11:50 am</b>	Ask the Experts: An Interactive Panel on Interpersonal Relationships	A. DuBois, S. Freese, J. Isaac, K. Pearson, K. Dederichs	C 2020	Personal Interest
	Balancing the Scales of Your Life	H. Glaubitz	C 2044	Personal Interest
	Basic Interviewing: Tips and Best Practices	Normandale HR Team	L 1774	Career
	Crowd-sourced Science—Hunt for Black Holes or Higgs Bosons	J. Johnson	L 1753	Education, Personal Interest
	Emergence of an LGBT Community in Minnesota	R. Frame	C 2022	Education, Personal Interest
	Exploring STEM Careers Through Summer Research Opportunities	K. Klein	A 1550	Career, Education, Leadership
	Factory Farming: Bad for the Environment, Animals, and All of Us	K. Coughlin	C 2042	Education, Personal Interest
	International Students Forum	M. Mutiga	C 3140	Education, Personal Interest
	Juggling for Fun and Stress Relief ** (15 participants only)	S. Harvey	S 2330	Personal Interest
	Overpopulation is Solvable: Let's Choose Our Future	D. Paxson	L 1743	Education, Leadership
	Setting Yourself Up for Success as a Pre-Professional Student: Medical, Dental and Pharmacy Schools Information Panel	Representatives from the University of Minnesota Medical, Dental and Pharmacy	C 2016	Career, Education
	Sexual Violence 101 and Bystander Intervention	K. Bisanz and C. Buscko	C 1018	Education
	Suicide Awareness	L. Fortin	S 1326	Education, Personal Interest
	Test Anxiety: Do You Have it? What to do About it	K. Cooper	C 2018	Education
	Textbook Affordability	P. Bacall	C 3147	Education
	Vacuum Technology: Making Something Out of Nothing	D. Smith, N. Louwagie	A 2562	Career, Education
	What is an A?	CTL	C 3053	Education
	Women in Law Enforcement	S. Sullivan and Officer H. Miller	C 3142	Education, Personal Interest
	Zumba	E. Baker	A 1500 (Gymnasium)	Personal Interest



# We the People: Expanding Perspectives Success Day 2015 February 10, 2015

12-12:50 pm	Avoiding Minnesota Nice: Actionable Feedback from Faculty and Student	R. Frame and Guest	A 2556	Education
	China: Study and Travel Programs at Normandale <i>(free Chinese lunch provided)</i>	P. Fendos	F 2250	Career, Education
	EFT Tapping- a Self-Tool for Academic and Personal Success	V. Lis	C 3145	Career, Education, Personal Interest
	Fused Glass Tiles * <i>(18 participants only)</i>	M. Wittstruck, P. Huson	F 1293	Personal Interest
	Knowing Your Muslim Neighbor	S. Sullivan and M. Yunus	C 3142	Education, Personal Interest
	Phi Theta Kappa Informational Session	A. Lilgreen	C 2044	Education, Leadership, Personal Interest
	Practical Strategies for Addressing Mental Health in the Classroom	B. Reigstad, L. Raasch, R. Raasch, K. Cikanek, and T. Glaser	A 2554	Education
	Textbook Affordability	P. Bacall	C 3147	Education
	Unlocking the Mystery of Automobile and Homeowners Insurance - How to Understand What You Buy	J. Bellows, CPCU	C 3150	Finance
12-2:00 pm	Pathways With a Chemistry Degree, 2-Hour Panel Discussion	C. Fung Kee Fung	Fireside Room, Kopp Student Center	Education
1-1:50 pm	Educational Technology	C. Danielson	C 3140	Education
	English Made Easier: An Introduction to Accent Reduction	C. Tokar	A 2552	Career, Education
	From Page to Stage: The Normandale-Guthrie Educational Partnership	S. Byrd, L. Chalfant, P. Garland, P. O'Donnell	F 1259	Education
	Knowing Your Muslim Neighbor	S. Sullivan and M. Yunus	C 3142	Education, Personal Interest
	Overpopulation is Solvable: Let's Choose Our Future	D. Paxson	L 1743	Education, Leadership
	Practical Strategies for Addressing Mental Health in the Classroom	B. Reigstad, L. Raasch, R. Raasch, K. Cikanek, and T. Glaser	A 2554	Education
	Secrets of Successful Students	Student Success Mentors	C 1022	Education, Leadership
	Surviving College Without Going Crazy	D. Rayson	C 1020	Education
	The Role of the Community Health Worker	Community Health Worker Students and Faculty	S 2336	Career
	The Value of Study Abroad, It's Not Just a Dream!	D. Creed	C 3148	Career, Education, Personal Interest
	Unlocking The Mystery of Automobile and Homeowners Insurance - How to Understand What You Buy	J. Bellows, CPCU	C 3150	Finance
	Vacuum Technology: Making Something Out of Nothing	D. Smith, N. Louwagie	A 2562	Career, Education



# We the People: Expanding Perspectives Success Day 2015 February 10, 2015

	What Does Poverty Have to do With Education?	J. Norton, C. Carrow Schiebe	C 2016	Education
2-2:50 pm	Balancing the Scales of Your Life	H. Glaubitz	C 2044	Personal Interest
	Basic Interviewing: Tips and Best Practices	Normandale HR Team	L 1774	Career
	Become Your Personal Brand	K. Robbert	C 3101	Career, Leadership
	Completing Your FAFSA	M. Hauer	C 1074	Finance
	EFT Tapping - a Self-Tool for Academic and Personal Success	V. Lis	C 3145	Career, Education, Personal Interest
	Email, Texts, and Calls: Effective Communication for School and Work	K. Bigalk	C 3002	Career, Educational
	Interested in a Career in Patient Care?	J. Melbye, Transfer Admissions Representative, U of MN-Rochester	S 2320	Career
	Leading a Study Abroad Program: Where Do I Begin? <i>(open to faculty only)</i>	J. Isaac, A. DuBois, A. Tix, J. Carey, D. Rayson	C 2024	Education
	Mind Mapping: Improve Your Recall and Your Grades	C. Hiltibran	C 3061	Education, Personal Interest
	Overpopulation is Solvable: Let's Choose Our Future	D. Paxson	L 1743	Education, Leadership
	Power in Diversity Leadership Conference, A Student's Perspective	Student Group attending Power in Diversity Leadership Conference	C 1016	Leadership, Personal Interest
	Raptors	U of M Raptor Center	C 1095	Personal Interest
	Safer Sex Jeopardy!	C. Nikles	C 2034	Education
	The Day in the Life of an Engineer: Engineering Panel	K. Klein	S 2322	Career, Education
Unlocking the Mystery of Automobile and Homeowners Insurance - How to Understand What You Buy	J. Bellows, CPCU	C 3150	Finance	
Writing Your Best Self: Crafting a Memorable Resume	D. Darling	C 1024	Career	
3-3:50 pm	Balancing the Scales of Your Life	H. Glaubitz	C 2044	Personal Interest
	Become Your Personal Brand	K. Robbert	C 3101	Career, Leadership
	Five Reading Strategies to Get Your Reading Done Now	C. Hiltibran	C 1016	Education, Personal Interest
	Overpopulation is Solvable: Let's Choose Our Future	D. Paxson	L 1743	Education, Leadership
	Procrastination: Taming the Beast Within	K. Cooper	C 2018	Education



# We the People: Expanding Perspectives Success Day 2015 February 10, 2015

	Raptors	U of M Raptor Center	C 1095	Personal Interest
	Safer Sex Jeopardy!	C. Nikles	C 2034	Education
	Secrets of Successful Students	Student Success Mentors	C 1022	Education, Leadership
<b>4-4:50 pm</b>	Battle of the Books: Help Choose Normandale's Common Reader!	Writing Center Action Committee Members	L 3701	Education, Personal Interest
	Crowd-sourced Science—Hunt for Black Holes or Higgs Bosons	J. Johnson	L 1753	Education, Personal Interest
	Emergence of an LGBT Community in Minnesota	R. Frame	C 2022	Education, Personal Interest
	How to Be an Adult, in Four Lessons: Food, Media, Finance, and Dress	J. Norton, K. Sy, D. Norgard, K. Jordheim	L 1747	Personal Interest
<b>5:30-7:00 pm</b>	<b>Defamation – The Play</b> Courtroom Drama Where Your Audience is the Jury	A play by Todd Logan Directed by Richard Shavzin	Lorenz Auditorium	Career, Education, Personal Interest
<b>6-6:50 pm</b>	Safer Sex Jeopardy!	C. Nikles	C 2034	Education
	Surviving College Without Going Crazy	D. Rayson	C 1020	Education
<b>6:30-7:30 pm</b>	Humorous/After Dinner Speaking Finals	Collegiate Twin Cities Forensics League Speech Tournament	S 2322	Education, Personal Interest
	Informative Speaking Finals	Collegiate Twin Cities Forensics League Speech Tournament	S 1330	Education, Personal Interest
	Persuasive Speaking Finals	Collegiate Twin Cities Forensics League Speech Tournament	S 1328	Education, Personal Interest
	Prose Interpretation Finals	Collegiate Twin Cities Forensics League Speech Tournament	S 2325	Education, Personal Interest
	Poetry Interpretation Finals	Collegiate Twin Cities Forensics League Speech Tournament	C 3150	Education, Personal Interest
	Drama Interpretation Finals	Collegiate Twin Cities Forensics League Speech Tournament	C 3101	Education, Personal Interest

\* = Limited to 18 participants, 16 yrs. of age or older. Sign-up sheet by room (F 1293) one hour before session.

\*\* = Limited to 15 participants.



**• SUCCESS DAY SESSION DESCRIPTIONS •**

**Applying for Scholarships...it's Easier Than You Think!**

Do you want free money for college? Learn more about the Normandale scholarships and where to start looking for other scholarships. Other topics include the process of applying for scholarships and things you should watch out for when completing any scholarship application.

**Ask the Experts: An Interactive Panel on Interpersonal Relationships**

Have questions about relationships that you've always wanted answered? Need help with a specific issue in your family, friendship, romantic or workplace relationships? Communication faculty are here to assist. Bring your question to get "expert" advice on how to handle anything from conflict to listening, online communication to differences in perception. This will be a highly interactive, audience led discussion.

**Avoiding Minnesota Nice: Actionable Feedback From Faculty and Student**

Faculty will offer different strategies for offering actionable feedback to help improve student work. Faculty will also review how to help other students critique their peer's work in useful ways.

**Balancing the Scales of Your Life**

In today's society being busy is a badge of honor. How do you balance all of your commitments and still live a healthy lifestyle? Participants will learn how to maintain their health and that being busy isn't always the badge of honor we think it is.

**Basic Interviewing: Tips and Best Practices**

Representatives from Normandale's HR team will present tips and best practices for making a great impression during an employment interview.

**Battle of the Books: Help Choose Normandale's Common Reader!**

Every year Normandale Community College has a common book that is read in different courses across campus. This provides an opportunity for those from various disciplines to look at fiction and non-fiction topics from diverse perspectives. This session provides an opportunity for campus members to hear arguments for select books and vote for their favorite choice.

**Become Your Personal Brand**

Corporations spend millions of dollars to perfect their brand, which communicates their identity and fosters customer loyalty. As you think about your career and professional identity, what have you done to create and communicate your personal brand? Learn the importance of your brand and how to take charge of your professional identity.

**China: Study and Travel Programs at Normandale Community College**

An introduction to Chinese Studies at Normandale Community College, including the 15-day tour to China that leaves on May 18, 2015. A free Chinese lunch will be provided.

**Class Discussions: Leading and Getting Student Participation**

This will be a faculty discussion on leading discussions in class and how to get students to prepare for and participate in the discussion. Topics to be discussed include the fundamentals of discussions, other ideas besides quizzing for preparedness, and getting shy students to talk. Please bring your thoughts and experiences on these topics and join the discussion (open to faculty only).

**Completing Your FAFSA**

Get one-on-one assistance completing your 2015-2016 FAFSA. Financial Aid professionals will help you complete your FAFSA online before the April 1st priority deadline. Come to the Financial Aid and Scholarship office with your 2014 taxes or your 2014 W2's if you have not completed taxes yet. We will also give you some pointers on where to find scholarships!

**Counselors 101: Who We Are; How We Help Students**

Each day students juggle multiple responsibilities such as taking classes, working a job, managing a family, and maintaining social connections. Wearing so many hats can lead to feeling overwhelmed or "stuck." Learn how Normandale counselors can assist with these types of concerns.

**Crowd-sourced Science—Hunt for Black Holes or Higgs Bosons**

Do you want to hunt for a black hole or a Higgs boson? Or would you rather analyze cancer data, spy on penguins, or study the Oxyrhynchus collection (the WHAT??)? Learn how you can participate in real research projects involving these or a couple dozen other topics in the fields of archeology, astronomy, biology, climate, history, and nature.

**Educational Technology**

Discuss current best practices for using technology as a tool to enhance learning. Learn about current technology platforms and software for education. \*\*\*Note: This session is geared toward educators.

**EFT Tapping - A Self-Tool for Academic and Personal Success**

Learn this fun method to enhance sports performance, resolve test or performance anxiety, reduce chronic pain, develop self-confidence, and improve health. Based on a substantial body of research, Emotional Freedom Techniques (EFT Tapping) meets criteria through the American Psychological Association (APA) for evidence-based practice. In this workshop, you will be given the opportunity to try EFT on one of your own issues. This process of clearing emotional blockages will support you in your journey toward academic and personal success.

**Email, Texts, and Calls: Effective Communication for School and Work**

Do people ignore your emails? Not respond to your texts or calls? Try out some simple tips and tricks to make your emails to friends, professors, colleagues, and bosses more effective and readable.

**Emergence of an LGBT Community in Minnesota**

In 1970, a Minnesota gay couple did the nearly unthinkable: they applied for a marriage license. In 2013, the Minnesota legislature legalized same-sex marriage. The forty-three years in between saw great change within the LGBT communities and in broader society; the emergence of an LGBT community in Minnesota goes back even further. Learn about that long experience of change in Minnesota.

**English Made Easier: An Intro to Accent Reduction**

Reduce the frustration of being misunderstood in school, work or general conversation by improving your language skills. Learn the secrets to make consonants less difficult to pronounce in the English language.

**Exploring STEM Careers Through Summer Research Opportunities**

This session features a panel of bachelor degree students in STEM who are participating, or have participated in an internship or research experience. There will be discussion and a Q&A session on how to find, apply, and participate in experiences around the globe.





• **SUCCESS DAY SESSION DESCRIPTIONS** •

**Factory Farming: Bad for the Environment, Animals, and All of Us**  
We will discuss how factory farming impacts the environment, animals, our health, and our communities.

**Five Reading Strategies to Get Your Reading Done Now**

Learn five effective reading skills to get your reading done with great accuracy and speed. Want to double your reading speed in a matter of minutes? Then this session is for you. You will experience key strategies to extract the important information you need to know. These skills prepare you for class discussions, tests, and building your confidence as a learner. By applying these tools you can maintain or improve your grades using less time than before.

**From Page to Stage: The Normandale-Guthrie Educational Partnership**

Normandale faculty and Louise Chalfant, the Guthrie Theater's director of education, will discuss how the Normandale-Guthrie Educational Partnership, now in its eighth year, offers students a unique opportunity to learn about how a professional theater company brings works such as Shakespeare's plays to life on the stage.

**Fused Glass Tiles \***

Participants will use various colors and types of glass to create a beautiful glass tile. All materials provided. Age 16 and older. Limited to 18 participants. Sign-up sheet by door (F 1293) 1 hour before the session.

**How to be an Adult, in Four Lessons: Food, Media, Finance, and Dress**

Have you arrived at adulthood not quite ready? Need a boot camp for eating right, using social media, navigating your personal finances, and dressing for success? Four faculty members offer the essential guide to adulthood.

**In Our Own Voice Presentation**

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, where speakers share their compelling personal stories of living with mental illness and achieving recovery. Throughout the presentation, audience members are encouraged to offer feedback and ask questions. The more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

**Interested in a Career in Patient Care?**

Learn about Bachelor degrees in Echocardiography, Radiography, Respiratory Care, and Sonography offered through the University of Minnesota Rochester and Mayo School of Health Sciences.

**International Students Forum**

Enrollment into college brings with it many opportunities as well as challenges for international students. This forum will give international students at Normandale a chance to meet and share their experiences on and off campus. Open to all Normandale international students as well as other interested students and faculty members.

**Juggling for Fun and Stress Relief \*\***

Juggling lessons aimed for beginners, but can teach medium and advanced tricks to individuals ready to advance. Limit to 15 participants, due to limited equipment, space needs, and safety.

**Knowing Your Muslim Neighbor**

An understanding of Islam, its practices, and the Muslim community.

**Leading a Study Abroad Program: Where Do I Begin?**

Leading a study abroad program can be intimidating! Knowing where to begin can help faculty take that first step in planning their trip. Experienced faculty will share their tips on getting the ball rolling. Discussion includes choosing a topic and itinerary, navigating Normandale's approval process, and recruiting students. A significant amount of time will be given to answer questions to help faculty better plan their next (or first) study abroad program (open to faculty only).

**Mind Mapping: Improve Your Recall and Your Grades**

In this session you will learn a creative note taking process that helps you retain and remember information better and more effectively. You will make Mind Maps and discover important skills that help you to learn faster, easier, and better. Whether you take notes for lectures, studying, writing papers, or delivering a presentation, Mind Mapping keeps you focused, organized, and success oriented. Come have fun and learn a life-long skill.

**Muslims in Minnesota**

This presentation focuses on the historical and contemporary experiences of Minnesota Muslims. The Islamic Resource Group developed this presentation in conjunction with an exhibit that is currently touring various museums in the state.

**Oh, The Places You'll GO-PHER!**

You have brains in your head, you have feet in your shoes, but how do you know which path to choose? Explore your options with us! No need to take a bus. Just come on in and explore majors at the U of M.

**Overpopulation is Solvable: Let's Choose Our Future**

Experts warn that more famines, plagues, resource wars and early death will solve overpopulation - inhumanely. Or, we can choose to solve overpopulation - humanely. It is our choice. Let's choose our future.

**Pathways With a Chemistry Degree**

This is a follow up session of the "Pathways with a Chemistry Degree" roundtable hosted by Betsy Longley. Tables with representatives from The College of Science and Engineering (UMTC), College of Biological Sciences (UMTC), St Cloud State, Metro State and industry will be available to answer questions of those interested in pursuing chemistry and science related degrees.

**Peace Corps Experiences**

Information will be presented about the Peace Corps. Former Peace Corps volunteers who are Normandale faculty will be available to share their experiences and show photos taken during their service.

**Phi Theta Kappa Informational Session**

If you have the minimum requirements for membership (at least 12 credits completed at the 1000 level or above, with at least a 3.5 GPA), you are encouraged to consider membership in the nation's largest two-year college honor society, Phi Theta Kappa. Over 86 million dollars in transfer scholarships are available for Phi Theta Kappa members. Come to this informational session and find out how to join!

**Power in Diversity Leadership Conference, A Student's Perspective**

Students who attended the Power in Diversity Leadership Conference at St. Cloud State University January 29 - February 1, 2015 will share their perspective on the conference, their main take away, and how we can make Normandale Community College's atmosphere more inclusive for students.



• **SUCCESS DAY SESSION DESCRIPTIONS** •

**Practical Strategies for Addressing Mental Health in the Classroom**

Join members of the Psychology Department who have real world experience as mental health practitioners to look at ways to address the mental health needs of students. Focus will be on immediate and concrete steps that can be taken to de-escalate crisis situations and provide comfort and safety for emotionally upset students.

**Procrastination: Taming the Beast Within**

Why do we procrastinate? Learn some strategies you can use to conquer procrastination!

**Raptors**

Informational session on birds of prey.

**Safer Sex Jeopardy!**

Information about effectiveness of contraceptive methods, STD statistics, and guidelines for protecting oneself during sexual activity – all presented in the format of the T.V. game show “Jeopardy!”

**Secrets of Successful Students**

This dynamic panel of Normandale students will address what it takes to be a successful student. Student Success Mentors are experienced students who have “been there, done that and bought the textbook.”

**Setting Yourself Up for Success as a Pre-Professional Student: Medical, Dental and Pharmacy Schools Information Panel**

This session will give students an idea of the skills, preparation and dedication needed to be a strong pre-medical, pre-dental, or pre-pharmacy student; as well as learning the processes for admission to the Medical, Dental and Pharmacy Schools at the U of M.

**Sexual Violence 101 and Bystander Intervention**

A discussion about the spectrum of sexual violence, including stalking and street harassment. We will approach the issue from systems and cultural angles while also using a victim-centered model. We will then describe the many forms that sexual violence advocacy can take at our agency and how students can play a role in advocating for peers who have experienced sexual violence and give some tips on tactful bystander intervention.

**“So You Want to Be a Cop?”**

This session will explain how to become a licensed police officer in Minnesota.

**Success Tips for Nursing Students**

4<sup>th</sup> semester nursing students will have poster/short informational sessions on tips to help a nursing student be successful, i.e. foods for success and test taking hints, stress relievers, how to land the first job, interviewing techniques and more, MRSA/VRE/Isolation, what does it all mean? Success with skills, clinical diets, etc.

**Suicide Awareness**

This class focuses on how to identify the warning signs and risk factors of suicide, how to ask a person if they are suicidal and where to refer them for professional help.

**Surviving College Without Going Crazy**

Do you feel like you don't have control over your education? This session gives you ideas on taking control of your education so that you can achieve your educational goals and earn the grades that you deserve. We will discuss time management and educational planning as keys to your academic success.

**Test Anxiety: Do You Have it? What to do About it**

What is test anxiety? Do you struggle with it? Learn tips for preventing it and controlling it.

**Textbook Affordability**

Discuss textbook affordability options with students - give them ideas on how to save money and still be able to use the course materials.

**The Day in the Life of an Engineer: Engineering Panel**

This session will feature a panel of engineers who will discuss transfer school options, internship opportunities, and career paths. We will also give students an idea of what an engineering major is like as well as compare/contrast between aerospace, ag, chemical, civil, electrical, and mechanical engineering.

**The Role of the Community Health Worker**

The Community Health Workers (CHW) have become a vital link between healthcare providers and the communities they serve. Listen to a presentation covering the role of the CHW, hear from a panel of students currently in the program about their work, and discover pathways this role can create to the other areas of healthcare.

**The Value of Study Abroad, It is not just a Dream!**

This session will demonstrate how participating in a short-term or semester program is very possible.

**Under the Big Top: Animals in Entertainment**

We will take a critical look at how animals are used for entertainment, including their use in circuses.

**Unlocking The Mystery of Automobile and Homeowners Insurance - How to Understand What You Buy**

This seminar is designed to help you understand Automobile and Homeowners insurance policy basics. Often people don't understand what they are buying, why rates are so high and what they can do to save money while getting the coverage they need. This is information that everyone needs and the seminar has something for everyone.

**Vacuum Technology: Making Something out of Nothing**

Normandale offers a unique program called Vacuum and Thin Film Technology. Learn why vacuum technology is important, which employers in the Twin Cities use vacuum technology to make their product and what jobs are available. Session includes 45-minute tours at Seagate in Bloomington at 11 am and 1 pm; busing provided.

**What Does Poverty Have to do With Education?**

This session focuses on how poverty influences students in college and seeks collaboration from participants to brainstorm responses to poverty at Normandale. One part research seminar, one part poverty brainstorm.

**What is an A?**

Grading in education is the process of applying standardized measurements of varying levels of achievement in a course. What does A, B, C, D, F work look like? Come to this round table conversation about how we grade to discuss this and more.

**Women in Law Enforcement**

This session will explore opportunities and challenges for women in Law Enforcement.

**Writing Your Best Self: Crafting a Memorable Resume**

Techniques for writing effective and memorable job resumes. The presentation will be part PowerPoint and part workshop.

**Zumba**

Zumba is a fitness-based workout that is inspired by Latin dance. It offers great cardiovascular benefits and burn calories. It is a non-intimidating opportunity for non-dancers, dancers, fit and unfit, to participate in an exciting and energetic group fitness class.



**Employee Wellness Committee and  
 Success Day Present**

**HEALTH FAIR**

**10:30 am - 1:30 pm • Fine Arts Foyer**

- **Anytime Fitness:** Free muscle endurance and body composition screening & resource on exercise programming
- **Be the Match:** Education and resources on the National Marrow Donor Program
- **Caring Professionals Homecare:** Education and resources on homecare for elderly and those recuperating from injuries or illness
- **Change Works Hypnosis Center:** Education and resources on the use of hypnosis for quitting smoking, losing weight or overcoming your fears
- **Commuter Services:** Education and resources on transit, carpooling and biking
- **Daisy Blue Naturals:** A company producing natural skin care products will offer information about skin care products and a demonstration of Natural Beeswax hand scrub
- **Hennepin County Child & Teen Check-up Program:** Education about this program which helps provide access to well-child checkups for children and teens under the age of 21 who are on Medical Assistance or MinnesotaCare
- **Hiway Federal Credit Union:** Education and resources about financial education tools



- **Memorial Blood Center:** Free blood typing
- **Mental Health Association of Minnesota:** Education and resources on mental health awareness, wellness and advocacy. This program strives to enhance mental health, promote individual empowerment, and increase access to treatment and services for persons with mental illnesses
- **MnSURE:** Education and resources about a variety of health care plans
- **NAMI Minnesota:** Resources on mental illness. This program works to improve the lives of children and adults with mental illnesses and their families
- **Normandale Continuing Education:** Education and resources about integrative health classes offered through their department
- **Normandale Health Sciences:** Dental Hygiene, Dietetic Technology, Health, Exercise Science and Nursing representatives available. Dental Hygiene will offer a demonstration on power brushing and screenings for caries and periodontal risk. Nursing will offer blood pressure screenings



- **Normandale Chiropractic & Massage:** Free chair massages will be provided, as well as information on chiropractic care and a demonstration on pain management
- **Pearle Vision:** Free eye screenings will be available, as well as resources about eye health and demonstrations on eye chart screenings
- **Sam's Club Bloomington:** Free vision screening will be provided, as well as information about generic prescription pricing
- **Sexual Violence Center:** Education and resources about Sexual Violence 101 and Bystander Intervention
- **The Emily Program:** Education and resources on eating disorders. The Emily Program provides awareness, treatment and lifetime recovery support for eating disorders
- **US Bank:** Education and resources about financial education tools
- **VA Suicide Prevention Program:** Education and resources about suicide awareness and prevention
- **YMCA:** Education and resources about Southdale YMCA



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