



MINNEAPOLIS
COMMUNITY & TECHNICAL
COLLEGE™

First Annual Student Conference
“Inclusion is Excellence”

February 25, 2020



Overview of the day

There will be three tracks running through the day: Equity and Inclusion (framing the theme of “Inclusion is Excellence,” mostly in L.3100), General Sessions (of interest to everyone) and Focus on Schools (directly related to what you are studying).

- 8 AM – noon: Sessions for all three tracks will run across campus (see pages 3-6)
- Noon – 1:15 PM: Keynote: Kasim Abdur Razzaq speaks on “Inclusion is Excellence” in the cafeteria (see page 7)
- 1:30 PM – 2:30 PM: Student Resource Fair in T.1400 (see page 8)
- 2:30 PM – 6:20 PM: Sessions for all three tracks will run across campus (see pages 9-11)

8 AM- 8:50 AM sessions

- **Trauma** [location L.3100] presented by Michael Thomas, Equity and Inclusion Track (see description on page 15)
- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Student Focus Groups on Health and Healing** [location TBA] presented by Jessica Shryack, Equity and Inclusion Track (see description on page)

9 AM- 9:50 AM sessions

- **ITEC Advising** [location T.3910] presented by Julie Poyzer, Career services (see description on page 18)
- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Getting the Most out of Your College Experience!** [Location T.4150] presented by Tara Martinez and Joe Davidson, Student Life (see description on page 13)
- **Support & Resources** [Location T.3850] presented by Jalex Lor, Resource and Referral (see description on page 13)
- **Microsoft Excel Basics** [Location T.3700] presented by Katrina Edenfeld, Academic Success Center (see description on page 13)
- **The Virtues of Diversity** [Location L.3100] presented by Dr. Charles Watson, African American Empowerment Center, Equity and Inclusion Track (see description on page **Error! Bookmark not defined.**)
- **Library Tour and Open House** [Location Library] presented by Library Faculty and Staff (see description on page 16)
- **Virtual Reality in the Design and Construction Industries** [Location T.4820] presented by Tracy Boyle, School of Design and the Arts (see description on page 17)
- **Learn about the Political Science Transfer Pathway AA** [Location T.1250] presented by Miki Huntington and Lena Jones, School of Liberal Arts and Cultures (see description on page 19)
- **Math is Beautiful—for students who have completed calculus 1** [Location TBA] presented by Dr. Haile Haile, School of Science and Mathematics (see description on page 20)
- **From Fact to Story** [Location T.4100] presented by Kristina Wagner, TRIO EOC (see description on page 13)
- **Budgeting for Success** [Location TBD] presented by Mary Jo Dahl and LaJune Cain (see description 15)
- **Student Focus Groups on Health and Healing** [location TBA] presented by Jessica Shryack, Equity and Inclusion Track (see description on page 16)
- **I have many traumatic experiences but I never let them traumatize me.** [Location TBA] presented by Dr. Alex Ramos, Equity & Integration (see description page 16)

10 AM- 10:50 AM sessions

- **Voyageur Outward Bound: Outdoor Adventures Program** [Location T.5920] presented by Drew Rongere, Student Life (see description on page 13)
- **The Leadership Challenge** [Location T.5610] presented by Jenny Thomas, Student Life (see description on page 13)
- **Self-Care 101** [Location T.0710] presented by Melissa Schultz, Counseling (see description on page 13)
- **Career Fair Prep Session** [Location T.5450] presented by Sue Krauss, Career Services (see description on page 14)
- **Study Strategies for College Success** [Location T.3210] presented by April Hanson, Academic Success Center (see description on page 14)
- **Veterans' Services--We Want to Hear From You!** [Location TBA] presented by Al Ramos, Veterans' Services (see description on page 14)
- **Green Dot Bystander Intervention Training** [Location T.1400] presented by Curt Schmidt, Public Safety (see description on page 14)
- **ITEC Advising** [Location T.3910] presented by Julie Poyzer, Career Services (see description on page 18)
- **Implicit Bias and Microaggressions** [Location L.3100] presented by Anna Mazig, Student Rights and Responsibilities, Equity and Inclusion Track (see description on page 16)
- **Library Tour and Open House** [Location Library] presented by Library Faculty and Staff (see description on page 16)
- **Valuing Failure as a Strategy for Success** [location TBA] presented by Aaron Pierson, ARC and Oana Zayic (see description on page 13)
- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Getting the Most out of Your College Experience!** [Location T.4150] presented by Tara Martinez and Joe Davidson, Student Life (see description on page 13)
- **Support & Resources** [Location T.3850] presented by Jalex Lor, Resource and Referral (see description on page 13)
- **Self-Coaching for Personal Success** [Location T.5610] presented by Kristina Wagner, TRIO EOC (see description on page 14)
- **Master Sewing machine tensions, needles, and basic industrial sewing machine maintenance** [Location T.5020] presented by Vicki Johnson, School of Design and the Arts (see description on page 17)
- **Lead Your Life (Instead of Life Leading You): Coaching for Personal Success!** [Location T.5800] presented by Miki Huntington, School of Liberal Arts and Cultures (see description on page 19)
- **Character Preeminence in the Training of Health Professionals: Adopting New Perspectives to Break the Cycle of Personal and Social Injury** [Location T.5440] presented by Bradley T. Conley, hosted by Nelson Perez, School of Education and Public & Human Services (see description on page 18)
- **Strategies for Student Success in Science Classes and Beyond** [Location TBA] presented by Mitch Albers, School of Science and Mathematics (see description on page 20)
- **Virtual Reality Welding** [Location T.0400] presented by Todd Bridigum, School of Trade Technologies (see description on page 21)

- **Beyond the Basics: ECGs, Advanced ECGs and 12 Lead ECGs** [Location T.5940] presented by Carol Amis, School of Nursing, Health Sciences and Wellness (see description on page 19)
- **The ins and outs Central Service Technician/Sterile processing** [Location T.5810] presented by Clyde Brotherson, School of Nursing, Health Sciences and Wellness (see description on page 19)
- **Exploring Careers in the School of Education and Public & Human Service** [Location T.5930] presented by Faculty from the School of Education and Public & Human Services (see description on page 18)
- **Is a Dental Career in your Future?** (part 1 of 2) [Location T.5600] presented by Kathy Lapham, Dede Carr and Ann Lensing, School of Nursing, Health Sciences and Wellness (see description on page 20)
- **Budgeting for Success** [Location TBD] presented by Mary Jo Dahl and LaJune Cain (see description page 15)
- **Seeking STEM Internships: Stories and Strategies** [Location TBA] presented by Rebecca Dupont, Augsburg College (see description page 15)
- **Student Focus Groups on Health and Healing** [location TBA] presented by Jessica Shryack, Equity and Inclusion Track (see description on page 16)
- **I have many traumatic experiences but I never let them traumatize me.** [Location TBA] presented by Dr. Alex Ramos, Equity & Integration (see description page 16)
- **Spring Registration Walk-In Assistance** [Location TBA] presented by Academic Advisors (see description on page 13)

11 AM- 11:50 AM sessions

- **Soup and Surveys with Equity and Inclusion** [Location second floor of T, by coffee shop] presented by staff from Equity and Inclusion (see description on page **Error! Bookmark not defined.**)
- **Managing Test Anxiety** [Location T.5800] presented by Alicia Emsley, Academic Success Center (see description on page 14)
- **Spring Registration Walk-In Assistance** [Location TBA] presented by Academic Advisors (see description on page 14)
- **Are you currently undecided on your major?** [Location TBA] presented by Sue Kraus, Career Services (see description on page 14)
- **Math is Beautiful—for everyone!** [Location T.3930] presented by Dr. Haile Haile, School of Science and Mathematics (see description on page 20)
- **Financial Aid 101** [Location T.5800] presented by Danielle Gloege, Financial Aid (see description on page 14)
- **Voyageur Outward Bound: Outdoor Adventures Program** [Location T.5920] presented by Drew Rongere, Student Life (see description on page 13)
- **ITEC Advising** [Location T.3910] presented by Julie Poyzer, Career Services (see description on page 18)
- **Library Tour and Open House** [Location Library] presented by Library Faculty and Staff (see description on page 16)
- **Learning Strategies That Actually Work** [location T.3850] presented by Troy Dvorak,, School of Liberal Arts and Cultures (see description on page 19)

- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Getting the Most out of Your College Experience!** [Location T.4150] presented by Tara Martinez and Joe Davidson, Student Life (see description on page 13)
- **Virtual Reality Welding** [Location T.0400] presented by Todd Bridigum, School of Trade Technologies (see description on page 21)
- **Is a Dental Career in your Future?** (part 2 of 2) [Location T.5600] presented by Kathy Lapham, Dede Carr and Ann Lensing, School of Nursing, Health Sciences and Wellness (see description on page 20)
- **Mindfulness** [Location L.3100] presented by jenny sippel, librarian, Equity and Inclusion Track (see description on page 16)
- **Applying for Scholarships** [Location T.4100] presented by Kristina Wagner, TRIO EOC (see description on page 14)
- **Economic Equity--Libby Starling, Speaker from the Federal Reserve** [Location T.5610] presented by Cindy Hauser, School of Business and Economics (see description on page 16)
- **Out From the Shadows** [Location TBA] presented by student authors, hosted by Jay Williams (see description on page 19)
- **Singing for Stress Relief** [Location TBA] presented by Liz Pauly, School of Design and the Arts (see description on page 17)
- **Yoga** [Location TBA] presented by Jennifer Mason and Lindsey Madla, School of Nursing, Health Sciences and Wellness (see description on page 20)
- **In the cold of winter - Herbal Body Lotions that soothe the skin** [Location T.3930] presented by Erica Fargione, School of Nursing, Health Sciences and Wellness (see description on page 20)
- **Nursing Dosage Calculations & Skill Review** [Location TBA] presented by Jill Mousky and Lisa Reid, School of Nursing, Health Sciences and Wellness (see description on page 20)
- **Why Algebra is Often Confusing to Learn and Easy to Forget** [Location T.5940] presented by Scott Storla, School of Science and Mathematics (see description on page 20)
- **Nursing and Health Science Majors at Minneapolis College** [Location TBA] presented by Jeanne Maanum, Admissions (see description on page 15)
- **Student Focus Groups on Health and Healing** [location TBA] presented by Jessica Shryack, Equity and Inclusion Track (see description on page 16)

Noon-1:15 PM--Keynote

Keynote Address in Cafeteria: Kasim Abdur Razzaq: "Inclusion is Excellence"



Kasim Abdur Razzaq is a St. Paul native, from the historic Rondo neighborhood he has served the Twin Cities and surrounding areas for more than 15 years, through his work in social services and education. He is accomplished in areas of research, workshop facilitation, service delivery, and speaking addresses. Kasim is passionate about social justice and institution building. He is a sought-after speaker, author, consultant, business owner, and psychotherapist. He utilizes his formal education, natural gifts, and life experiences to improve the lives of people and organizations. Currently he is a doctoral student at the University of St. Thomas in the Graduate School of Professional Psychology.

Noon-2:00 PM—special session “ITEC job fair”

[Location T.3000] presented by ITEC faculty (see description on page 18)

1 PM – 2:30 PM—special session “Equity in the Arts”

[Location H.1002] Panel Discussion moderated by Faith James, featuring Esther Callahan, Patricio DeLara, Tricia Heuring, Suzanne Oh, Thomas Toley and Angela Two Stars.
(see description on page 17)

1:30 PM-2:30 PM—Student Resource Fair

Student Resource Fair in T1400. Tables featuring a variety of on- and off-campus organizations, including:

Academic Success Center; Accessibility Resource Center; Addiction Counseling Program, ACC Club, and Collegiate Recovery Program; Advising and Retention; AEON Housing; Alliance Wellness Center; Basilica of Saint Mary; Boynton Health Services – Student Clinic; Career Services; Center for Sexual Violence; College Store; Community Action Partnership; Cornerstone; Equity and Inclusion; Financial Aid; Financial Aid- Post Secondary Child Care Grant; College Foundation; Hennepin County Office of Multi-cultural Services; Interprofessional Center (IPC) – St. Thomas; Legal Aid; Minneapolis College Foundation; Northpoint; Office of Student Rights & Responsibilities, and Student Support Center; Pathways to Success; Prepare and Prosper; Project for Pride in Living; Public Safety/Green Dot; Southside Clinic/MnSure; Student Life; Students for Sensible Drug Policy; TRIO Educational Opportunity Center; TRIO Starting Point; United Way 2-1-1; Veterans Services, Student Veterans Association and Beyond The Yellow Ribbon; Family Tree Clinic, St Paul.

1:30 PM-3:20 PM sessions

- **Climate Change: Taking Action, Moving Forward** [Location TBA] presented by Cathy Geist, School of Science and Mathematics and the Three-legged Frog Environmental Club (see description on page 20)
- **Microbiology Student Research Presentation** [Location S.1500] presented by Students of Renu Kumar and Theresa Edelman, School of Science and Mathematics (see description on page 20)
- **Fabric and Pattern Sale** [Location TBA] presented by Vicki Johnson, School of Design and the Arts (see description on page 17)

2:30 PM-3:20 PM sessions

- **Managing Test Anxiety** [Location T.5800] presented by Alicia Emsley, Academic Success Center (see description on page 14)
- **Spring Registration Walk-In Assistance** [Location TBA] presented by Academic Advisors (see description on page 14)
- **ITEC Advising** [Location T.3910] presented by Julie Poyzer, Career Services (see description on page 18)
- **Valuing Failure as a Strategy for Success** [location TBA] presented by Aaron Pierson, ARC and Oana Zayic (see description on page 13)
- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Getting the Most out of Your College Experience!** [Location T.4150] presented by Tara Martinez and Joe Davidson, Student Life (see description on page 13)
- **Virtual Reality Welding** [Location T.0100] presented by Todd Bridigum, School of Trade Technologies (see description on page 21)
- **Study Strategies for College Success** [Location T.3210] presented by April Hanson, Academic Success Center (see description on page 14)
- **Support & Resources** [Location T.5810] presented by Jalex Lor, Resource and Referral (see description on page 13)
- **Inside the Business Industry - Equity and Inclusion in the Workplace** [location T.3850] Jared Scharpen and Julie Poyzer, Career Services (see description on page 13)
- **Career Fair Prep Session** [Location T.5450] presented by Sue Krauss, Career Services (see description on page 14)
- **Undocumented Students** [Location L.3100] presented by Dr. Jay Williams (see description on page **Error! Bookmark not defined.**)
- **Crafting A Mission Statement** [Location T.5610] presented by Kristina Wagner, TRIO EOC (see description on page 14)
- **Is a Medical Office Career in your Future?** [Location T.5920] presented by Becky Skudlarek, School of Nursing, Health Sciences and Wellness (see description on page 20)
- **Math, music, and how to silence a noisy neighbor with noise canceling technology** [Location T.5930] presented by Liz Pauly and Ben Weng, School of Design and the Arts and Science and Mathematics (see description on page 17)
- **Creative Writing Student Showcase and Open Mic** [Location T.1250] presented by KateLynn Hibbard and Stephen Healey, School of Liberal Arts and Cultures (see description on page 19)
- **Plant Collection, Identification, and Preservation** [Location S.1400] presented by Nick Deacon, School of Science and Mathematics (see description on page 21)
- **Putting Your Best Foot Forward: Personal Statement Workshop for School and Scholarship Applications** [Location T.5800] presented by Steve Balsarini, Academic Success Center (see description on page 14)
- **D2L BrightSpace Basics** [Location TBA] presented by Jim Brennan, Information Technology (see description on page 15)
- **Active Threat Training- Preparing to Survive** [Location T.3930] presented by Mark DeRee, Assistant Director Public Safety Department (see description on page 15)
- **Transfer Shock: How to prepare for your 4-year institution experience** [Location K.2200] presented by Judy Johnson, Augsburg University (see description on page 15)

- **I have many traumatic experiences but I never let them traumatize me.** [Location TBA] presented by Dr. Alex Ramos, Equity & Integration (see description page 16)

3:30 PM-4:20 PM sessions

- **Veterans' Services--We Want to Hear From You!** [Location TBA] presented by Al Ramos, Veterans' Services (see description on page 14)
- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Getting the Most out of Your College Experience!** [Location T.4150] presented by Tara Martinez and Joe Davidson, Student Life (see description on page 13)
- **How to Successfully Develop a Strong Resume** [Location T.4100] presented by Julie Poyzer, Career services (see description on page 13)
- **Managing Test Anxiety** [Location T.5600] presented by Alicia Emsley, Academic Success Center (see description on page 14)
- **Financial Aid 101** [Location T.5800] presented by Danielle Gloege, Financial Aid (see description on page 14)
- **Spring Registration Walk-In Assistance** [Location TBA] presented by Academic Advisors (see description on page 14)
- **Implicit Bias** [Location L.3100] presented by Anna Mazig, Student Rights and Responsibilities, Equity and Inclusion Track (see description on page 16)
- **Using Keyboard Shortcuts to Maximize Productivity** [Location TBA] presented by Matt Helm, School of Liberal Arts and Cultures (see description on page 19)
- **Inclusion: Bring the inside out in Human Services** [Location T.5810] presented by Dung Mao, Judy Brown, Said Mohamed and Mary Maguire, School of Education and Public & Human Services (see description on page 18)
- **Student Garden Club Seed Starting** [Location S.1700] presented by Nick Deacon, School of Science and Mathematics (see description on page 21)
- **Smart Borrowing: Responsibility Investing in your Education** [Location TBA] presented by Ashley Rosana, Financial Literacy Committee (see description page 15)

4:30 PM-5:20 PM sessions

- **Study Strategies for College Success** [Location T.3210] presented by April Hanson, Academic Success Center (see description on page 14)
- **Spring Registration Walk-In Assistance** [Location TBA] presented by Academic Advisors (see description on page 14)
- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Beyond the Basics: ECGs, Advanced ECGs and 12 Lead ECGs** [location T.5940] presented by Carol Amis, School of Nursing, Health Sciences and Wellness (see description on page 19)
- **The Tripping Cure? Psychedelic-assisted therapies: past, present and future** [location TBA] special guest Ian McLoone, Hosted by Nelson Perez,, School of Education and Public & Human Services (see description on page 18)

5:30 PM-6:20 PM sessions

- **CNC machining demonstrations and manual machining demonstrations** [location T.0100] presented by Jay Portz, School of Trade Technologies (see description on page 16)
- **Nursing Information Session** [Location TBA] Jeanne Maanum Admissions (see description page 15)

6 PM-8 PM session

School of Business and Economics Student Research Poster Session (Ethics, Equity, and Excellence Theme) [Location TBA] presented by Jennifer Malarski, School of Business and Economics (see description on page 17)

General sessions descriptions

Voyageur Outward Bound: Outdoor Adventures Program

(Drew Rongere) Campus Rec & Wellness has partnered with Voyageur Outward Bound to offer outdoor adventure opportunities for students to have fun and learn life skills. Voyageur Outward Bound School believes that when people discover a strength of character, an aptitude for leadership and desire to serve, it has a positive impact on their lives and the lives of those around them. And that discovery has the power to make the world a better place. 10 AM - 10:50 AM; 11 AM - 11:50 AM

How to Successfully Develop a Strong Resume

(Julie Poyzer, Career services) Learn how to write a professional resume for future internship or job opportunities! 3:30 PM - 4:20 PM

Valuing Failure as a Strategy for Success

(Aaron Pierson, ARC and Oana Zayic) Research shows that much of learning and growth comes from failure. Unfortunately, most of us have not been shown how to fail effectively. This workshop will explore ways to intentionally use failure as a path to success without having to get an F. 10 AM - 10:50 AM; 2:30 PM - 3:20 PM

Getting the Most out of Your College Experience!

(Tara Martinez and Joe Davidson, Student Life) Student Life staff will connect you with the involvement opportunities that are available to you! Learn about our social media connection tool: Campus Vibe! Bring fresh, new ideas of what you'd like Student Life to include! 9 AM - 9:50 AM; 10 AM - 10:50 AM; 11 AM - 11:50 AM; 2:30 PM - 3:20 PM; 3:30 PM - 4:20 PM

Support & Resources

Students will learn about non-academic support services. Our office provides food support, emergency financial assistance, child care support, and referrals to outside community resources. 9 AM - 9:50 AM; 10 AM - 10:50 AM; 2:30 PM - 3:20 PM

Inside the Business Industry - Equity and Inclusion in the Workplace

(Jared Scharpen and Julie Poyzer, Career Services). Listen to business professionals and community leaders who will specifically focus their information on equity and inclusion in the workplace and how that leads to excellence in the business sector including entrepreneurship. 2:30 PM-3:20 PM

Microsoft Excel Basics

This introduction to Excel will enable students in creating the charts and graphs that are required for science lab courses. We will create a spreadsheet with sample data, explore formatting options, create and copy equations, and create and format two types of charts. 9 AM - 9:50 AM

From Fact to Story

Participants will use an assessment to identify their talents and then craft at least one career success story to use for interviewing, networking and career decision making. 9 AM - 9:50 AM

The Leadership Challenge

What are the five practices of exemplary leadership? Learn more about this leadership model and how you can improve and apply your leadership skills. 10 AM - 10:50 AM

Self-Care 101

(Melissa Schultz, Counseling) Self-care is crucial to your success as a college student and in life. Come to this interactive session and gain helpful tips on how to be more intentional about establishing and maintaining balance, peace, and fun in your life! 10 AM - 10:50 AM

Career Fair Prep Session

Learn how to present yourself to an employer, what professional attire to wear, items to bring, and the companies attending the Grad Resource & Career Fair on Tuesday, April 28th from 10:30am to 1:30pm. 10 AM - 10:50 AM; 2:30 PM - 3:20 PM

Study Strategies for College Success

Learn about Study Techniques, Learning Styles and Effective Study tips for academic success! The session will provide tips to improve note-taking skills, memorizing, concentration and exam preparation. 10 AM - 10:50 AM; 2:30 PM - 3:20 PM; 4:30 PM - 5:20 PM;

Veterans' Services--We Want to Hear From You!

Your voice counts in shaping the future of Minneapolis College Veterans & Military-Connected Services. It's time to take control. Come learn what is new and planned—help your fellow Veterans & Military-Connected Students shape the future. 10 AM - 10:50 AM; 3:30 PM - 4:20 PM;

Green Dot Bystander Intervention Training

Learn effective strategies to intervene as a bystander when conflict arises. You will be taught three methods. The three methods of intervention are Direct, Distract and Delegate. 10 AM - 10:50 AM

Managing Test Anxiety

Students will learn the mental, physical, and social health issues/ symptoms associated with test anxiety. They will be given info and time to practice methods to decrease testing anxiety, both in terms of pre-test activities and in-test activities. 11 AM - 11:50 AM; 2:30 PM - 3:20 PM; 3:30 PM - 4:20 PM

Spring Registration Walk-In Assistance

(Academic Advisors) Academic advisors will be available to assist you with course registration for spring semester. 11 AM - 11:50 AM; 2:30 PM - 3:20 PM; 3:30 PM - 4:20 PM; 4:30 PM - 5:20 PM; 5:30 PM - 6:20 PM

Are you currently undecided on your major?

Learn about the career development process and how to identify your interests and skills in picking a major. 11 AM - 11:50 AM

Financial Aid 101

What is financial aid? What's the difference between a grant and a loan? You have questions about financial aid and we've got answers! Join us for a quick run-down on what financial aid is and what it isn't. 11 AM - 11:50 AM; 3:30 PM - 4:20 PM

Self-Coaching for Personal Success

Students will use a coaching framework to increase awareness, broaden thinking, shift perspectives, and generate solutions for personal success. 10 AM - 10:50 AM

Applying for Scholarships

This session will cover applying for Minneapolis College foundation scholarships, writing a personal essay and asking for letters of recommendation. 11 AM - 11:50 AM

Crafting A Mission Statement

Participants will use a framework to craft a powerful mission statement. Mission statements can be used for personal clarity, values identification, and career decision making. 2:30 PM - 3:20 PM

Putting Your Best Foot Forward: Personal Statement Workshop

A personal statement is your chance to “sell” yourself in any application process, whether it is for a scholarship, a job, or admission to a college or university. Here, you will learn how to write a dynamic personal statement and avoid common pitfalls. We will review the dos and don'ts of personal

statements for School and Scholarship Applications, and help you put your best foot forward! 2:30 PM– 3:20 PM

D2L Brightspace Basics

Basic tools students are asked to use within D2L BrightSpace 2:30 PM– 3:20 PM

Active Threat Training- Preparing to Survive

The Active Threat Training is designed to prepare students in the event they find themselves in an active threat situation and options to respond to a potential active threat. Additionally, students will learn the statistics surrounding active threat incidents, warning signs, concerning behaviors, and options for reporting those to the proper College authorities. 2:30 PM– 3:20 PM

Transfer Shock: How to prepare for your 4-year institution experience

Transfer students often experience transfer shock when they transfer to their 4-year institution. We will walk through common concerns and provide practical advice on how to navigate the transition. Topics include dealing with faculty, academic expectations, handling finances and hidden opportunities and others. 2:30 PM– 3:20 PM

Budgeting for Success

Presentation about what influences the decisions we make about spending money, what we need to consider when budgeting or Financial Aid funds, and where to find this information. 10 AM - 10:50 AM

Nursing and Health Science Majors at Minneapolis College

Thinking about changing your major? Interested in learning more about the 15+ health related majors we have available at our college? Stop in for a general information session and ask your questions about our majors. 11 AM – 11:50 AM

Nursing Information Session

Want to hear more about Nursing programs prerequisites, deadlines, selective admissions? Come to this information session for a general presentation, followed by lots of time for questions and answers. 5:30 PM – 6:20 PM

Seeking STEM Internships: Stories and Strategies

Workshop participants will learn about STEM internship program, and hear advice and experiences gathered from student interns. They will also learn about STAR technique for responding to behavioral interview questions. 10 AM – 10:50 AM

Smart Borrowing: Responsibility Investing in your Education

Paying for college can be confusing and stressful. This presentation will help students better understand common terminology used and different types of educational funding. We will introduce students to a number of resources to help them make better informed decisions (Please come with your FSA/FAFSA ID ready!) 3:30 PM – 4:20 PM

Equity and inclusion sessions descriptions

Trauma

(Michael Thomas) This presentation provides an overview of the Adverse Childhood Experiences Study (ACEs) and implications of its findings. Further, students will learn about the neuroscience of toxic stress and review valuable strategies to manage stress. Particular emphasis is placed on utilizing mind-body approaches to enhance brain function for achieving college success. 8 AM - 8:50 AM

The Virtues of Diversity

(Dr. Charles Watson, African American Empowerment Center) Participants will learn how active or kinetic inclusion--namely, the participation of difference--is an excellence for both flourishing (health of soul, test of first-rate intelligence, and experiments in living as conditions for democracy) and overcoming cultural imperialism. The virtues of diversity are substantiated by analysis, as well as appropriation, of Aristotle's views on teleology, happiness, and requirements for excellent functioning of the human endowment. 9 AM - 9:50 AM

Implicit Bias and Microaggressions

(Anna Mazig, Student Rights and Responsibilities) 10 AM - 10:50 AM. Participants will learn how to raise their awareness around implicit bias and microaggressions.

Soup and Surveys with Equity and Inclusion

(Equity and Inclusion staff) Stop by for free hot soup and fill out a survey to help Minneapolis College become a more inclusive and equitable institution. 11 AM - 11:50 AM

Mindfulness

(jenny sippel, librarian) Support Your Learning with Mindfulness Healing Practices 11:00- 10:50 AM

Student Focus Groups on Health and Healing

(Jessica Shryack) Students in this session are invited to discuss their understanding of health and healing, both on and off campus. Students will leave with culturally-informed resources related to healing from life's difficulties. This session is in a focus group format. Between two and eight people can participate per session. 8 AM - 8:50 AM, 9 AM - 9:50 AM, 10 AM - 10:50 AM, 11 AM - 11:50 AM

I have many traumatic experiences, but I never let them traumatize me.

Surviving Japanese occupation in WWII, immigrating to the US and living in the south in the 1950's, Dr. Alex Ramos will share his personal journey dealing with many traumatic experiences. 9AM - 9:50 AM, 10 AM - 10:50 AM, 2:30 PM - 3:20 PM

Focus on Schools sessions descriptions

Division of Academic Foundations

Library Tour and Open House

(Library Faculty and Staff) This session will include a 15 minutes tour of the Minneapolis College Library, as well as time for Q& A and some fun interactive activities. 9 AM - 9:50 AM; 10 AM - 10:50 AM; 11 AM - 11:50 AM

School of Business and Economics

Economic Equity—Libby Starling, Speaker from the Federal Reserve

(hosted by Cindy Hauser) Please join us for a presentation on demographic changes in the Twin Cities and how socioeconomic disparities by race and ethnicity are impacting the community from Libby Starling of the Federal Reserve Bank of Minneapolis. Ms. Starling is the Community Development Manager of the Federal Reserve Bank of Minneapolis. In this work, she is responsible for the Minneapolis Fed's efforts to promote the economic resilience and mobility of low- to moderate-income individuals and communities across the Ninth Federal Reserve District. Prior to joining the Fed in 2019, she was the Deputy Director of the Community Development Division at the

Metropolitan Council, the Twin Cities' regional planning agency. While at the Council, she led the development of Thrive MSP 2040, the 2040 Housing Policy Plan, and Choice, Place and Opportunity: An Equity Assessment of the Twin Cities. She is a graduate of the Humphrey School of Public Affairs at the University of Minnesota. 11 AM – 11:50 AM

School of Business and Economics Student Research Poster Session

This session will be a student poster exhibit with students from throughout the SoBE presenting research around ethics, equity, and excellence in various disciplines around Accounting, Business, and Economics 6 PM – 8 PM

School of Design and the Arts

Virtual Reality in the Design and Construction Industries

(Tracy Boyle) Attendees will be learn about opportunities and technologies for Virtual Reality in the Architecture, Interior Design and Engineering fields. Topics will cover both computer rendering and marketing aspects as well as looking at how constructability and coordination techniques.

Participants will be able to experience the VR world and see examples of how VR is changing how we design buildings today for the environment of tomorrow. 9 AM – 9:50 AM

Master Sewing machine tensions, needles, and basic industrial sewing machine maintenance

(Vicki Johnson) In depth discussion about industrial machine tensions and how to troubleshoot problems as they occur during the construction process. Also, included the identification of needle types for various machines and basic machine maintenance. 10 AM - 10:50 AM

Singing for Stress Relief

(Liz Pauly) Join Minneapolis College music faculty members Liz Pauly and Sarah Greer along with the Minneapolis College Choirs in a session designed to leave you humming a new tune. By the time you leave this session you will have learned several fun songs made to be sung in community, participated in group improvisations, and learned some breathing, posture and stretching exercises to help calm and relax yourself. 11 AM – 11:50 AM

Equity in the Arts

This panel discussion, moderated by Faith James (Minnesota State System Office of Equity and Inclusion), will feature panelists Esther Callahan (Midwest Mixed, MIA curatorial affairs fellow), Patricio DeLara (Juxtaposition Arts), Tricia Heuring (Public Functionary), Suzanne Oh (The Brand Lab), Thomas Toley (The Brand Lab) and Angela Two Stars (All My Relations Gallery). Conversation will be focused on workforce diversity in the art and design industries, decolonization of art spaces, art as social justice and related topics. 1 PM – 2:30 PM

Fabric and Pattern Sale

The Apparel Technologies program will hold their annual fabric and pattern sale. The fabric sale is a fundraiser to help support the student fashion show that will be presented on campus May 7th, 2020. 1:30 PM – 3:20 PM

Math, music, and how to silence a noisy neighbor with noise canceling technology

(Elizabeth Pauly and Ben Weng) Join musician Liz Pauly and mathematician Ben Weng for an exploration of the science and mathematics of music. We will find out about why there are 12 keys in an octave, how noise canceling technology works, and much more! 2:30 PM – 3:20 PM

School of Education and Public & Human Services

Exploring Careers in the School of Education and Public & Human Services

(faculty from the school) Still unsure what you want to be when you grow up? If you enjoy interacting with people of all ages, like working in teams or groups, and appreciate being in service to others, we invite you to explore careers within the *NEWLY* reconstituted School. This informational session will be led by faculty instructors of career programs offered within the school, and will provide unique inside perspective on what it means to pursue work in areas such as educational settings, libraries, social services and more! The session will aim to answer questions and help students feel inspired about their future! 10 AM -10:50 AM

Character Preeminence in the Training of Health Professionals

Adopting New Perspectives to Break the Cycle of Personal and Social Injury

(Bradley T. Conley) Traditional models, best practices, diagnoses, and identifications in the mental health field, including behavioral and substance addictions, have resulted in often dangerously inconsistent outcomes in Minnesota and across the country. The fundamental inflexibility of the profession, including labels, language, and intellectual lethargy, perpetuates the cycle of personal and social injury. We have seen this in the past decade alone with the rise of overdose deaths, the influx of mental health concerns, and stagnant completion rates in treatment centers and hospitals. Prejudice, ignorance, and shortsightedness obstruct connection to the individual in need, and can be found in all levels of the profession from training to practice. The field will not change unless the mindset of academia, and therefore future clinicians, does first. 10 AM – 10:50 AM

Inclusion: Bring the inside out in Human Services

(Dung Mao, Judy Brown, Said Mohamed and Mary Maguire) Learning does not need to be limited to the classroom walls. Indeed, when exploring the complexity of our human nature, as we do within the Human Services field, it is necessary to take what we learn in the classroom and apply it to the real world. Join us to learn more about the Human Services Program as well as the innovative ways we leverage technology to promote inclusion, increase accessibility, make learning more relevant, meaningful, and fun. 3:30 PM - 4:20 PM

The Tripping Cure? Psychedelic-assisted therapies: past, present and future

(Ian McLoone and Nelson Perez) The use of psychedelics like LSD, psilocybin and MDMA in therapy was once considered an extremely promising treatment option for a range of mental health concerns. But the federal government clamped down on these medicines in the Controlled Substances Act of 1970, prohibiting even basic research into their potential therapeutic uses. More recently, however, scientists, researchers and therapists have been working to legitimize psychedelic therapies to integrate their use into standard medical care. This presentation will provide a closer look at the history of psychedelic therapy, review recent research findings, and discuss possible future directions that could be available to clients and patients within a few years. 4:30 PM – 5:20 PM

School of Information Technology

ITEC Career and Advising Fair

(Julie Poyzer, Career services) ITEC Advising & Job Fair is facilitated by ITEC faculty and Career Services, where we offer a series of speakers to present to the ITEC students in the morning followed by the ITEC Job Fair from 12pm to 2pm. Event is located in T.3000. This is for ITEC students only. 9 AM - 9:50 AM; 10 AM - 10:50 AM; 11 AM - 11:50 AM; 2:30 PM - 3:20 PM;

School of Liberal Arts and Cultures

Learn about the Political Science Transfer Pathway AA

(Miki Huntington and Lena Jones) Are you interested in American politics? International affairs? Critical issues such as public policy, globalization, terrorism, the environment, civil rights, political development, or foreign policy? Do you want to study these subjects and pursue a career based on them? If so, political science is the major for you! Majoring in political science can qualify you for many different careers in private, for-profit, and non-profit organizations, as well as the public sector. Graduates can pursue careers in law, consulting, government, business and finance, journalism, community service, advocacy, non-profit organizations, and teaching. Learn more about majoring in Political Science, 9 AM – 9:50 AM

Lead Your Life (Instead of Life Leading You): Coaching for Personal Success!

(Miki Huntington) You will be introduced to a coaching framework to increase self-awareness and accountability, shift perspectives, and generate solutions for personal success. Each participant will leave the session with a goal sheet and personal mission statement. 10 AM – 10:50 AM

Out From the Shadows

(Jay Williams with student authors) Come hear student authors read on their experiences from the “Out From the Shadows” book.

Learning Strategies That Actually Work

(Troy Dvorak) To succeed in college, you need more than basic studying skills. This presentation will introduce you to learning strategies demonstrated to be MORE EFFECTIVE than memorizing, taking notes, and making flashcards. It will also offer insights into psychological and cultural factors that are fundamental to success in the classroom and beyond. 11 AM – 11:50 AM

Creative Writing Student Showcase and Open Mic

(KateLynn Hibbard and Stephen Healey) Come and hear Minneapolis College creative writing students read from their work in poetry and prose. You are invited to read your own work in the open mic portion of our session. Meet some of our faculty and learn more about the Creative Writing AA degree. 2:30 PM – 3:20 PM

Using Keyboard Shortcuts to Maximize Productivity

(Matt Helm) This workshop will teach you keyboard shortcuts for Windows 10, Microsoft Word, and Google Chrome, helping you use these software’s features more fully, empowering you to work more productively. Note: This workshop will not cover shortcuts specific to Apple operating systems or Apple Pages. 3:30 PM – 4:20 PM

School of Nursing, Health Sciences and Wellness

Beyond the Basics: ECGs, Advanced ECGs and 12 Lead ECGs

(Carol Amis) This presentation is intended for nursing students with current classroom or clinical experience with ECG interpretation. The material goes beyond Basic ECG Interpretation and introduces students to cardiac dysrhythmias, advanced ECGs and 12 Lead ECG interpretation. 4:30 PM - 5:20 PM

The ins and outs Central Service Technician/Sterile processing

(Clyde Brotherson) Students will have the opportunity to see this career in action. They will also be able to explore the instruments and procedures, which must be followed to provide appropriate and safe patient care. 10 AM – 10:50 AM

Yoga

(Jennifer Mason & Lindsey Madla) You deserve a break! Come stretch, breath and relax with a complete yoga practice. No experience necessary. We look forward to having you join us! 10 AM – 10:50 AM

In the cold of winter - Herbal Body Lotions that soothe the skin

(Erica Fargione) You will have the opportunity to talk about herbal and natural ingredients and make your own body lotion. It will be a fun experience to make your own lotion to take with you, plus learn about the herbal studies program. 11 AM – 11:50 AM

Nursing Dosage Calculations & Skill Review

(Jill Mousky & Lisa Reid) Review of dosage calculations and skills for all levels of the Nursing Program. 9 AM – 9:50 AM

Is a Medical Office Career in your Future?

(Becky Skudlarek) You may wish to work in a medical field but are not sure you can work clinically? Maybe working in the office providing business support for the medical professionals is what would work for you. Come check out what options there are for you working in the medical arena without providing clinical care. 2:30 PM – 3:20 PM

Is a Dental Career in your Future?

Individuals will have the opportunity to tour the dental clinic, check their own brushing and flossing skills, and see what other activities done by a dental assistant. You will take away with you a toothbrush, floss, toothpaste and if time permits a plaster cast. 10 AM -11:50 AM

School of Science and Mathematics

Math is Beautiful

(HAILE K HAILE) Mathematics, in my opinion best learned, when it is enjoyed. (I learned math primarily for learning sake). I can prepare and present simple mathematical ideas that students at various levels can follow and find interesting. For that, however I suggest two sessions; one for those who have not had any calculus and one for those who have had calculus. 9 AM – 9:50 AM (for students who have completed calculus 1) 11 AM – 11:50 (for all people)

Strategies for Student Success in Science Classes and Beyond

(Mitch Albers) In this session you'll learn about strategies listed below to help you become a more successful student. This session will focus on science students but is applicable to all college students. Topics include: Goal Setting, Time Management, Getting the most out of your textbook, Homework, Attendance, Study Groups, Having Grit. 10 AM – 10:50 AM

Why Algebra is Often Confusing to Learn and Easy to Forget

(Scott Storla) This presentation will explain why algebra is often confusing to learn and easy to forget. Improving test scores will be used as a concrete example of how the earlier ideas can be put into practice.

Microbiology Student Research Presentation

Students of Renu Kumar and Theresa Edelman 1:30 PM – 2:30 PM

Climate Change: Taking Action, Moving Forward

(Cathy Geist and the Three-legged Frog Environmental Club) How are you dealing with the reality of climate change . . . its current global impacts, the clear and conclusive scientific data, and the significant changes that need to be made within the next decade to prevent the most serious climate catastrophes? Through a video and discussion, we will address this key question and also ways to

stay on track with making changes. We know how hard it can sometimes be to continue believing that "our actions make a difference" . . . but they do!! And there is much we can and must do - alone and together!

Plant Collection, Identification, and Preservation

(Nick Deacon) Hands on activity where students learn a little about how and why we make a plant specimen record and preserve it in a herbarium. Students will also use some resources to try to identify plants to family and species levels. 2:30 PM – 3:20 PM

Student Garden Club Seed Starting

(Nick Deacon) Seed starting for the urban farm collective student garden club. Join other students to learn some background about the club and plans for growing fruits and vegetables this spring and summer in Loring Park. We will then fill trays with soil, plant seeds, label everything and organize the trays under grow-lights. 3:30 PM – 4:20 PM

School of Trade Technologies

CNC machining demonstrations and manual machining demonstrations

(Jay Portz) The students will experience a very clean Machine Shop much like most of the industry shops today. They will see how parts are machined on the manually operated milling machines and lathes and they will see how the same operations work on a CNC (computer numerical control machine). All day

Virtual Reality Welding

(Todd Bridigum) Welding program students will run the virtual reality welding machine on the sky way of the technical building. Students will have the opportunity to try welding in a virtual environment. There is no requirement for special safety gear, anyone can participate. Various times