

Schedule at a Glance

Student Success Day – Fall 2024

Time	Activity	Room
In-Person Sessions – Group 1		
9:30 am	Mind Matters: Strategies for Mental Well-Being in College	HS 128
	I'll Get to it Later...Or Maybe Not: A Procrastinator's Guide to Success	SH 210
	Master Your Academic Roadmap: Tools for Success!	AT 210
	Failing to Plan, is Planning to Fail	SH 110
	How Money Works	HS 136
	Using tigers, lizards and Arnold Schwarzenegger to help overcome your fear of math or any other challenge.	HS 131
In-Person Sessions – Group 2		
10:30 am	Mission Possible: Unveiling the College's Core Values	S2002
	Respect and Responsibility: Understanding Consent and Preventing Misconduct	HS 131
	Goddard Library – 30 minute In-person Orientation 10:30-11 and 11-11:30	Goddard Library
	Jeremiah Program: Support for Parenting Students pursuing their degrees	S2004
	How to Write Essays Fast (without trying so hard)	SH 110
	How Money Works	HS 136
	I'll Get to it Later...Or Maybe Not: A Procrastinator's Guide to Success	SH 210
Main Attraction (Keynote)		
11:30 am	Mindfulness Is Your Superpower! Hack your brain for greater happiness.	Sports Center – Performance Court
12:30 to 2 pm	Lunch and Find Your Future Fair	Sports Center – Field House
Synchronous Online Session		
7:00 pm	How Money Works	Zoom – Link on D2L
Asynchronous Online Sessions – See D2L for Content		
Tuesday - Friday	Tips for Success in Online Learning	
	How to Talk to Your Professor	
	How to Find Affordable Quality Child Care	
	Introduction to D2L Brightspace	
	Time Management	
	Environmental Science Program at RCTC and Careers	
	Goddard Library Orientation	

9:30 Sessions

Mind Matters: Strategies for Mental Well-Being in College

MOCSI – Sydney Frye | HS128

Join us for "Mind Matters: Strategies for Mental Well-Being in College," a dynamic workshop designed to equip students with practical tools for managing stress and enhancing mental health. In this engaging session, we'll explore effective self-care techniques, mindfulness practices, and resilience-building strategies tailored specifically for the college experience. Participants will learn how to identify stressors, cultivate positive habits, and create a balanced lifestyle that supports both academic success and personal well-being. Together, we'll foster a supportive environment where you can share experiences, connect with peers, and develop a personalized action plan for thriving in college and beyond. Don't miss this opportunity to prioritize your mental well-being!

I'll Get to it Later...Or Maybe Not: A Procrastinator's Guide to Success

Katie Swegarden and Pati Hruby | SH210

Did you know that 80-95% of college students report procrastinating on their assignments at some point? We'll look at why this happens, what impact it can have on college students' success, and explore strategies to overcome procrastination.

Master Your Academic Roadmap: Tools for Success!

Paula Carlsen | AT210

Unlock the power of your academic journey with interactive tools like AdvisorVue, Degree Audit, and Grad Plan! In this hands-on session, you'll discover how to master these platforms to map out your path, stay on track, and reach your academic goals. Get ready to take control of your future with smart planning and insider tips to maximize your academic success! Intended Audience: New Fall 2024 students.

Failing to Plan, is Planning to Fail

Jen Bruce and Samantha Schendzielos | SH110

Organizational skills can be critical to college success. Students who are organized are more likely to complete assignments on time, attend classes, take notes, and prepare for exams. This can help avoid last-minute cramming and get better grades. Organization can also help reduce stress levels and improve mental health, which positively impacts academic performance. . .and who doesn't want good grades! Join us in this practical session to help get you organized this semester. Please bring your course syllabi and planner (planners will be available to those who don't have one).

How Money Works

Jason Ferrie, Regional Vice President at Primerica | HS136

In the How Money Works session we will share fundamental ways to save/invest money, make money, become debt free and save money on taxes.

Using tigers, lizards and Arnold Schwarzenegger to help overcome your fear of math or any other challenge.

Learning Center Team | HS131

This session will help students overcome their fears. Based on Carol Dweck's Growth Mindsets work, you will engage in activities that will teach you how to choose your best attitude toward math (or any other challenge)

10:30 Sessions

Mission Possible: Unveiling the College's Core Values

Equity and Inclusion Committee | S2002

What??? The College has values? Please join us to learn about them and share feedback on how they impact your student experience.

Respect and Responsibility: Understanding Consent and Preventing Misconduct

Members of the RPD Community Service Team | HS131

This session is intended to foster a culture of respect and responsibility within our campus community by delving into the critical topics of consent and sexual misconduct, providing participants with the knowledge and tools needed to navigate these issues and engage in healthy relationships.

Goddard Library, In person Orientation 30 mins 10:30-11 and 11-11:30

Jen Bruce | Goddard Library

Introduction to learning how to navigate Goddard Library's online resources, avoiding plagiarism, and finding scholarly articles. 30 minute session 10:30 am OR 11 am

Jeremiah Program: Support for parenting-students pursuing their degrees

Ally Hanten Ebert- Jeremiah Program Executive Director | S2004

Jeremiah Program's mission is to disrupt generational poverty for single mothers and their children, two generations at a time. They partner with parenting students to help them pursue and persist through post-secondary degrees, while also ensuring their children have access to high-quality early childhood education that promotes kindergarten readiness. Join us to learn about the comprehensive support we provide to empower families as they work toward brighter futures.

How Money Works

Jason Ferrie, Regional Vice President at Primerica | HS136

In the How Money Works session we will share fundamental ways to save/invest money, make money, become debt free and save money on taxes.

How to Write Essays Fast (without trying so hard)

Mike Mutschelknaus, RCTC faculty | SH110

Students will achieve the tools necessary to achieve academic success at RCTC. For example, it is ok to use Wikipedia. It is fine to look up free college essays online. There's a cookie cutter thesis statement that always works. Use a colon in your essay title so your professor will be impressed and not really read the rest of your essay very closely. MLA and APA style aren't hard if you know the internet sites that do all the work for you. Write one essay and then use it over and over in different classes without cheating. These secrets and many others will be revealed in this engaging session.

I'll Get to it Later...Or Maybe Not: A Procrastinator's Guide to Success

Katie Swegarden and Pati Hruby | SH210

Did you know that 80-95% of college students report procrastinating on their assignments at some point? We'll look at why this happens, what impact it can have on college students' success, and explore strategies to overcome procrastination.

11:30 Main Attraction

Keynote: Mindfulness Is Your Superpower! Hack your brain for greater happiness.

Pam Whitfield | Sports Center- Performance Court

Does stress drive your day? Want to get better at self-care? Join Pam to learn five quick and easy mindfulness methods. You'll walk away with new habits you can start practicing today.

12:30 Find Your Future Fair & Free Lunch

Career, College, and Department Fair: Find your Future

90+ Vendors | Sports Center- Field House

The "Find Your Future Fair" is a resource and career fair for RCTC Students to learn about the programs and departments we have on campus, to introduce students to four-year colleges that they might consider transferring to after RCTC, and to connect students with businesses and organizations that have careers available for them post-graduation. Our goal in hosting the resource and career fair is to support RCTC students' pathways to success! A free lunch will be provided to students at this event.

7:00 Online Session

How Money Works

Jason Ferrie, Regional Vice President at Primerica | Zoom (Link in in D2L)

In the How Money Works session we will share fundamental ways to save/invest money, make money, become debt free and save money on taxes.

Asynchronous Online Sessions

Tuesday-Friday | Online in D2L Course

How to Find Affordable Quality Child Care

These simple methods boost your mindset and improve relationships. Your brain is your most valuable real estate, so let's spend more time enjoying the penthouse and less time stuck in the basement!

Environmental Science Program at RCTC and Opportunities after RCTC

Information about the Environmental Science AS degree program will be provided, in addition to career and academic opportunities, specific course requirements, and job outlook of various environmental science-related careers.

Secrets Revealed! How to Talk to Your Professor

Discover how to visit a professor in her office or on his Zoom without being nervous. Explore ways to write emails to professors that they want to read. Learn how to ask questions in class and contribute to class discussions. These and other secrets will only be revealed at this fun and information session.

Tips for Success in Online Learning

As we all know, online learning is very different than a traditional face-to-face classroom. In this session, we will discuss tips to help you manage online learning, resources available to support learning, and review tools in D2L Brightspace to support your online learning journey.

Introduction to D2L Brightspace

Want to learn more about D2L Brightspace? Come to this virtual presentation to learn the answers to common D2L Brightspace questions.

Time Management

This session will walk you through some exercises to analyze your time and tips for how to manage it. Whether you use a paper planner, electronic planner, or no planner you will get some new ideas from this session.

Academic Success at Goddard Library Orientation

Introduction to learning how to navigate Goddard Library's online resources, avoiding plagiarism, and finding scholarly articles.