

GPS LifePlan

gpslifeplan.org/nhcc

Workshops

February, March, April 2010



**North Hennepin
Community College**



About the GPS LifePlan

The GPS LifePlan can assist you in developing and achieving your goals and plans while attending North Hennepin Community College – it helps students set goals and design plans that will lead to success. This program has the flexibility to be used by students of all ages and at all stages. There are 5 sub-plans created to meet the needs of students in all areas of academic, personal, and career development:

The CareerPlan will help you:

- Assess your interests, skills & values
- Research career options
- Make decisions about your major or program
- Navigate a career change
- Prepare for a job search
- Build effective resume and cover letters
- Improve interviewing skills

The EducationPlan will help you:

- Determine your educational goals
- Evaluate your academic skills
- Chart your academic courses
- Seek out resources to help you be successful

The FinancePlan will help you:

- Create and manage a budget
- Evaluate your finances
- Manage your debt
- Develop a savings plan for the future
- Research ways to pay for college

The LeadershipPlan will help you:

- Explore what kind of leader you are
- Further develop your leadership skills by giving you access to resources
- Develop your global competency
- Find out how to get involved & gain leadership experience

The PersonalPlan will help you:

- Transition to college
- Manage relationships
- Learn more about how to balance life, work & school
- Learn more about staying physically & mentally healthy



GPS LifePlan Workshop Schedule

February 2010

February 1

4:00-5:00	ESOL Conversation Partners	Michele Smaby	ES40	Personal
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February 2

11:00-12:00	ESOL Conversation Partners	Michele Smaby	ES40	Personal
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February 3

2:00-3:00	ESOL Conversation Partners	Michele Smaby	ES40	Personal
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February 10

1:00-1:45	Using Commas	Alycia Honeck	LRC169	Education
2:00-2:45	Using Commas	Alycia Honeck	LRC169	Education

February 11

11:00-11:45	The Five Paragraph Essay	Alycia Honeck	LRC169	Education
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February 16

10:00-10:45	Run-ons, Fragments and Comma Splices	Alycia Honeck	LRC169	Education
1:00-1:45	Run-ons, Fragments and Comma Splices	Alycia Honeck	LRC169	Education

February 22

1:00-2:15	Nursing Career Panel	Anna Ribikawskis	CLA120	Career
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February 23

12:00-12:50	Interested in Law Enforcement?	Maria Yang	ES40	Career
12:00-12:45	Writing Introductions and Conclusions	Alycia Honeck	LRC169	Education
1:00-2:00	MN Career Information System	Karen Philbin	ES01	Career
1:00-1:45	Writing Introductions and Conclusions	Alycia Honeck	LRC169	Education
1:30-2:20	Why Should I Take Art or Music or Theatre classes?	Jane Wilson	FAC120	Education
1:30-2:20	Questions About the Paralegal Program Changes	Maria Yang	ES40	Career
3:00-4:15	Developing a Personal Persistence Plan	Sue Smith	ES40	Personal
3:00-4:15	Nursing Program Information	Anna Ribikawskis	ES01	Career
3:00-3:50	Setting Yourself Up For College Success	Shirley Johnson	LRC102	Education
5:00-5:50	Transfer! Transfer! Learn All About It!	Samantha Schendzielos	CBT167	Education



February 24

12:00-1:15	Financial Independence Investment Advisor International	Gary Arnevik	SC124	Finance
1:30-2:20	Why Should I Take Art or Music or Theatre classes?	Jane Wilson	FAC120	Education
1:30-2:20	Interested in Graphic Design?	Maria Yang	ES40	Career
1:30-2:20	Transfer! Transfer! Learn All About It!	Samantha Schendzielos	CBT167	Education
1:00-1:45	Writing an Effective Thesis Statement	Alycia Honeck	LRC169	Education
2:00-2:50	The Career Resource Center	Karen Philbin	CRC	Career
3:00-4:15	Interested In Money and Finance? Investment Advisor International	Gary Arnevik	SC123	Finance
3:00-3:50	Secrets to Scholarship Success	Joe Crowe	CLA137	Education
5:00-5:50	Listening and Interviewing	Catherine Houghtaling	LRC104	Career
5:00-5:50	Setting Yourself Up For College Success	Shirley Johnson	LRC102	Education

March 2010

March 3

11:00-11:50	Immigration 101 Immigrant Law Center of Minnesota	Marissa Hill-Dongre	CC205	Personal
12:00-12:50	Deportation Law Immigrant Law Center of Minnesota	Marissa Hill-Dongre	CC205	Personal
1:00-1:50	Citizenship Process Immigrant Law Center of Minnesota	Marissa Hill-Dongre	CC205	Personal

April 2010

April 1

11:11:45	Present Perfect vs. Simple Past	Alycia Honeck	LRC169	Education
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April 6

1:00-1:45	Logical Connectors and Punctuation	Alycia Honeck	LRC169	Education
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April 13

12:00-12:45	Charts and Graphs	Alycia Honeck	LRC169	Education
1:00-2:00	How to Write a Resume	Karen Philbin	ES40	Career
1:30-2:45	Financial Literacy West Financial Credit Union	Bill Schuyler	CLA141	Financial
1:30-2:45	Foreign Language & Competency	Scott Johnson Heidi Meyer (UMN-TC)	ES01	Education
3:00-4:15	Financial Literacy West Financial Credit Union	Bill Schuyler	CLA141	Financial
3:00-4:15	MNCAP Program and Guaranteed Admission to UMN	Scott Johnson Heidi Meyer (UMN-TC)	ES01	Education
5:00-5:50	Transfer! Transfer! Learn all about it!	Samantha Schendzielos	CBT167	Education
5:30-6:30	Test Taking Success	Joe Crowe	ES120	Education

April 14

1:00-1:45	Charts and Graphs	Alycia Honeck	LRC169	Education
1:30-2:20	Transfer! Transfer! Learn all about it!	Samantha Schendzielos	CBT167	Education
1:30-2:45	Financial Independence Investment Advisor International	Gary Arnevik	SC124	Finance
5:00-6:15	Interested in Money and Finance? Investment Advisor International	Gary Arnevik	SC123	Finance
5:00-5:50	Listening and Interviewing	Catherine Houghtaling	LRC104	Career
5:30-6:30	Test Taking Success	Joe Crowe	ES120	Education

April 20

12:00-1:00	Stress Management	Sue Smith	ES40	Personal
5:00-6:00	Stress Management	Sue Smith	ES40	Personal
12:00-12:45	Citations	Alycia Honeck	LRC169	Education

April 21

1:00-1:45	Citations	Alycia Honeck	LRC169	Education
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April 22

2:00-2:45	Citations	Alycia Honeck	LRC169	Education
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April 27

12:00-12:45	Revising, Editing and Proofreading Strategies	Alycia Honeck	LRC169	Education
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April 28

1:00-1:45	Revising, Editing and Proofreading Strategies	Alycia Honeck	LRC169	Education
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GPS LifePlan Workshop Descriptions

EducationPlan

Charts and Graphs

Ever wondered how to read them? You are not the only one. We will work through sample charts and graphs to help you become more familiar with them.

Citations

In order to avoid plagiarism, it is essential to cite right. Whether you are using MLA or APA style, get the skinny on citing your paper.

Foreign Language Competency

Learn how students with prior foreign-language competency in French, German or Spanish can take the CLEP exam to obtain college credit, what foreign-language courses are offered at NHCC and what the foreign-language requirements are at target transfer institutions.

Logical Connectors and Punctuation

This mini session will teach the form, meaning, and use of the three types of conjunctions and how to punctuate them, making writing essays easier.

MNCAP Program and Guaranteed Admission to UMN

When you enroll in the Minnesota Cooperative Admissions Program, you will be guaranteed transfer admission to one of the participating University of Minnesota-Twin Cities majors, provided certain conditions are met. This workshop will provide information about the program, paying special attention to the conditions for guaranteed admission.

Present Perfect vs. Simple Past

These tenses create more confusion to those learning English as a second language than any others. Tackle the differences between them and put an end to the mystery.

Revising, Editing and Proofreading Strategies

These three aspects of the writing process are crucial and sometimes the most difficult. Learn some strategies on how to make them less tedious.

Run-ons, Fragments and Comma Splices

In every language there are sentence boundaries; in English when a thought has ended and another has begun, a period or a semi-colon is used. Sometimes writers have problems establishing appropriate sentence boundaries, and the result can be confusing to readers. This session will help eliminate the confusion.

Secrets to Scholarship Success

Applying for scholarships takes time and effort to be successful. When you are asking for money to help fund your education, you want to make the best impression possible. Get inside information on what it takes to submit a distinctive and competitive scholarship application.

Setting Yourself Up for College Success

Review the basics of college life. Issues addressed include adjusting to college level expectations, basics of time and task management, and study strategy best practices.

Test Taking Success

Learn strategies to improve memory recall and build your test-taking confidence. Reviewing, time-management, textbooks and relaxation will be covered.

The Five Paragraph Essay

It is crucial to learn how to write this basic form of essay. Also, the nuts and bolts of the five paragraph essay can be applied to any essay type or length. Find out how to build one.

Transfer! Transfer! Learn All About It!

Are you planning to transfer to a University? What are the first steps you should take and when? How do you know you are ready? How do you know your credits will transfer? All of these questions and more will be answered during this workshop.

Using Commas

What is a comma? Why do we have them and how do we use them? There are specific rules for correct comma usage, and you'd be surprised at how little time it takes to learn them.

Why Should I take Art or Music or Theatre Classes?

Get a brief introduction on how the brain works and how Art, Music and Theatre experience can expand a student's capacity for college work. Learn how social and team aspects of these courses can help in future coursework, jobs, and life in general.

Writing an Effective Thesis Statement

Learn the essence of a thesis statement and how to write one.

Writing Introductions and Conclusions

Learn the three parts of an introduction and the right way to conclude your essays.

CareerPlan

How to Write a Resume

For students new to resume writing, this workshop will cover the purpose of the resume, how to gather important information, and presentation of the final document.

Interested in Graphic Design?

Learn about NHCC's Graphic Design AS Program and its requirements.

Interested in Law Enforcement?

Learn about NHCC's Law Enforcement AS Program and its requirements.

Listening and Interviewing

Participants of this workshop will learn how to effectively listen, both verbally and nonverbally, during an interview.

MN Career Information System

This workshop will guide students through the resources available in MCIS, including how to research occupations and programs of study, explore college options and take career assessments.

PersonalPlan

Citizenship Process

Marissa Hill-Dongre, Attorney at Law from the Immigrant Law Center of MN will present information regarding the citizenship process for MN and the United States.

Deportation Law

Marissa Hill-Dongre, Attorney at Law from the Immigrant Law Center of MN will present information regarding the deportation laws for MN and the United States.

Developing a Personal Persistence Plan

Ever feel like giving up? This workshop will help you get through the rough times by using your resources to persist.

FinancePlan

Financial Independence

What is it and how do you get there? Get the answers at this informative session.

Financial Literacy

Learn about credit, how to improve it and how to manage it. This workshop will also cover creating a budget and spending plan and how to choose the right bank account.

Nursing Career Panel

Gain perspective on the profession of nursing from those who work in the field. This session is for anyone who would like to learn more about nursing and the nursing program at NHCC. The panel will include a current nursing student, a nursing faculty member, and nurses from a variety of workplace settings. The session will be in question and answer format, so please come with questions.

Nursing Program Information

Gain perspective on the profession of nursing from those who work in the field every day. This session is for anyone who would like to learn more about the field of nursing and the nursing program here at NHCC. The career panel will include a current nursing student, a nursing faculty member, and nurses from a variety of workplace settings. This session will be in a Question & Answer format, so please come with questions.

Questions about the Paralegal Program Changes

This workshop will go over NHCC's Paralegal program requirement changes that are in effect this spring 2010.

The Career Resource Center

Tour the Career Resource Center and discover the resources available to assist career exploration, accessing transfer college information and preparing for a job search.

ESOL Conversation Partners

Find out more about the ESOL Conversation Partners Program - it pairs students who are in ESOL classes with other NHCC students, staff, and faculty to converse for one hour each week.

Immigration 101

Learn about the immigration process in the United States.

Stress Management

Stressed out? This workshop will help you practice skills to help you manage your stress.

Interested in Money and Finance?

Explore career options in Finance.



**North Hennepin
Community College**

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To receive this information in an alternative format, call 763-493-0555 (V) or 763-493-0558 (TTY).