

Pathways Day: Exploring Careers & Academic Pathways - September 12, 2023

- **Highlighted sessions will be offered in-person and virtually**

Pre-Event Fun: 8am-9:30am: Fun Run (5K Walk/Run): Start your day with a “Fun Run” through our community! Seasoned runner, Ben Mullen, has selected a fully accessible-to-all 5k route through the surrounding neighborhood. Bragging rights go to the fastest time! Everyone is welcome!

Pre-Event Fun: 8am-8:45am: Cardio Kickboxing with Shelly: All staff, faculty, administration and students are welcome! This class is a fun workout that uses easy to follow movements to funky music that will get your heart rate up and strengthen muscles. All fitness levels are welcome! Wear tennis shoes and comfortable clothes. Come ready to break a sweat! Shelly is a NHCC employee and a group fitness enthusiast who has been teaching group fitness at NHCC for nearly 10 years.

Check-In: 9am-6pm at door #33 in CBT

Timeframe 1: 9:30am-10:20am

1. **CBT 179: Handwashing (Mary Sladek) & Blood Pressure Checks (Judy Cotter):** Nursing student volunteers will “float” about the college promoting and educating on the importance of proper handwashing.
2. **CBT 174: Careers in Healthcare – the Ultimate Inside Scoop (Ashley Martin, Andrew LeMay, Linda Carlyon, Brenda Vue):** Come and learn about the healthcare career programs available at North Hennepin. Discover the exciting career options that await you upon finishing one of these programs and network with current students and recent graduates to get the inside scoop on these careers!
3. **CBT 169: The Importance of Accurate Dosage Calculation in Nursing (Beth Steen, Elmira Turdalieva):** Come and learn how to correctly calculate medication dosages by experts from the Math and Nursing departments.
4. **CBT 168: How to have a conversation around Mental Health and Suicide Prevention (Josie Neveu):** 77% of college students experience psychological distress (ACHA, 2022) and knowing how to have a conversation around mental health can be difficult. During this session you will learn how to have a safe and productive conversation around mental health and suicide prevention. Together we will go through a digital simulation and explore how what we say can have a big impact on someone.
5. **CBT 171: A Financial Literacy Crash Course (Shane Wolden, NHCC Alum and Advisor at NFP Corporate Benefits):** Money matters and understanding the essentials of managing your daily finances is the first step towards a secure future. Join us for an engaging presentation that breaks down the core concepts of personal finance, starting with how to read your paycheck. From budgeting and saving strategies to debt management and building credit, this session is designed to equip you with the practical skills to navigate your financial journey with confidence. Discover how small changes can lead to big financial gains and learn how to make your money work for you. *Interested in a 15-minute financial literacy 1:1 consultation? Same-day sign-up available in this session!*
6. **CBT 178: All About Helping: Understanding Human Services and the Pre-Social Work Transfer Pathway (Kelley Emerson, Anong Thor, Sarah Dahl):** This session will explore how to turn your desire to help people into a career with a NHCC Associate’s degree.

Timeframe 2: 10:30am-11:20am

1. **CBT 179: Building Teamwork Skills in College Classes (Mark Larson, Steven Ahola, Susan Nyhus):** Teamwork skills are essential for any career. Learn ways that you can develop these skills in college classes.
2. **CBT 171: College 101 (Amee Nefzger Banks, Ben Mullen, Lisa LaMere):** Tips for being successful in college, brought to you by advisors and faculty.
3. **CBT 166: NHCC Testing Center Services (Testing Center staff and Admissions staff):** The Testing Center offers new student course placement evaluation, College Credit for what you already know (CLEP) and other services available to promote student success.
4. **CBT 167: Skills for Life, Skills for Employment, Skills for You (Desirri Arneson, Irma Mayorga, Leslie Hook):** The Nursing, Theater, and Business Computer Systems department will facilitate an interactive learning activity. We will share thoughts on the importance of learning soft skills dynamics in the classroom for lifelong learning and employment skills.
5. **CBT 174: Relationship Building, Inside and Outside the Classroom (Deanne Newborg, Jessica Warren, Erin Farley):** Learn strategies for creating positive interactions with your instructors, advisors, counselors,

anyone you work with on campus. We'll discuss things to keep in mind when sending emails or planning an office visit. We'll also ask for your input on what makes a classroom feel inclusive and welcoming to you.

6. **CBT 169: Money & Resources for College (Kristi L'Allier, Cody Schniepp, Laura Brandt, Shantle Crews-Frazier, Ellie McDowell):** This session will provide a wealth of information on paying for college and other resources available to help you financially while in school. You will learn about student loans, scholarships, tax credit benefits, TRiO program, emergency assistance, basic needs resources, and more!
7. **CBT 168: Finding Your Career Direction in College (Karen Philbin, Brian Turk, Virginia Ferlet):** During this session students will learn how campus resources can help students navigate their career journey regardless of where they are in their academic and career planning. The session will emphasize the benefits of engaging in career planning from day 1 of their academic journey.
8. **CBT 178: Investigating How You Learn (Tom Lynch, Jessica Fraser, Rachel Fraser, Cheyenne Vaughn, Dale Bradtke, Ulrich Nguielefack Apagning, Lisa LaMere, & Azhar Alsaady):** Come learn about your learning styles to be successful and how to effectively apply them to your current environmental and future endeavors.

Timeframe 3: 11:30am-12:20pm

1. **CBT 168: Inside view to the ASL Certificate (Diane McDonagh, Virginia Ferlet, Jessica Fraser):** Come learn about how adding the ASL certificate to your degree plan can increase your job opportunities. The ASL certification programs allow students to learn and practice the language.
2. **CBT 162: Political Science & Economics: Your Pathways to Power and Success (Yes, Really) (Michael Gold-Biss, Christine Lloyd):** A discussion of the virtues and values of The Political Science Transfer Pathway AA and the Economics Transfer Pathway AA degree programs at NHCC. The many options and choices that are open to you if you take either or both of these roads to success.
3. **CBT 181: All About Helping: Understanding Human Services and the Pre-Social Work Transfer Pathway (Kelley Emerson, Anong Thor, Sarah Dahl):** This session will explore how to turn your desire to help people into a career with a NHCC Associates degree.
4. **CBT 166: Accounting Specialization: What can an accountant do? (Accounting Department, Metro State faculty):** An exploration on the different types of accountants. Opportunities for certifications, work experience, and transfer options.
5. **CBT 167: Expand Your Education---and Your Resume (Brigid Bechtold, Katie Rauk, Susan Moore):** Participate in our workshop focused on making the most of your academic major by learning the skills of an educator. These skills will help you whether you are majoring in English, math, business, political science--or teaching high school. Join us to explore the many ways an NHCC education course could increase your marketability and provide you with valuable lifelong skills.
6. **CBT 179: Careers in Healthcare – the Ultimate Inside Scoop (Ashley Martin, Andrew LeMay, Linda Carlyon, Brenda Vue):** Come and learn about the healthcare career programs available at North Hennepin. Discover the exciting career options that await you upon finishing one of these programs and network with current students and recent graduates to get the inside scoop on these careers!
7. **CBT 174: The Intersection of Psychology, Philosophy, History and Anthropology (Eve Willadsen-Jensen, Sean Payton, Patricia Diamond, Archie Potter, Joel Jensen, Debra Matchinsky, Catherine Hawkins, Robert Kilbourn, Cody Ellos, Brian Bartholomay, Jaqueline Espinoza, Silas Mallery, Jeremy Pool, Aila O'Loughlin):** Psychology, Philosophy, History and Anthropology are holistic fields that inform and integrate theory and research from multiple disciplines. In this session faculty will discuss the various occupations these majors fill today. Faculty will also discuss undergraduate research opportunities and internships. They can explain the pathways degrees and field questions the audience might have related to these disciplines and their relevance to multiple career and education paths.
8. **CBT 171: The Write Stuff: Exploring Legal Careers for Writers (Kate Lovo, Kelly Lundquist):** Join the English and Paralegal departments in a moderated discussion with NHCC alumni about traditional and nontraditional legal careers that need your writing skills.
9. **CBT 160: Junior Hockey Players: Earning College Credit for Future Transfer (Jon Halvorson, Advising):** Explore online and in person course options available for transferable college credit through NHCC while you play Junior Hockey. Have some credits ready to transfer when you begin college hockey. Find out the core courses most likely to give you a transfer advantage when starting college full time.
10. **CBT 169: The Cultural Confluences of Art and Music (Marina Haworth, Heather MacLaughlin, Gary Ruschman):** Come look at great pieces of art and hear some beautiful music! Art historical and musical styles often have overlapping interests and aesthetic forms. Faculty will present a slideshow with explanations and

musical performances of examples from the styles of Baroque, Romanticism, Impressionism, and Motown/Pop Art, to introduce students to some of what they can learn in our departments, and show them how their learning will complement their other studies.

11. **CBT 161: Data Science (Jack Pope and Vinod Sethi):** This presentation provides an overview of both Data Science as a career and the Data Science A.S. degree at NHCC.
12. **CBT 182: Introduction to Traditional Aikido (Japanese Martial Art) as an Educational & Life Tool (Mark Larson):** Student will be introduced to traditional Aikido (what it is, and how it can be applied to education and life). Students will participate in basic stress relief techniques (breathing) and movements for balance and self-defense.
13. **CBT 178: Transferring after NHCC? There's so much to consider! (Brian Turk, Bruno Xue, Anong Thor, Daria Kalashnikov, Adam Bart):** Have you ever heard how nothing transferred? Don't let that be you! Come learn more about transfer institutions, resources, course planning, financial aid and more!

Food & Fun: 12pm-2pm

1. Pick up your FREE lunch in the Campus Center!
2. Play VINGO (music video bingo) and win prizes in CBT Grand Hall!
3. Connect with NHCC's student clubs and organizations, university center partners, and academic programs in CBT Atrium!

Timeframe 4: 2:10pm-3pm

1. **CBT 181: Investigating How You Learn (Tom Lynch, Jessica Fraser, Rachel Fraser, Cheyenne Vaughn, Dale Bradtke, Ulrich Nguelefack Apagning, Lisa LaMere, & Azhar Alsaady):** Come learn about your learning styles to be successful and how to effectively apply them to your current environment and future endeavors.
2. **CBT 179: Study Abroad is it for me? Learn how you could experience studying in a different country (Virginia Ferlet):** Students will learn about study abroad opportunities inside of MinnState and how NHCC can help make that dream a reality.
3. **CBT 171: Expand Your Education---and Your Resume (Brigid Bechtold, Katie Rauk, Susan Moore):** Participate in our workshop focused on making the most of your academic major by learning the skills of an educator. These skills will help you whether you are majoring in English, math, business, political science--or teaching high school. Join us to explore the many ways an NHCC education course could increase your marketability and provide you with valuable lifelong skills.
4. **CBT 169: The Cultural Confluences of Art and Music (Marina Haworth, Heather MacLaughlin, Gary Ruschman):** Come look at great pieces of art and hear some beautiful music! Art historical and musical styles often have overlapping interests and aesthetic forms. Faculty will present a slideshow with explanations and musical performances of examples from the styles of Baroque, Romanticism, Impressionism, and Motown/Pop Art, to introduce students to some of what they can learn in our departments, and show them how their learning will complement their other studies.
5. **CBT 178: Money & Resources for College (Kristi L'Allier, Cody Schniepp, Laura Brandt, Shantle Crews Frazier, Ellie McDowell):** This session will provide a wealth of information on paying for college and other resources available to help you financially while in school. You will learn about student loans, scholarships, tax credit benefits, TRiO program, emergency assistance, basic needs resources, and more!

Timeframe 4: 3:10pm-4pm

1. **CBT 171: College 101 (Amee Nefzger Banks, Ben Mullen, Lisa LaMere):** Tips for being successful in college, brought to you by advisors and faculty.
2. **CBT 169: Finding Your Career Direction in College (Karen Philbin, Brian Turk, Virginia Ferlet):** During this session students will learn how campus resources can help students navigate their career journey regardless of where they are in their academic and career planning. The session will emphasize the benefits of engaging in career planning from day 1 of their academic journey.
3. **CBT 174: An Introduction to Faith, Culture, and Health in Somali and Karen Communities (Anas Hassen and Halimo Abdi from WellShare International, and Hanh Le):** An overview of Somali, Islamic, and Karen communities with their connection to healthcare, reproductive health, and youthwork via community health education like WellShare International.

4. **CBT 168: Cool Campus Spaces You May Not Have Seen (Deanne Newborg, Kathy Hendrickson, Joel Jensen):** Come take a tour visiting the “hidden” gems of campus. You’ll get to see the Black Box Theater, the backstage area of the Fine Arts Theater, the Dance Studio, the Fly Lab, the Mother’s Room, and more!
5. **CBT 178: Planning Your Degree and the Tools to Help You Stay on Track to Graduation (Meghan Rucinski, Leah Klimek):** Do you know how many courses you need for your degree or how many you have left? Come learn about the great tools we have that can help you plan your courses and stay on track! You’ll learn about the Degree Audit – where to find it, how to read it, and how to use it to help plan your schedule. We’ll show you how to use your degree audit in the Student Graduation Planner tool to help create a semester-by-semester plan. Lastly, we’ll check out the new Graduation Application so you know what to expect when you’re close to graduation.

Timeframe 5: 4:10pm-5pm

1. **CBT 171: Transferring after NHCC? There’s so much to consider! (Brian Turk, Bruno Xue, Anong Thor, Daria Kalashnikov, Adam Bart):** Have you ever heard how nothing transferred? Don’t let that be you! Come learn more about transfer institutions, resources, course planning, financial aid and more!
2. **CBT 169: Internship Programs at NHCC (Gina Schmidt & Karen Philbin):** What does it take to be internship-ready? More than you think! Join us to learn about i-Prep, a new self-paced internship prep program, designed for all students, with flexible options to practice and build professional skills. Curious about the Xperience Project? We will talk about XP too!
3. **CBT 168: Introduction to Traditional Aikido (Japanese Martial Art) as an Educational & Life Tool (Mark Larson):** Student will be introduced to traditional Aikido (what it is, and how it can be applied to education and life). Students will participate in basic stress relief techniques (breathing) and movements for balance and self-defense.
4. **CBT 178: Relationship Building, Inside and Outside the Classroom (Deane Newborg, Jessica Warren, Erin Farley):** Learn strategies for creating positive interactions with your instructors, advisors, counselors, anyone you work with on campus. We’ll discuss things to keep in mind when sending emails or planning an office visit. We’ll also ask for input on what makes a classroom feel inclusive and welcoming to you.

Food & Fun: 5pm-6pm

1. Pick up your FREE dinner in the Campus Center!
2. Win prizes, play games, and listen to music in the Campus Center!

Timeframe 6: 5:30pm-7pm:

1. **Campus Center, Multicultural Room, CC244: Adult Life as a College Student (Gina Schmidt, Maria Vittone, Amy Goman, Faaria Epstein, Jovon Dukes, Youba Ould Moulaye Elarbi):** Join us for strategies to leverage college supports, create career opportunities, and learn from other to boost your personal and professional goals. Children of students are welcome to attend. Check in at the CBT building, through door #13, before heading to the second floor of Campus Center.