

Project Success Day

Fall 2009



Welcome to JCC @ LISD TECH's Project Success Day. We are glad you chose to spend the day with us and attend this wonderful event. Today's workshops will focus on the skills necessary to succeed in both college and day-to-day life.

Please remember to participate in the raffle for your chance to win many great prizes! Students must be present to win lunch time raffle drawings. The evening raffle will include a chance to win a 3 billing contact hour JCC tuition voucher, a 3 month membership to the YMCA of Lenawee County, and many other great prizes. You do not need to be present for the 3 billing contact tuition voucher or the 3 month YMCA membership – but must be present for all other prize drawings.

Thank you and enjoy the day of education and fun!
Dan Judson and Sydney Barnhart – Project Success Day
Coordinators

9:00-9:55 A.M. Sessions

Setting Goals for Success- Debbie Coons

Faculty, JCC

Room 131

Learn to set realistic goals for yourself through proven techniques from experts in the field.

So, you want to be a teacher? - Heather Getson

Faculty, JCC

Room 211

Learn the basics of what it takes to successfully pursue a degree in Education.

Stress Management- Julie Artinian

Faculty, JCC

Room 227

Are all of your life events stressing you out? Do you need help managing stress so it does not get in your way of pursuing a degree? Attend this workshop and learn how to overcome stress!

TI Calculator for Math 131- Lathan Twining

Faculty, JCC

Room 220

Math 131 is the first math course at JCC @ LISD TECH requiring a graphing calculator. This session is intended for those who need help navigating the functions of a TI-83 Calculator.

But I Knew It Yesterday!- Susan Nawrot

Faculty, JCC

Room 219

Learn how memorization happens, and gain some tips for memorizing larger amounts of information and retaining it longer.

Overcome Math Anxiety- LB Hilbert

Faculty, JCC

Room 222

Learn how to reduce your anxiety associated with math tests. Attend this session and you will get some useful tips on how to have fun on your journey in life with mathematics by managing your math anxiety.

10:00-10:55 A.M. Sessions

Setting Goals for Success- Debbie Coons

Faculty, JCC

Room 205

Learn to set realistic goals for yourself through proven techniques from experts in the field.

Creative Writing- Robert Flumignan

Staff, JCC

Room 131

Do you enjoy writing? Do you want to learn how to write creatively? Attend this session and learn different techniques that can make you a "Creative Writer".

Mindfulness Training- Diana Osborn & Kelly Judson

DBT Center of Michigan, PLLC

Room 211

Do you need to find time for relaxation? Do you want to learn techniques that can help you be more effective in class while working on assignments? By learning how to be more focused you can excel in these areas and other aspects of your life.

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American Interview Idol- Ann Iseda, LB Hilbert, Cinda Walton & Susan Nawrot

Faculty, JCC

Room 219

Watch as two individuals compete for an entry-level position. Both think they're perfect for the job, but only one will succeed. Cast your vote for the best qualified candidate.

11:00-11:55 A.M. Sessions

The Relaxation Response- 15 Minutes of Peace- Anthony Cleveland

Faculty, JCC

Room 219

Come learn about the body's natural response to stressful events and how to trigger that response when faced with a stressful event.

Crash Course in Classroom Presentations- Sue Keagle

Faculty, JCC

Room 222

Making presentations is an important part of many college classes- as well as on the job. This interactive session will give you the basics as well as some confidence!

Living with Type 2 Diabetes- LB Hilbert

Faculty, JCC

Room 211

Are you living with Type 2 Diabetes, or know someone who is? Would you like to know more information? Come to this informative session.

Fitness for Ladies- Anna Dolson

Faculty, JCC

Room 220

Fitness for women can be a lot different than it is for men. This session will teach women of all ages what the best fitness plan is for them!

How to Succeed in College as a Non-Traditional Student- Jeff Fisher

Coordinator of Aviation Technology, JCC

Room 227

From firsthand experience, this session will include the obstacles to overcome, lessons learned and tips on attending a higher educational facility as a non-traditional student and displaced worker.

12:00-12:55 P.M. Lunch and Drawings

Enjoy lunch on us!!! You must be present to win any of the raffles!! Don't Miss Out!!!!



1:00-1:55 P.M. Sessions

Success in Hybrid Courses- Stewart Stover

Faculty, JCC

Room 131

Are you considering, or are currently taking a hybrid course? Having a portion of class online and the other portion face-to-face can be confusing. This session will help you learn to balance both sides.

It's Too Much!- Mary Murray

Image Center, Owner

Room 211

Is stress taking over your life? Are you having trouble juggling your schooling with a job, being a parent and/or spouse, or any of the other many roles we are expected to play in life? Attend this session and learn different ways to control your stress and juggle all life's pressures.

Talking with your Professors so they will Listen!- Sue Keagle

Faculty, JCC

Room 219

Your communication skills with your professors are a key to success. This interactive session will give you some ideas on how to best present yourself!

Changing Skills for 21st Century Jobs- Ann Iseda

Faculty, JCC

Room 222

Learn the different criteria that will be required to get a job now and in the future. See what skills are necessary to make yourself the best candidate for the job.

Hot Computer Jobs- Larry Choate

Faculty, JCC

Room 105

Are you interested in a job that requires working with computers? This session will show you the best computer jobs available now!

Live a Healthier Lifestyle- Anna Dolson

Faculty, JCC

Room 220

This session will teach you the basics of living a healthier life.

2:00-2:55 P.M. Sessions

Managing Multiple Priorities- LB Hilbert

Faculty, JCC

Room 222

Get some helpful advice on prioritizing your life in today's busy world. Learn helpful techniques to use when prioritizing multiple items.

Planning your Annual Class Schedule- Marianne George

Staff, JCC

Room 211

This session will help you plan out a full year of classes to help you complete your degree in the best way.

How to Help your Kids (or Grandkids) LOVE Math!- Lora Marks

Faculty, JCC

Room 219

Come learn how fun and exciting math can really be!

Coffee and Conversation with the Executive Director- Michael Masters
Assistant Dean & Director, JCC @ LISD TECH **Room 209**
Come to this session for a relaxing conversation, and a chance to get to know our Executive Director.

Public Speaking 101- Jim Gartin
President & CEO, Lenawee Economic Development Corp. **Room 227**
If you are interested in brushing up on your public speaking skills then this course may be just what you have been looking for. Learn the ins and outs of becoming a great public speaker.

Transitioning from JCC to a 4-year College- Nicolasa Wilson
Siena Heights University, Admissions Representative **Room 220**
Are you planning on transferring from JCC to another college? Are you wondering what you should expect? Find out how you can prepare yourself to be a success in the next step of your education.

[3:00-3:55 P.M. Sessions](#)

The Relaxation Response- 15 Minutes of Peace- Anthony Cleveland
Faculty, JCC **Room 219**
Come learn about the body's natural response to stressful events and how to trigger that response when faced with a stressful event.

Success in Hybrid Courses- Stewart Stover
Faculty, JCC **Room 227**
Are you considering, or are currently taking a hybrid course? Having a portion of class online and the other portion face-to-face can be confusing. This session will help you learn to balance both sides.

So You're Back in School?- Ann Iseda
Faculty, JCC **Room 131**
Are you a non-traditional student? Attend this session for discussion and suggestions that could help you with your educational goals.

The Learning Styles Assessment & Helpful Hints- Aimee Phipps
Sylvan Learning Center **Room 222**
Do you know your learning style? If not, attend this session and discover your learning style. Explore ways to effectively utilize your learning style and retain the information you are obtaining.

Entrepreneurship.. How to start your own business- Jim Cavender
Diamond Jim's Pool Hall, Owner **Room 220**
Have you ever thought of starting your own business? Are you wondering how others have done it successfully? Attend this session and learn from someone who has been in your shoes and made it work!

[4:00-4:55 P.M. Sessions](#)

How to Become a Police Officer- Thomas Ray
Faculty, JCC **Room 209**
Are you thinking of becoming a police officer? Then attend this session and find out what is required in the state of Michigan.

Effective Time Management Skills- LB Hilbert

Faculty, JCC

Room 211

How do I fit everything in? How can I get it all done? I never have enough time! If you would like to learn different strategies for successful time management, this session is for you!

Vocabulary Enhancement/Imagery- Laura Miles

Faculty, JCC

Room 131

Learn how to write your papers using a better selection of words. Learn how to use descriptive language that evokes sensory experience. Attend this session and increase your writing potential.

Emotional Freedom Technique- Payge Hodapp

Faculty, JCC

Room 227

A simple yet effective stress management technique, you will have the chance to learn Emotional Freedom Technique (EFT) in this session. Once learned, EFT can be applied to fears, phobias, and/or cravings, helping you to reduce anxiety and gain more control in your life!

Allied Health Programs @ JCC- Marla Clark

Director of Allied Health, JCC

Room 219

Informational session about the many different Allied Health programs offered here at JCC. Some of these programs have been available for many years, as well as new programs that are now available for students to consider.

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Sylvan Learning Center

Room 222

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Test-Taking Skills- Melanie Brugger

Faculty, JCC

Room 220

This session will offer many helpful hints on becoming a better test taker, and improve your grades!

Resume Writing- James Mahoney

Director of Development & Planned Giving, Adrian College

Room 205

Are you looking for the perfect job? If so, attend this session for tips on creating an award winning resume, get inside tips on what to include, what not to include and how to structure your resume.

[5:00-5:55 P.M. Sessions](#)

Working in Small Groups- Stewart Stover

Faculty, JCC

Room 222

Learn the basics of effectively working in small groups.

TI-34 Calculator- LB Hilbert

Faculty, JCC

Room 219

Are you having trouble using your calculator? Learn the different functions of the TI 34 calculator. **MUST BRING A TI 34 calculator to the session.**

Simple Stress Releasers- Payge Hodapp

Faculty, JCC

Room 227

Come learn a variety of very simple, active techniques that will help you to release your stress. Based on “energy medicine”, these techniques are quick, painless and easy to learn. See for yourself how effective they can be!

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MLA Tips (32 Student Capacity)- Laura Miles

Faculty, JCC

Room 131

Learn the MLA Basics! This session will explain what MLA is, how to do simple in-text citations, and create a works cited page.

6:00-6:55 P.M. Sessions

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7:00-7:55 P.M. Dinner and Drawings

Enjoy dinner on us! You must be present for all dinner drawings except for the 3 billing contact hour JCC Tuition Voucher and 3 month membership to the YMCA.

