

# Project Success Day

JCC Hillside Center ~ Schedule of Events  
September 29, 2009

## 8:30am- 9:00am- Sign-In

Donuts, juice, and coffee!

## 9:00am- 10:15am

### **\*Allied Health Programs at JCC**

~Marla Clark

Learn about Cardiac, General & Vascular Sonography, Respiratory Care, Medical Assistant, Medical Insurance Coder, Paramedic, EMT and Radiography.

Room 11

### **\*Career Assessment**

~ Sara York

Confused about your program of study? Not sure what you want to be when you grow up? Attend this workshop to assess your Career interests, abilities and values. Discover your career options based on the results. This online program can also be used to research colleges, financial aid, create resumes and cover letters and much more! The login is yours to keep to access your results anytime.

Room

15

### **\*College Success Strategies for the "Nontraditional" Student**

~S. Skiendziel

Have you been out of school for awhile? Maybe your brain feels rusty or you just need some encouragement. This workshop is for students who are not in the traditional college age group. Specific strategies for college success will be discussed as they relate to the unique life circumstances of returning college students.

Room 17

### **\*Curing the "Friday Night & I'm Broke" Blues ~S. Troxel, CP Federal Credit Union**

Tired of being broke on Friday nights? Tired of a menu that consists of Ramen Noodles and Mac & Cheese? Need to know where to find extra money???

Join us and learn creative ways to come up with extra money and develop a plan to make it work for you. We understand that working and studying doesn't always provide you with a large budget and some of you might not be working at all. That's okay! We'll provide you with budgeting strategies designed for college students so that you can focus on studying and enjoy your Friday nights too!

Room 14

### **\*In This Economy....You are NOT ALONE**

~Maxine Vanlerberg, CAA

Learn about the many different services/workshops through the Community Action Agency. Free income tax preparation, energy and utility assistance, Homeownership, Financial Freedom, rental assistance, foreclosure prevention, weatherization, adult literacy and the food pantries in the area. Questions can be answered privately after this workshop!

Room 16

## 9:00am- 10:15am (cont.)

### **\* Thinking Straight, Feeling GREAT**

~ Dr. Michael Walraven

In this workshop we learn how to identify patterns of thinking which result in emotional distress, and ways to refute them. Replacing irrational thoughts with realistic, rational thoughts results in better emotional balance and happier lives.

Room 12

### **\*Who Am I? Defining "ME" and Acknowledging "MY" Courage to Succeed**

~ April Sue Platt

This workshop will help individuals define who they are, how they are different and similar to others in class as well as the workforce and what tools they may need to succeed. Session will utilize activities geared at "you" as an individual in addition to group activities. Participants will leave with a sense of who they are and how this impacts their life and other's around them.

Room 13

## 10:30am – 11:45am

### **\* Basic Computer Skills**

~Chris Sturgill

Are you struggling with getting your homework done because you are lacking computer skills? You will be shown how to use the basic necessities that will help you advance your computer skills and make you more comfortable! Saving files, transferring files, proper internet searching, accessing your "G" drive, saving on flash drives, printing and more will be covering. Come with questions!

Room 15

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Room 17

### **\*Criminal Justice Careers, Including Homeland Security**

~Sergeant Hephner, Hillsdale City Police Dept.

When you think of Criminal Justice careers, do you think of Law Enforcement or Corrections? Come to this workshop to learn about all the different career areas in Criminal Justice. The presenter will also be covering the large number of different careers available in Homeland security that are in demand!

Room 11

### **\*Effective College Writing**

~Stephen Murphy

Simple writing techniques that will instantly improve college level writing. Learn how to communicate better on paper!

Room 14

### **\*The Johari Window: Self Exploration**

~ April Sue Platt

It is important to know that "we only know....what we know" about ourselves. Utilizing a psychological tool created by Joseph Luft and Harry Ingham adapted to meet the needs of this presentation. Participants will leave with a better understanding about interpersonal

relationships and communication as well as tools on how to receive feedback from others in an open and accepting manner. Room 13

## **10:30am – 11:45am (cont.)**

### **\* Temperament and Learning Styles ~ Dr. Michael Walraven**

Learn how the foundations of personality, the nine elements of temperament that are fixed from birth onward, influence learning styles, and how you can adapt your study strategies to your learning style to maximize the benefits of college. Room 12

### **\* Time and Task Management ~Chris Ludeker**

Learn ideas and techniques to help organize many facets of your life. From your personal to your professional life, you will learn skills to help become more effective in ways to manage your time and tasks. Room 16

## **11:45am – 12:30pm- LUNCH!!!**

**Blimpie subs, chips, cookies and refreshments!**

## **12:30pm – 1:45pm**

### **\*Conquering Public Speaking ~JJ Hodshire**

Get tips on how to become a clear, concise and effective public speaker...and be comfortable with doing it! Room 12

### **\* Dealing with Difficult People! ~Chris Ludeker**

Difficult people exist everywhere. Characterizing them can help separate the person from the behavior. In this workshop, students will learn to characterize difficult people and their behavior. You will be given tools and information on how to handle difficult people effectively. Room 17

### **\*Effective College Writing ~Stephen Murphy**

Simple writing techniques that will instantly improve college level writing. Learn how to communicate better on paper! Room 14

### **\*I Knew it Yesterday ~Susan Nawrot**

Learn about the memorization process and get some tips on how to memorize larger amounts of material and retain it longer! Room 11

### **\*"My Story" Guided Goal Setting ~April Sue Platt**

This session will focus on reviewing each person's life store and creating pages for their future story using life experience, goal review and goal setting. Session participants should be prepared to think critically about life experience up to current day and for the future. Room 13

### **\*Repairing and Maintaining your PC ~Chris Sturgill**

Learn tips and tricks to keep your home computer running smoothly. This workshop will cover

Antivirus, Spyware, and Microsoft updates. Presenter will also cover PC troubleshooting to address your current problems.

Room 15

## 12:30pm – 1:45pm (cont.)

### **\*SWAT Team and Mobile Command Unit ~Hillsdale County Sheriff's Depart.**

When things go bad for the police, the men and women of uniform call upon the services of an elite team of highly trained police officers known as SWAT. Special Weapons And Tactics are deployed by this highly trained team of certified police officers to resolve critical incidents. SWAT officers are deployed during the most dangerous situations in society. They are responsible for resolving critical incidents including barricaded gunmen, hostage situations and dangerous criminals. These men receive hundreds of hours of specialized training each year to keep the Thin Blue Line safe and the community free from violent offenders. During a critical operation, SWAT officers rely on the services of the Mobile Command which is a fully functioning command center complete with radio communication, television, and special equipment. The Command Post is used by command officers and hostage negotiators and is brought to the scene of a crime.

Room 16

## 3:30pm – 4:00pm

### **Cookies and refreshments!!!**

## 4:00pm – 5:15pm

### **\*I Knew it Yesterday**

**~Susan Nawrot**

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### **\*In This Economy....You are NOT ALONE**

**~Maxine Vanlerberg, CAA**

Learn about the many different services/workshops through the Community Action Agency. Free income tax preparation, energy and utility assistance, Homeownership, Financial Freedom, rental assistance, foreclosure prevention, weatherization, adult literacy and the food pantries in the area. Questions can be answered privately after this workshop!

Room 16

### **\*Learn How You Learn**

**~ Steve Christian**

We all learn in different ways. Knowing how you learn can help improve that GPA!

Room 17

### **\* How to do Research for a Paper NOT Using Google/Wikipedia~Monica Rodman**

Learn how to use JCC library resources and not just the internet for your next class project, English paper or class assignment!

Room 12

### **\* Microsoft Office 2007**

**~ Darcy Henning**

Are you familiar with using Microsoft Office XP, but lost with Office 2007? Never used Microsoft Office at all? Learn how to print, change margins, format a page and more! You will also be learning several shortcuts that may help you save time like ctrl + p to print. Room 15

## 4:00pm – 5:15pm (cont.)

### \* **Surviving College While Managing Stress, Anxiety and Depression**

~April Sue Platt

Participants in this session will learn about symptoms and triggers of stress, anxiety and depression. The presenter will share personal experiences about managing stress, anxiety and depression through college and throughout life. In addition, tips and local resources will be provided. Room 13

# Raffle Prizes

*A drawing will take place at 5:30pm. If you win, you will be contacted by phone to pick up your prize!*

- *JCC Three Credit Tuition Voucher (1)*
- *JCC shirts, cups, travel mugs and MORE!*
- *Adkin's Automotive-Valvoline Camping Chair (1)*
- *Anytime Fitness-one-day pass (39) & sport water bottles (50)*
- *Arby's-Free Meal (3)*
- *Blimpie-6 in. Sub (5)*
- *Cavoni's-1/2 Grinder (4)*
- *Current Office Solutions-8-Sheet Cross-Cut Shredder (1)*
- *Domino's Pizza-Free Large 1 topping pizza (4)*
- *Follett Book Store-\$10 Gift Card (2)*
- *Hillsdale Team Chrysler- Oil Change (4) & Free Car Wash (4)*
- *Holiday Inn Express, Holiday City, OH-One FREE night stay (1)*
- *Hungry Howie's Pizza-1 Medium Pizza (2)*
- *Leutheusers- Oil Change (1)*
- *Market House-Gift Certificate (1)*
- *Parney's Car Care-Free Oil Change (1)*
- *Pizza Hut-1 Free Medium Pizza (1)*
- *Premiere Theater- Free Show for 2 (3)*
- *Walmart-\$20 Gift Card to Pizza Hut (1)*
- *Wendy's-\$10 Gift Card (2)*