U of M Day Interest Sessions - Friday, September 4, 2015

The Big 10: Tricks, Tips, and Advice from Alumni to U
*Presented by University of Minnesota Alumni Association*
Learn from a panel of diverse alumni about the top 10 things you must know to get the most out of your U of M experience! Ask questions. Get answers. Walk away with The Big 10 for success in your back pocket!

De-Stress Your College Experience
*Presented by Boynton Health Services*
Stress management is a key factor in the wellbeing of college students, yet every year students continue to struggle in silence. De-stress and the Stress Check In Program are here to start the conversation, offering peer-to-peer education and support throughout campus! Stop by to learn about stress management, the Stress Check In Program, and opportunities for involvement with the health promotion student group called de-stress.

Learn and Earn: Undergraduate Research Opportunities
*Presented by UROP*
Find out about all the opportunities to participate in undergraduate research experiences at the U of MN. UROP offers a stipend and expenses for research projects mentored by U of MN faculty. Freshmen are encouraged to apply!

College Academic Success: It may not be what you think ... find out here — find out now!
*Presented by Student Academic Success Services (SASS)*
So you’ve heard that college is different from high school about 1,000 times by now. This presentation will explain the differences that you’ll see in the classroom and teach you about the skills and approaches that will help you be a more effective and efficient learner at the U.

Sherlock Holmes, Secret Caverns, and Burned Books: What the ...?
*Presented by University Libraries*
Come hear about the unusual and unique items in the U Libraries and how YOU can use these in your papers and projects. From a book burned by Nazis to a full size recreation of Holmes’ Baker Street studio we’ve got unique collections tucked away in huge underground caverns.

You Will Scream When You See What This Session Offers
*Presented by Rothenberger Institute (SPH)*
This relaxed session will will include information about some important offices and services that ALL students find useful in their first weeks on campus. Rothenberger Institute student staff members will bust myths about typical (sometimes controversial) student behaviors, and provide tips for keeping stress low and grades high. You’ll choose the activity and take home some swag.

Leadership Excellence-A college diploma and so much more
*Presented by Army ROTC*
Scholar? Athlete? Leader? Through classes and field training, Army ROTC provides you with the tools to become an Army Officer and future leader without interfering with your other classes. ROTC also provides you with discipline, personal and professional leadership development, and money for tuition while enhancing your college experience. Find out if you have what it takes to be tomorrow’s next great leader.
Let’s Talk About Sex  
*Presented by SHADE*  
We’re talking about campus resources to help you have a happy, healthy sex life in college! Sexual Health Awareness and Disease Education, or SHADE, is a Boynton Health Service peer education group dedicated to providing comprehensive sex education and accessible resources to students. Stop by to pick up free condoms and learn how to get involved with our public health student group!

Now You are an Adult: Don’t Get Busted  
*Presented by USLS*  
What if I get a drinking or traffic ticket? Am the victim of a scam? Am thinking of law school? Want to sign a lease? Do you know your rights? Attorneys from Student Legal Service will present on legal topics affecting students. We’ll discuss practical solutions for asserting your rights and staying out of trouble.

Demystifying Fraternity and Sorority Life - Going Greek at Minnesota  
*Fraternity and Sorority Life*  
In this session, participants will learn about the value and purpose of the fraternity and sorority system at the University of Minnesota. Types of organizations and recruitment processes will be covered, as well as data about participation.

Where in the World Will U Go?  
*Presented by Learning Abroad Center*  
Hear from U students who have studied abroad, and be inspired to plan your own international adventure! Choose from over 300 programs in 80 countries. Enroll in classes for any academic major, complete service-learning or language requirements, teach English, work, intern, research, or volunteer abroad. Where in the world will the U take you?

15 Sweet Ways To Use Your U Card  
*Presented by U Card Office*  
Find out 15 sweet ways to use your U Card. Learn how to use it for discounts, to get into athletic events, as an ATM card, to make purchases using your Gopher GOLD, and so much more! We will even tell you why that idea you had to punch a hole in your U Card to hang it from a lanyard may have just ruined all of the sweet ways to use your U Card. If you are not convinced to attend our session yet, we will be giving away prizes too!

Student Government and U: Minnesota Student Association  
*Presented by Minnesota Student Association*  
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The Minnesota Student Association is the student government. We vote on resolutions in Forum, meet with campus administrators, lobby at the Minnesota State Capitol, and testify during committee hearings. We also participate in the Association of Big Ten Students, work on numerous campus issues, and more! Come find out more about MSA, including our freshman intern program.

How to Stay in Shape and Have Fun with Recreation and Wellness  
*Presented by University Recreation and Wellness*  
Learn about some great opportunities to stay healthy and well on campus through the programs available at University Recreation and Wellness. A representative from RecWell will be available to talk about topics such as accessing on-campus fitness facilities, getting started with rock climbing, and how to join an intramural sports team.
I want to pursue a health career ... now what?
*Presented by Health Careers Center*
Come learn from the staff of the Health Careers Center about what it takes to be competitive for a health professional program. What classes should you take? How can you find volunteer opportunities? Where can you go for help when you need it? Learn about the resources the Health Careers Center offers to you!

LGBTQIA at the U of M
*Presented by OED: GLBTA Programs Office*
Did you know that the U of M is one of the top 25 most LGBT-friendly campuses in the nation? Come discover what the U has to offer our LGBTQIA students! We'll discuss our programs, events, awards/scholarships, job opportunities, academics, & student organizations. Plus you'll have a chance to meet our super fierce staff and leave with some swag.

Please Don't Ask Me What My Major Is!
*Presented by Center for Academic Planning and Exploration*
Having trouble deciding on a major? Come to a fun and interactive presentation with the Center for Academic Planning and Exploration (CAPE) where you will learn strategies for major exploration and why it can actually be a strength to be "undecided."

You Betcha: Minnesota Culture
*Presented by Orientation and First-Year Programs*
Have you ever wanted to speak Minnesotan? Well this is the session for you! Learn about what it's like to live in Minnesota and what the culture is like. You'll also learn about Minnesota's traditions and qualities. Discover some tips on how to stay warm this winter, and learn about the state's many unique events and activities!

First-Year Gopher Bucket List
*Presented by Orientation and First-Year Programs*
First-Year Bucket List helps bring awareness of traditions/rituals at the U that can be completed during your first year. It is also meant to encourage students to look forward to the many opportunities the U provides for first-year students. Lastly, this session helps support students to start thinking about setting goals that will help them cross off their traditions/rituals on their personalized bucket list.

Relationships 101
*Presented by Orientation and First-Year Programs*
This interest session allows students to reflect on their evolving relationships and helps give new students tips on how to approach potentially difficult conversations with parents/family. Also, it allows students to think about expectations parents and students have for each other during this transition time. Attending this session should ease anxieties about making friends in college and will help you learn how to make meaningful connections with others.

Metro Transit: How to Ride
*Presented by Metro Transit*
Metro Transit is the transportation resource for the Twin Cities, with extensive service to campus, including the METRO Green Line. Metro Transit offers an integrated network of buses and trains as well as resources for those who carpool, vanpool, walk, or bike. Learn about your transportation options, the U-Pass, and how to ride with Metro Transit.
“Dude, Where’s My Car/Bus/Bike?” – Transportation Your Way
Presented by Parking and Transportation Services
How do YOU plan to get around? Parking and Transportation Services offers everything you need to navigate the U. Learn about the campus buses, U-Pass (the unlimited-ride city bus pass), parking contracts, and more. No matter how you move, PTS will help you safely get around.

Be Different. Be Together. GROUPS.
Presented by Housing and Residential Life
Groups are exactly what they sound like - a way for you to connect with others in your building community around something you love to do. Everyone is different in their own awesome way, and living on campus is about sharing your awesomeness with others. Groups allow you to be different - together! Want to learn more? Check out the Groups session!

Strengths: How Do I Use My Top 5
Presented by Housing and Residential Life
Discover how to use your Top 5 Strengths to capitalize on your talents and be your best. Strengths is a great way to strike up a conversation with others. This session will help you apply your specific talents to create the best U of M experience possible. Don’t know your Top 5 Strengths? We can help you learn them!

Off-Campus Student Experience
Presented by Off-Campus Student Affairs
This program is meant to help introduce students the neighborhoods surrounding the U. Through a multimedia presentation, learn to navigate the neighborhoods, find great spots to hang out, and how to safely enjoy the area.

Campus at Night
Presented by UMPD-SMP
Learn about navigating campus at night from the experts. Student Security Monitors will talk about the 624-WALK escort service, other options for navigating campus safely at night, and their “best of” for getting around safely on campus at night.