U of M Day Interest Sessions - Friday, August 29, 2014

Dude, Where’s My Car/Bus/Bike? - Transportation Questions Answered!
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.

College Academic Success: It may not be what you think... find out here - find out now!
Presented by Student Academic Success Services (SASS) / University Counseling and Consulting Services (UCCS)
So you’ve heard that college is different from high school about 1,000 times by now. This presentation will look at academic blind spots students often don’t see. Considerations for what you need to know for academic success will be discussed.

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!

LGBTQ Life at the U of M
Presented by GLBTA Programs Office
Did you know that the U of M is one of the top 25 most LGBTQ-friendly campuses in the nation? Come discover what the U has to offer our LGBTQ students! We’ll chat about programs, events, scholarships, job opportunities, academics, and student orgs! Plus you’ll have a chance to meet our super fierce staff and leave with some swag.

Now You Are an Adult - Don’t Get Busted
Presented by University Student Legal Service
As a student at the University of Minnesota you are legally an adult. Understand what your rights are as well as your responsibilities.

Student Health Behaviors: Cute or Ew?!
Presented by Rothenberger Institute Public Health
Teaching Assistants will host an interactive, anonymous polling activity to highlight some fascinating info surrounding the other aspects of college life: sex, relationships, alcohol, stress, nutrition, exercise, and sleep. Be ready to use your cellphones and stop by for fun and prizes!

Do What You Love to Do; Start a Student Group in your Res Hall!
Presented by Housing & Residential Life
An aspect of living in the Residence Halls at the U is being able to start a student group in your hall. You are able to work with your Community Advisor to create a group which focuses on what you are interested in. You can get other residents to join the group, you can receive funding from your hall, and you can plan events for all the residents of your hall! Come learn about creating a group with Housing & Residential Life.

Demystifying Fraternity and Sorority Life
Presented by Fraternity and Sorority Life
Fraternities and sororities are incredible ways to engage at the University of Minnesota. In this session, students and staff will provide information about the true value of the fraternity/sorority experience and how to get involved.
Learn and Earn!
Presented by Undergraduate Research Opportunities Program
Find out how to participate in undergraduate research opportunities at the University of Minnesota including projects for credit or pay. Learn about UROP which provides a chance to work closely with a faculty mentor while being paid. Hands-on research experiences provide an essential element of an undergraduate education and a gateway to the next step after graduation.

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. Respect the past and discover the scholar in you.

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!

Let’s Talk About Sex!
Presented by SHADE - Boynton Health Service
Come hear from members of SHADE (Sexual Health Awareness and Disease Education) about sexual health! In this session you will learn all about safer sex, how to get involved with SHADE, and discover resources available to you here at the U. Also, there will be a ton free fun condoms and sexual health supplies!

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.

Please Don’t Ask Me What My Major Is!
Presented by Center for Academic Planning and Exploration
Having trouble determining what you would like to select for 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.”

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?

Whatcha doin’ this weekend?
Presented by Student and Community Relations - Neighborhood Liaison
From this interest session we hope to arm you with the right tools to be respectful and safe weekend warriors. From safe traveling options to possible legal consequences we’ve got all the right knowledge about college.
Personal Safety and Security
*Presented by University of Minnesota Police Department - Security Monitor Program*

The UMPD - Security Monitor Program (SMP) shares what you can do to increase your personal safety and security on and off campus as well as the security of your personal property. Topics include the 624-WALK escort service, bike safety and security, and other SMP services.

15 Sweet Ways to Use Your U Card
*Presented by U Card Office*

Find out 15 different ways you can 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.

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.

Got Consent?
*Presented by Aurora Center*

When it comes to hooking up or having lasting relationships, consent is key! This session covers how to ask for consent, what coercion is, and what the UMN policies are. Whenever you become sexually active, you’ll know from this interactive session what consent is, ways The Aurora Center can help, and how you can intervene to keep our community safe!

You Betcha - Minnesotan Culture
*Presented by Orientation & 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, what the culture is like, and Minnesota’s traditions and qualities! Discover some tips on how to stay warm this winter, and find out interesting things about Minnesota and its many unique events and activities!

The Parent Trap
*Presented by Orientation & First-Year Programs*

This session will discuss the evolving relationship with your parents and other family members back home. You will hear about some common expectations parents and students have for each other during this time of transition and discuss how to approach potentially difficult conversations about grades, major/career plans, relationships, and college life. Discover ways to maintain or grow strong relationships while you’re away at college.

BFF 4 Life: The Truth About College Friendships
*Presented by Orientation & First-Year Programs*

Who will your best friend be in college? Will your random roommate end up being a friend for life? Check out what some of your classmates have to say about making friends at the U and hear from current U of M students about their experiences making friends in their first year of college. This session will debunk some of the myths about college friendships and discuss different ways to meet friends during your first semester.