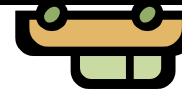


STUDENT LIFE ROAD SHOW:



A Message to Faculty



Are you planning on being out at a conference, missing a class session, or want to supplement a course topic? Rather than cancelling class, invite a guest speaker for the Student Life “Road Show” to present on one of their areas of expertise!

Please keep these suggestions in mind as you are requesting and planning for one of these programs:

- Schedule the program as early as possible to ensure the guest speaker’s availability. While some members of the Student Life staff may be available with as little as 48 hours notice, this will vary based on previous obligations and the flow of the semester.
- Please advise the presenter regarding whether or not you will be in class on the day of the presentation. If you will not be in attendance, it is important that you prepare your students so that they will respectfully participate in the class session.
- Further prepare your students for the topic and presenter by providing an assignment based on the presentation and/or topic. Attendance and participation are often most successful when students have a required assignment based on the presentation.
- If you have a topic in mind that you don’t see listed on the attached list of program descriptions, please do not hesitate to contact a presenter from that specialty area to see if they would be available to develop a presentation to address that topic.

Thank you for your interest in the Student Life “Road Show”!



STUDENT LIFE ROAD SHOW:



CULTURAL DEVELOPMENT



Presenter: Dana Ginnett, dginnett@aurora.edu, 630.844.5446

Values Auction

Students "bid" for their values, helping to identify which ones are held most closely. This interactive exercise concludes with a discussion to examine why some values were more important than others. *LENGTH: 50 minutes.*

Differently-Abled Exercise

This experiential exercise is designed to increase student awareness. Students complete different activities with restricted use of their hands, eyes, and/or ears, etc. *LENGTH: 50 minutes.*

Dot Activity

This multicultural activity will encourage students to reflect on the familial and cultural influences that shaped the development of their identity. *LENGTH: 1.75 hours.*

HEALTH & WELLNESS

Presenter: Cheryl Block, RN, MS, cblock@aurora.edu, 630.844.5434

Reduce Stress & Anxiety with the "Relaxation Station"

Each year, students present to the Wellness Center with physical symptoms that more than likely developed as a result of elevated stress levels. The "Relaxation Station" consists of relaxation training computer software which combines state of the art technology with beautiful visuals and soothing sounds to create the ideal relaxation and training environment. *LENGTH: 50 minutes*

You can't get A's if you don't get ZZZ's

Poor sleep habits are among the most common health problems experienced by college students. Students tend to stay up too late, get up early, or sabotage the quality of their sleep unknowingly by the choices they make throughout their day. Utilizing audience polling technology (aka: "clickers"), this presentation will provide students with tangible ways to improve the quality of their sleep. *LENGTH: 50 minutes*

How Stress Affects Your Health

Students often report feeling "stressed out" from having too many things to do and too little time to do them. Unfortunately students rarely pay much attention to how their body is handling or not handling the stress, and are often surprised when as a result illness strikes. Utilizing audience polling technology, this presentation will help students develop an awareness of how specific physical symptoms can be a warning that their stress is not being managed. *LENGTH: 50 minutes*

Presenter: Becca Smith, LCPC, rsmith@aurora.edu, 630.844.5220

Expectancy Challenge Alcohol Literacy

Expectancy Challenge Alcohol Literacy Curriculum (ECALC) is a curriculum infusion initiative based on alcohol expectancy research. The curriculum is designed to reduce high-risk drinking by presenting the student with expectancy research which demonstrates that many of the effects of alcohol are expectancy or "placebo effects," not pharmacological effects. It also focuses on how print and digital portrayals of alcohol use reinforce these favorable social and behavioral aspects of drinking. *LENGTH: 50 minutes.*

PERSONAL SUCCESS

Presenter: Jared Leifeld, jleifeld@aurora.edu, 630.844.4628

Getting to YES

Using Getting to Yes (Fisher and Ury, 1991), this session will provide an alternate methodology to negotiations that moves beyond bargaining and positions of power. Based on the Harvard Negotiation Project, students will learn how they can focus on the interest, not positions; separate people from the problem; and together create options which work. *LENGTH: 50 minutes.*

Presenter: Travis Ramage, tramage@aurora.edu, 630.844.5141

Strategies for Success in College

Do you spend hours studying for tests but still do not earn the grades you want? Are you the student who asks lots of questions in class? Or are you the quiet student at the back of the class who likes to process information before you answer the instructor's question? Each of these students can be successful in the same class. The purpose of this seminar is to help you learn how to learn. You will learn how to develop study strategies that will help you achieve your academic goals based on the way you feel comfortable processing the information that your instructor presents in class. *LENGTH: 50 minutes*

Selling your Brand

Do you prefer Coke or Pepsi? Myspace or Facebook? The purpose of this seminar is to help you learn the importance of branding and how you need to begin building and marketing YOUR brand in preparation for building your resume *before* you enter the real world after graduation. *LENGTH: 75 minutes*

Presenter: Judie Caribeaux, jcaribea@aurora.edu, 630.844.5403

What's Your Personality?

Are you a thinker or a feeler? Do you prefer structure or do you go with the flow? This seminar will help you understand your personality preferences and how they relate to your major, career choices, and you interact with others in the world. *LENGTH: 50 minutes*

Creating a Resume That Will Capture Attention

Writing your resume can be a daunting task. This session focuses on developing and communicating your personal brand, understanding the importance of using key industry terminology, and crafting a resume that tells your unique story effectively. New trends in hiring that impact students will be addressed such as on-line application and software programs that screen resumes. *LENGTH: 50 minutes.*

Interviewing to Impress

Interviewing for a job is nerve-wrecking at best. How do you prepare so that you can reduce your nervousness and focus on the task at hand – getting the offer? This presentation is packed with information to help you feel confident with your interviewing skills. Topics include: latest interviewing strategies, dressing for success, strategically preparing for the interview, determining what questions to ask, handling tough questions and more. *LENGTH: 50 minutes.*

Presenter: Becca Smith, LCPC, rsmith@aurora.edu, 630.844.5220

College Life: Dealing with Relationships

A counselor's ideas and insights about sex and relationships in college is the focus on this session. Dealing with break-ups, cheating, the stress of social media and safe sex details on how to prevent STI's are a few sample topics. *LENGTH: 50 minutes.*