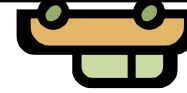


## STUDENT LIFE ROAD SHOW:



## CULTURAL DEVELOPMENT



**Presenter:** Megan Germain, mgermain@aurora.edu, 630.844.4627

### **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.*

**Presenter:** Samantha Weinstein, PsyD, sweinste@aurora.edu, 630.844.5220

### **What's Race Got to do with It?**

*"More than 40 years after the Civil Rights Movement, America faces the paradox of being a nation 'with racism, but without racists.' Racial inequality is harder to recognize in a world where it no longer announces itself with white-only signs. Meanwhile, the idea of "colorblindness" conveniently allows us to condemn prejudice and bigotry while ignoring how racism contributes to the vast disparities that persist right under our noses." ([www.whatsrace.org](http://www.whatsrace.org))*

This program will consist of viewing of the film *What's Race Got to Do With it?*, followed by discussion of attitudes and beliefs about race and reflections on issues related to race on the AU campus. 1.5-2 hours.



**Presenter:** Matt Khoury, mkhoury@aurora.edu, 630.844.4578

### **Making The Choices That Count**

Students are confronted with difficult decisions every day. In this interactive session, students are introduced to the range of choices that commonly impact the college experience. Common misconceptions related to personal health and social behaviors are confronted. Emphasis is placed on alcohol use, social norms, and general expectations regarding student behavior. Personal safety tips also are discussed. *LENGTH: 50 minutes.*

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

### **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*

## 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*

### ***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*

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

### ***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.*

**Presenters:** Marcia Hanlon, LCSW OR Samantha Weinstein, PsyD  
mhanlon@aurora.edu, 630.844.5416 sweinste@aurora.edu, 630.844.5220

### ***Taming the Depression / Anxiety Demons***

Depression and anxiety are the most common mental health issues experienced by adults in general, and by college students in particular. This presentation helps students learn to identify the signs and symptoms of depression and anxiety, and to recognize the difference between "normal" and a "disorder." Emphasis is placed on techniques for coping with these symptoms as well as professional treatment options. *LENGTH: 50 minutes.*

### ***Managing Stress Before It Manages You***

We all need a little bit of stress to keep us motivated, but when our stress level gets too high, it can severely impact us physically, cognitively, and emotionally. Strategies for managing stress, self-care, and brief relaxation exercised are discussed. *LENGTH: 50 minutes.*

### ***Grab Hold of Your Life Through Time Management***

Papers, projects, group meetings, exams. Job, internship, family, friends, fun? College students are balancing many responsibilities, and often try to do so without basic organizational skills, causing stress and anxiety. This workshop provides a "hands on" opportunity for students to work on strategies for setting priorities and limits, as well as create realistic schedules and action plans. *LENGTH: 1.25 hours.*