

# Discover U

*Spend the day with us . . .*

*See what YOU can DISCOVER about U!*

**A Discovery Workshop for all NDSU Staff**  
**Wednesday, February 6, 2008**  
**7:45 a.m. – 3:45 p.m.**  
**Memorial Union**  
**Great Plains, Hidatsa, Arikara**  
**\*\*Door Prizes\*\***

7:45 – 8:15 a.m.	Registration and Continental Breakfast	
8:15 – 8:30 a.m.	Welcome – Kate Haugen, Associate VP Student Affairs	
8:30 – 9:45 a.m.	Leadership and Life Mastery – Steve Winfrey, Memorial Union	
9:45 – 10:00 a.m.	Door Prizes – Must be present to win!	
10:00 – 10:45 a.m.	Concurrent Break-out Sessions (Attend <i>one</i> of your choice)	
Cooking with Julie – Safe, Healthy & Quick Julie Garden-Robinson, NDSU Extension Food & Nutrition	Top 10 “To Do’s” Before “Checking Out” – Estate Planning Bill Flickinger, Life Matters	Daily Mindfulness and the 3-Minute Meditation Ronnie Arensberg, NDSU Counseling Center
11:00 – 12:30 p.m.	Lunch – Fajita Bar	
12:30 – 1:00 p.m.	Door Prizes – Must be present to win!	
1:00 – 1:45 p.m.	Concurrent Break-out Sessions (Attend <i>one</i> of your choice)	
Cooking with Julie – Safe, Healthy & Quick Julie Garden-Robinson, NDSU Extension Food & Nutrition	Top 10 “To Do’s” Before “Checking Out” – Estate Planning Bill Flickinger, Life Matters	The Online Reality Check Officer Mike Clower, Fargo Police Department
2:00 – 2:45 p.m.	Concurrent Break-out Sessions (Attend <i>one</i> of your choice)	
Choosing Your Attitude – Staying Positive Even in a Negative Environment Carol Wright, Upper Great Plains Transportation Institute	Enhancing Diversity at NDSU Eveadean Myers, J.D., NDSU Office of Equity and Diversity	The Online Reality Check Officer Mike Clower, Fargo Police Department
3:00 – 3:15 p.m.	Afternoon Break	
3:15 – 3:30 p.m.	A Motivated U – Brent Parmer, Wallman Wellness Center	
3:30 – 3:45 p.m.	Wrap-up Activities and Door Prizes – Must be present to win!	

## More Information . . .

# Discover U

### ***Leadership and Life Mastery***

Steve Winfrey, Director, NDSU Memorial Union

Ever wonder why some people are natural born leaders and are able to command everyone's attention? Or why some individuals are able to "get what they want" at work while you struggle to get the best raise? If you're ready to learn the secrets of some of the world's most successful leaders come prepared to delve into the world of Leadership Mastery.

This workshop will knock you off your current path to challenge you to grow as a leader and a team member, and understand how your boss thinks and leads. You will leave with three main concepts that will change how you think about your work, how you feel about yourself, and how perceptions lead to a highly successful career versus the average job. Get out of the old way of thinking about work and your ability to influence your life, team, and your career. It's time to be a master of success!

### ***Cooking with Julie – Safe, Healthy & Quick***

Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension Food & Nutrition

With all of the demands of today's fast paced world, time has become a valuable and rare commodity. A common shortcut to every day survival has become "Fast Food"; while being convenient, nutritional value becomes a casualty. Come and learn how to prepare exciting and practical meals while still keeping nutrition in mind with "Cooking with Julie!"

### ***Top 10 "To Do's" Before "Checking Out" – Estate Planning***

Bill Flickinger, Vice-President, Life Matters

Now is the time to start planning ahead! Bill will discuss the basics of estate planning including writing your will, establishing Advance Directives, and granting Power of Attorney to someone who can act on your behalf.

### ***Daily Mindfulness and the 3-Minute Meditation***

Ronni Arensberg, Counselor, NDSU Counseling Center

Ronni will discuss the importance of taking time out to regroup and center ourselves throughout the day, then lead the group through a brief meditation session. Since this topic was so popular at last year's Discover U workshop, we decided to invite Ronni to present it again this year in a slightly longer format!

### ***The Online Reality Check***

Officer Mike Clower, School Resource Officer, Fargo Police Department

Come and learn how to keep you and your family safe while using the Internet. Please join Fargo Police Officer Mike Clower while he shares some important safety precautions with us related to the use of the World Wide Web.

### ***Choosing Your Attitude – Staying Positive Even in a Negative Environment***

Carol Wright, Associate Director of Outreach and Training, Small Urban and Rural Transit Center at NDSU

Given the choice of dealing with positive, upbeat people with "can do" attitudes or interacting with disgruntled, uninterested, whiny individuals, which would you choose? We are attracted to people who enjoy what they are doing, are having a good time doing it, and genuinely care about the end result of their work.

This workshop will help you explore your attitude, identify negative influences, and find strategies to curb unconstructive behaviors which impact your work environment. Attend this session and gain the skills you need to

defend yourself against the know-it-alls, gripers, drama queens, and other contrary individuals you interact with on and off the job and create a more positive environment!

## ***Enhancing Diversity at NDSU***

Eveadean Myers, J.D., Executive Director, Chief Diversity Officer, NDSU Office of Equity and Diversity

Find out how our new director's leadership and strategic plan will implement a more diverse campus, target women's focus groups, and coordinate other groups of interest.

## ***A Motivated U***

Brent Parmer, Associate Director of Fitness Programs, NDSU Wallman Wellness Center

Staying motivated to lose weight and exercise is tough. In fact, the hardest part is usually getting started. How can I stay motivated and let it carry over into the rest of my life? Brent will give you some tips for staying motivated!



### **Registration Form**

Your Name \_\_\_\_\_

Department \_\_\_\_\_

Campus Address \_\_\_\_\_ Phone Number \_\_\_\_\_

Supervisor Approval \_\_\_\_\_

My department is paying for my registration – *please attach your registration form to an IDB form. If your department is covering the cost for more than one person, we prefer to receive all registration forms with one IDB form.* (\$20 per person – full day, \$10 per person – 1/2 day)

I have enclosed my personal check for \$20 (or \$10 for ½ day) payable to NDSU Staff Senate.

**Two people from one office may share one registration to facilitate office staffing (one registration form per person required). Call Jean at 231-8186 for information about costs. *Lunch is included with all registrations.***

Return this form along with your check or IDB form to:  
Jean Hagen, 101 Bentson-Bunker or Fax to 1-5159 Attn: Jean  
**Registration Deadline: 5:00 p.m. Monday, January 28, 2008**

*Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU – sponsored programs and events. To request an accommodation(s), please contact Jean Hagen at 231-8186 by Monday, January 28 to make arrangements.*