



HEALTH

Body Image and Dissatisfaction

This presentation focuses on current media body ideals, experiences of body dissatisfaction, and psychological theory that helps us understand and explain our society's growing obsession with the "perfect" body. We will also look into the current body-positivity movement.

Instructor: Dr. Lexi Kvasnicka-Gates



Exercising, Training, and Fueling: Working With Your Menstrual Cycle

This presentation focuses on exercising, training, and nutritional fueling throughout the menstrual cycle. As women cycle through the four phases of the menstrual cycle (menstrual, follicular, ovulation, and luteal) the body needs (and is capable of) different things. Athletic Trainer, Carolyn Rygg, and Health Psychologist, Dr. Lexi Kvasnicka-Gates, will cover basic information regarding the phases of the menstrual cycle, as well as tips and tricks for getting the most out of your body during each phase. This presentation is perfect for sports teams, or anyone who knows someone with a menstrual cycle.

Instructors: Carolyn Rygg and Dr. Lexi Kvasnicka-Gates



ATHLETICS

Team Building

The following will be covered in this discussion: Understanding and accepting your role in making the team as successful as possible; Putting team goals ahead of individual goals; Respecting, but not fearing, the opponent.

Instructor: Travis Rybchinski



HISTORY AND HUMANITIES

Historical Studies, Critical Thinking and Analysis

How can history help us be better community members and social actors? This workshop aims to demonstrate how communities can use social science to foster effective communication. The objective of the class is to use historical case studies to help participants develop critical thinking skills and effective tools to communicate thoughts, ideas and opinions. Overall participants will leave with tools and strategies to help express their ideas in a concise, well sourced and thoughtfully communicated written or oral delivery.

Instructor: Zahra Moss



Creative Writing: Poetry, Fiction, or Creative Non-Fiction

Does fire burn? Or does it dance? If it dances, does it breathe, does it speak? And if it speaks, what is it saying? These are questions best answered through creative writing. This class will help participants explore the world around them through the lens of creative writing. Sessions can focus on poetry, fiction, or creative non-fiction and can accommodate participants of all ages and aptitudes. Join us as we spend an hour making words float.

Instructor: Erik Kornkven



Dynamic Training

The objective of dynamic training is to keep the participant in constant motion while putting muscles and joints through a preparatory range of motion prior to participating in a physical activity.

Instructor: Travis Rybchinski

Looking for a guest speaker?

DCB's Community Educational Outreach Program classes are taught by DCB faculty and staff and highlight their expertise on a variety of topics. Please contact us if you are interested in having one of our faculty members as a guest speaker. This program is offered to you free of charge. Most sessions are available virtually or in-person.

TO REGISTER CONTACT:

Kendra Metcalfe at 701-228-5462 or kendra.metcalfe@dakotacollege.edu



www.dakotacollege.edu

 www.facebook.com/DakotaCollege/

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Educational Outreach 2023 – 2024





ADMISSIONS

How Do I Get Started?

Looking at higher education options can be overwhelming. Dakota College Admissions and Financial Aid representatives are here to help you.

Whether it's trying to find the right fit or how to pay for an investment in your career, Dakota College can provide a pathway to success.

Instructor: Bridget Gustafson, Admissions Counselor



EDUCATION

Effective Communication and Self-Advocacy

This educational series aims to offer tools to students, staff and faculty who endeavor to communicate needs in educational settings. Workshop goals include identifying needs and effective communication of priorities in learning processes.

Participants will work towards determining their needs in educational settings with the goal of advocating for support and resources necessary for success.

Instructor: Zahra Moss



Social Justice in the Classroom: Techniques and Strategies for Student Empowerment and Success

Working towards promoting anti-bias education curriculums: responsibility and accountability in Higher Education explores the responsibilities that instructors have in fostering teaching initiatives that encourage themes of social justice, equity, diversity and inclusion. Anti-bias education curriculums are commonplace in early childhood education but tend to fall towards the wayside in higher education. This might be because we expect students to have a general understanding of the social behaviors and unwritten expectations, we have for them as a society. We should constantly strive to promote new ways that encourage students to be aware of the social, economic and political challenges that their peers face. Doing so through existing academic disciplines allows them to be more socially conscious and aware of the needs of their community and society at large.

Instructor: Zahra Moss



CAREER AND TECHNICAL EDUCATION

LEAP — Leading to Advanced Education and Preparation

Get an early start on your college education. LEAP allows high school students to earn a college certificate alongside their high school diploma. Find out how dual credit courses can save time and money while earning 24 general education college credits while in high school from DCB.

Instructor: Kayla O'Toole



What's Your Leadership Style?

When we lead for the first time, we might adopt a style of leadership that we've experienced from someone else, or that we've heard or read about. If it seems to work, we'll likely stick with it—in effect, it becomes “our” style. But there are many approaches available to us, and a good leader can adapt their style according to the situation and the people involved. Learn About the Strengths and Weaknesses of the Way You Like to Lead.

Instructor: Leslie Stevens, Master of Arts Leadership, DCB Foundation Director



Fundraising Fundamentals

From traditional and online fundraising events to grant writing and searches that can be used for your non-profit, school, community programs and more. We will cover the methods that have worked for Leslie and what she has learned from other leaders and fundraisers.

Instructor: Leslie Stevens, Master of Arts Leadership, DCB Foundation Director



NATURE AND THE ENVIRONMENT

Habitats of North Dakota

Explore the five North Dakota habitats (Prairie, Badlands, Riparian, Wetlands, and Woodlands) and also learn about their location, flora, wildlife and threats found in each habitat. This can be an interactive classroom presentation for students K–12 or an adult presentation.

Instructor: Sherry Niesar



Drones (sUAS) and Me

Small unmanned aircraft systems (sUAS), or drones are gaining popularity worldwide. Many people enjoy using these aircraft as hobbyists, but what type of drone should you buy? Where is it safe to fly? Do I need a license? Explore various uses for drones, safe flight practices, and information on the best types of drones for beginners. This lecture can be interactive with drones or it can be given virtually.

Instructor: Dr. Linda Burbidge



SCIENCE AND MATH

Conquering Math Anxiety

Do you know students who considered taking a math class and then decided not to enroll because of their fear of this subject? This presentation will provide strategies to overcome math anxiety.

Instructor: Scott Johnson



Project WET

This program is a collection of fun hands-on water-related activities. Each presentation will be tailored to meet the needs of the group. Grad credit classes also available to teachers and informal educators.

Instructor: Angie Bartholomay



Chemistry in Action

This presentation features fun and exciting chemistry demonstrations. Each presentation will be tailored to meet the needs of the group. The activities can be used for students in grades 5–12.

Instructor: Angie Bartholomay

Geoscience Extravaganza

Do your students love volcanoes? Or tornadoes? Or maybe they want to learn more about works for your group. Geared to any level K-12 and adult.

Instructor: Michelle Cauley



Paleo-Adventure

Ever touch a real dinosaur bone? Dig into history by exploring different time periods. From dinos to the Ice Age and more, pick a time period that best suits your group. Hands-on learning at its finest! Geared to K-12 and adult.

Instructor: Michelle Cauley

Citizen Science

Citizen Science is getting out and involved and making a difference in the scientific community. Join a citizen science project geared towards your group, learn about other opportunities and have a blast making the world a better place. Geared to K-12 and adult.

Instructor: Michelle Cauley