

Join Us for Laker Week FYE Sessions!

Tuesday, August 21st

9-10am

Eating Smart at LSSU

Connect with current students who manage special dietary needs and build a plan for eating smart and living well at LSSU

From Distress to De-Stress

This 60 minute experiential workshop is designed to equip students with stress management skills that can be used to successfully navigate the many demands of college life. Students will learn the basics of managing stress, including self-help techniques for prioritizing, maintaining a healthy perspective, and relaxation. Students don't have to stress about remembering everything they learn, because they'll leave with a handy packet of information for easy reference in the future.

Living Well Every Day

College students have packed schedules. Classes, employment, and family or social obligations quickly fill up your calendar. It seems cruel to add another obligation to the list, but here's one to consider: exercise. Scientific evidence is piling up that shows regular exercise provides important cognitive benefits that could make your academic efforts a little less taxing.

Come learn about the all the wellness resources and programming that University Recreation has to offer.

Mapping Your Future with My Degree Plan

You'd never go on a journey to an unknown destination without a map or a GPS to help you get there. You shouldn't try to get to graduation without a plan and a guide either. The great news is, you got a customized map the day you registered for classes at LSSU. Representatives from the Registrar's office will demonstrate how to access and read the MY Degree Plan online audit on Anchor Access.

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11am-12pm

Meet Your Major

If you take a moment and ask the upperclassmen helping you move in and get settled, you'll find that they talk about the faculty in their programs as some of the most helpful and supportive people they've encountered in their college careers. Take a break from moving and come meet the faculty you'll be working with this fall and maybe for the next four years. Student guides will direct you to the right room for your meet and greet—Bring your questions!

12-1pm

What's There to Do at LSSU?

One of the best cures for homesickness is to find people who love to do the things you do and to start doing them here. Or maybe it's time to try something new. Members of the University Activities Board want to meet you and tell about all of the terrific ways there are to get involved on LSSU's Campus. Join us and start making your mark at LSSU.

9-11am

Finding Your Success Partners

Many students arrive on campus uncertain of what resources are available to them, where they are located, and when to approach their most valuable asset – their professor. After this session students will be able to identify various support resources on campus, learn support partners such as supplemental instruction and peer mentors. Students will have an opportunity to learn how to connect

meaningfully and respond in different scenarios when working with their professor. Finally, students will be able to form their own study groups and work as a team to improve academic performance.

Help Out At A School!

Want to spend some time with young children or with a local teacher preparing an elementary classroom for the start of school? Come and help out a teacher or some kids for a couple hours! This session is limited to the first 5 participants and is limited to the following majors: early childhood, elementary education, undecided, general studies, and liberal arts. Transportation provided.

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The Danger of a Single Story

Writer Chimamanda Ngozi Adiche believes it is impossible to properly engage with a place or a person without engaging with all the stories of a place and of a person. Research tells us one of the biggest predictors of success for our freshman is to connect, but if we don't take a moment to tell our stories, they will struggle to connect and we will struggle with how to help them. In this session, students will have chance to connect with faculty and staff better by hearing the stories of success and struggle that have brought them to LSSU.

Thursday, August 23rd

The Big Canoe Adventure

The Big Canoe experience will involve enable 10 students at a time to learn how to paddle together in a larger, 26 foot canoe. The canoe will be provided and guided by experienced LSWC personnel. This "voyage" will occur near Rotary Park. Students will be learning to coordinate their efforts to gain a common goal; effectively paddle together so that the canoe moves in the desired direction. Concurrently, the students will be conversing with all other students in the canoe, especially those people they are sitting beside, in front of and behind. And it'll be great fun!

9-10am, 10-11am, 11am-12pm

1-2pm

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Make Your Own Meaningful Life

Positive psychology researcher, Emily Smith, observes “Happiness comes and goes, and when things are really bad, having meaning gives you something to hold on to.” She also shares research which finds “people who have meaning in their lives are more resilient, do better at school and work and even live longer.” Between the known of home and the unknown of college, it’s normal to feel a bit lost. Reconnecting with who you are and the kinds of opportunities you love will help you make meaning out of mystery as you move through the first disorienting weeks of school.

Show Me the Money

It’s no secret that it costs money to go to college. Every student has to learn to navigate and interpret various forms of loans, grants and scholarships from public and private sources. One way to be more in control of your academic experience is to know how when and where to locate this information. Join members of the financial aid team and learn how to navigate the LSSU financial aid portal as well as studentloans.gov.

What’s There to Do in the Sault?

It’s a great question, one it takes some students four years to learn. Justin Kneppers from the Downtown Development Authority visits to share some ideas for ways Lakers can get involved with projects that are both fun and fulfilling because they’ll make the Sault a better place for everyone. What sounds good? A Block Party? Building a Dirt bike trail? Sprucing up the town with a little paint and some Laker flags? Join Justin for a brainstorming session and learn how you can make your mark on the Sault!

Yoga

Need a break from textbook talk and scheduling stress? Come spend an hour of mindful movement in the beautiful Arts Center! Ginna Hoben, Assistant Professor of Theatre, offers a Yoga class with elements of Body/Mind (THEA 172): strength, flexibility, and balance training that provides students with physical comfort and confidence.

2-3pm

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3-4pm

Title IX

The Title IX Office works to prevent sexual discrimination, harassment, and assault on campus. Our main objective for students at Lake State is to make them feel safe and comfortable, so our office is here to help anyone handle situations that may make them feel unsafe or uncomfortable. During our mandatory training you will learn about our policies, procedures, and resources available for you on and off campus. **This session will fulfill your Title IX training requirement**

4-5pm

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1-5pm

Take a Hike! To Monocle Lake

Monocle Lake sits just inland from Lake Superior about a half hours' drive west of Sault Ste. Marie. Along its south shore is a nice National Forest campground which serves as the trailhead for the day’s adventure. We will hike a portion of the Monocle Lake Interpretive Trail along the lake’s north shoreline. We’ll reflect on the adventure and think about the adventure of school to come.

Friday, August 24

9-10am

Learning the Language of Financial Aid

There's a lot to learn in your freshman year. Probably one of the most important things to focus on right from the start is the language of financial aid. Phrases like "Satisfactory Academic Progress" "Withdrawal" and "Pass Rate" can have a tremendous impact on your success as a student and your plans for completing your degree in a timely manner. Join members of the Financial aid team to learn more about how your financial aid is connected to academic and personal success

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The Science of Maximizing Learning

University life is all about learning, so you want to make sure you make the most of your learning opportunities here at LSSU! This session is about understanding how learning works and then using that knowledge in planning to maximize your own learning. Open to all majors.

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The Ooooh's and Ahhh's of Kinesiology (at Norris)

If you're considering Kinesiology, this is the active session for you. Come meet the KINS faculty and get busy doing what you'll do in the program. This is going to be fun and very interactive, so wear comfortable clothes and bring a computer or other device to help with part two—making a plan for your future.

9am - 12pm

The Great Unicorn Hunt

Students have been hunting unicorns at LSSU for over 40 years. Join us for this year's hunt. While we are looking for the mythical beast we will also find all the places you've wanted to know about and may someday need like the Medical Center, Academic Services, Testing and, most importantly, the classrooms you'll need to find for the first day of class.