

Training Tuesdays

September 2013

September 3

WHAT'S SO GREAT ABOUT A CREDIT UNION?

FINANCE

11:00 a.m. - 11:50 a.m.

Glacier North, Atwood Memorial Center

Sponsored by Affinity Plus Credit Union

Learn about what it means to be a member of a credit union and how Affinity Plus can make a difference in your life. You'll discover that the benefits of membership are more than just reduced rates and minimal fees but that Affinity Plus cares about YOU. We want to help you be financially successful for your benefit – not ours – so you'll also learn about how to prepare for your financial future.

PRESENTERS: **JoAnn Rocheleau** has been in the banking industry for 33 years, the last 15 have been at Affinity Plus Credit Union as a member advisor. **Philip Hedlof** is a graduate of St. Cloud State University with a degree in Entrepreneurship. He has been at Affinity Plus Credit Union for five years and he is a licensed financial advisor.

September 10

MOBILE DEVICES AND SCSU

TECHNOLOGY

2:00 p.m. - 2:50 p.m.

Centennial Hall, Room 351

Sponsored by Information Technology Services

Do you have a smart phone? Would you like to be able to send and receive email on it? How about update your Outlook calendar? Come to this Training Tuesdays session to learn how to set up your cell phone to automatically integrate with your St. Cloud State email address!

PRESENTERS: **Sara Grachek** is the Instructional Technologies Coordinator and is a St. Cloud State University graduate; she has worked in various IT positions for SCSU over the past 17 years. **Greg Jorgensen** is the Instructional Technologies Specialist; he joined St. Cloud State in 2006, and has many years of experience with a wide variety of technologies.

September 17

HEALTHY NUTRITION HINTS FOR A HEALTHY YOU

HEALTH & WELLNESS

11:00 a.m. - 11:50 a.m.

Voyageurs South, Atwood Memorial Center

Sponsored by Sodexo

Learn how to make your plate look like MyPlate. We will discuss the healthier choices in each of the food groups, ways to achieve a healthy balance, and how to incorporate physical activity into your daily schedule.

PRESENTER: **Hannah Hokanson** is the campus dietitian with Sodexo. She received her bachelor's degree in dietetics from the University of Wisconsin-Stout and completed her dietetic internship at Mayo Clinic through Mayo School of Health Sciences. Hannah enjoys helping others make healthy choices the easy choice.

September 24

WHAT COLOR IS YOUR PERSONALITY?

PROFESSIONAL DEVELOPMENT

12:30 p.m. - 1:45 p.m.

Cascade, Atwood Memorial Center

Sponsored by Career Services, Community Counseling Graduate Student Association, Department of Campus Involvement, Office of Human Resources, and Multicultural Student Services.

Do you ever wonder why you think the way you do? Or why everyone else doesn't agree with you? How does your personality fit in with your lifestyle, friends, job, and organizations to which you belong? Through this fun, high-energy session, you will learn the primary and secondary colors of your personality – and how other people's personalities affect you, as well. Participants will identify and understand individual strengths, personality patterns, and internal motivators – and also recognize potential blindspots and challenges!

PRESENTER: **Tracy Flynn Bowe**, co-owner of New Directions Counseling & Training, Ltd., is a dynamic presenter, skilled consultant, and organizational trainer. She uses a strength-based, whole-person, and systems approach to change, conflict, collaboration, and organizational