

# STUDENT LIFE @ MID-STATE

Mid-State Cyber Cougars present:

## BOARD GAME NIGHT

**Thursday, November 3: 5:00 p.m.**  
**Stevens Point Campus - Room 118**

Join the Cyber Cougars IT Club and other students on the Stevens Point campus to play board, card and other in-person games! They have a wide selection of games; from 1 minute games that make you laugh to 2 hour thrillers that make you think.

They will also have pizza and drinks to keep you going. Take a night off and meet some new friends!

## LEAD THE WAY - SESSION 2: *Who are you leading?*

**Tuesday, November 8**

In order to effectively work together, we need to know our team and how different strengths bring different benefits. Through this session, learn more about other strengths and how they can complement your own.

**Virtual:** 4:00 - 5:00 p.m. Attend via Microsoft Teams.

**Self-Guided:** Go to Blackboard. Click Self-Enroll Courses at the top of your screen, and click the Browse Course Catalog button. Enter Lead the Way in the search field. Click the arrow next to Lead\_the\_Way and select Enroll. Click Submit to complete your enrollment.

Learn more at [www.mstc.edu/leadership-development-series](http://www.mstc.edu/leadership-development-series)

## WRITE ON THE MONEY CONTEST

**Now until February 17, 2023**

Enter in one or both categories—essay and research paper—on any topic. This year's judges are writer and former Mid-State student Briah Ann Kreuger and Oneida author and poet William V. Clarke III. The contest is sponsored by the Student Leadership Board and the communications department.

Email [jill.quinn@mstc.edu](mailto:jill.quinn@mstc.edu) for details!

## VETERAN'S DAY CEREMONY

**Friday, November 11: 11:00 a.m.**  
**CER 634/635 Stevens Point Campus**

Michael "Gunner" Pohl, retired U.S. Coast Guard, from VFW Post 10262 of Plover will conduct the ceremony. Gunner's son Aaron, a veteran himself, and former Mid-State student will give the keynote address. Event will include both a color and honor guard and a firing salute from the U.S. Marine Corps.

Coffee will be served courtesy of Emy J's and all Mid-State community is invited to attend!

## THANKSGIVING FEASTS

**November 14 - 17; 11:30 a.m. - 1:00 p.m.**

**all campuses (see below for dates and locations)**

FREE thanksgiving meal for all Mid-State community members (students and staff) complete with turkey, stuffing, potatoes and more - first come, first served while supplies last.

**Marshfield** - Monday, November 14: Student Lounge  
**Wisconsin Rapids** - Tuesday, November 15: Cafeteria  
**Stevens Point** - Wednesday, November 16: Student Lounge  
**Adams** - Thursday, November 17: SSIC (11:30 a.m. - 2:30 p.m.)

## LINKEDIN 101

**Tuesday, November 15: noon - 12:45 p.m.**

This introductory workshop is designed to familiarize Mid-State students with LinkedIn, a web-based, professional social networking site with over 500 million registered members. Participants will get an overview of the platform and offer recommendations on managing an active LinkedIn profile focused on professional networking goals.

Adams-112; Marshfield-105; Stevens Point-417;  
Wisconsin Rapids-E116

## NOVEMBER EVENT

**Dress for Success - 11:00 - 2:00 p.m. (see dates for each campus below)**

Look sharp when you start your professional career at no cost to you! Get free, gently used career clothing donated from the community at Dress For Success. In recent years, students have acquired great items from popular name brands. Stop by the event at each of our campus locations to browse through the selection.

**Marshfield Campus** - Monday, November 14; CER 126

**Wisconsin Rapids Campus** - Tuesday, November 15; L133/134

**Stevens Point Campus** - Wednesday, November 16; CER 634/635

**Adams Campus** - Thursday, November 17; Room 111



# club news



## ANGLER'S CLUB

The club held a free seminar with guest Jozef Wojciehoski from Taps and Tackle with approximately 25 attendees. This month they will meet November 8, noon - 1:00 p.m. in I-110 and discuss different knots, pick out seminars for the rest of the year, and discuss other event ideas!

## EARLY CHILDHOOD EDUCATION

**November 7:** noon - 1:00 p.m. - Club meeting and Blankets for Project Linus SP 416

**November 16:** Stevens Point Holiday Parade. Meeting time to be determined.

**November 28:** noon - 1:00 p.m. - Blankets for Project Linus and Little Libraries adoptions

**December 9:** 9:45 a.m. - Ringing Bells for Salvation Army - meet at Metro Mart in Park Ridge.

*Join our club and see more events at our Facebook club page (Early Childhood Club MSTC) or contact April Hartjes for more information.*

## PHI THETA KAPPA

PTK has been busy! Tara Chapman and Emily Tauschek attended the fall PTK Regional Leadership conference at Fox Valley Technical College on September 30-October 1. Tara taught a workshop titled "Self-Care Strategies for Leaders." The next PTK general member meeting will be held virtually on Wednesday, November 2nd from 9:00-9:50 am. Join using this link: <https://bit.ly/3r1leS4>. Fall Meet-and-Greets for new members will be held on Tuesday, November 8th from noon - 1:00 p.m. in the Wisconsin Rapids cafeteria and Thursday, November 10th from noon - 1:00 p.m. in 114 on the Stevens Point campus. Please RSVP to [jill.quinn@mstc.edu](mailto:jill.quinn@mstc.edu).

## SKILLSUSA

The club is hosting a coffee fundraiser through Mission Coffee today through November 16. \$5.00 from each bag of coffee sold will go to the club for the spring conference. The order form is attached to the email!

## MEDICAL ASSISTANT CLUB

The Stevens Point MA club will be attending an education conference in Wisconsin Dells and selling candy bars to fundraise for scholarships. They also are donating \$1000 raised from the shoe fundraiser from last semester to the Red Cross.

## CIVIL TECHNOLOGY

The group did their bi-annual Adopt a Highway on October 19. Also, about 5 years ago the group surveyed a potential extension to the Green Circle Trail when they were beginning planning stages, and it looks like it is going to happen. How exciting!



## BUSINESS PROFESSIONALS OF AMERICA

The group is hosting a fundraiser to help send club members to Nationals. **They are selling delicious treats through The Goodies Factory/Poppin' Popcorn! November 1 - 25** - These make great gifts! You order and pay online and the products are shipped directly to your door! Please consider supporting the group through this link: <https://poppinpopcornonline.com/store/store.php?sID=JEKDPD>



## MID-STATE AND ARIZONA STATE UNIVERISTY PARTNER TO OFFER TRANSFER PATHWAYS WITH MYPATH2ASU COLLABORATION

Both institutions reaffirm the combined commitment to student success with the newly established Universal Articulation agreement. With a focus on academic preparedness, collaborative support and term-to-term persistence, students are ensured a smooth transition to the university and the support necessary for student success. Through MyPath2ASU™ students can take the steps needed to successfully plan their transfer to ASU while working towards their degree at Mid-State Technical College. The Mid-State Technical College MyPath2ASU™ transfer experience is available to students and staff that support them. Diverse MyPath2ASU™ degree options can be tailored based on Mid-State Technical College needs (within ASU degree requirements). Start planning your transfer to ASU with the Mid-State Technical College MyPath2ASU™ transfer experience, where you can create a personalized course-by-course plan. MyPath2ASU™ eliminates the guesswork and will help you select the right community college classes for your ASU bachelor's degree. Save time and money, and minimize loss of credit during your transfer journey, with this set of customized tools to ensure a simple, seamless transition into one of the nation's top 10 universities for undergraduate education.

You can now check out a HappyLight® while using the LiNK! Sunlight is an essential ingredient for a healthy lifestyle, but many of us don't get the amount of bright light we need to experience its benefits, especially during winter. HappyLight therapy lamps mimic sunlight but without the UV rays. These full-spectrum, 10,000-lux light boxes provide the recommended light intensity to reset your circadian rhythm & improve well-being.

### HappyLight Benefits:

- Improve sleep
- Boost mood
- Increase energy
- Enhance focus

### Check Out a HappyLight:

- Come to the LiNK front desk and request one.
- Follow the HappyLight instructions carefully.

**Questions?** Contact the counseling staff at 715.422.5605 or 715.342.3116 or at [mstc.edu/student-services/counseling](http://mstc.edu/student-services/counseling). *Combine LiNK Time with Happy Time!*

# HAPPY LIGHT CHECK-OUT

