



Pine Technical &
Community College

FALL 2024, SEPTEMBER 30
WEEK 6

Student Success

CAMPUS EVENTS & UPDATES

HEALTHY U - WEEK 1 SLEEP AWARENESS

WHERE: via ZOOM link, [CLICK HERE TO ATTEND](#)

WHEN: Specific times will be sent via [pine.edu](#)

During Week 1 of the PTCC Healthy U series, we will discuss the importance of sleep and its effects on mental health. We will also discover the benefits of healthy sleeping habits and explore steps to achieve good sleep. Attendees may win fun health-related prizes for participating for the next four weeks.

For more information, please contact Kevynn.Schumacher@pine.edu



STUDENT SENATE MEETING

The [PTCC Student Senate](#) is scheduled for their first meeting on Wednesday, 10/2 from 11:00 AM to 12:00 PM in the Auditorium. All are welcome to attend.

For additional questions, please contact Santhi.Sheehan@pine.edu.



PTCC WINS "DEMOCRACY CUP" FOR 2-YEAR PUBLIC INSTITUTIONS

Minnesota's Democracy Cup is the statewide collegiate voter turnout competition. Every two years, campuses across Minnesota compete against one another to achieve the highest percentage of voting of those eligible to vote. In 2022, PTCC achieved the highest voter turnout with 48.3% of eligible students voting.

PTCC's President Mulford, Voting Coordinators Jennifer Haavisto and Santhi Sheehan-Lusk were invited to Metro State University last week to be recognized by Minnesota Secretary of State, Steve Simon. CONGRATS!

Learn more about PTCC's Voter Resources and Engagement Plan [HERE](#).

For more information, please contact Santhi.Sheehan@pine.edu

PTCC COUNSELING OPEN HOURS

WHEN: Tuesdays from 3:00 PM to 6:00 PM, check-in at RM. 10

[Counseling](#) Open Hours provide students with accessible, drop-in opportunities to receive support and guidance from the Mental Health and Academic Wellness Coordinator without needing a prior appointment. These hours are designed to offer flexible, informal sessions for students with concerns related to academic stress, mental health, personal challenges, or any issues impacting their well-being. These sessions allow students to get quick support in a confidential and supportive environment.

For more information, please contact Kevynn.Schumacher@pine.edu.



ABILITY TO BENEFIT (AtB)

Did you know PTCC is an Ability to Benefit institution? AtB is a federal financial program that allows students without a high school diploma (or an equivalent like a GED or home school diploma) to qualify for financial aid if they prove they have the ability to benefit from a college education. Financial aid can help pay for tuition, books, fees and other educational expenses for college-level classes.

PTCC partners with [St. Croix River Education District \(SCRED\)](#) and Adult Basic Education to help students earn their high school equivalency diploma (GED/Adult Diploma), while providing additional support to students enrolled in an eligible career program at PTCC.

Learn more about AtB and eligible programs [HERE](#).

For more information, please contact Farfum.Ladroma@pine.edu.

Club Event: TABLETOP GAME CLUB @THE REC

WHEN: Wednesday 10/2, 4:00 PM to 8:00 PM at the REC. Calling all Tabletop and Game enthusiast. Swing by the REC to play some games and meet new people!

For more information, please contact Kevin.Muramatsu@pine.edu.



All individuals are welcome to attend PTCC-sponsored events. If you need an accommodation due to a disability, please contact Robin.Johnson@pine.edu, [PTCC Office of Accessibility and Accommodation](#).