

FALL 2024, OCTOBER 7 WEEK 7

Student Success

CAMPUS EVENTS & UPDATES

HEALTHY U @PTCC, WEEK 2 SOCIAL MEDIA AND MENTAL HEALTH

WHEN: Tuesday, 10/8, 11 AM to 11:30 AM WHERE: via ZOOM (click for the ZOOM link)

In the second week of Healthy U, we will discuss social media and how it affects your mental health. We are discussing different approaches and ideas to have a healthy relationship with your social media as well as other, healthier alternatives. Attendees may win fun health-related prizes for participating.

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

LIVE MUSIC @PINE WEDNESDAY, 10/9

From 11:00 AM to 1:00 PM at the Lodge.

Nicole Anderson is an Independent Folk/Pop Artist from rural MN. Enjoy FREE live music and enjoy the vibrant campus atmosphere available to the community.

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



ADVISING WEEK FALL 2024 IS HERE!

Advising Week starts on Monday, 10/7. All PTCC students are strongly encouraged to connect with their Program or Student Success Advisor to plan for their next course sequence and/or completion of their program. Students graduating at the end of fall semester must complete the <u>Graduation Application</u> by 11/27.

PSEO Students: Please connect with Jodie Klinkhammer or Jen Rancour for your next semester courses.

For more information, please contact Robin.Johnson@pine.edu.

MANAGE MIDTERMS SUCCESS EVENT

WHERE: ROOM 51

WHEN: Monday, 10/7, 11 AM to 12 PM

It is now officially midterm exam season. Midterms can be a high-stress and difficult time of the year. A few members of your Student Success Team are here to help you conquer it! During this event students will have a chance to learn how to use sound for stress relief, maintain energy, stay positive, stay motivated, and use available services to help manage their midterm stress.

For more information, please contact Robin.Johnson@pine.edu.

MOBILE FOOD PANTRY BACK ON CAMPUS!

WHEN: Wednesday, 10/9, 12 PM to 2 PM - North Parking Lot.

The Family Pathways Mobile Food Pantry provides free (and confidential) food bimonthly for the PTCC community who register for the service. All individuals are encouraged to bring coolers and/or warm bags to store food in their vehicles as there will be limited PTCC Staff availability during pickup times.

Sean to Register's Learn more about Campus Food Campus Food Resources:



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

Club Event: ST. CROIX FIRE TOWER HIKE - OUTDOOR CLUB

WHEN: Saturday, 10/12 meet up at 8:30

AM. Join the Outdoor Club for a morning hike at St. Croix Fire Tower. Meet at the Rec parking lot at 8:30 AM.

For more information, please contact Alex.Fackelman@pine.edu or Rich. Battaglia@pine.edu



