

Northland College  
Wellness Workshop Catalog  
Fall 2009



Division of Student Life

## Northland College Wellness Workshop Catalog

### Table of Contents

Welcome.....	page 3
Fulfilling Your Wellness Requirements.....	4
Registration and Enrollment Guidelines.....	6
Wellness Workshops Listed by Dimension.....	8
Wellness Workshops - Full Descriptions.....	10

## Wellness and Lifelong Learning

Welcome to the very first Northland College Wellness Catalog. It is filled with a variety of workshop offerings designed to encourage development of a well-rounded and balanced life. While workshops are geared toward students, faculty and staff are also encouraged to participate. Our community benefits when we engage in learning together. Without each of us, a commitment to lifelong learning and wellness is incomplete.

3

The process of re-envisioning the co-curriculum began nearly three years ago with a small group of faculty and staff dedicated to improving opportunities for student learning outside the classroom and was designed to complement the academic curriculum. In a short time we have developed three new Centers within Student Life that focus student engagement: the Center for Wellness and Lifelong Learning, the Center for Ethical Leadership, and the Center for Community Service and Stewardship. Each Center will begin offering programming during the Fall 2009 semester. We are excited to roll out new programming and witness the changes in our work together.

The future of the co-curriculum rests with many people: students who take interest-based workshops, instructors who offer new and creative workshops, staff who complete projects to support the new and continuing programs, faculty who encourage participation, and an administration that provides resource support. Your involvement is needed to make this program complete.

I invite you to review the Wellness Catalog and register for workshops that spark your interest and help you make the most of your time in the Northland community. I welcome your feedback and encourage you to share ideas about new programs with me at any time.

Enjoy,



Michele Meyer,  
Associate Dean for Student Life

## Fulfilling Your Wellness Requirements

Wellness is a key component in developing a well-rounded and balanced life. In recognition of this, all Northland students are required to complete a set of wellness requirements to be eligible to graduate. Listed below are the details to complete the provisions of your liberal education requirements.

### For Students in Catalogs Prior to Fall of 2009

For students fulfilling requirements in catalogs prior to the fall of 2009, you will need to complete two personal wellness courses. If you have successfully completed two Physical Education (PED) or Outdoor Education (OED) courses, you have already met the requirement and nothing further is needed. However, if you have not met both requirements you will need to complete workshops within a new structure to fulfill liberal education requirements. Look for workshops in this catalog that are eligible for substitution to meet your liberal education personal wellness requirement. When you successfully finish the workshop(s) eligible for substitution, your academic transcript will be updated to reflect successful completion.

### For New Students or Continuing Students Moving to Fall 2009 Catalog

For students entering Northland for the first time beginning in Fall 2009 or for students wishing to move to the new catalog, we have restructured the wellness requirements for graduation to provide you with greater exposure to the many and varied aspects of wellness. Please review the requirements below.

### Graduation Requirement

**In order to receive a baccalaureate degree, a student must fulfill a set of co-curricular wellness requirements in addition to academic requirements.** The Center for Wellness and Lifelong Learning offers students a variety of ways to complete these requirements and each semester we will offer a wide array of workshops. Students can complete the requirements anytime during their undergraduate experience however we recommend starting the program during the first semester of attendance.

**In order to satisfy the graduation requirement, each student needs to complete a workshop from each wellness dimension as listed below. While some workshops will focus solely on a single wellness dimension, many workshops will cover multiple dimensions. Students could satisfy the requirement in as few as two workshops but most will need to complete 4-5 workshops to fulfill the requirement.**

#### Wellness Dimensions:

- Ecological Wellness
- Physical Wellness
- Intellectual Wellness
- Economic Wellness
- Spiritual Wellness
- Emotional Wellness
- Social Wellness
- Vocational Wellness

## What you need to do:

1. Understand that you need to fulfill a graduation requirement by completing activities in each of the eight dimensions of Wellness
2. Review the Wellness workshops to make decisions about enrolling. See descriptions on page 10.
3. Choose several workshops for the semester
4. Complete your registration as soon as possible to ensure your enrollment
5. Attend all workshop sessions (there are no incompletes in the co-curriculum)
6. Keep track of the wellness dimension which you have successfully completed

## Here's an example:

Lisa is a new student who is starting at Northland for the first time in the fall of 2009. She registers and attends Budo Taijutsu and Dance Aerobics. By successfully completing these workshops, she has fulfilled both the Spiritual and Physical Wellness dimensions. She has six dimensions left to complete and feels fit and well-balanced to boot! In the winter she plans to take the Solar Hot Water heating workshop and participate in the Compassion Fatigue Discussion Group. After completion she'll have added both the Ecological and Emotional Wellness dimensions to her list and will have completed half of the requirement for graduation.

**Questions:** Contact Student Life (715) 682-1825 [livingwell@northland.edu](mailto:livingwell@northland.edu)

## Registration and Enrollment Guidelines

### Workshop Registration for Students

Registering for Wellness Workshops is simple. All currently enrolled Northland students are eligible to participate. If you plan to register for more than one workshop, please submit your registrations separately. Click on the electronic registration form [here](#) to begin the registration process.

When we receive your registration form, a space in the selected workshop is reserved if the workshop is still open. We will verify your registration by sending a confirmation email to your Northland email address. Please registered only for workshops that you are fully committed to completing because each workshop has a limited enrollment and we want to keep space available for those most interested.

6

### Registration for Staff and Faculty

All current staff and faculty are eligible to participate in wellness workshops. Registration for staff/faculty begins one (1) month prior to the start date for the workshop as spaces remain. A \$60 workshop fee must be paid prior to confirming registration. Additionally, staff/faculty will be responsible for any materials fee associated with the workshop. Staff/faculty must withdraw from a workshop by noon, two (2) business days prior to the workshop start date to be eligible for a full refund. Withdrawing after this date will negate any refund.

### Workshops Sizes and Registration Deadlines

Workshops are intentionally kept small and often fill quickly. You are encouraged to register as early as possible. The registration deadline is ten (10) days prior to the workshop start date. That said, if you find a workshop you want to take close to the start date, give us a call (x1825). Last minute changes may have left a spot open just for you!

### Waiting Lists

Registration is based on a first-come, first-served basis. The office of Student Life will manage waiting lists for workshops that have filled to capacity. Individuals on the waiting list are sent a confirmation email only if an opening becomes available.

### Withdrawing from a Workshop

Student must withdraw from a workshop by noon, two (2) business days prior to the workshop start date. If you withdraw after the established deadline but before the first session, you will be charged a \$25 withdrawal fee to cover administrative expenses. If you withdraw after the workshop begins you will be charged the \$25 withdrawal fee and will not receive a refund for any materials fee. All fees will be directly charged to your student account.

## Workshop Cancellation

If we must cancel a workshop due to low enrollment, participants will receive a full refund for materials fees (see below). If a workshop is cancelled due to inclement weather, every attempt will be made to reschedule the workshop as soon as possible.

## Materials Fee

Several workshops will have an associated materials fee to cover the purchase of supplies needed to complete the workshop. Typically a materials fee will be charged when the workshop participants leave the workshop with a tangible item (book, journal, basket, snowshoes, etc...).

Questions: Contact Student Life (715) 682-1825 [livingwell@northland.edu](mailto:livingwell@northland.edu)

Wellness Workshops Listed by Dimension

Ecological Wellness Workshops

Preparing a Healthy & Sustainable Meal.....page 10  
 Orientation Trip Leadership.....10  
 Attending a Professional Conference.....19

Spiritual Wellness Workshops

Budo Taijutsu.....11  
 Hatha Yoga (3 sessions offered).....13, 14  
 Vocation as Calling: Let Your Life Speak.....20  
 Advanced Meditation.....10  
 Spirituality Discussion Group.....11  
 Attending a Professional Conference.....19

Physical Wellness Workshops

Budo Taijutsu.....11  
 Self Defense 101: Skills, Techniques & Strategies for a Safer You.....11  
 Dance Aerobics.....12  
 Backpacking - Level 2.....12  
 Coastal Kayaking - Level 2.....12  
 Whitewater Kayaking - Level 2.....13  
 Hatha Yoga (3 sessions offered).....13, 14  
 Wilderness Navigation.....14  
 Developing a Personal Wellness Plan.....14  
 Core Workout: Building a Pillar of Strength.....15  
 Rock Climbing - Level 2.....15  
 Transform Your Life with Pilates & Journaling.....15  
 Fall Varsity Sports.....16  
 Outdoor Orientation Leader Training.....21  
 Attending a Professional Conference.....19

Emotional Wellness Workshops

Transform Your Life with Pilates & Journaling.....15  
 Compassion Fatigue Discussion Group.....16  
 Stress Management Techniques.....16  
 Attending a Professional Conference.....19



Intellectual Wellness Workshops

Preparing a Healthy & Sustainable Meal.....10  
 Meditation & Mindfulness 1 (2 sessions offered).....17  
 Academic Tutor Training Program.....17  
 Attending a Professional Conference.....19

Social Wellness Workshops

Compassion Fatigue Discussion Group.....16  
 Academic Tutor Training Program.....17  
 Residential Life Staff Training.....18  
 Ethical Leadership Level 1 Training (2 sessions offered).....18, 21  
 Active Citizenship Level 1 Training (2 sessions offered).....19, 22  
 Outdoor Orientation Leader Training.....21  
 Attending a Professional Conference.....19

Economic Wellness Workshops

Money 101: How to Manage Your Money for Life.....18  
 Attending a Professional Conference.....19

Vocational Wellness Workshops

Ethical Leadership Level 1 Training (2 sessions offered).....18, 21  
 Active Citizenship Level 1 Training (2 sessions offered).....19, 22  
 Gearing Up for Grad School.....19  
 Backpack to Briefcase: Building Your Professional Portfolio (2 sessions offered).....20  
 Vocation as Calling: Let Your Life Speak.....19  
 American Canoe Association (ACA) Coastal Kayak Instructor Certification Exam (ICE).....21  
 Outdoor Orientation Leader Training.....21  
 Attending a Professional Conference.....19



## Wellness Workshops - Full Descriptions

Preparing a Healthy & Sustainable Meal**WRN:** 1F0933**Description:** In this workshop, we will look at the simple act of preparing a meal to examine our social, environmental, and economic impact and how we can live a more sustainable lifestyle.**Prerequisite:** None**Wellness Dimensions fulfilled:** Ecological; Intellectual**Substitute for OED/PED credit:** No**Instructor:** Steve Sandstrom**Dates & times:** 6-8 PM September 10; 3-5 PM September 17; 12-8 PM September 19**Location:** On and off campus**Materials cost:** \$5**Registration deadline:** 8/31/09**Withdrawal deadline:** 9/8/09Orientation Trip Leadership**WRN:** 1F0936**Description:** Students go through a process of planning in Sunday meetings, Fall staff training, and trip leadership.**Prerequisite:** Permission from instructor**Wellness Dimensions fulfilled:** Ecological**Substitute for OED/PED credit:** No**Instructor:** Jess Fairbanks**Dates & times:** As arranged**Location:** Varies**Registration deadline:** 9/25/09**Withdrawal deadline:** 10/1/09Advanced Meditation**WRN:** 2F0918**Description:** Sitting meditation (Zazen) for the Northland community with previous experience in silent, still meditation. Minimum instruction provided -- our primary purpose is to provide a group sitting-meditation opportunity and experience.**Prerequisite:** Meditation experience**Wellness Dimensions fulfilled:** Spiritual**Substitute for OED/PED credit:** No**Instructor:** David Saetre and Les Alldritt**Dates & times:** 7:30-8:15 AM Tuesdays & Thursdays, September 15-December 10**Location:** Spiritual Life Center**Registration deadline:** 9/5/09**Withdrawal deadline:** 9/11/09

Spirituality Discussion Group

**WRN:** 2F0919

**Description:** Exploring the world of spirituality through the discussion-based, ongoing Sunday night gathering. Explore world religions; learn about mythology; understand your own core values and beliefs in a safe, affirming setting.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Spiritual

**Substitute for OED/PED credit:** No

**Instructor:** David Saetre

**Dates & times:** 6-7 PM Sundays, September 20-December 6

**Location:** Spiritual Life Center

**Registration deadline:** 9/10/09

**Withdrawal deadline:** 9/17/09

Budo Taijutsu

**WRN:** 3F0901

**Description:** This is a traditional and ancient Japanese martial art which focuses on self defense and development of one's character through warrior skills training.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Spiritual; Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Greg Weiss

**Dates & times:** 6-8 PM Mondays & Wednesdays, September 9-December 16 (except Oct 19 or Nov 25)

**Location:** SOEI Sentry Room

**Materials cost:** \$25

**Registration deadline:** 8/30/09

**Withdrawal deadline:** 9/4/09

Self Defense 101 - Skills, Techniques & Strategies for a Safer You

**WRN:** 3F0903

**Description:** Basic instruction related to mental and physical preparation needed to survive violent encounters. Emphasis will be placed on mindset (both victim and perpetrator), awareness, physical security measures, and will include scenario-based training.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Jerry Katchka

**Dates & times:** 6:30-7:30 PM Thursdays, October 1-November 12 (Nov 12 workshop is 6:30-9:30 PM)

**Location:** Self-Defense Studio, 3rd floor above USPS W Main Street, Ashland

**Registration deadline:** 9/21/09

**Withdrawal deadline:** 9/29/09

### Dance Aerobics

**WRN:** 3F0904

**Description:** A high-energy experience focusing on a 30-minute aerobic workout followed by a strength component. We'll cover basics of aerobic movements and changes you can make to live a more healthy lifestyle. All levels welcome; no experience necessary.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Meghan Friesen

**Dates & times:** 8-9 AM Mondays & Wednesdays, September 14-November 23

**Location:** Alvord Theatre

**Registration deadline:** 9/4/09

**Withdrawal deadline:** 9/10/09

### Backpacking - Level 2

**WRN:** 3F0907

**Description:** This workshop teaches and assesses the skills necessary to plan and participate in backcountry, overnight backpacking trips. Camping Level 1 (4-hr workshop) is included.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Beth Andre

**Dates & times:** 4-6 PM October 9 & 16; ask instructor for times October 17-19 (Midsession Break)

**Location:** TBA

**Registration deadline:** 9/29/09

**Withdrawal deadline:** 10/7/09

### Coastal Kayaking - Level 2

**WRN:** 3F0908

**Description:** This workshop introduces novice paddlers to the skills and knowledge necessary to kayak successfully and safely in easy to moderate open water conditions.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Greg Weiss

**Dates & times:** 4-8 PM September 18; all day September 20 & October 4

**Location:** TBA

**Registration deadline:** 9/8/2009

**Withdrawal deadline:** 9/16/09

Whitewater Kayaking - Level 2

**WRN:** 3F0909

**Description:** This workshop introduces participants to the river environment via a decked whitewater boat (kayak or C-1). Emphasis on gaining solid understanding of river currents, maneuvering the craft, and safety/hazard concerns.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Greg Weiss

**Dates & times:** 8-10 PM September 22 & 24; all day September 26-27; 8-10 PM September 29

**Location:** TBA

**Registration deadline:** 9/12/09

**Withdrawal deadline:** 9/18/09

Hatha Yoga

**WRN:** 3F0915

**Description:** This workshop is an introduction to Integral Hatha Yoga which uses poses to balance the body, breathing practices, meditation, and chanting.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical; Spiritual

**Substitute for OED/PED credit:** Yes

**Instructor:** Krishna Paterson

**Dates & times:** 9-10 AM Tuesdays, September 15-December 8

**Location:** SOEI Sentry Room

**Registration deadline:** 9/5/09

**Withdrawal deadline:** 9/11/09

Hatha Yoga

**WRN:** 3F0916

**Description:** This workshop is an introduction to Integral Hatha Yoga which uses poses to balance the body, breathing practices, meditation, and chanting.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical; Spiritual

**Substitute for OED/PED credit:** Yes

**Instructor:** Krishna Paterson

**Dates & times:** 10:15-11:45 AM Tuesdays, September 15-November 10

**Location:** SOEI Sentry Room

**Registration deadline:** 9/5/09

**Withdrawal deadline:** 9/11/09

### Hatha Yoga

**WRN:** 3F0917

**Description:** This workshop is an introduction to Integral Hatha Yoga which uses poses to balance the body, breathing practices, meditation, and chanting.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical; Spiritual

**Substitute for OED/PED credit:** Yes

**Instructor:** Krishna Paterson

**Dates & times:** 12:15-1:45 PM Tuesdays, September 15-November 10

**Location:** SOEI Sentry Room

**Registration deadline:** 9/5/09

**Withdrawal deadline:** 9/11/09

### Wilderness Navigation

**WRN:** 3F0921

**Description:** The study of beginning-through-advanced orienteering and navigational techniques including map reading, compass use, navigation, and orienteering skills.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Grant White

**Dates & times:** 10-11:50 AM Mondays, 10 AM-2:50 PM, Fridays September 11-October 23

**Location:** Wh 209

**Registration deadline:** 9/1/09

**Withdrawal deadline:** 9/9/09

### Developing a Personal Wellness Plan

**WRN:** 3F0925

**Description:** Learn how to construct a personal wellness plan and how wellness plans benefit your overall health throughout your lifespan.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Craig Schowalter

**Dates & times:** 6:30-7:30 PM Wednesdays, September 23-November 11

**Location:** PCC Student Lounge; one class off campus

**Registration deadline:** 9/13/09

**Withdrawal deadline:** 9/21/09

Core Workout: Building a Pillar of Strength**WRN:** 3F0926**Description:** This workshop is designed to strengthen the core muscles of the abdomen, back, shoulders, and hips to assist in efficiently using muscles to transfer force rather than the back or joints, thus decreasing potential for injury.**Prerequisite:** None**Wellness Dimensions fulfilled:** Physical**Substitute for OED/PED credit:** Yes**Instructor:** Dan Roiger**Dates & times:** 8-9 AM Tuesdays & Thursdays, September 15-November 5**Location:** TBA**Registration deadline:** 9/5/09**Withdrawal deadline:** 9/11/09Rock Climbing - Level 2**WRN:** 3F0927**Description:** For participants with only a cursory knowledge of rock climbing to continue developing skills needed as a climber.**Prerequisite:** None**Wellness Dimensions fulfilled:** Physical**Substitute for OED/PED credit:** Yes**Instructor:** Northland staff or faculty**Dates & times:** 6-9 PM September 10; all day September 13; 6-9 PM September 17; all day September 19**Location:** Varies**Registration deadline:** 8/31/09**Withdrawal deadline:** 9/8/09Transform Your Life with Pilates & Journaling**WRN:** 3F0929**Description:** Master Pilates & journaling techniques to boost energy, increase focus, and create balance from the inside out. The power of movement and writing is accessible to everyone; no special talent, skills, or experience required. All journals remain private.**Prerequisite:** None**Wellness Dimensions fulfilled:** Physical; Emotional**Substitute for OED/PED credit:** Yes**Instructor:** Leslie Hamp**Dates & times:** 4:30-5:45 PM Mondays & Wednesdays, October 12-November 11**Location:** PCC Student Lounge**Materials cost:** \$15**Registration deadline:** 10/2/09**Withdrawal deadline:** 10/8/09

### Fall Varsity Sports

**WRN:** 3F0931

**Description:** Participation and completion of one season of playing on a Northland College varsity athletic team.

**Prerequisite:** Permission from head coach

**Wellness Dimensions fulfilled:** Physical

**Substitute for OED/PED credit:** Yes

**Instructor:** Head Coaches

**Dates & times:** Various hours August 15-November 30, depending on sport

**Location:** On and off campus

**Registration deadline:** 8/5/09

**Withdrawal deadline:** 9/13/09

### Compassion Fatigue Discussion Group

**WRN:** 4F0902

**Description:** A weekly group discussion on our many efforts to sustain and obtain social justice in our immediate and extended worlds; to maintain healthy balance of objectivity and empathy.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Emotional; Social

**Substitute for OED/PED credit:** No

**Instructor:** Michelle Chase

**Dates & times:** 10:30-11:30 AM Thursdays, September 10-December 10 (except Nov 26)

**Location:** Wheeler 201

**Registration deadline:** 8/31/09

**Withdrawal deadline:** 9/8/09

### Stress Management Techniques

**WRN:** 4F0911

**Description:** A series of educational hours to introduce various experiential methods of stress management, including time management, relaxation techniques, mindfulness, journaling, alternatives including aroma therapy, food/nutrition for lowering stress, and more.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Emotional

**Substitute for OED/PED credit:** No

**Instructor:** Michelle Chase

**Dates & times:** 4:30-5:30 PM Tuesdays, September 15-November 3

**Location:** Dexter 003

**Registration deadline:** 9/5/09

**Withdrawal deadline:** 9/11/09

Meditation & Mindfulness 1

**WRN:** 5F0913

**Description:** Learn and practice the technique of sitting and walking meditation. Tranquility Meditation uses the breath as a focus for calming mental activity. Class can be repeated to get additional practice time and deepen the meditative experience.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Intellectual

**Substitute for OED/PED credit:** No

**Instructor:** Amy Billman

**Dates & times:** 11 AM-12 PM Thursdays, September 24-November 12

**Location:** Spiritual Life Center

**Registration deadline:** 9/14/09

**Withdrawal deadline:** 9/22/09

Meditation & Mindfulness 1

**WRN:** 5F0914

**Description:** Learn and practice the technique of sitting and walking meditation. Tranquility Meditation uses the breath as a focus for calming mental activity. Class can be repeated to get additional practice time and deepen the meditative experience.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Intellectual

**Substitute for OED/PED credit:** No

**Instructor:** Amy Billman

**Dates & times:** 12-1 PM Fridays, September 25-November 13

**Location:** Spiritual Life Center

**Registration deadline:** 9/15/09

**Withdrawal deadline:** 9/23/09

Academic Tutor Training Program

**WRN:** 6F0910

**Description:** A comprehensive training program encompassing on-line and in-class learning components to prepare students for campus-based peer academic tutor positions. Will cover educational learning styles, positive reinforcement, active listening, and more.

**Prerequisite:** Must go through hiring process.

**Wellness Dimensions fulfilled:** Social; Intellectual

**Substitute for OED/PED credit:** No

**Instructor:** Patti Fenner-Leino

**Dates & times:** On line June 1-September 9; In class August 24-28 (see instructor for more info)

**Location:** PCC Large Conference Room

**Registration deadline:** 5/21/09

**Withdrawal deadline:** 5/28/09

Residential Life Staff Training

**WRN:** 6F0930

**Description:** A 3-week training for Residential Life student staff covering skills such as personal boundaries, communication, conflict resolution, crisis management, time management, facilitating healthy living communities, and basic fire safety.

**Prerequisite:** Must go through hiring process.

**Wellness Dimensions fulfilled:** Social

**Substitute for OED/PED credit:** No

**Instructor:** Northland staff, community professionals

**Dates & times:** August 8-29

**Location:** On and off campus

**Registration deadline:** 7/29/09

**Withdrawal deadline:** 8/6/09

Money 101: How to Manage Your Money for Life

**WRN:** 7F0932

**Description:** A Moodle-based workshop including interactive modules for student examination and engagement around the theme of money management. Topics include financial basics, paying for college, money management during and after the college years.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Economic

**Substitute for OED/PED credit:** No

**Instructor:** Patti Fenner-Leino

**Dates & times:** September 9-December 18

**Location:** On-line

**Registration deadline:** 8/29/09

**Withdrawal deadline:** 9/4/09

Ethical Leadership Level 1 Training

**WRN:** 8F0905

**Description:** This off-campus weekend-long workshop provides an introduction to ethical leadership development at Level 1. Required for certification in Level 1 and to go on to the next levels.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Social; Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Fairbanks, Morales, Friesen, Herman, Meyer

**Dates & times:** 4 PM Friday, September 25-2 PM Sunday, Sept 27

**Location:** Camp Manito-wish

**Registration deadline:** 9/15/09

**Withdrawal deadline:** 9/23/09

Active Citizenship Level 1 Training

**WRN:** 8F0906

**Description:** This off-campus weekend-long workshop provides an introduction to the essentials of active citizenship at Level 1. Required for certification in Level 1 and to go on to the next levels.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Social; Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Fairbanks, Morales, Friesen, Herman, Meyer

**Dates & times:** 4 PM Friday, September 25-2 PM Sunday, Sept 27

**Location:** Camp Manito-wish

**Registration deadline:** 9/15/09

**Withdrawal deadline:** 9/23/09

Attending a Professional Conference

**WRN:** 8F0912

**Description:** This workshop is designed to support students who are attending professional conferences to make the most of their experience and to expand their professional network. Must be at least one day long.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** As approved

**Substitute for OED/PED credit:** No

**Instructor:** Northland staff or faculty

**Dates & times:** Varies

**Location:** Varies

**Registration deadline:** Varies

**Withdrawal deadline:** Two business days before event

Gearing Up for Grad School

**WRN:** 8F0922

**Description:** Students will learn about the application process, tips on choosing schools, test dates, prep, importance of volunteer work, resumes, cover letters, etc. Guest presenters will include Northland College professors in various fields.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Jenna Casey

**Dates & times:** 6:30-7:30 PM October dates TBA

**Location:** TBA

**Registration deadline:** TBA

**Withdrawal deadline:** TBA

Backpack to Briefcase: Building Your Professional Portfolio

**WRN:** 8F0923

**Description:** This series is designed to assist students in building their professional materials, conduct a successful internship/job search, and master the interview. Topics include cover letters, resumes, and mock interviews.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Jenna Casey

**Dates & times:** 10-11 AM November 2, 4, 6, 9, 11

**Location:** PCC Large Conference Room

**Registration deadline:** 10/23/09

**Withdrawal deadline:** 10/30/09

Backpack to Briefcase: Building Your Professional Portfolio

**WRN:** 8F0924

**Description:** This series is designed to assist students in building their professional materials, conduct a successful internship/job search, and master the interview. Topics include cover letters, resumes, and mock interviews.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Jenna Casey

**Dates & times:** 3:30-4:30 PM November 2, 4, 6, 9, 11

**Location:** PCC Large Conference Room

**Registration deadline:** 10/23/09

**Withdrawal deadline:** 10/30/09

Vocation as Calling: Let Your Life Speak

**WRN:** 8F0928

**Description:** Who am I? What are my gifts? What is my purpose? In this workshop, students will explore vocation as calling through the use of film, literature, and self-discovery.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Vocational; Spiritual

**Substitute for OED/PED credit:** No

**Instructor:** David Saetre

**Dates & times:** 6-7:30 PM Wednesdays, October 7-November 4

**Location:** Spiritual Life Center

**Materials cost:** \$15

**Registration deadline:** 9/27/09

**Withdrawal deadline:** 9/5/09

American Canoe Association (ACA) Coastal Kayak Instructor Certification Exam (ICE)

**WRN:** 8F0934

**Description:** ICE is the second part of the instructor certification process offered by ACA. Depending on your performance on the exam you may be awarded instructor certification in coastal kayaking at one of several levels of expertise.

**Prerequisite:** Must have taken Instructor Development workshop (IDW).

**Wellness Dimensions fulfilled:** Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Greg Weiss

**Dates & times:** 8 AM-8 PM October 10; 8 AM-5 PM October 11

**Location:** Wh 209

**Materials cost:** \$90; non-students \$190

**Registration deadline:** 9/30/09

**Withdrawal deadline:** 10/8/09

Outdoor Orientation Leader Training

**WRN:** 8F0935

**Description:** A half-semester workshop which includes 2 field experiences and once-a-week classroom work, and covers technical wilderness skills, group dynamics, facilitation, risk management, etc.

**Prerequisite:** Permission from instructor

**Wellness Dimensions fulfilled:** Vocational; Physical; Social

**Substitute for OED/PED credit:** No

**Instructor:** Jess Fairbanks

**Dates & times:** October 5-November 30, as arranged

**Location:** Wh 301, PCC Student Lounge, off campus

**Registration deadline:** 9/25/09

**Withdrawal deadline:** 10/1/09

Ethical Leadership Level 1 Training

**WRN:** 8F0936

**Description:** This off-campus weekend-long workshop provides an introduction to ethical leadership development at Level 1. Required for certification in Level 1 and to go on to the next levels.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Social; Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Fairbanks, Morales, Friesen, Herman, Meyer

**Dates & times:** 4 PM Friday, October 23- 2 PM Sunday, October 25

**Location:** Camp Manito-wish

**Registration deadline:** 10/13/09

**Withdrawal deadline:** 10/21/09

### Active Citizenship Level 1 Training

**WRN:** 8F0937

**Description:** This off-campus weekend-long workshop provides an introduction to the essentials of active citizenship at Level 1. Required for certification in Level 1 and to go on to the next levels.

**Prerequisite:** None

**Wellness Dimensions fulfilled:** Social; Vocational

**Substitute for OED/PED credit:** No

**Instructor:** Fairbanks, Morales, Friesen, Herman, Meyer

**Dates & times:** 4 PM Friday, October 23- 2 PM Sunday, October 25

**Location:** Camp Manito-wish

**Registration deadline:** 10/13/09

**Withdrawal deadline:** 10/21/09