

We hope you had a fabulous Spring Break! Fall 2023 course registration starts next week so we have drop in hours available starting TOMORROW, with **Pop-up Advising**, no appointment needed, look for the Pop-up tent.

Have questions about Fall registration?  
Stop by to see Heather & Heidi @ **Pop-up Advising**:

- Thursday, April 13 @ 11am-1pm Nobel (outside)
- Friday, April 14 @ 11am-1pm Jackson Campus Center (outside)
- Monday, April 17 @ 11am-1pm Beck Hall (outside)

\*We will not be offering individual appointments at this time.

[Podcast #50](#): In episode 50 we speak with Chief of Neurosurgery Dr. Thomas Bergman. Dr. Bergman works at Hennepin County Medical Center in Minneapolis, MN which is a [Level I Trauma Center](#). HCMC is Minnesota's largest emergency department and busiest trauma center. Dr. Bergman brings to our podcast a wealth of knowledge about what a day in the life is like as a neurosurgeon and also highlights the very unique Career Exploration partnership Gustavus has with his neurosurgery team. Listen [HERE](#)

As a reminder, the final workshop for those attending the **Successful Applicant Workshop Series** will be this Thursday, April 13th @ 3pm-4pm [Interview Like a Ninja](#) in the Office of Health Professions.

Heather & Heidi

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### **Patient Care Volunteer Opportunities NEXT Academic Year**

Volunteer opportunity is approximately two hours per week during the school year working directly with a patient in a health care setting. We HIGHLY encourage you to check out these opportunities.

Application [HERE](#) to learn more

- Mayo Clinic Caring Hands
- Parkinson Exercise & Kick boxing classes
- Ecumen Hospice

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[The College of St. Scholastica](#)

TODAY, Wednesday, April 12 @ 11:30am-1:30pm  
Lower Level Jackson Campus Center

Interested in PT, OT, PA, and attending St. Scholastica and living in Duluth? Come learn more and meet with Courtney Eickman, TODAY while she is here on campus. [ceickman@css.edu](mailto:ceickman@css.edu)

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Major Minor Fair  
TODAY, Wednesday, April 12 @ 3:30-5:30pm  
Jackson Campus Center

Thinking of declaring a major? Trying to decide between majors? Looking to pick up a minor?  
Trying to decide which classes to take in the fall?

[Majors Decision Resource Chart](#)

YES...then attend the Majors/Minors Fair. This is an opportunity to introduce students, particularly first-year and sophomore students, to the wide variety of academic majors and minors available at Gustavus. Students can talk with professors and upper-class students from virtually every Gustavus department. Enjoy free food! Flyer attached.

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Healthy RelationTIPS Fair  
Monday, April 17 @ 1-3pm  
Lower Level Jackson Campus Center

Join the Peer Assistants Healthy Relationships Committee and other campus resources/student organizations for a fair which focuses on all aspects of healthy relationships! Come to chat, learn, and enjoy snacks and prizes!

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[Northwestern University](#)  
Tuesday, April 25 @ 11am-2pm  
Lower Level Jackson Campus Center

Admission Representative Anthony Kelm, [akelm@nwhealth.edu](mailto:akelm@nwhealth.edu) is visiting campus to share information about the programs offered at Northwestern including Chiropractic and Post-Bac. options.

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**GO! Therapy** Open House  
830 Sunrise Drive, St. Peter, MN 56082  
Friday, May 5th @ 1:00 PM to 5:00 PM

For students interested in: Speech Therapy, Occupational Therapy, and Physical Therapy careers

Learn about:

- Play-based therapy
- Tour our clinic
- Meet our therapists

\*No need to sign up\* - just drop in and say hello! Flyer attached below.

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**Are you struggling with procrastination and motivation?**  
Consider attending a **30-minute workshop** aimed to help!

The Gustavus Counseling Center is starting up a new workshop (one session, 30 minutes) to help students struggling with motivation and procrastination, difficulties staying on task, organization difficulties, and other common mental blocks to completing homework or various other life tasks. In this workshop, students will learn how to use Mental Contrasting Implementation Intentions Process Visualization.

Students can register for this workshop themselves by scanning the QR code on the below attached poster or sign up using this Google Form <https://forms.gle/iqNEcbToTxWb3Zzy7>

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Watch this [2 minute video](#) - Why Use the Term " Cultural Humility"?  
*Beth Averbek, MD; Associate Medical Director for Primary Care, HealthPartners*

**Learning Objectives:** At the end of this activity, you will be able to:

- Define "cultural humility," including how the meaning is different from "cultural competence."
- Discuss steps that organizations and providers can take to develop cultural humility.

**Description:** Terms change fast in health care. Providers once described their efforts to treat patients from all cultural backgrounds as developing “cultural competence.” These days, many organizations are moving to a new term: “cultural humility.” What do these terms mean, and why the switch?

Source: [Institute for Healthcare Improvement](#)

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Blue Earth Summer 2023 CNA Paid Opportunity  
St. Luke's Lutheran Care Center

Get CNA certified, while you work & get paid, and have FREE housing provided. \$17.25 pay once CNA certified (\$16.25 pay while working to become certified). Heather & Heidi went on a road trip and site visit to learn more and are excited to share this unique opportunity for 3-4 students this Summer. 40 hours a week starting Monday, June 5-Friday, August 25th.

- Contact Heidi or Heather to learn more

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Full-Time Job Opportunity

Lutheran Social Services of MN is seeking candidates for [Guardian W/ \\$1000 Hiring Bonus!](#) This is a full-time entry level position for those interested in human services.

An LSS Guardian is appointed to help individuals manage their living situation, health needs and/or financial affairs. LSS Guardians work with medical and social providers and caregivers to ensure the best care possible for the individuals we serve.

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Volunteer Opportunity

**Available NOW\*\*\*Meals on Wheels volunteer drivers** in St. Peter, Monday through Friday. Delivery routes usually start at 11:00am-12:00pm (take about 45 minutes to an hour) Contact-less delivery (meaning you knock and leave the meal and then walk away to see if they pick up the meal). People interested in volunteering can contact the Site Coordinator in St. Peter @ [507-934-8850](#).

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