

TECH TREK

January 31, 2019

Mitchell Technical Institute

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Get Prepped for Feb. Job Fair

Get ready to attend the annual MTI Job Fair Day on Thursday, February 21!

Here is what you should be doing between now and the Job Fair: Review the list of registered employers on the MTI website and begin preparing for this important event now!

- Create and/or polish your resume (employers expect resumes)
- Decide what you will wear to the event: professional for your industry!
- Research the registered companies
- Spend time preparing how you

will introduce yourself to an employer

- Brainstorm your skills and strengths; why should an employer consider you?
- Prepare how you will communicate your strengths to employers.

The Center for Student Success has stocked up on resume paper and will provide 'free' sheets to students who stop in the Center for Student Success to have their resumes reviewed and printed.

Don't miss this unique opportunity – having employers here, on campus, just to talk with you, an MTI soon-to-be graduate!

Resume Assistance Available

In preparation of the upcoming job fair on February 21, the following activities are being offered through the Center for Student Success to assist students in preparing for the MTI Job Fair.

Resume Writing 101 Workshop is being offered for any student who needs information on how to create an effective resume. Wednesday, February 13, Campus Center, Room 145, 2:00 – 2:45 pm.

The Center for Student Success (CSS) will host Resume Review Sessions to help students polish their already created resumes. Students may drop by the CSS between 3:00-5:00 pm on Wednesday, February 13 and Thursday, February 14 pm to receive feedback on their resume from a CSS staff member.

Resume quality paper is also available in the CSS at no charge. However, do plan ahead! Please do not wait until the day of the job fair to request assistance with your resume or for a supply of resume paper. The day of the job fair is very

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busy and the CSS will be lightly staffed. There may not be anyone available to provide you with the resume paper for your printing needs.

Tax Documents Are In the Mail

In the past week, 1098-T tax documents were sent in the mail. The 1098-T form is used by eligible educational institutions to report information about their students to the IRS as required by the Taxpayer Relief Act of 1997. Eligible educational institutions are required to submit the student's name, address, taxpayer's identification number (TIN), enrollment status, amounts pertaining to qualified tuition and related expenses, and scholarships and/or grants, taxable or not. A 1098-T form must also be provided to each applicable student.

Keep this form for your records. Since the Institute sends your 1098-T information to the IRS, there is no need to attach a copy of the form to your tax return.

If you did not receive it, you have the option to access your 1098-T information (not the actual document) online on your MyMTI account under the "Student" tab. If you have questions about 1098-T forms, stop in the Business office or check with your accountant or tax preparer.

SRB Plans Roster of February Events

The ever-popular SRB sponsored Movie Nights will continue in February. Use your student ID at the Logan Luxury 5 Cinema on Wednesday, February 6, and Wednesday, February 20, to see the 7:00 PM showing of the movie of your choice.

Also, save the date for the MTI dance scheduled for Thursday, February 28. The dance will be held in the Tech Center Commons from 9:00 PM to midnight.

As always, if you have suggestions for events or questions, talk to an SRB rep or see advisor Mateya Berg in the Center for Student Success.

Blood Donors Needed This Week

We desperately need donors for the blood drive on THURSDAY!!!! There are numerous spots open between 8:20 am and 1:15 pm.

If you would like to sign up to donate blood, please email Mateya Berg.

Please consider donating and representing MTI!

Student Food Pantry Needs Funds

You may be aware that the MTI Center for Student Success recently established an on-campus food pantry for students who need a little extra assistance securing food. To keep the pantry operational, funds are required.

The CSS is running a fundraiser through February 15 to raise \$1,000 to match an anonymous donation.

Envelopes with dollar amounts ranging from \$1 to \$50 are in the CSS. If you have a couple bucks in your pocket and would like to help out, stop in and fill an envelope with the donation amount noted on the outside.

For more information, see Kellie Nielsen, Student Success Coach.



presents the
SUB BIRTHDAY CLUB!

Stop in the Subway store at 802 N. Sanborn for a free six-inch sandwich with the purchase of a 20 oz. or larger drink during your birthday month. Must present student ID. Offer good only at Mitchell Sanborn Street location. Offer good for students and staff. One sub per person.

January

- 31 Taylor Gray
Lee Johnson

February

- 1 Janae Patterson
- 2 Keith Gehl
Kiana Kraft
Thomas Penny
Alex Smith
Kassie Marek
- 3 Tanner Bock
Scot Kabrud
Trevor Mann
Derek Ridgway
Jessica Sandau
Julie Tebben
- 5 Isaac Carlin
- 6 Brian Basten
Braedon Petersen
- 7 Dylan Chmela
Daniel Jackson
- 8 Samuel Greer
Bailey Slaby
- 9 Judd King
Sarah Ellis
- 10 Trey Bierman
Raymond Ketelsen
Dylan Mohnen
Lane Wesseling
Shane Mulloy
- 11 Suzanne Hermon
Molly Schladweiler
Erika Veenstra
- 12 Janine Bartels
Maisey Fees-Spellman
Mason Ottoson
- 13 Katina Baker
Lacey Christensen
Justin Oberlander
- 14 Alan Baker
- 15 Jared Goldammer
Tyler Horn
Lucas Kessler
Christopher Punt
Betty Schlimgen
Paige Smith

- 16 Tyler Knutson
Chasity Selting
- 17 Devon Grant
Jacelyn Harris
Nicole Jennings
Clara Pazour
- 18 Levi Swearingen
John Heemstra
Donene Lemmonds
- 19 Samantha Baus
Brandon Cwach
Taytum Reman
Tyler Stark
- 20 Tori Dargatz
Casey McMillan
- 21 Jessica Bowar
Isaiah Eagleman
Jack Hasche
Joshua Owens
Luke Palmquist
- 22 Trajan Anderson
Hailey Herrboldt
Nicholas Houston
James Kirwan
Cadan Koerlin
Hannah Sumption
Emily Sutherland
- 23 Noah Hermsen
Isaac Watson
- 24 Brett Atkinson
Kade Hieb
Megan Kortan
- 25 Frederick Lapka
Kyle Simmons
Ashley Steffen
- 25 Dylan Wilbur
- 26 Dillon Collins
Angelique Frost
Gregory Guthrie
Timothy Haas
Dillan Kostrzewski

BIG Job Fair Coming in February

The 29th annual SD BIG Job Fair (Business, Industry, Government) will be held Tuesday, February 12, at the Sioux Falls Convention Center. The fair will be held from 11:00 AM to 3:00 PM. Cost is \$10 at the door.

This fair is a great place to find internships, full-time employment and network with many employers from around the region.

Sponsored by the SD Association of College Career Centers, the BIG Job Fair is uniquely suited to upcoming college and technical graduates.

If you pre-register by February

10, you can get in free and get a free professional head shot to use in your job search.

Visit www.getgrads.com or see Janet Greenway in the CSS.



MTI Counselor Corner

A Perfect 10: Winter Sports Safety Tips

by Theodore J. Ganley, MD

Watching the world's best athletes give it their all during contests like the Super Bowl, hockey, ice skating and other sports is inspiring and often motivates us, recreational enthusiasts, to participate in our favorite cold weather activity, too.

But while activities like skiing, snowboarding, ice skating, hockey and sledding are great ways to get outside during the long, cold winter months, they can also be dangerous. Every year, hundreds of thousands of people suffer injuries from these and other outdoor winter sports.

Common winter sports injuries include fractures, sprains, strains, concussions and dislocations. The location of the injuries varies from sport to sport. For example, snowboarders have a greater incidence of wrist injuries, as well as injuries to the tailbone and concussions. Knee injuries are more common in skiers, namely anterior cruciate ligament (ACL) tears. Fortunately, most of these injuries are preventable. Ganley shares the following steps your family can take to reduce your risk of injury during your favorite winter activity.

Shape up. Stay in shape and condition muscles prior to participating in winter activities. "It's impossible to prevent all ligament injuries, but core strengthening, hip strengthening, and stability training keep the arms and legs in peak condition so you minimize your risk of injury," says Ganley. It's important to remember that elite level ice skaters, hockey players, and snow skiers/boarders engage in a huge amount of core strengthening and endurance training before they ever hit the ice or slopes, he adds. They are also often on a very strict regimen that includes regular intervals of training and rest, proper nutrition, and plenty of sleep.

Don't go from 0 to 100. Warm up with light exercises or stretches, and ease into the activity. Cold muscles, tendons and ligaments are more prone to injury.

Protection is a must. Always wear the appropriate protective gear for the activity, like helmets, goggles, wrist guards, and knee and elbow pads.

Test your equipment. Before going on the first run, make sure all equipment is in good working order.

Learn how to fall. Shoulder, elbow and wrist injuries can result from trying to brace a fall. Take a lesson or two from a trained instructor, who will provide direction on how to fall correctly.

Know and follow safety rules. For example, stay within the marked ski and snowboard trails, and learn how to get on and off the ski lift.

Know your limits. Choose slopes and maneuvers that match your skill level.

Stop when you're tired. Accidents are more likely to occur when you're fatigued.

Layer up. Clothes that become damp from sweat can lower your body temperature. Wear a breathable base layer, one or two insulating layers, and a water and windproof outer layer to ensure you stay warm and dry.

Stay hydrated. Drink water before, during and after the activity.