

# TECH TREK

March 14, 2019

Mitchell Technical Institute

Vol. 28 No. 13

## Registration, Graduation Coming Soon

Summer registration will open at 8:00 AM on Monday, March 18, on my MTI. Remember to check your advising worksheets and consult with your advisor if you have questions on your plan of study. Please see the registrar's office with any questions or issues with the registration process.

Graduation is right around the corner! On Friday, May 10, the Class of 2019 will graduate. Make sure you have filled out the request to graduate form on MyMTI if you are planning on finishing up your program requirements in May, August, or December 2019. See your advisor if you are unsure of your expected graduation date.

## Exit Counseling Required for Direct Student Loan Recipients

If you have received a Direct Student Loan while attending MTI and who will be graduating from MTI in May with an AAS or diploma/certificate, or you have received a Direct Student Loan while attending MTI and will **not** be returning after this school year, you are required to complete exit counseling by March 22, 2019.

You should have received an email from Assistant Director of Financial Aid Carment Neugebauer with instructions and an attachment. You can print that and drop it off in the Financial Aid office or bring it to a scheduled exit counseling session.

If you have questions, please see Carmen Neugebauer in the Financial Aid office.

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TECH TREK is a bi-weekly publication put out by the Marketing Office. Distributed on alternate Thursdays during the school year, deadline for submission of articles is the Wednesday before publication at 10:00 AM. Articles may be emailed to julie.brookbank@mitchelltech.edu. Let us know how we can serve you!

## ADBC Students Trek to Guatemala for a Mission to Build a Home

*by Sam Fosness for the Mitchell Daily Republic, March 13, 2019*

Rather than spending their spring break on a beach, a group of Mitchell Technical Institute students used what they've been learning in the classroom to build a home for a family in need.

Last week, nine students studying architectural design and building construction at MTI trekked nearly 2,700 miles south to a Central American country, where they spent a week building a home for a Guatemalan family.

"Seeing how grateful the family was to have just a small house that we would view as a shed in the United States was a special thing to see," said Owen London, one of the MTI construction students that traveled to Guatemala. "It feels great knowing we made the world a better place together."

Leading up to the trip, the group of students put in a year's worth of planning and fundraising to make it all happen. The initial destination to build the home was in Haiti, but due to the ongoing civil unrest and conflict facing the impoverished nation, the group rerouted and collectively decided on San Raymundo, Guatemala.

Eric Schramm, ADBC instructor at MTI, spearheaded efforts for his students to make the mission trip a reality, helping coordinate fundraising campaigns that reached just shy of \$34,000. To find a family in need, Schramm used Casas por Cristos, which is a nonprofit organization that specializes in helping groups of people seeking places to do missionary work.

"It was a special experience to be a part of, and I was very proud of our students," Schramm said of the mission trip. "They worked hard at making this happen, and it was awesome to be a part of it all."

The first-year ADBC MTI instructor served as the chaperone of the mission trip and assisted in building the home, forming an even closer bond with his students.

"Having Eric there pushed us to help change a family's life, and we got closer through it all," London said of his instructor and classmates.

The seven-day trip began on Monday when the group of future construction prospects leveled the ground, poured concrete and built the foundation of the home. Over the next two days, the crew put in nearly 20 hours of labor, installing the walls, roof and windows.

From using Guatemalan pine tree wood to local concrete, utilizing the resources and materials made available created a unique challenge for the students.

"The wood was not evenly proportioned, and it was wet and dense, so my students learned to be grateful for what they have back home," Schramm said. "It was a challenge to use those resources, because they were not up to a standard that we have in the United States."

By Wednesday afternoon, the group finished the 11-by-20 house, fulfilling their goal to provide a new home and better life to a widowed Guatemalan mother and her son.

To celebrate the completion of the project, the MTI construction crew gathered outside to take part in the dedication ceremony delivered by a missionary pastor.

"Seeing the family's reaction was so cool, and their faces just lit up when they got the key to the home," said Grace Bultsma, a first-year MTI student in the ADBC program. "Being down there made me realize how much we really have and that there are people in the world who are just happy to have a roof over their head."

Despite the language barrier and culture shock, Bultsma said she connected with the Guatemalan locals and the family she and her classmates built the home for.

Matt Kayser, a first-year ADBC student at MTI, was humbled by the mission trip and gained a new worldly perspective during the meaningful construction project.

"Around here you would never see a house built like that, but to them it's not a house, it's a home," Kayser said. "You could just feel how proud the family was when the home was ready for them."



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.

### March

- |   |  |
|---|--|
| 14 Ty Auske<br>Thomas Dryer   | 25 Trevor Freeman<br>Drew Olinger<br>Jason Juhnke<br>Eric Schramm<br>Kristy Weber  |
| 15 Owen King<br>Jeremiah Sanders  | 26 Shelbi Karr<br>Benjamin Miller<br>Adam Wollman  |
| 16 Tyler Eichmann<br>Jaylon Graff<br>Dylan Lucht<br>Brittany Luitjens<br>Lauren Norrid<br>Noleen Skillingstad | 27 Natasha Conners<br>Samantha McQuarie  |
| 17 Tristan Madsen<br>Wyatt Thomas   | 28 Shannon Tesch<br>Dana Wipf<br>Tim Goldammer   |
| 18 Tianna Doppenberg  | 29 Jared Tiede   |
| 19 Tanner Griebel<br>Ethan Grote<br>Spencer Schultz   | 30 Tucker Hawley<br>Amy Gough  |
| 20 Jeddie Nyei<br>Kade Scott  | 31 Layne Heath<br>Carson Keller<br>Teresa Klug<br>Dalton Kummer<br>Whitney Sawyer<br>Xavier Sporrer<br>Gavin Zach<br>Dustin Kubik<br>Julie Brookbank |
| 21 Allen Schaller<br>Chandler Schopp<br>Gayge Schopp  |  |
| 23 Morgan Hurlburt<br>Amanda Kurzenberger<br>Rochelle Palmquist   |  |
| 24 Hayden Overweg<br>Adam Ronke   |  |

### April

- |   |   |
|---|---|
| 1 Thomas Kulm<br>Gabriel Long<br>Andrew Murphy<br>Rachel Muth   | 7 Tristen Jacobs<br>Jordyn Schwartz<br>Anthony Stoltz<br>Gabriel Suchor       |
| 2 Jordan Jelinek<br>Shelby Latterell<br>Thomas Simmons  | 8 Brayden Hellwig<br>Hunter Johnson<br>Dayna Opsahl                           |
| 3 Layton Kasper<br>Mason Koehn<br>Cassidy Pohlen<br>Cody Wells  | 9 Joseph Jackson<br>Matthew Johnson<br>Austin Parry                           |
| 4 Kelsie Anderson   | 10 Braxton Steffen<br>Stas Sutera   |
| 5 Cole Frost<br>Nathan Lahue<br>Austin Stoltz<br>Josh Renken  | 11 Allie Wilson   |
| 6 Trevor Adams<br>Connor Bartz<br>Devin Blindauer<br>Tyrell Martz<br>Shannon Reagan<br>Craig Schaeffer<br>Alexander Sully | 12 Alex Asmus<br>Jaydon Bell<br>Cole Gassman<br>Jenna Vavra                   |
|   | 13 Devon Munsen   |
|   | 14 Christopher Allbee<br>Nicholas Andresen<br>Tyler DeZeeuw<br>Carter Mehling |
|   | 15 Kody Bearbower<br>Jeremy Roach   |

## SRB to Host Movie Night

SRB will host another of its popular Movie Nights on Wednesday, March 27.

MTI students may use their student ID to get into the 4:00 or 7:00 PM showing of any movie playing that night.

**Stock Up On Green  
for St. Patrick's Day!**

Purchase any green clothing item and receive **20% Off.**

MTI Bookstore Sale Ends March 17th!

## MTI Counselor Corner

### Stressing Over Tests?

Does the thought of another round of final exams give you stress? Here are some helpful tips for dealing with test anxiety:

#### Approach the exam with confidence:

Use whatever strategies you can to personalize success: visualization, logic, talking to your self, practice, team work, journaling, etc.

View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done.

Be prepared!

Learn your material thoroughly and organize what materials you will need for the test. Use a checklist.

Choose a comfortable location for taking the test with good lighting and minimal distractions.

Allow yourself plenty of time, especially to do things you need to do before the test and still get there a little early.

Avoid thinking you need to cram just before.

Strive for a relaxed state of concentration. Avoid speaking with any fellow students who have not prepared, who express negativity, who will distract your preparation

A program of exercise is said to sharpen the mind.

Get a good night's sleep the night before the exam.

Don't go to the exam with an empty stomach. Fresh fruits and vegetables are often recommended to reduce stress. Take a small snack, or some other nourishment to help take your mind off of your anxiety. Avoid high sugar content (candy) which may aggravate your condition.

#### During the test:

Read the directions carefully.

Budget your test taking time.

Change positions to help you relax.

If you go blank, skip the question and go on. If you're taking an essay test and you go blank on the whole test, pick a question and start writing. It may trigger the answer in your mind.

Don't panic when students start handing in their papers. There's no reward for finishing first.

#### After the test:

Review how you did.

List what worked, and hold onto these strategies. It does not matter how small the items are: they are building blocks to success.

List what did not work for improvement.

Celebrate that you are on the road to overcoming this obstacle.

Check out the Center for Student Success for assistance! If you are aware that you have a problem with test anxiety, be sure your instructor knows before any testing begins (and not the hour before!). There may be other options to evaluate your knowledge or performance within the subject matter.

<http://www.studygs.net/tstprp8.htm>

