

TECH TREK

December 6, 2018

Mitchell Technical Institute

Vol. 28 No. 8

Elf Fundraiser Underway

The MTI Elf Contest is underway! Students/faculty/staff are encouraged to buy an "ornament" for a Christmas tree on display in the Center for Student Success. There are a variety of ornaments/presents/stars to choose from at a cost of \$1, \$5, \$10, or \$100. The MTI faculty/staff member will have their name written on the item and stuck to the specified tree in the CSS.

The MTI employee with the most ornaments will dress as an elf during finals week! Contestants are Eric Schramm, Rick Kriese, Gary Trisco, Todd Braun and Scott Fossum.

All money raised this year will go to support Weekend Snack Pack, a program to provide healthy snacks for Mitchell children in need.

Decorate Your Doors

SRB is sponsoring a department/program holiday door decorating contest to help spread Christmas cheer around campus.

Decorate your office/department doors and the winning door's department/program will win a pizza party from SRB! You have until Friday to complete your creation. Doors will be judged December 7 and winners will have their pizza party during a day/time of their choice during finals week.



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!

Registrar Offers Important Reminders

Registrar Jill Greenway has several reminders for students as the fall semester ends and a new semester is just around the corner.

All final grades will be posted to your MyMTI account and can be viewed by the end of the day, December 19.

You should have already registered for spring classes. Again, schedules will NOT be printed. You are responsible for logging on to your MyMTI account to view your spring schedule and statement. Make sure to check your schedule for any room or time changes before January 9.

MTI Bookstore Book Buy Back

December 10-4

Holiday Open House

December 12-14

Cider, Cookies, Prizes

20% off all clothing!

Keep some of that holiday jingle in your pocket this Christmas!

Angel Tree Fundraiser Starts

KMIT and KOOL98 radio are helping with the annual Angel Tree fundraiser to purchase toys for needy children this Christmas.

The MTI Mavericks Rodeo Team challenges all MTI programs and clubs to donate.

You can call in a donation to 996-9667 or drop it off with Julie Brookbank in Business Office before 5:00 PM Friday, December 7.

Mark Your Calendar

December 14

Fall Semester Ends

December 19

Faculty Leaves

December 24-25

Offices Closed

January 1

Offices Closed

January 7

Faculty Returns

January 9

Spring Semester Begins

If you do not have a spring class schedule in MyMTI, you are not registered for classes. You may have a hold on your account, or there may be a question regarding your registration. Please contact the Registrar's office with any questions regarding your spring schedule.

Students who achieved a 3.5 or higher term GPA will be named to the President's List. That list will be released in late January.

Any student who may be facing academic probation or suspension will receive a letter in the US mail, sent to your legal home permanent address, during the week of December 17. If you receive a letter, be sure to read the contents carefully and respond accordingly.

Remember to check your advising worksheet to make sure you are on track for your program. If you see a red X where there should be a gold circle or green check mark, please see your advisor or stop in the Center for Student Success.

Please fill out a request to graduate form on MyMTI if you haven't done so. Anyone planning to walk through graduation in May will need to complete this form.

Have a great break!

Process for School Closings in Place

In the event of a weather event and a school cancellation or late start, all MTI students should be signed up for the MTECH Alert system. You can sign up for this notification service by visiting www.mitchelltech.edu and clicking on the Toolbox link on the front page of the website.

Notifications will also be sent to Mitchell radio stations including KMIT, KOOL 98, KORN, Q107 and KORN Country. Television stations will also be notified including KELO, KSFY and KDLT.

Any notification will specify if the campus is closed or if a late start is scheduled.



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.

December

- | | |
|--|--|
| 6 Austin Aalbers
Kyle Ebdrup
Cory Rice | 17 Ryan Jeffery Adrian
Cody Ruml |
| 7 Windsor Barry | 18 John Franken
Bryce Lux
Jordan Shippy
Amya Swett |
| 8 Haden Adam
Steven Dion
Janice Paulson | 19 Xarijana Clark
Clayton Lau
Jolene Post |
| 9 Dawson Brown
Cheyenne Wiedrich | 20 Jairo Rivera-Sanchez
Dalton Steiger |
| 10 Reed Baan Hofman
Ethan Brausey
Logan Dalton
Jace Fritz
Phillip Goettsch | 22 Tristan Scott
23 Trevor Schryvers
Tammy Gilbert |
| 11 Cecil Gylfe | 25 Rachal Byrd
Carena Jarding |
| 12 Alyssa Griffith
Michael Moyer
Zachary Nyberg
Gage Undahl | 26 Christine Brown
Estefani Estrada
Taylor Johnson |
| 13 Grace Garrels
Blake Kontz
Adrienne Shideler | 27 Caleb Hageman
Corbin Heath
Roland Roach
Tyler Scott
Stefan Van Beek |
| 14 Callie Bezpaletz
Mersadie Dvorak
Morgan Johnson
Dillon Kouf
Devin Shelton
Tanner Zemlicka
Ty Ziebart
Dale Moke | 28 Kallie Anderson
Ismael Muñoz
Allyson Pavel
Casey Weverstad |
| 15 Broderick Dent
Elijah Gerry
Ethan Swanson
Jada Wike | 29 Logan DeJean
Deb Flynn |
| 16 Kristi Anderson
Wyatt Bill
JC Forman | 30 Matthew Higgason
Tanegai Zilverberg
Paula Freeman
Tammie Munsen |
| | 31 Matiah Hicks
Alexander Ketter
Carston Schallenkamp |

January

- | | |
|---|---|
| 1 William Buchanan
Bo Kyaw
Randy Zacarias
Laurie Kenworthy | 7 Meagan Little
Bailey Olson |
| 2 Carol Severin
Celina Smith | 8 Rodney Dreyer
Lane Hillman
Jordan Voorhees |
| 3 Jessica Chafin
Wyatt Larsen
Cole Staloch
Abby Stunes | 9 Jaidyn Kramp
Krystal Nguyen
Dustin Robbenolt
Jerret Weber |
| 4 Brandon McKnight
Hillary Vining | 10 Merrick Eliason
Preston Jorgenson
McKenzie Morehead
Noah Schenkel |
| 5 Grady Bellingtier
Johnathan Fleek
Hunter Huber
Kevin Lyon
Joshua Williams
Scott Kortan | 11 Jake Braun
Tate Dewey
Shae Owens |
| 6 Seth Bares
Travis Pollreis
Rebecca Yeaton | 12 Nathan Jahnig
Zackary Leitheiser
Quentin McKinney |
| | 14 Tamra Musick
Samuel Pedersen
Kpaw Shee |

ACT to Present Holiday Show

Area Community Theatre will present "Yes, Virginia, There is a Santa Claus," December 7-9 at the Pepsi-Cola Theatre for the Performing Arts.

Two compelling stories come together in this heartwarming play inspired by the famous editorial. On Christmas Eve, 1897, in New York City, eight-year-old Virginia is left pondering whether or not Santa really

exists after a series of unhappy events. Meanwhile, a young newspaper editor also struggles against tough holiday times as he is faced with losing his job if he can't find his writer's voice by morning.

MTI students get in free with student ID.

Evening performances are at 7:30 PM. Sunday matinees are at 2:00 PM.

MTI Counselor Corner Manage Your Holiday Stress

by Nikki Rossetter

Headed home for the holidays? Reduce the stress on yourself and make the most of your semester break:

- Get some sunshine.** Everyone needs vitamin D and a serotonin boost, just don't forget your sunscreen! During winter months it's so easy to stay inside and burrow into the dim lights, sipping hot chocolate by a fire but make it a priority to get outside for twenty minutes a day to boost your overall mood.
- Get yourself a plan.** Whatever it is that stresses you out around the holidays – it is manageable. Schedule your priorities to reduce the risk of forgetting something or frantically thinking about your tasks and priorities. Type out your agenda, put it down in your phone notes, or handwrite a list...the point is - make a general plan.
- It's so easy to overeat** during holiday breaks. Between the traditional comfort foods, inside board games, and extra cat naps it's easy to pack on a few thousand extra calories. Just remember turkey makes you tired and grandma's mashed potatoes are irresistible, so try to be aware of portions. If you overeat, have some self-compassion and think about a walk.
- We all hate hearing this but it's a salient truth over holiday breaks. Stressful demands, too much food, and the lethargic nature of holidays – we need to **make ourselves move**. It doesn't matter what you do but make yourself break a sweat.
- Many people say they don't need 8 hours of sleep, and that may be true for some. But we are talking about the holidays folks! This isn't the normal day-to-day world. Get your 8 hours or at least something close to it. You may be expending more emotional and interpersonal energy than you've had to all year, especially if you're introverted, so **get the sleep that you need**.
- Humor, get some.** Laughing a lot reduces stress hormones, like cortisol, which helps your immune system function better. Overall, laughter truly is a medicine. If you have a funny friend or a favorite funny movie, make it a priority to laugh.
- Ditch the technology.** We never really connect anymore. Cell phones are constantly buzzing or dinging and this interferes with genuine connections. Cell phones actually have the power to initiate a physiological stress response due to bursts of adrenaline. It's exhausting and it contributes to our stress levels. Obviously, if you've recently met someone new and you're excited to talk to them this isn't realistic. However, think about making a pact with them to put your cell phones down for the same chunks of time so you can focus on connecting to those around you. This type of alliance will only bond you more!
- Get out of the house** you're in. If family is hard or doses are too large, cut back. Take a drive or head to a local coffee shop. If the people around you cause distress, take a breather. It's okay to love people that irritate or annoy us. But, we take care of people by taking care of ourselves first.
- Keep some norms in your holiday schedule.** Prioritize your regular work out hour, don't neglect your hobby, and call the people you talk to regularly if they aren't around you for the break.
- But not too much. Philanthropic work does wonders for the soul. It gives us the opportunity to impact the lives of others and connect to what it means to be a human. Check out a local soup kitchen or shelter and **donate an hour to helping others**. It will change your life!

– <http://blog.uwyo.edu/blog/2015/12/03/10-tips-for-holiday-stress-management-a-guide-for-college-students/>

