

## Monday, September 21

### Identity Theft and Responsible Banking **M1a** 10-10:50 AM Student Union 2592

*Bethany McKinney, Security Manager, Huntington Bank*

Do you know how to protect your \$\$\$\$? Learn valuable ways to protect yourself from identity theft, keep your account safe and spot current scams to gain access to your checking account.

### Education NOT Indoctrination: The Importance of Critical Thinking **M1b** 10-10:50 AM Student Union 2582

*Sharon Barnes, Associate Professor*

In an age when we are encouraged to uncritically consume news, media, and even textbooks, it is important to fight against this trend by developing critical thinking skills. Learn some tips for making the most of your higher education experience.

### I'm Stressed Out...What Can I Do? **M2** 11-11:50 AM Student Union 2592

*Jennifer Rockwood, Director, FYE*

Take a deep breath and relax. Jennifer will help you identify stressors in your life and teach you practical techniques to reduce your stress levels so you can excel in your classes, be healthier and have more fun.

### Problems and Concerns? Who Are You Going to Call? **M3** 12-12:50 PM Student Union 2592

*Susan Andrews, Director, Student Customer Service*

Where do you go when you need to understand your rights in terms of grade deletion and medical drop policies or faculty policies on absences and tardiness? What if you need to resolve a problem you are having with a faculty member or a grade in a course? Come to this workshop to learn what can be done to alleviate problems before they become real issues.

### 50 Minutes to a Better Memory **M4a** 1-1:50 PM Student Union 2582

*Linda Gubbe, Assistant Professor, Interdisciplinary Studies*

In this interactive workshop, learn basic memory principles that can be applied to academic material and memory tricks for remembering all kinds of information.

### Setting Priorities **M4b** 1-1:50 PM Student Union 2592

*Drew Scales, Director, Student Athletic Academic Services*  
*Assistant Athletic Director*

This session will focus on prioritizing activities in order to maintain a healthy balance between academic requirements and extracurricular activities.

### College Survival 101 **M5** 2-2:50 PM Student Union 2592

*John Fedor, Education Specialist, Student Support Services*

Get the inside scoop on how you can not only survive your college career, but thrive here at UT. Learn to avoid the pitfalls by applying practical strategies to make the system work for you.

### Just the Facts, Ma'am: Help with Note Taking **M6** 3-3:50 PM Student Union 2592

*John Fedor, Education Specialist, Student Support Services*

Do you find yourself daydreaming during class lectures? Do you have a difficult time taking notes? Attend this workshop to learn successful ways to take better notes and improve your listening skills.

### See the World, Make a Breakthrough, Lend a Hand **M7** 4-4:50 PM Student Union 2592

*Melissa Gleckler, Program Manager, UT Learning Collaborative*

Learn how you can enhance your academic journey at UT through Study Abroad, Undergraduate Research and Service Learning.

## Tuesday, September 22

### Identity Theft and Responsible Banking **T1a** 10-10:50 AM Student Union 2592

*Bethany McKinney, Security Manager, Huntington Bank*

Do you know how to protect your \$\$\$? Learn valuable ways to protect yourself from identity theft, keep your account safe and spot current scams to gain access to your checking account.

### Lett(er)man's Top Ten List of Academic Success Strategies **T1b** 10-10:50 AM Student Union 2582

*Dennis Lettman, Dean, University College Degree Programs*

This interactive session will include managing time, being prepared, and communicating with instructors. Be prepared to discuss your academic success strategies.

### Alcohol Jeopardy **T2** 11-11:50 AM Student Union 2592

*Sue Irmen, Academic Coordinator, Student Athletic Academic Services*

Test your knowledge about responsible alcohol use and prevention of alcohol abuse during this fun-filled presentation. Answer questions and win prizes just like T.V.'s popular game show, Jeopardy.

### 40 in 40: Forty Search Engines in 40 Minutes **T3a** 12-12:50 PM Carlson Library 1025

*Thomas Atwood, Assistant Professor, Library Administration*

Thousands exist. We all have our favorites and most of us only use one. Discover new ways to surf through sight and sound in only 40 minutes. Limited to 34 people.

### Soar With Your Strengths **T3b** 12-12:50 PM Student Union 2592

*Angela Paprocki, Director, and Toni Howard, Service Provision Specialist, Office of Accessibility*

Starting college can be overwhelming, especially when you're trying to make career decisions. This interactive session will focus on teaching you how to identify strengths and build upon them while in college preparing for the future.

### Effective Web Searching **T4a** 1-1:50 PM Carlson Library 1025

*Thomas Atwood, Assistant Professor, Library Administration*

With so much information on the Web, it can sometimes seem overwhelming to find exactly what you are looking for. Learn some tricks and tips to help you avoid wandering the Web and to improve your search strategy. Limited to 34 people.

### Make Time to Exercise! **T4b** 1-1:50 PM Student Union 2582

*Angie Green, Assistant Director of Programming, REC Center*

Do you find there aren't enough hours in the day to exercise? In this workshop you will learn the basics of fitness and how you can fit it into your busy schedule.

### Getting the Most from Your Advising Session **T5** 2-2:50 PM Student Union 2592

*Panel of UT Advisers, Moderator Kim Pollauf*

This session will help you understand your responsibilities in preparing for advising appointments. You will also learn what to expect from an academic adviser and tips to make advising sessions smoother and more productive.

### Sex, Drugs & Dead Celebrities **T6a** 3-3:50 PM Student Union 2592

*Tavis Glassman, Assistant Professor, Health Education*

The purpose of this session is to educate students about alcohol, tobacco, and other drugs (ATOD). One of the primary goals of the session is to address misperceptions and myths concerning ATOD.

### What's Food Got to Do With It? **T6b** 3-3:50 PM Student Union 2582

*Vicki Riddick, Director, Community Wellness/Health*

This session will focus on how to achieve a healthy lifestyle at college. Emphasis will be on the importance of eating balanced meals, identifying healthier fast food choices, and being physically active.

### FYI...President Lloyd Jacobs Has the Answers! **T7** 4-4:50 PM Student Union 2592

*Dr. Jacobs, President, The University of Toledo*

Are you wondering what this college education is going to do for you? In his keynote address, President Jacobs will discuss the exceptional opportunities afforded students through a university education. Students will have an opportunity to ask questions at the conclusion of this session.

### Self Defense **T8** 5-5:50 PM Student Union 2582

*Andrew Sprenger, Self Defense Expert*

Be aware. Be confident. Be prepared. A certified self-defense instructor will teach you personal safety tips and help you practice some simple self defense moves.

## Wednesday, September 23

### Identity Theft and Responsible Banking **W1a** 10-10:50 AM Student Union 2592

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*Linda Gubbe, Assistant Professor*

In this interactive workshop, learn basic memory principles that can be applied to academic material and memory tricks for remembering all kinds of information.

### Think on Your Feet! **W2a** 11-11:50 AM Student Union 2582

*Jennifer Rockwood, Director, FYE*

Explore the creative process through spontaneity, play and fun. Come to this workshop for an adventure that will test your skills and challenge you to think outside the box.

### Jobs for the Future! Will It Be Your Job to Build the Future! Yes! **W2b** 11-11:50 AM Student Union 2592

*Neil Reid, Director of Research and Sponsored Programs*

*Sue Wuest, Assistant Director, Urban Affairs*

In uncertain times, we are sure about one thing...there will be a job market in the future, but it will be different than ever before in history. In this session, we will talk about the types of jobs and industries that will make up the job market of the future and how you will have a part in creating your own future.

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### Who Wants to Be a Millionaire? **W5a** 2-2:50 PM Student Union 2592

*Luanne Momenee, Director, Learning Enhancement Center*

How much do you know about time management, reading your textbook, preparing for exams and other study strategies? Test your knowledge...Win prizes! Success in learning is more than a game of chance!

### Lett(er)man's Top Ten List of Academic Success Strategies **W5b** 2-2:50 PM Student Union 2582

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### Speak Up for a Change: Using Your Voice to Create a Violence-Free UT **W6b** 3-3:50 PM Student Union 2582

*Diane Docis, Coordinator, Sexual Assault Education and Prevention Program*

Come to this interactive session to learn how you can use your voice to make a UTURN: UT United for Respect and Nonviolence.

### Discover the Opportunities: Part-time Work & Internships **W7a** 4-4:50 PM Student Union 2582

*Career Services Staff*

With every work experience you gain transferable skills. This workshop will help you identify and market your skills to employers and provide you with tips on securing a part-time job or internship.

### Speak Up for a Change: Using Your Voice to Create a Violence-Free UT **W7b** 4-4:50 PM Student Union 2584

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### Self Defense for Your Computer **W7c** 4-4:50 PM Student Union 2592

*Greg Pothast, University Computing Administrator*

Learn what every computer user needs to know. Topics will include information technology security and preventive maintenance to protect end users...students...from compromising everything from your Facebook to email.

### Self Defense **W8** 5-5:50 PM Student Union 2582

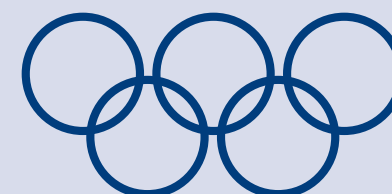
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### Help! I'm Stuck & I Can't Get Out **W9** 6-6:50 PM Student Union 2592

*UT Faculty, Staff and Students*

Let our panel help pull you out of academic trouble. Bring your question, concerns and frustrations; our panel members will offer suggestions and ideas to help you get to and stay on the path to academic success.



## Thursday, September 24

### Identity Theft and Responsible Banking R1a

10-10:50 AM Student Union 2592

*Bethany McKinney, Security Manager, Huntington Bank*

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### Problem Solve Like a Pro R1b

10-10:50 AM Student Union 2582

*Carol Richman, Learning Specialist, LEC*

Problem solving, like any skill, can be learned, practiced and honed until you are a proficient problem solver. Learn the steps of the problem solving process and how to apply those steps to any problem. With practice, you'll be a pro in no time.

### My Prof Is an Alien R2a

11-11:50 AM Student Union 2592

*Jennifer Rockwood, Director, FYE*

Is it me or is my professor an alien? Take advantage of this opportunity to discuss your experiences with professors who may seem like they are from another planet. Find out what strategies you need to know to be successful in college.

### Who Wants to Be a Millionaire? R2b

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### What Do I Do With This Textbook Anyway? R3b

12-12:50 AM Student Union 2592

*Carol Richman, Learning Specialist, LEC*

Do you forget what you read 5 minutes after you read it? Do you feel overwhelmed by the amount of information in your textbook? Come to this session to learn practical ways to remember and understand what you read.

### Show That Test Who's Boss: Conquering Test Anxiety R4a

1-1:50 PM Student Union 2592

*Luanne Momenee, Director, Learning Enhancement Center*

Take the fear and worry out of test taking. Learn to identify symptoms of test anxiety, understand the basics of how anxiety interferes with your ability to reason, and discover practical ways to conquer your anxiety so you can show that test who's boss!

### Help! I'm Stuck & I Can't Get Out R4b

1-1:50 PM Student Union 2582

*UT Faculty, Staff and Students*

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*Melissa Gleckler, Program Manager, UT Learning Collaborative*

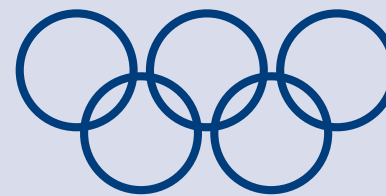
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*UT Faculty, Staff and Students*

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Attendance vouchers will be distributed at every Olympiad session. Vouchers will not be offered to students who arrive late or leave early. Space is limited. Schedule subject to change; visit [utoledo.utlc/lec](http://utoledo.utlc/lec) for updates.

For more information or questions about the Olympiad, contact Pam Rehkopf or Carol Richman at 419.530.2176 or visit [utoledo.edu/utlc/lec](http://utoledo.edu/utlc/lec)

The Learning Enhancement Center is partnering with the Office of Accessibility, Career Services, Carlson Library, Community Wellness & Health Programs, UT Counseling Center, First Year Experience, Health Education, Huntington Bank, Information Technology, Student Athletic Academic Services, Student Recreation Center, Student Support Services, Urban Affairs Center and the UT Learning Collaborative to bring you the ninth annual LEC Olympiad from September 21-24. Special note of appreciation to the President's Office for Dr. Jacob's keynote address.

#### Learning Enhancement Center

Provides academic assistance to all University of Toledo students by offering free tutoring in science, math, business, foreign language and study strategies.

#### Learning Enhancement Center

Carlson Library  
Rathbun Cove  
Lower level – B0200  
419.530.2176

[utoledo.edu/utlc/lec](http://utoledo.edu/utlc/lec)

Stop in today! No appointment required.



LEARNING  
COLLABORATIVE

THE UNIVERSITY OF TOLEDO

9th Annual  
Learning Enhancement Center

# Olympiad

September 21-24, 2009  
Student Union



## Schedule of Events

Your Ticket to Win the Blue and Gold

Check us out at:  
[utoledo.edu/utlc/lec](http://utoledo.edu/utlc/lec)