

# **SUPER SATURDAY**

*Learn about wellness, post-secondary planning (2- year and 4- year), PSEO, and Naviance*

10th & 11th Grade Parent and Student Event

January 26, 2019

**ONGOING:** College Fair from 8:30 - 10:15 am and 11:15 - 11:30 am on 2nd floor

| <b>TIME</b>       | <b>TOPIC</b>  | <b>LOCATION</b> |
|-------------------|---|-----------------|
| 9:00 - 9:45 am    | “Stress vs Anxiety and How to Build Resiliency through Both”<br>by Water’s Edge | Loft Stage      |
| 9: 45 - 10: 15 am | Post-Secondary Planning<br>Presentation by ERHS<br>Counselors                   | Loft Stage      |
| 10:20 - 10: 40 am | Mini Sessions   | * See below     |
| 10:45 - 11: 15 am | Mini Sessions   | * See below     |

## **Mini Sessions**

Choose any of the following:

- Naviance, Michelle Kimpton & Melissa Munoz  
Location: Room 2032
- PSEO, Raeann Schultz  
Location: Room 2031
- College Panel, Admissions Representatives  
Location: Media Center

## **Colleges in Attendance:**

Century College  
Dunwoody College of Technology  
University of Minnesota - Rochester  
University of Minnesota - Twin Cities  
University of North Dakota  
University of St. Thomas  
University of Wisconsin - River Falls