Looking for a guest speaker?

DCB’s Community Educational Outreach Program classes are taught by DCB faculty and staff and highlight their expertise on a variety of topics. Please contact us if you are interested in having one of our faculty members as a guest speaker. This program is offered to you free of charge. Most sessions are available virtually or in-person.

TO REGISTER CONTACT:
Kendra Metcalfe at 701-228-5462 or kendra.metcalfe@dakotacollege.edu

Body Image and Dissatisfaction
This presentation focuses on current media body ideals, experiences of body dissatisfaction, and psychological theory that helps us understand and explain our society’s growing obsession with the “perfect” body. We will also look into the current body-positivity movement.
Instructor: Dr. Lexi Kvasnicka-Gates

Exercising, Training, and Fueling: Working With Your Menstrual Cycle
This presentation focuses on exercising, training, and nutritional fueling throughout the menstrual cycle. As women cycle through the four phases of the menstrual cycle (menstrual, follicular, ovulation, and luteal) the body needs (and is capable of) different things. Athletic Trainer, Carolyn Rygg, and Health Psychologist, Dr. Lexi Kvasnicka-Gates, will cover basic information regarding the phases of the menstrual cycle, as well as tips and tricks for getting the most out of your body during each phase. This presentation is perfect for sports teams, or anyone who knows someone with a menstrual cycle.
Instructors: Carolyn Rygg and Dr. Lexi Kvasnicka-Gates

Creative Writing: Poetry, Fiction, or Creative Non-Fiction
Does fire burn? Or does it dance? If it dances, does it breathe, does it speak? And if it speaks, what is it saying? These are questions best answered through creative writing. This class will help participants explore the world around them through the lens of creative writing. Sessions can focus on poetry, fiction, or creative non-fiction and can accommodate participants of all ages and aptitudes. Join us as we spend an hour making words float.
Instructor: Erik Kornkven

Historical Studies, Critical Thinking and Analysis
How can history help us be better community members and social actors? This workshop aims to demonstrate how communities can use social science to foster effective communication. The objective of the class is to use historical case studies to help participants develop critical thinking skills and effective tools to communicate thoughts, ideas and opinions. Overall participants will leave with tools and strategies to help express their ideas in a concise, well sourced and thoughtfully communicated written or oral delivery.
Instructor: Zahra Moss

Team Building
The following will be covered in this discussion: Understanding and accepting your role in making the team as successful as possible; Putting team goals ahead of individual goals; Respecting, but not fearing, the opponent.
Instructor: Travis Rybchinski

Dynamic Training
The objective of dynamic training is to keep the participant in constant motion while putting muscles and joints through a preparatory range of motion prior to participating in a physical activity.
Instructor: Travis Rybchinski

Educational Outreach
2023 – 2024

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www.facebook.com/DakotaCollege/
@DakotaCollege
Instructor: Zahra Moss

and aware of the needs of their community and society they face. Doing so through existing academic curriculums: responsibility and accountability in Higher Education. This might be because we expect students to have a general understanding of the themes of social justice, equity, diversity and inclusion.

LEAP — Leading to Advanced Education and Preparation
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Instructor: Kayla O’Toole

What’s Your Leadership Style?
When we lead for the first time, we might adopt a style of leadership that we’ve experienced from someone else, or that we’ve heard or read about. If it seems to work, we’ll likely stick with it—in effect, it becomes “our” style. But there are many approaches available to us, and a good leader can adapt their style according to the situation and the people involved. Learn about the Strengths and Weaknesses of the Way You Like to Lead.

Instructor: Leslie Stevens, Master of Arts Leadership, DCB Foundation Director

Fundraising Fundamentals
From traditional and online fundraising events to grant writing and searches that can be used for your non-profit, school, community programs and more. We will cover the methods that have worked for Leslie and what she has learned from other leaders and fundraisers.

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Conquering Math Anxiety
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Instructor: Sherry Niesar

Chemistry in Action
This presentation features fun and exciting chemistry demonstrations. Each presentation will be tailored to meet the needs of the group. The activities can be used for students in grades 5–12.

Instructor: Angie Bartholomay

Habitats of North Dakota
Explore the five North Dakota habitats (Prairie, Badlands, Riparian, Wetlands, and Woodlands) and also learn about their location, flora, wildlife and threats found in each habitat. This can be an interactive classroom presentation for students K–12 or an adult presentation.

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