



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



Drones (sUAS) and Me

Small unmanned aircraft systems (sUAS), or drones are gaining popularity worldwide. Many people enjoy using these aircraft as hobbyists, but what type of drone should you buy? Where is it safe to fly? Do I need a license? Explore various uses for drones, safe flight practices, and information on the best types of drones for beginners. This lecture can be interactive with drones or it can be given virtually.

Instructor: Dr. Linda Burbidge



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Educational Outreach

2025 – 2026



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.



ADMISSIONS

How Do I Get Started?

Looking at higher education options can be overwhelming. Dakota College Admissions representatives are here to help you. Whether it's trying to find the right fit or how to pay for an investment in your career, Dakota College can provide a pathway to success.

Instructor: Bridget Gustafson, Admissions



HEALTH

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



HEALTH

Allied Health Escape Room

Let the escape room travel to you! To escape, students must walk a patient through their clinical visit by determining vitals, complete a physical exam, complete orders, go through diagnosis, care plan, and code the visit. There are various puzzles used to determine clues and solve for the next steps. The puzzles are geared towards high school students.

Instructor: Heidi Hauf



A Germ's Journey

Storytime: *A Germ's Journey* by Thom Rook, MD

The story will be followed with glo germ activity. Students will be able to see how effective their handwashing is and then be provided with steps to ensure proper handwashing. This activity is geared towards K-1.

Instructor: Heidi Hauf

Making Sense Taste Test

Storytime: *Chapter 4, Making Sense from Human Anatomy for Kids: A junior scientist's guide to How We Move, Breathe, and Grow* by Kristie Wagner

The reading will be followed up with a taste test activity to see how our senses effect the way your food tastes. Dietary restrictions can be provided to ensure food safety. This activity is geared towards grades 2-3.

Instructor: Heidi Hauf

Nutrition Labels

In this presentation we will go over nutrition labels and the definitions of fat, fiber, sugar, carbohydrates, & protein. Students will pick two foods provided and write down the information from the nutrition labels. They will then compare the two foods to determine which food meets their needs. This activity is geared towards grades 4-6.

Instructor: Heidi Hauf



SCIENCE AND MATH

Conquering Math Anxiety

Do you know students who considered taking a math class and then decided not to enroll because of their fear of this subject? This presentation will provide strategies to overcome math anxiety.

Instructor: Scott Johnson



Ancient Archaeology

Dive into the world of Vikings, Romans, or Egyptians with stories of their culture, communities, and lives. Try on replica Roman armor, learn and play Norse strategy games, create art and learn hieroglyphics like the Egyptians would have learned. These interactive adventures through history can be tailored to your student's interests, ages, and social studies state standards. Grades K-12.

Instructor: Michelle Cauley



Paleo-Adventure

Ever touch a real dinosaur bone? Dig into history by exploring different time periods. From dinos to the Ice Age and more, pick a time period that best suits your group. Hands-on learning at its finest! Geared to K-12 and adult.

Instructor: Michelle Cauley

Project Learning Tree

Explore the incredible world of environmental science through hands-on learning. Each presentation will be tailored to meet the needs of individual groups. Topics such as conservation, soils, ND trees, insects, geology, and natural resource careers can be covered. K-12 and adult; grad credit classes are also available!

Instructor: Michelle Cauley