

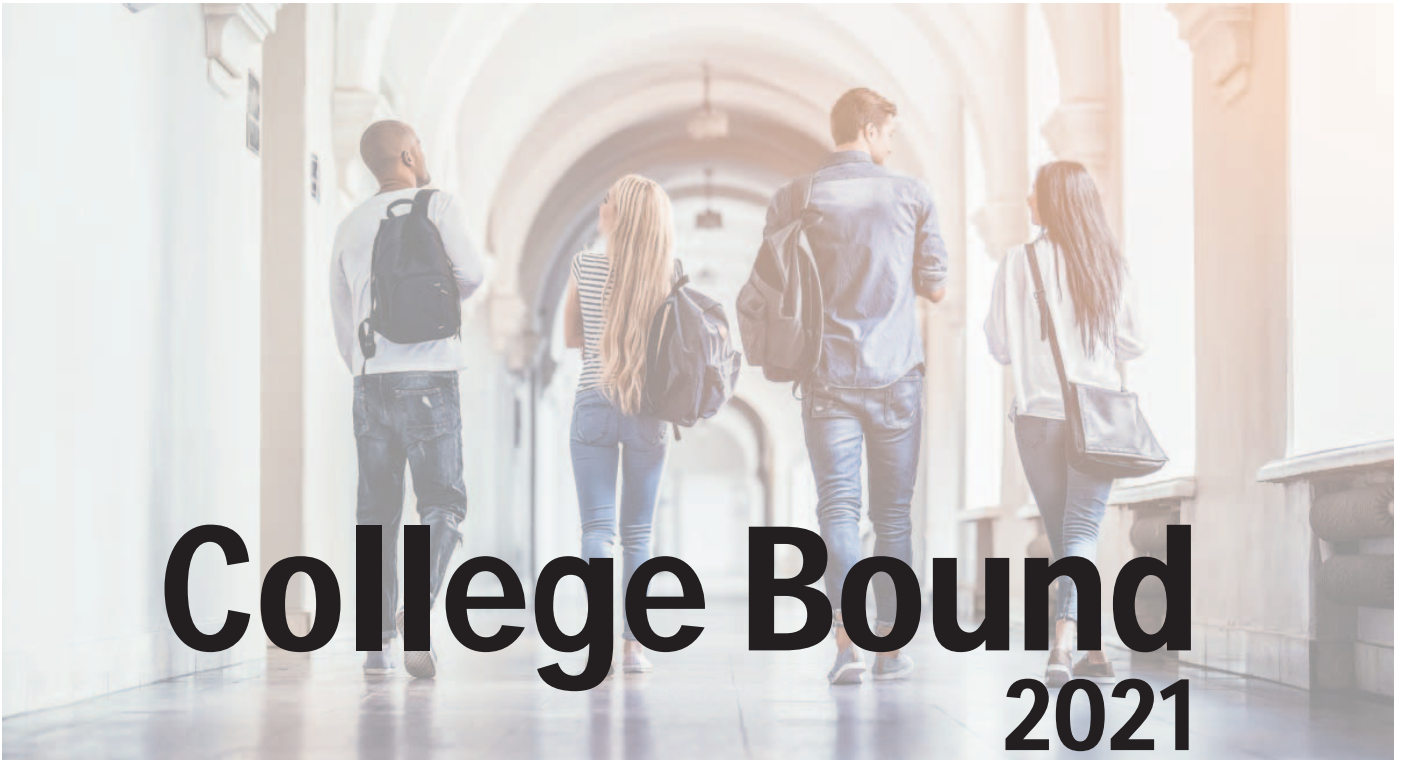


Planning your future? Deciding on a college?

Wondering whether a technical school or a university is the right choice for you?

This publication will give you some answers. College Bound is your guide to the future. With stories and advertisements we hoped to provide you with materials that would help you make your decisions. We encourage you to thoroughly consider the advertisements and seek more information from phone numbers and websites. The future is yours...now seize it!

- From your hometown BHG, Inc. newspapers



College Bound 2021



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10:30 am – 2:30 pm

BISMARCK STATE COLLEGE

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Lunch will be provided

Whether you're just beginning to explore college options or ready to start your college career, you are invited to visit the Bismarck State College campus to discover the next version of you.

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Staying fit tips

Fitting exercise into a busy schedule isn't always the easiest thing, but take stock of some of these tips to help you get on track to fitness.

Stretch first. Help yourself avoid injuries by stretching each time you exercise. Simple stretches before and after you work out or engage in physical activity can help keep you active and pain free.

Ride your bike. Instead of taking the bus or driving to class, try biking instead. It will give you a few minutes of exercise between your courses.

Play a sport. One way to get yourself motivated to exercise is to make it a game by playing a sport. Join an intramural team or play recreational sports through your school to get active and have fun at the same time.

Use safety equipment. No matter what sport you're playing, make sure to always use the proper safety equipment. It will keep you from getting hurt which will allow you to stay active more often.

Head to the gym. Most schools provide students with gym facilities they can take advantage of for free. Head to the gym between classes or when you get up in the morning to squeeze in a workout.

Take advantage of fitness courses. Along with gym facilities most students will have access to fitness classes they can take. Since you're already paying for these through your tuition you may as well take advantage and get a workout that will help keep you in shape and motivate you.



Walk to class. While taking public transportation might be quicker, walking will give you a chance to stretch your legs, burn some calories and relax before your next class.

Incorporate different kinds of exercise in your routine. When you work out, don't just stick to one kind of workout. Incorporate strength training, cardio and stretching exercises into your routine to make it well rounded.

Make it fun. You're probably not going to work out if you are bored with your routine or find going to the gym torture. Find a way to make it fun for yourself and you'll be much more likely to keep it up.

Bring a friend. With someone else relying on you showing up, you'll be much more likely to make the effort to work out. Plus, working out with a friend can be a great way to make working out more fun.

Take advantage of open spaces. Most colleges are equipped with large grassy quads or arboretums with trails you can walk on. Take advantage of these spaces to take hikes, play frisbee or just walk around.



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Mayville State University is known for the personal attention provided to its students. Whether you are studying on campus or at a distance, you are considered to be a very important member of the Mayville State family. Our faculty and staff take great pride in providing the personal service that students want and deserve, and go out of their way to help to make the transition from high school to college easy.

Mayville State helps students achieve their educational, professional, and personal goals at an extremely affordable price. Mayville State University has received commendations from several entities, including the Princeton Review, which has named MSU a "Best in the Midwest" college for several consecutive years, and AffordableSchools.net, which named Mayville State "One of 30 Most Attractive Yet Affordable College Campuses." Mayville State students experience opportunity, convenience, flexibility, and success.

At Mayville State, students have many opportunities to get involved

Students at Mayville State can get involved in a number of campus activities and clubs that will help them to succeed in college and in their careers.

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Mayville State University offers a variety of extended learning opportunities. Distance students may enroll as non-degree-seekers or pursue online programs in business administration; early childhood; mathematics; university studies; and elementary education, early childhood education, mathematics education, and special education. The RN-to-BSN online nursing program is geared toward accommodating working RNs who wish to earn bachelor's and master's degrees. This program was developed to help address the shortage of nurses in North Dakota. An online Master of Arts degree is designed to help those who have bachelor's degrees in non-teaching fields get the credentials they need to become teachers. This degree directly impacts the teacher shortage crisis in North Dakota.

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7 Tips for Choosing A COLLEGE MAJOR YOU'LL LOVE

The major you choose is arguably the most important decision you will make in college, especially because it can affect your career choices after graduation.

Still, not knowing what to study when first starting college is normal—between 20% and 50% of students start off as undeclared. Your early years are the perfect time to explore your interests and figure out what you love doing.

What's more, graduating in four years is no longer the norm for most students. According to a report by the U.S. Department of Education, about 59% of college students seeking a bachelor's degree now take six years to graduate. With fewer students completing their degrees in four years and borrowing more student loans in the process, choosing a major before your junior year is crucial to staying on track.

We asked college advisers to share their best tips on how to choose a major that's right for you. Follow these steps to get started.

1. Reflect on what interests you.

The first step in choosing the right major is determining what piques your interest most. “Learn who you are and what you love,” says Karen Evans, the assistant dean of experiential learning and director of career development at Albright College in Reading, Pennsylvania. To help you identify what you like, Evans advises asking your career center for self-assessment resources. She also recommends reflecting on your past experiences — jobs you've done, subjects you've loved studying already — to determine where your passions lie.

“Take time and think about what you are good at,” advises Stephanie Peragos, coordinator of undeclared student advising at York College in York, Pennsylvania. “I always encourage students to determine their academic strengths, and then find a way to translate that ability into a career. Who wants to just punch a clock and earn a paycheck?”

2. Evaluate your beliefs and core values.

Do you enjoy helping people? Consider the pre-med track or social work. If you're a problem solver who enjoys puzzles, consider engineering, philosophy, math, or the sciences. Ultimately, how you answer these questions will stem from your personal values and beliefs.

3. Test out majors by taking introductory courses.

“Knowing whether a major seems like the right fit is as important as knowing that it is not,” says Helena Santos, the dean of advising and first year programs at Lasell College in Newton, Massachusetts. “Try a major on for size,” she says, by enrolling in an introductory course. It will likely count toward your general education or elective requirements.

For example, if you're “interested in business,” Peragos says, “enroll in an introductory management or marketing course.” If it piques your interest, consider taking more business classes or speaking with others in the major. If not, then look into taking other worthwhile classes.

4. Ask for help from advisers and those who know you.

While it is ultimately up to you to choose your academic path, your friends and professors could also be great allies. “Find teachers that inspire, motivate, and encourage you to work hard and be passionate about your academic experience,” says Timothy O'Donnell, the

professor of communication at the University of Mary Washington in Fredericksburg, Virginia.

Once you've done some digging yourself, be sure to seek help from academic advisers and career counselors. They can help you create a roadmap for the remainder of your college years. Now that you've determined what your values and academic interests are, try working “with a career counselor to understand how the results of your [self-assessment] fit with various college majors and [career paths]” Tirpak says.

5. Check degree requirements.

Once you've narrowed your focus to a few majors, look into the degree requirements, syllabi and relevant courses for each, Tirpak advises. Are there any pre-requisite classes that you'll need to take? Will you have enough time to complete these along with the major requirements your junior and senior years? “Assess your thoughts and feelings while reading [the requirements],” Tirpak says, and “use them as a guide that will direct you toward or away from an area of study.”

6. Follow your own dreams.

“When students major in subject areas that interest them and they feel passionate about, they are more likely to engage fully with the material they are learning,” Santos says. She adds, “this development, more than the particular major, makes them marketable in a competitive workforce.”

When choosing a major, Kate Lehman, assistant dean of student success at Otterbein University in Westerville, Ohio, stresses the importance of doing what you love. Some students choose to apply for “medical school or law school or even pursue business because their parents perceive that those majors [and] careers will guarantee jobs after graduation,” Lehman says. “The challenge is that no matter how much money is out there to be made in those fields, if you can't complete the curriculum successfully or are miserable in those classes, you won't be employable or happy.”

Talk through these concerns with your adviser or career counselor, as they are often willing to help you find the right opportunities for your interests.

7. Use elective credits to explore other interests.

Despite the pressure you may feel to choose the perfect major, you can always change career trajectories at any point. To expand your horizons, O'Donnell advises using “your elective credits wisely to customize your learning experience beyond the major requirements. Forge interdisciplinary connections across the curriculum because a major is really just a singular, disciplinary way of knowing the world, which, on its own, will inhibit, rather than expand your mind,” he says.

Make the most of your junior and senior years by exploring new subjects and activities, Santos adds. “Take a new class just for fun, attend a lecture, volunteer for a campus activity, go on that field trip, and don't miss out on opportunities to try new things. Learn as much as you can about it and why it matters,” she says. “You will be different for having experienced it.”

Overall, remember that your major isn't a “forever-type” decision, Evans adds. “More often than not, particularly for liberal arts college students, the path is never a straight line.”

By Gianna Sen-Gupta



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DSU STUDENT SPOTLIGHT:

Hunter Flynn '21, *exercise science major*



If you ask Dickinson State University (DSU) student Hunter Flynn why he loves DSU, he'll tell it to you straight. "DSU gives you opportunities that can only be found here in Dickinson. The professors and staff want you to succeed and they do everything they can to make your college experience worthwhile. I have been given so many

opportunities to succeed and grow as a person during my time at DSU."

Flynn hails from Whitehall, Montana, and ran (track/cross-country) for his local high school until his graduation in 2017. "Since the day I started running, it was my biggest dream to compete in college," Flynn said. "I was unsure of what I wanted to study in college, but I absolutely knew for sure I wanted to continue my running career at the collegiate level." Dreams do come true. Flynn connected with Ben Shroyer, a former coach at DSU, when Flynn was just a sophomore at Whitehall High. His two goals were to run and to find a quality, affordable education, and he knew DSU was the right choice.

Flynn is now an exercise science major who competes for the Blue Hawk cross-country and track & field teams. He is a Theodore Roosevelt Honors Leadership Program (TRHLP) scholar, and he spends time volunteering,



L to R: Jon Flynn, James Fox, Hunter Flynn

most recently painting walls, ceilings and shelving units for the local House of Manna charity.

Flynn has also served as a volunteer firefighter in his hometown since the summer of 2018. "My dad has been a volunteer firefighter for nearly 20 years, so it has been an honor to follow in his

footsteps," he said. "Just last month, I became a member of the Dickinson Volunteer Fire Department and I will be volunteering my time to serve the Dickinson community."

Flynn plans to graduate this spring and feels ready for life afterward. He attributes his confidence in part to the affect his instructors and coaches have had on him while at DSU. Shayne Wittkopp, head coach for the cross-country and track & field teams and instructor of health and physical education, and Pete Leno, assistant professor of health and physical education, have challenged Flynn to think outside the box, teaching him lessons he can apply to whatever life may have in store for him next. "They made waking up early for class worth it every morning.

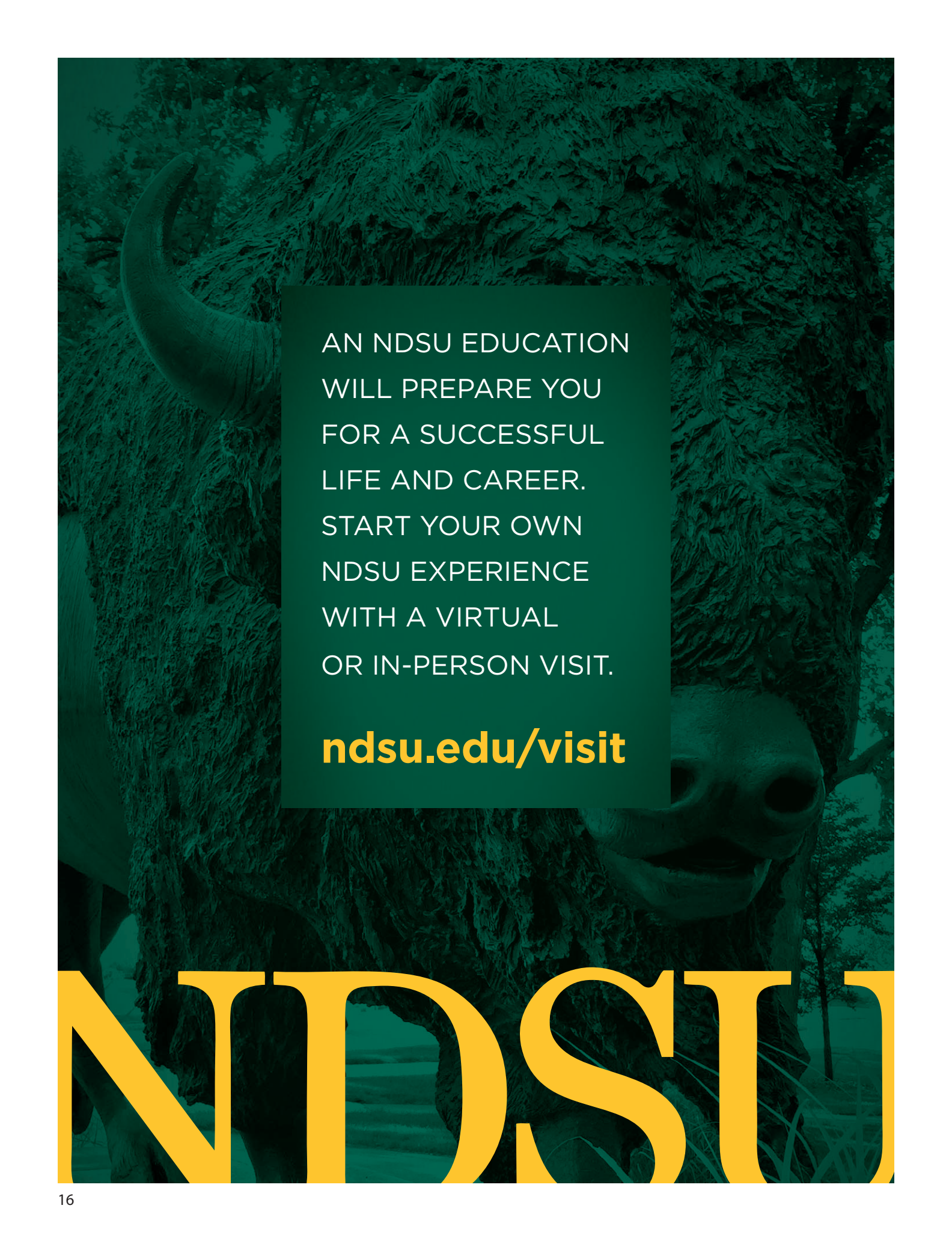
Wittkopp and Leno have helped me become a better athlete because of the things they are teaching me in class," he said.

"Becoming a Blue Hawk was the best decision I have made in my entire life."

To Flynn, the connections he's made as a Blue Hawk mean everything, and he hopes to continue connecting with others beyond graduation. "I have met countless former students, teachers, and coaches that have dedicated their lives to this amazing University. I plan to follow in their footsteps and become a supporter of DSU once I graduate and start a scholarship to help student-athletes have access to the opportunities that I was given." That's true #bluehawkspirit.

So, what does life have in store for Flynn next? "My ultimate goal is to find my way back to Southwestern Montana to be close to my family, but each year I grow closer to the community of Dickinson, so I could see myself staying in Dickinson for a while," he said. "It has been a life-long dream of mine to become a professional firefighter, so I will go anywhere to accomplish that goal. I plan to always stay close to my Blue Hawk family and you can bet that I will always support the DSU community."





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