

## *Discover U*

**Thursday, Oct. 30**

Registration due Oct. 23

# *Discover U*

presents

## *Learned Optimism*



**Thursday, Oct. 30, 2014**

8 a.m. to 1 p.m.

Plains Ballroom • Memorial Union

NDSU STAFF  
SENATE

## *What is Discover U?*

Discover U is a program hosted by NDSU Staff Senate to allow staff the opportunity to participate in professional development at a reasonable cost.

We aim to provide diverse experiences and networking opportunities.

Please fill out the registration form inside this brochure to reserve your place at "Learned Optimism."

# Learned Optimism

## Personal Power and Stress Reduction Strategies for Successful Living!

Optimists and pessimists see the world differently and get different results. In this seminar you will hear reasons why optimists are happier, live longer and are more successful. You can learn to be an optimist! There are ways to change your mind and change your life!

You will also hear about the 6 Stages of Personal Power, the 3 C's of stress management and the relationship between stress, energy and self esteem. When stresses get out of hand your energy goes down and so does your self esteem. You can reverse this process!

Come to this seminar, see your friends and leave understanding the benefits of optimism and high stage personal power plus techniques and insights to increase your enjoyment of life. Hope to see you there!

**Thursday,  
Oct. 30, 2014**

8-8:40 a.m. Registration and  
continental breakfast

Fresh fruit, caramel rolls,  
coffee, hot chocolate

8:45-11:45 a.m. Presentation

12-1 p.m. Lunch

Fiesta Bar with fajita chicken  
served with soft shell flour  
tortillas and choice of  
toppings, rice,  
refried beans,  
soda, coffee



Patty Corwin, Ph.D.  
Senior Lecturer of Sociology

Patty Corwin has been a  
member of the North Dakota  
State University faculty since 1979.

Her primary teaching  
responsibilities are introduction  
to sociology, minorities and race  
relations, sociology of gender and  
sociology through literature.

Her research interests include  
minorities and race relations,  
gender, and service learning.

**\$20 per attendee**

**Registration deadline: Oct. 23**

**Register and pay online at:  
[www.ndsu.edu/staff\\_senate](http://www.ndsu.edu/staff_senate)**

**or use the registration form at right**

**Deadline for refunds is Oct. 29.  
To request a refund, contact Tina Exner before deadline.  
No refunds will be given out day of event.**

**For dietary concerns,  
please contact Kristen Weber at 231-6232.**

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NDSU STAFF  
SENATE

## Discover U Registration

**Due Oct. 23, 2014**

Please print

Name \_\_\_\_\_

Department \_\_\_\_\_

Phone (       ) \_\_\_\_\_

Email \_\_\_\_\_

### Payment method:

- ☐ Interdepartmental billing (IDB)  
☐ Credit card  
☐ Personal check (made payable to NDSU Staff Senate)

### Please return registration form and payment to:

Tina Exner  
Chemistry and Biochemistry  
334 QBB

231-7678 mornings  
231-8291 afternoons

Individuals with disabilities are invited to request  
reasonable accommodations to participate in  
NDSU-sponsored programs and events.  
To request accommodations, please contact  
Kristen Weber at (701) 231-6232 by Oct. 23,  
to make arrangements.