ROMEA Program Abstracts:

**Sexual Health 101** – Let’s talk about SEX, baby! This session will take a humorous look at some very serious sexual health issues. College is about making decisions…this session is designed to make sure that you have all the facts when you make decisions that affect your sexual health.

**My Space / Facebook Safety** – ‘OMG!!!…can you believe that Brad’s favorite movie is The Wedding Planner?!?!...lol!! Are you giving too much information on your facebook or MySpace account?!?! Join the DSU Police Department as they discuss how to be safe online.

**Food for Thought** - A chance to ask the experts about exercise and nutrition related topics. What are the latest diet myths? How much exercise is enough? When do I know I’m working hard enough? Etc.

**Study Skills** – This session will include topics such as the challenges that students face as they transition from high school to college, characteristics of a good study environment, ways to improve time management and note-taking skills, as well as ways to improve general study skills. I will also discuss the services offered to the DSU student population.

**Taking Care of Business** – Student Business Services provides many services to DSU students. From OkraKards to tuition payment plans, SBS should be your best friends on campus…What can SBS do for you?!?! Drop by this informative session and find out!!!

**Yoga/Pilates** - Enjoy learning how to restore harmony to your mind and body in a sample exercise fusion class. Our goal will be relaxation, by releasing muscular tension and enhancing mental focus using flowing movement and dynamic stretch.

**Self-Defense Tips** – After you take this session, intruders better beware! This session will provide you some self-defense techniques that could come in handy. You will learn great self-defense tips.

**Life after Undergrad** – Have you thought about life after being an undergraduate? This session will explore opportunities and challenges upon completing your undergraduate degree. It will be an interactive session focusing on life issues after graduation. I invite you to come and find out answers to questions about the real world.

**Student Involvement** – Getting involved on campus will make your college experience unforgettable. DSU has over 100 student organizations for students to participate in. Come find ways to get involved on campus.

**No Internet Allowed: Using the Library’s Resources to Write a Research Paper** – Have you ever been struck with fear when your professor tells you that you cannot use the Internet for writing papers? You will learn why the Internet isn’t always such a great place for research and how to use the library’s catalog and databases to your advantage. This session is great for new students or for those needing a refresher in the basics.

**To Cite or Not to Cite: Plagiarism Awareness and Turnitin.com** – Are you unsure when to cite resources for your term paper? Have you been tempted to cut and paste your way through a writing project? If so, you may be guilty of plagiarizing or using someone else’s work without providing them credit. Come learn more about plagiarism, how to avoid it, and Turnitin.com, Delta State’s plagiarism detection software.

**Let’s Talk about Sports** - This is an opportunity to gain understanding about the history and purpose of Delta State Athletics. Athletic success is one of our oldest and proudest traditions. Students will be invited to ask questions about all parts of the athletic programs.
**Being the Proper Online Student** - This session introduces students to OkraMail email and DSU’s online course management system, Blackboard – CE6. Students will learn how to log in to these systems and learn how to leverage the systems in web-enhanced, hybrid and fully online courses. In addition to a “walk-through” the system’s most popular tools and the process for getting technical help, students will learn about characteristics and techniques they can develop to become effective online learners.

**What Employers Want** - This workshop is designed to assist you in finding a job and provide resource information to help you keep the job. What are employers looking for? What will be expected of me in my 1st job? This session can help answer those questions...and more!

**Networking at Career Fairs** - This informative session will introduce you to the Career Day format, provide tips on how to impress recruiters, and help you develop your strategy for meeting prospective employers.

**SafeGuarding “U” Tips for protecting yourself and the University when online** - While the Internet is a wonderful resource, today’s college student is at risk every time you connect. This session focuses on how to protect yourself online in a University environment. Topics include music downloading and legal ramifications, phishing activities, identity theft, and your online persona. The session is designed to be fun and interactive and questions are encouraged!

**Money Management for Students** - Join us for this session as we explore a wide range of topics related to personal finance management for the student, including budgeting, credit management and the real cost of borrowing. Help your students gain an edge that will allow them to successfully plan for school and beyond. Learning Outcomes:
- Understand the basics steps to successful budgeting/ Gain real world advice on saving for the future
- Discover the ins and outs of credit/ Learn about the real cost of money
- Realize the benefits of successful money management

**Grand Theft Identity** - Identity theft is a serious crime—each year 7 to 10 million Americans fall prey to identity theft. People whose identities have been stolen can spend time and money cleaning up the mess the thieves have made of their good name and credit record. You can't prevent all identity theft, but some simple safeguards can minimize your risk. According to the Federal Trade Commission (FTC), the nation's consumer protection agency, you can minimize risk by managing personal information cautiously. We'll cover best practices for the home and the office.

**Dinner Etiquette** - Have you ever been to dinner and not known which piece of flatware-- a fork, spoon or knife, to use? How to eat different types of foods? Which bread plate was yours? When to start eating? All these questions and much more will be answered in a dining etiquette class. You never get a second chance to make a first impression. Learn the basic rules of dining etiquette and you'll make a great impression every time you dine with friends, family and business associates.

**Dominoes Pizza** – Nick Anderson, the owner of the Cleveland’s Dominoes Franchise will share his story of entrepreneurship and also make pizzas. Yes, pizza made in front of you!

**FASHION 101** - In this presentation, Males and Females can learn about the basics of fashion and the trends that encompass the fashion world. This knowledge will empower you to “trend-proof” your wardrobe. By developing a lasting, timeless style, you are sure to look fabulous from year to year.