



# *Reality MC Weekend Line-Up*

January 15 – 17, 2010

## *Expand Your Comfort Zone:*

Psst! The one who stretches most in the right direction wins! Learn the secrets to achieving personal and professional goals. This session will set the tone for the weekend, the semester, and the rest of your life! Get set to shine in the “Real World”.

Keynote speaker, Dana D. Band started her training career in 1993 as an adventure-based instructor guiding wilderness programs to build respect, responsibility, trust, self-confidence and stronger teams. She then suited up to become a training consultant and instructor for the world famous Dale Carnegie organization. She has also worked in various training capacities with clients including Xerox North America, Sotheby’s, Avondale Partners, and University of Pennsylvania School of General Studies. She coaches individuals and groups to perform outside of their comfort zone in a fun and safe environment. **Meet Dana on LinkedIn** [www.linkedin.com/pub/8/1b6/b28](http://www.linkedin.com/pub/8/1b6/b28)

**New October 28, 2009:** [Muhlenberg College Names Dana Diorio Band '93 as 2009 Distinguished Honoree](#)

## *The Cooking Essentials*

Learn basic tips and hints to help the novice chef navigate in the kitchen. Learn essentials of preparing food and maintaining a clean, safe cooking space. This will be hosted by Lari Luckenbill '06 who demonstrated how to make her favorite dish on The Food Network’s “Semi-Homemade Cooking with Sandra Lee” and other experts in the field; as well as Zoraida Rivera, Executive Chef for Sodexo who competed this fall for the appetizer title in the Smack Down!

## *Survivor: Talk Yourself In & Out of Any Situation*

Public speaking can be a “Fear Factor” but it doesn’t have to be. Out-wit and out-shine the rest by using effective verbal and non-verbal communication techniques.

## *StrengthsQuest: The Pursuit of Excellence*

Find out what your “Heroes” power is according to the Gallup StrengthsQuest system and learn how personal talents influence communication, leadership, education, goal setting and career success.

StrengthsQuest is a revolutionary program from the Gallup Organization that focuses on strengths rather than weaknesses of students. Success in education--and in meeting any challenge life presents -- is found in working from strengths. StrengthsQuest leads each student in a discovery of his or her natural talents and to unique and valuable insights into developing those talents into strengths. Become better equipped to succeed, and to make effective decisions that enable you to balance the demands of class work, extra-curricular activities, job, and family. <https://www.strengthsquest.com/>

## *Evening Cook-Off!*

After learning “The Cooking Essentials” compete for the “Iron Chef” title during the Cooking Contest. This event includes dinner for all participants and Guest Celebrity Chefs!

## *Extreme Makeover: Trexler Edition*

Trexler Library transforms from a place to study and research to the best hang out on campus— compete for prizes in the Scavenger Hunt, try your hand at Root Beer Pong, or play other games. A minimum number of students is required for us to have this event.. Please indicate your plans to join the fun on the registration form. This will be Friday from 9:00 pm to Midnight. No other planned events will occur at that time.

### *Love Your Money*

Love it! Squeeze it! Kiss it! Your money deserves better than a cheap motel room. Give it roses by learning about loans, investments (Nowhere? Checking? Savings? CD? Money market funds? Stocks/mutual funds?), credit cards, credit reports and more...

### *W4401kHMO: Translating Day 1 at Work*

Don't worry, your co-workers aren't speaking gibberish. We decode the W4 tax form (Logic behind putting down a 0, 1, or 2? Identify the problems with a refund. What if you start a job in the summer?); 401k (How important is it to invest early? What is a matched 401k?); HMOs, PPOs & more confusing letters (What does all the jargon mean? Which ones are better? How do you get short-term coverage? What is a "flex account"?); and business casual dress (what does that mean?)!

### *Speed Networking*

It's more than just Facebook and Twitter! Develop and practice your elevator conversations. Find out how to share information that will enable others to help you. Become more comfortable presenting your strengths and background, and asking for help ... without making the most common faux pas!

### *TMI: Maintain a Professional Web Presence AND Maximize eNetworking*

Too Much Information of the wrong type can put you at a professional disadvantage, or worse. Appropriate use of LinkedIn and other current technology, however, could be key to advancing your career and maintaining relationships. This session will focus on non-verbal communications and how to make the most of your online presence.

### *Alumni Cocktail Reception at the Allentown Art Museum*

"I wish someone had told me!" Attend a networking reception with Alumni and Friends of Muhlenberg! This is the perfect opportunity to try out the "30 second commercial" that you developed earlier in the day, or simply get input on apartment hunting and getting involved with a new community after leaving the 'Berg!  
**Business casual attire.**

### *Getting Your Apartment*

Looking for an apartment? We uncover the universal truths. Learn about leases, apartment terms, and tips for getting a place. Learn about the tricks for finding an apartment you'll actually like. We discuss credit issues, brokers, apartment terms, and decoding the lease.

### *The Least You Need to Know About Taxes*

Uncle Sam wants to rob you. Find out how! Using clear and humorous explanations instead of dull tax jargon, we provide a good foundation into the world of taxes. Learn sexy words like dependents and deductions. Plus, see how to do your taxes on your own. Find out about special deductions for college grads. Figure out the best answer for you to the question: Should I file myself?

### *Semester Send-Off*

Take everything you learned this weekend and make sure you have an action plan for the semester. Facilitated by Muhlenberg College alumnus Louis Alloro '00 using concepts central to Positive Psychology, this session will capitalize on your strengths and help you take your next steps on the path to a life of leadership and service.

Louis J. Alloro, M.Ed., MAPP Change-Agent | Positive Psychology <http://www.coachlouis.com>

Go to [www.Muhlenberg.edu/SYE](http://www.Muhlenberg.edu/SYE) to read the brochure and print the Registration Form. Registration begins Family Weekend. **The registration deadline is Friday, December 4, 2009. Space is limited to 100 seniors.**

Questions? [SYE@muhlenberg.edu](mailto:SYE@muhlenberg.edu)

Updated: Friday, October 30, 2009