



**DAKOTA COUNTY  
TECHNICAL COLLEGE**

A member of Minnesota State

# Winter Unwind

# 2025

**student Life Crafts:  
COZY  
Coloring Books**

Monday, December 1<sup>st</sup>  
at 11am

## Take a break!

Tue., Dec. 2nd  
Mon., Dec. 8th  
10am-2pm

**FREE  
Chair  
Massages**

College Center  
CC-140  
The Lounge

## HEALTHY MEALS *On a Budget*

**TUESDAY  
DEC. 2ND**

STUDENT LIFE  
CC 116  
11:30AM - 1PM

**Finals Fuel  
Snacks and Sips for Focus**

WITH NUTRITIONIST NICKIE CARRIGAN

## GAME ON!

STUDENT LIFE'S  
GAMING SERIES

EVERY THURSDAY STARTING  
DECEMBER 4TH - 11TH

JOIN US FOR OUR WEEKLY HIGHLIGHTED GAME, PLUS  
PLENTY OF OTHER GAMES AND GOODIES!

TIME: 1:30 - 2:30 P.M.  
LOCATION: STUDENT LIFE CENTER

HOSTED BY YOUR STUDENT AMBASSADORS!

## PTK COLLEGE PROJECT EVENT: CELEBRATING 80 THE BEE

Join PTK in a collaborative art  
project that will recognize our  
current mascot, Bo the Bee, as  
we work towards a new future  
as Minnesota Valley College!

**WHEN AND WHERE:**  
Tuesday, December 2<sup>nd</sup>  
3:00 - 4:30 p.m.  
CC 117

## JOIN US OR COCOA COOKIES AND COMPETITION

DEC 2 12-2 PM

GINGERBREAD DECORATING CONTEST  
BEST OF CLASS PROJECT WINNING TEAM

4 PEOPLE PER TEAM  
STUDENT IDENT &  
STUDENT LIFE  
LOCATION: STUDENT LIFE CENTER

## SNOWFLAKE SOCIAL

Wednesday, December 3<sup>rd</sup> 1-3pm CC Cafe

### GINGERBREAD HOUSE MAKING CONTEST

HOT COCOA BAR COOKIE DECORATING

## Asian Student Union Winter Wellness

ASIAN MENTAL HEALTH  
OPEN DISCUSSION |  
DECEMBER 4, 2025  
1PM-3PM  
FINE ARTS BLACK BOX

FEATURING  
COUNSELOR HAN PHUNG

## TEXTBOOK JAMBOREE

WANT HELP WITH YOUR TEXTBOOK ORDER?  
COME JOIN US AT THE

DCTC: DEC 2-3:30  
2-601

IHCC: DEC 4 2-3:30  
FINE ARTS 140

ONLINE: DEC 4 2-3:30  
SCHEDULE A TIME HERE!

## DONUT STRESS ABOUT FINALS

MONDAY, DEC 8TH  
9AM-11AM  
AT  
STUDENT LIFE CC116

## DON'T CRUMBL DURING FINALS

JOIN US FOR A...  
**FREE CRUMBL  
COOKIE!**

MONDAY, DEC 15TH  
11:00AM-1PM  
CC116

## THERAPY DOG

Tue., Dec. 9<sup>th</sup> and  
Mon., Dec. 15<sup>th</sup>  
10:30am-12:30pm

The Hive - CC140  
Community Lounge

**Come meet Tallulah for a de-stressing  
therapy session before finals.**

## Engineering Project Showcase

Tuesday, December 9, 2025  
3:00 PM - 4:30 PM, Drop-in!  
B-105

**Free pizza!**  
Come talk to engineering  
students about their projects!  
All are welcome!

## 30 MINUTE YOGA

WED., DEC. 10TH  
11:00 AM

FREE SNACKS!!

ACTIVITIES BUILDING:  
MULTI PURPOSE ROOM A150

## You are waffle-y smart!

Thu  
Dec. 11th  
CC 116  
9am-11am

## SUN, SURF, AND S.A.D.

Thursday, December 11th  
from 1:00pm - 2:30pm  
Inver Hills - College Center Lounge

Come beat the winter blues and  
learn strategies to combat Seasonal  
Affective Disorder (S.A.D.)

disability in  
action celebration

## FREE TRAINING

Mental Health FIRST AID  
FOR TEEN, COLLEGE, AND WORKING ADULTS

DEC. 19TH  
9 AM-4PM

