

BootCamp Program

University of Stavanger Business School, MScBA

August 22-26, 2022

Note on attendance: Attendance will be taken at each session. Bring your student ID/student ID app.

Monday, August 22

Location: Kjølvs Egelands Hus, Tjodhallen

8.15 – 9.00 **Coffee and Registration**

9.00 – 9.30 **Introduction**

Session presenter: Professor Yuko Onozaka

Yuko Onozaka is a professor of Economics at the University of Stavanger. She is also the leader of the MSB program. She was born and raised in Japan, completed her higher education in the USA, then moved to Norway in 2008.



9.30 – 12.00 **Academic Writing**

Session Presenter: Professor Hongyan Shi and Librarian Anne Brit Løland



Hongyan Shi is a professor of Marketing at the University of Stavanger. She is also the coordinator of the Business Decisions course (MSB102).

Anne Brit Løland is a librarian at the UiS Library.



12.00-13.00 Lunch break (please bring/get your own lunch)

13.00-16.00 **Effective Presentation and Communication**

Communication is an essential skill for students and business persons. But how can you be better at presentation and communication? This session introduces a method for preparing, conducting, and evaluating a communication situation. It helps to build awareness and share methods to secure good preparation and effective communication. Session presenters: Randi Garmann Lønruusten and Marius Næss from Ergo;ego.

Ergo;ego <https://www.ergoego.no/> is an international consultancy of management, leadership, and communication experts. They help clients face the challenges of an increasingly complex, fast-moving, and ever-changing business universe. Ergo;ego has been working with clients worldwide in various sectors, such as telecommunications, financial, energy, and media, as well as the United Nations.

Randi Garmann Lønrusten has over 19 years of experience as a consultant, coach, speaker, and facilitator. Randi has deep experience in developing and delivering communication training. She works closely with clients' HR and line management to develop and tailor courses and programs within internal communication, leadership communication, feedback culture, teamwork, and collaboration. Industries with whom She has worked in sectors including banking, insurance, engineering, public office, trade unions, consultancy, and oil and gas.

Marius Næss's coaching and performing expertise is rooted in professional theatre. He was one of the youngest graduates to complete the Bachelor in Acting at Oslo National Academy of the Arts. Marius designs and delivers for many clients, including leaders, entrepreneurs, middle managers, experts, salespeople, and economists.

Tuesday, August 23

8.00 – 14.00 **How to Work in Teams (Note the earlier starting time)**

Teamwork has become one of the essential skills for business persons, especially the ability to collaborate and work effectively with diverse team members to deliver high-quality outputs. This session teaches you the science-based knowledge on when and how a team works combined with practical team sessions. Session presenter: Erlend Rørvik from Bjørnson.

Location: From 8.00-10.00 Arne Rettedals Hus Ø-130
From 10.00-14.00 Kjell Arholms Hus Aud1

Lunch break in between: lunch will be provided

Since 2001, **Bjørnson** (<https://www.bjornson.no/hjem>) has contributed to the development and increased performance in private business and the public sector. Bjørnson has a strong competence profile, with psychological specialists in clinical or organizational psychology and employees with a master's degree or Ph.D. in management, organization, or organizational psychology.

Erlend Rørvik is a senior consultant at Bjørnson and works with employee and management development, management guidance, management group development, conflict management, team development, working environment initiatives, stress management and process facilitation. He is a specialist in clinical adult psychology and has extensive experience in clinical activities, with different client groups and several different approaches. For several years, he has worked with group therapy, supervised therapists, was team leader at the Group Polyclinic at Jæren DPS, and worked with work-focused short-term therapy at Frisk Spesialist.



Wednesday, August 24

8.30-13.00 **Math Review**

Session presenter: Professor Njål Foldnes

Location: 8.30-10.00 Kjølvs Egelands Hus A-101

10.00-13.00 Arne Rettedals Hus Ø-130

Assignment submission deadline: TBA

Njål Foldnes is a professor of statistics at the University of Stavanger. He is interested in multivariate methods used in social science research, mainly structural equation modeling, factor analysis and developing simulation methods for multivariate correlated data.



13.00-14.00 Lunch Break (please bring/get your own lunch)

14.00-15.00 **Working Efficiently**

Time is one of the most important resources that we have. So how can you use it wisely and efficiently? In this session, you will learn different methods to make the best of your day. Beat procrastination and get more done in less time!

Session presenter: Professor Dora Simon

Location: Arne Rettedals Hus Ø-130



Dora Simon is an associate professor of Economics at the University of Stavanger.

Thursday, August 25

8.30-12.00 **Stat Review**

Professor Njål Foldnes

Location: 8.30-10.00 Arne Rettedals Hus Ø-130

10.00-12.00 Kjell Arholms Hus Aud-1

Assignment Submission Deadline: TBA

12.00-13.00 Lunch Break (please bring/get your own lunch)

13.00-16.00 **Effective Negotiation**

Negotiation is all around us; we all negotiate every day in many situations. This session will raise the awareness of all the small and large negotiations and provide tools and advice for becoming better communicators in every negotiation you will do today and in their future roles as managers/leaders.

Session presenter: Roar Thun Waegger

Location: Kjølv Egelends Hus Tjodhallen



Roar Thun Waegger is the founder of Waegger Negotiation Institute in Oslo, Norway. He has delivered programs in negotiation, mediation, conflict resolution and influence training to a wide variety of clients in numerous formats in many countries. He uses his practical experience from the real-world to present academic proved approaches in an energy giving and inspirational way to meet clients' needs.

Friday, August 26

Location: Kjølv Egelends Hus, Tjodhallen

8:15-8:30 Coffee

8.30-12.30 **Managing Stress and Anxiety**

Life demands a lot from us, and we are constantly under pressure. It is, therefore, essential for any business persons to be able to manage stress and anxiety to consistently perform at their best. This session will teach you practical techniques to cope with stress and anxiety that will be useful throughout your study and your career.

Lunch break in between: lunch will be provided

Session speaker: **Erlend Rørvik (Bjørnson)**

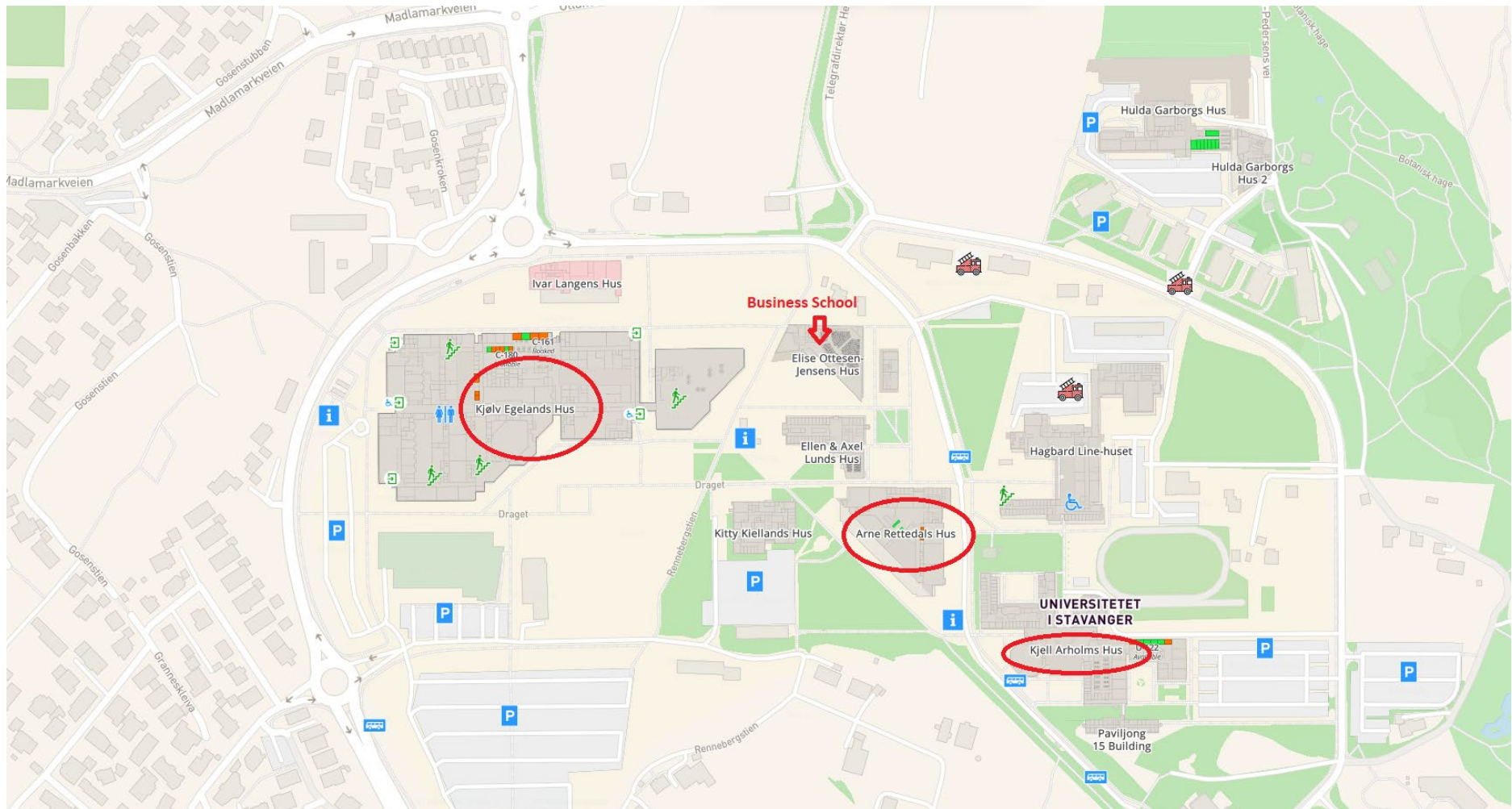
12.30-13.30 **Conclusion**
Professor Yuko Onozaka

13.30-14.30 Assignment help for math and stat (optional attendance)
Professor Njål Foldnes

Time Table

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00		How to work in teams			
	Registration	Bjørnson	Math Review	Stat Review	Managing stress
9.00	Introduction (Yuko)	AR Ø-130 (8-10)	Njål Foldnes	Njål Foldnes	and anxiety
	Academic Writing		KE A-101	AR Ø-130	Bjørnson
10.00	Hongyan	KA-Aud1 (10-2)	AR Ø-130	KA-Aud1	8.30-12.30
11.00	Tjodhallen				
12.00	Break			Break	Tjodhallen
13.00	Effective Presentation and Communication		Break	Negotiation	Conclusion
14.00	ergo;ego	incl. lunch	Working Efficiently	Roar Thun Wægger	Tjodhallen
			Dora Simon	13-16	Assignment help for math and stat
15.00			AR Ø-130		
	Tjodhallen			Tjodhallen	

Map



[Link to campus map](#)