



Matt

MEET YOUR PRESENTER

A bit about Matt:

- Hundreds of hours in career and academic student advising
- PhD (Sociology) and 10 years university teaching
- M.Div and 15 years pastoral ministry
- Study travels to Japan, Mexico, Israel/West Bank, Chicago, New Orleans, Kansas City, and Denver
- DEI researcher and equity advocate
- Speaking and leading workshop events with groups from 5 to 5000

GUTSYCOLLEGE.COM

PRESENTATIONS

HI THERE!

I'm excited to work with your group.

The topics described here give you a sense of the workshop, speaking, and presentation topics available.

As you well know, context is everything. Gutsycollege sessions are customizable for your setting and group. I'm eager to work with your team to craft a project that supports your program goals.

My presentation and workshop style is conversational with a strong grounding in robust research. Yes, I've been swimming in academic ponds for better than a decade, but I also grew up in a blue-collar community that values authentic stories over \$10 words. These small-town roots, advanced academic studies and decades of working with students, faculty, staff and parents leave groups with invigorated ways of thinking about college.

My aim in every workshop, presentation, and event is to support your goals, connect with participants, and explore the rich (and often hidden!) personal and professional opportunities found in college.

Read on and reach out for more information. I look forward to working with you!

Matt Friesen

Contact Matt at:

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PRESENTATION TOPICS

*These topics can be formatted as workshops or presentation events.
Reach out to Matt to discuss your particular needs.*



7 THINGS YOU MUST DO IN COLLEGE

Matt walks participants through discoveries including: learning to travel, learning to be brave, learning to be moved, and learning how to learn. Students, parents, staff and faculty learn new ways to think about what college could be like.



A GUTSY GUIDE FOR READING IN COLLEGE

Based on his 2024 book, students and staff discover new perspectives and practical tools for making the most of reading. Everything you wished someone had told you before you started college!



COLLEGE WISDOM FROM ACROSS THE AGES

If you could hear from your 80 year-old self, what would they tell you as you started college? Hundreds of elders have been asked what they would have done differently with their lives and their answers have everything to do with our university days!



A GUTSY GUIDE FOR WRITING IN COLLEGE

Based on his 2026 book, students and staff will discover new ways to set up, unblock, own, and edit their college writing. A behind-the-scenes look at becoming a great college writer.