



session catalog

Fall 2022



September 15, 2022 Sessions

Activism 101, 1 Unit

In this session, we will discuss privilege and oppression, specifically focusing on the types of oppression we see every day, such as racism, sexism, cissexism, and heterosexism. Then, we will brainstorm ways to lessen these "ism"s on campus, concluding with each participant selecting an action step.

HYPE Skill(s): COL, CON, COM
CRN 26030 meets at 1:00

Art of Conversation, 1 Unit

HYPE Skill(s): COM
CRN 26283 meets at 1:00
CRN 26284 meets at 2:00

Buying Your First Home, 1 Unit

Buying a house is a big step! Learn more about the terminology, the entire buying process, loan types (FHA, VA, Conventional, Renovation loans, Commercial), down payments, investment opportunities, benefits of using a realtor, how to prepare for this kind of purchase, and more!

HYPE Skill(s): V
CRN 26329 meets at 1:00

Careers in Communication, 1 Unit

HYPE Skill(s): WS, JS
CRN 25465 meets at 1:00

Cooking with the Chef, 1 Unit

Participate in an interactive cooking session with Parkhurst.

HYPE Skill(s): V, COL
CRN 25471 meets at 1:00
CRN 25447 meets at 2:00

Excelling in Excel I: Graphing Skills, 1 Unit

Meets HYPE Skill(s): JS
CRN 25468 meets at 2:00

Finances for Life, 1 Unit

An introduction to major financial considerations that confront most adults and how to effectively manage them.

Meets HYPE Skill(s): V
CRN 25472 meets at 12:00

HYPE Goes to the Theatre, 2 Units

Listen to readings from the Freedom Writers' journal entries and discuss the impact of these students' experiences.

HYPE Skill(s): COM
CRN 25488 meets from 1:00-3:00

Journaling for Self-Discovery, 1 Unit

Practice the techniques you just heard about from the speaker to learn more about yourself through journaling.

HYPE Skill(s): COM
CRN 25491 meets at 11:00

Managing Your Research with Zotero,

1 Unit, ONLINE

Learn how to use Zotero, a free, easy-to-use tool to help you collect, organize, cite, and share research.

HYPE Skill(s): COM, WS
CRN 25482 meets at 12:00
CRN 25483 meets at 1:00

Maze Runner, 1 Unit

Analyze the risks, develop strategic thinking, and work together to find your way. Will you risk it all? Will you succeed? Whatever you do, do not make the same mistake twice. Gather your teammates and take on the Maze... if you dare!

HYPE Skill(s): COM, COL
CRN 26016 meets at 12:00
CRN 26017 meets at 1:00
CRN 26139 meets at 2:00

Meditation, 1 Unit, ONLINE

Stress has always been a part of human life, but in modern life we seldom take time for adequate rest and recovery. When stress becomes chronic, without sufficient time for restoration, stress-related symptoms can occur. This meditation practice establishes important steps for reducing stress and reestablishing balance.

Meets HYPE Skill(s): V, CON
CRN 25448 meets at 11:00
CRN 25446 meets at 12:00

Penske: Moving Your Career Forward, 1 Unit

From business management, to accounting, to digital technology, communications and media, learn about the many career paths and upward mobility available through Penske from alum Lashon Long.

HYPE Skill(s): WS, JS

CRN 26330 meets at 2:00

Personal Finance 101, 1 Unit

What is a Credit Score? What Credit Score should you have? Come learn how credit scores are calculated, how you can build a good credit score, and why a good credit score is helpful to apply for loans.

HYPE Skill(s): V

CRN 25444 meets at 1:00

Post Key-Note Discussion Forum, 1 Unit

Join a discussion about what you heard during the keynote and how it can apply to your own life!

HYPE Skill(s): COM

CRN 25486 meets at 11:00

Privilege Walk, 1 Unit

Participate in this active/visual representation of the experiences of privilege to consider how power and privilege can affect our lives even when we are not aware it is happening.

HYPE Skill(s): V

CRN 25855 meets at 11:00

CRN 26345 meets at 1:00

Quidditch, 2 units

Quidditch is the favorite sport of many witches and wizards in the magical world of Harry Potter. Come learn the rules and work together as a team as you enjoy playing this magical sport on the grounds of Heidelberg's campus. Robes and costumes are welcome; brooms are provided.

HYPE Skill(s): COL, COM

CRN 25478 meets from 1:00-3:00

Resume Writing for Federal Jobs, 1 Unit,

ONLINE

Meet with Officer Michael Johnson from the US Customs & Border Patrol in this virtual session to learn more about how to build a resume for federal jobs and how they differ from private sector resumes.

HYPE Skill(s): JS

CRN 25474 meets at 12:00

Stress Management, 1 Unit

Students will learn about stress management and self-care techniques.

HYPE Skill(s): CON, WS, V

CRN 26018 meets at 11:00

CRN 26019 meets at 12:00

Three Worlds, 1 Unit

Three Worlds is a simulation game where your world can only survive if your team works to collect your needed resources. Learn to work collaboratively within a team under pressure, sometimes without all the information you need.

HYPE Skill(s): COL, CON, COM

CRN 25809 meets at 1:00

CRN 26285 meets at 2:00

True Colors, 2 Units

True Colors is an assessment that identifies students' personalities and provides insights into motivations, actions, and communication approaches.

Meets HYPE Skill(s): WS, V

CRN 25827 meets from 11:00-1:00

Up Close, 1 Unit

HYPE Keynote Speaker Erin Gruwell will share stories and answer questions in a small group setting.

HYPE Skill(s): COM

CRN 25479 meets at 11:00

Working Through Grief, 2 Units

Meets HYPE Skill(s): V

CRN 25492 meets from 11:00-4:00

Writing a Cover Letter, 1 Unit

Learn how to sell yourself in one page to attract the attention of a potential employer and snag the interview. Students will get advice for creating a strong cover letter for part-time, summer, internship, or professional opportunities.

HYPE Skill(s): JS, COM

CRN 25467 meets at 1:00

HYPE Skills

COL = Collaboration

COM = Communication

CON = Conflict Management

JS = Job Search Skills

V = Values

WS = Work Styles

September 15, 2022 First- Year Sessions

Recommended Sessions

Creating the Resume You Want, 1 Unit

HYPE Skill(s): JS, V

CRN 26348 meets at 11:00

CRN 26349 meets at 12:00

Email Etiquette, 1 Unit

Learn the do's and don'ts about communicating by email in an effective and professional manner.

HYPE Skill(s): COM, WS

CRN 26067 meets at 11:00

CRN 26070 meets at 12:00

CRN 26069 meets at 1:00

CRN 26072 meets at 2:00

Making the Most of Handshake, 1 Unit,

Learn how to make the most of Handshake's online career platform. Set up your Handshake account, search for internship and job opportunities, add your resume, and more!

Meets HYPE Skill(s): JS

CRN 26350 meets at 1:00

CRN 26351 meets at 2:00

Time & Project Management, 1 Unit

Manage your time instead of allowing your time to manage you! This session will offer you practical tools for getting your to-do list done and still find time for you!

HYPE Skill(s): WS, V

CRN 26346 meets at 11:00

CRN 26347 meets at 12:00

Unlearning Micro-Aggressions, 1 Unit

This session aims to teach students how to unlearn racial bias, recognize viewpoints (and value systems) that are not told in history books, and work towards allyship. Unlearning micro-aggressions will teach students how to communicate between races to improve their cultural understanding and to engage in initiatives and endeavors to help unpack prejudiced thoughts and behaviors.

HYPE Skill(s): WS, V

CRN 26353 meets at 12:00

CRN 26354 meets at 1:00

Optional Sessions

Difficult Conversations, 1 Unit

Have you ever asked yourself, how am I going to handle this? What am I going to say? How can I say it in a way that is effective and non-offensive? In this session, we are going to tackle different situations that you may face in your day-to-day life that are often difficult to address. You will gain an understanding of how to maintain your professionalism, stay firm in your stance and come out feeling accomplished.

HYPE Skill(s): V, COL

CRN 26352 meets at 2:00

Privilege Walk, 1 Unit

Participate in this active/visual representation of the experiences of privilege to consider how power and privilege can affect our lives even when we are not aware it is happening.

HYPE Skill(s): V

CRN 26345 meets at 1:00

October 12, 2022 Sessions

Activism 101, 1 Unit

In this session, we will discuss privilege and oppression, specifically focusing on the types of oppression we see every day, such as racism, sexism, cissexism, and heterosexism. Then, we will brainstorm ways to lessen these "ism"s on campus, concluding with each participant selecting an action step.

HYPE Skill(s): COL, CON, COM
CRN 25525 meets at 11:00

Art of Negotiation, 1 Unit

HYPE Skill(s): COM, COL, CON
CRN 25517 meets at 11:00
CRN 26022 meets at 12:00

Buying Your First Home, 1 Unit

Buying a house is a big step! Learn more about the terminology, the entire buying process, loan types (FHA, VA, Conventional, Renovation loans, Commercial), down payments, investment opportunities, benefits of using a realtor, how to prepare for this kind of purchase, and more!

HYPE Skill(s): V
CRN 26332 meets at 11:00

Cooking with the Chef, 1 Unit

Participate in an interactive cooking session with Parkhurst.

HYPE Skill(s): V, COL
CRN 25498 meets at 1:00
CRN 25499 meets at 2:00

Creating the Resume You Want, 1 Unit

HYPE Skill(s): JS, V
CRN 26143 meets at 1:00
CRN 25499 meets at 2:00

Difficult Conversations, 1 Unit

Have you ever asked yourself, how am I going to handle this? What am I going to say? How can I say it in a way that is effective and non-offensive? In this session, we are going tackle different situations that you may face in your day-to-day life that are often difficult to address. You will gain an understanding of how to maintain your professionalism, stay firm in your stance and come out feeling accomplished.

HYPE Skill(s): V, COL
CRN 26026 meets at 1:00
CRN 26287 meets at 2:00

Dress for Success, 1 Unit

A professional presence can be important to success. Learn the difference between traditional business attire and business casual and identify appropriate and inappropriate attire for the workplace.

HYPE Skill(s): WS, JS
CRN 26333 meets at 1:00

Excelling in Excel II: Stat. Analysis, 1 Unit

Meets HYPE Skill(s): JS
CRN 26286 meets at 2:00

Finances for Life, 1 Unit

An introduction to major financial considerations that confront most adults and how to effectively manage them.

Meets HYPE Skill(s): V
CRN 25497 meets at 12:00

Getting Along with Co-Workers, 1 Unit

HYPE Skill(s): WS, COL
CRN 25505 meets at 12:00
CRN 25506 meets at 1:00

HYPE Goes to the Movies, 2 Units

This session will explore some of the HYPE Skills as themes in film. Students will watch a contemporary movie, followed by a lively discussion of how these themes are represented in the cinematic arts.

HYPE Skill(s): COM
CRN 25522 meets from 12:00-3:00

Healthy Relationship Training, 1 Unit

Learn effective ways to identify characteristics of healthy and unhealthy relationships and develop and practice skills to address unhealthy relationships in your own relationships and identify unhealthy behaviors in others' relationships.

HYPE Skill(s): COM, V
CRN 26023 meets at 12:00
CRN 26024 meets at 1:00

How to Get an Internship, 1 Unit

Come to this informative session to learn more about how to search for an internship; how to prepare and apply; and the steps required to get academic or HYPE credit for an internship.

HYPE Skill(s): JS
CRN 25516 meets at 2:00

Making the Most of Handshake, 1 Unit,
ONLINE

Learn how to make the most of Handshake's online career platform. Set up your Handshake account, search for internship and job opportunities, add your resume, and more!

Meets HYPE Skill(s): JS

CRN 26334 meets at 1:00

Meditation, 1 Unit, ONLINE

Stress has always been a part of human life, but in modern life we seldom take time for adequate rest and recovery. When stress becomes chronic, without sufficient time for restoration, stress-related symptoms can occur. This meditation practice establishes important steps for reducing stress and reestablishing balance.

HYPE Skill(s): V, CON

CRN 25494 meets at 11:00

CRN 25495 meets at 12:00

Personal Finance 101, 1 Unit

What is a Credit Score? What Credit Score should you have? Come learn how credit scores are calculated, how you can build a good credit score, and why a good credit score is helpful to apply for loans.

HYPE Skill(s): V

CRN 25858 meets at 1:00

Post Key-Note Discussion Forum, 1 Unit

Join a discussion about what you heard during the keynote speech and how it can apply to your own life!

HYPE Skill(s): COM, V

CRN 25518 meets at 11:00

Preparing for a Career in Criminal Justice, 1 Unit

HYPE Skill(s): WS, JS

CRN 25509 meets at 2:00

Science Connections, 2 Units

Meet the scientists from the Charles River Pharmaceutical Lab to learn about their jobs and research and gather information about internship opportunities!

HYPE Skill(s): WS, JS

CRN 25514 meets from 11:00-1:00

Team Tower-Building, 1 Unit

In this session, you will be assigned into random groups and given a simple task: build the tallest free-standing structure you can out of spaghetti noodles and limited other supplies! The catch is that whatever you build has to support the weight of a marshmallow without falling.

HYPE Skill(s): COM, COL

CRN 25523 meets at 1:00

CRN 25524 meets at 2:00

True Colors, 2 Units

True Colors is an assessment that identifies students' personalities and provides insights into motivations, actions, and communication approaches.

Meets HYPE Skill(s): WS, V

CRN 25507 meets from 11:00-1:00

Understanding Hinduism, 2 units

Take a trip to a Hindu Temple in Columbus to learn more about Hindu faith and culture in this month of Diwali.

HYPE Skill(s): V

CRN 25861 meets from 11:00-5:00

Up Close, 1 Unit

HYPE Keynote Speaker will share stories and answer questions in a small group setting.

HYPE Skill(s): COM, V

CRN 26025 meets at 11:00

Writing a Cover Letter, 1 Unit

Learn how to sell yourself in one page to attract the attention of a potential employer and snag the interview. Students will get advice for creating a strong cover letter for part-time, summer, internship, or professional opportunities.

HYPE Skill(s): JS, COM

CRN 25512 meets at 11:00

Your First Resumé, 1 Unit

Students will get advice for creating a strong resumé for part-time, summer, internship, or professional opportunities.

Meets HYPE Skill(s): JS, COM

CRN 25513 meets at 12:00

October 12, 2022 First- Year Sessions

Recommended Sessions

Creating the Resume You Want, 1 Unit

HYPE Skill(s): JS, V

CRN 26356 meets at 12:00

CRN 26357 meets at 1:00

Email Etiquette, 1 Unit

Learn the do's and don'ts about communicating by email in an effective and professional manner.

HYPE Skill(s): COM, WS

CRN 26360 meets at 11:00

CRN 26361 meets at 12:00

CRN 26362 meets at 1:00

CRN 26363 meets at 2:00

Making the Most of Handshake, 1 Unit,

Learn how to make the most of Handshake's online career platform. Set up your Handshake account, search for internship and job opportunities, add your resume, and more!

Meets HYPE Skill(s): JS

CRN 26358 meets at 1:00

CRN 26359 meets at 2:00

Time & Project Management, 1 Unit

Manage your time instead of allowing your time to manage you! This session will offer you practical tools for getting your to-do list done and still find time for you!

HYPE Skill(s): WS, V

CRN 26081 meets at 1:00

CRN 26084 meets at 2:00

Unlearning Micro-Aggressions, 1 Unit

This session aims to teach students how to unlearn racial bias, recognize viewpoints (and value systems) that are not told in history books, and work towards allyship. Unlearning micro-aggressions will teach students how to communicate between races to improve their cultural understanding and to engage in initiatives and endeavors to help unpack prejudiced thoughts and behaviors.

HYPE Skill(s): WS, V

CRN 26366 meets at 11:00

CRN 26367 meets at 12:00

Optional Sessions

Dress for Success, 1 Unit

A professional presence can be important to success. Learn the difference between traditional business attire and business casual and identify appropriate and inappropriate attire for the workplace.

HYPE Skill(s): WS, JS

CRN 26333 meets at 1:00

Prep. for a Career in Crim. Justice, 1 Unit

HYPE Skill(s): WS, JS

CRN 25509 meets at 2:00

Privilege Walk, 1 Unit

Participate in this active/visual representation of the experiences of privilege to consider how power and privilege can affect our lives even when we are not aware it is happening.

HYPE Skill(s): V

CRN 26355 meets at 11:00

Science Connections, 2 Units

Meet the scientists from the Charles River Pharmaceutical Lab to learn about jobs, research and internship opportunities!

HYPE Skill(s): WS, JS

CRN 25514 meets from 11:00-1:00

Team Tower-Building, 1 Unit

In this session, your team has a simple task: build the tallest free-standing structure you can out of spaghetti noodles and limited other supplies! Think outside of the box and see what you can do!

HYPE Skill(s): COM, COL

CRN 26364 meets at 11:00

CRN 26365 meets at 12:00

Up Close w/Payton Head, 1 Unit

HYPE Keynote Speaker will share stories and answer questions in a small group setting.

HYPE Skill(s): COM, V

CRN 26025 meets at 11:00

November 15, 2022 Sessions

Activism 101, 1 Unit

Discuss privilege and oppression, specifically focusing on the types of oppression we see every day, such as racism, sexism, cissexism, and heterosexism. Then, we will brainstorm ways to lessen these "ism"s on campus, concluding with each participant selecting an action step.

HYPE Skill(s): COL, CON, COM

CRN 25833 meets at 12:00

Beyond the Business Card, 2 Units

Learn the necessary skills to engage and connect with others; gain confidence in introducing yourself and launching conversations. You will have the opportunity to put your new skills to the test by practicing networking with faculty, staff & alumni at a mock reception.

HYPE Skill(s): JS, WS, COM

CRN 25539 meets from 11:00-1:00

Buying Your First Home, 1 Unit

Buying a house is a big step! Learn more about the terminology, the entire buying process, loan types (FHA, VA, Conventional, Renovation loans, Commercial), down payments, investment opportunities, benefits of using a realtor, how to prepare for this kind of purchase, and more!

HYPE Skill(s): V

CRN 26335 meets at 12:00

Careers with the Ohio State Highway Patrol, 1 Unit

The Ohio State Highway Patrol isn't just about writing traffic tickets. Come learn about the wide variety of positions available for many types of majors.

HYPE Skill(s): WS, JS

CRN 26335 meets at 1:00

Cooking with the Chef, 1 Unit

Participate in an interactive cooking session with Parkhurst.

HYPE Skill(s): V, COL

CRN 25229 meets at 1:00

CRN 25230 meets at 2:00

Creativity in Conflict, 1 Unit

Learn practical tips on how to utilize your creativity to navigate and thrive in a post-COVID world!

HYPE Skill(s): COM, CON

CRN 25555 meets at 12:00

De-Stress at Your Desk, 1 Unit

Keeping stress levels low in the workplace can make you more productive and a better co-worker. In this session, you can learn techniques to stay physically relaxed and focused right at your own desk!

HYPE Skill(s): WS, V

CRN 25543 meets at 1:00

Discovering Your Strengths, 2 Units

Participants within this session will utilize the PRADCO Quick View Leadership assessment to ascertain their key strength areas, and strategies to better enhance areas of weakness. Upon completion of this session, students will have a greater understanding of their workstyles, and how to utilize their strengths within the classroom and in their future careers.

Meets HYPE Skill(s): V, COM, COL

CRN 25544 meets at 11:00-1:00

Exploring the Legal Profession, 2 Units

Interested in the law? Come take a tour of prominent law firm Badnell Dick Co., LPA in Mansfield, OH: meet lead attorney Jeffrey Stiffler for an interactive Q&A; and perhaps even spend some time in court! A sack lunch will be offered. Only 10 spaces available for this trip.

Meets HYPE Skill(s): WS, JS

CRN 25830 meets from 11:00-6:00

Finances for Life, 1 Unit

An introduction to major financial considerations that confront most adults and how to effectively manage them.

Meets HYPE Skill(s): V

CRN 25537 meets at 12:00

How to be an R.A., 1 Unit

Learn about the requirements and responsibilities of being an R.A. From the skills and qualities that are necessary, to the expectations hall staff has for the position, this session will provide helpful tips on what it takes to be an R.A. While this session is open to anyone who has an interest in being an R.A., it will be a most pertinent introduction for students who have applied for a Fall 2023 position.

HYPE Skill(s): WS, COM, COL

CRN 25539 meets at 1:00

Increasing Your Resiliency, 1 Unit

Don't let failure or disappointment end your dreams. Learn how to utilize the F.L.E.X. program to increase your resiliency and grow despite setbacks.

Meets HYPE Skill(s): CON, COM, V

CRN 25564 meets at 12:00

InterGroup Dialogue: A Call to Community, 2 Units

This session introduces tools to listen actively and empathetically, honor divergent perspectives and experiences, and build connections with others through discussion and reflection. Arrive ready to write, draw, and discuss.

Meets HYPE Skill(s): COL, COM, V

CRN 26039 meets from 1:00-3:00

It's Your Time to Dream, 2 Units

What are your dreams? Take some time to think about what dreams you want to achieve in the next 6 months, 1 year, or 10 years from now. This session will help you identify your dreams, get them on paper, and develop a process to effectively achieve your dreams. Students will need a pen and notebook for this session.

HYPE Skill(s): V, WS, COM

CRN 26336 meets from 12:00-2:00

LinkedIn, 1 Unit

You're on Twitter, but are you on LinkedIn? This workshop is for beginners to LinkedIn and will guide students through the process of setting up a profile and learning how to use it to effectively network for internships and other career related information and leads. Students will also get a professional headshot photo for their LinkedIn profile.

HYPE Skill(s): JS, COM

CRN 26289 meets at 1:00

Maze Runner, 1 Unit

Analyze the risks, develop strategic thinking, and work together to find your way. Will you risk it all? Will you succeed? Whatever you do, do not make the same mistake twice. Gather your teammates and take on the Maze... if you dare!

HYPE Skill(s): COM, COL

CRN 25561 meets at 12:00

CRN 25560 meets at 1:00

CRN 25832 meets at 2:00

Meditation, 1 Unit, ONLINE

Stress has always been a part of human life, but in modern life we seldom take time for adequate rest and recovery. When stress becomes chronic, without sufficient time for restoration, stress-related symptoms can occur. This meditation practice establishes important steps for reducing stress and reestablishing balance.

HYPE Skill(s): V, CON

CRN 25532 meets at 11:00

CRN 25533 meets at 12:00

Natural Science Research Experiences for Undergraduates, 1 Unit

This session will fill you in on how to find and apply for Research Experiences for Undergraduates (REUs) in the Natural Sciences.

Meets HYPE Skill(s): JS, WS

CRN 26288 meets at 1:00

Natural Science Resume Writing, 1 Unit

Once you've learned about REUs, get some tips and prepare your science resume so that you are ready to apply for the REU you want!

Meets HYPE Skill(s): JS

CRN 25546 meets at 2:00

Negotiating Conflict, 1 Unit

Resolving Conflict is a part of life. Negotiation is how conflicts are resolved. But successful negotiation, confrontation and conflict resolution requires preparation. In this HYPE session, students will have the opportunity to learn and practice conflict negotiation strategies and communication skills through situations and role play.

HYPE Skill(s): CON, COM

CRN 25562 meets from 1:00

CRN 25563 meets from 2:00

Overcoming Post Graduation Fear, 1 Unit

What scares you about life after graduation? Take the time to discuss your plans, consider your worries and come up with strategies to ease your way into life post-graduation!

HYPE Skill(s): CON, V

CRN 25565 meets at 2:00

Personal Finance 101, 1 Unit

What is a Credit Score? What Credit Score should you have? Come learn how credit scores are calculated, how you can build a good credit score, and why a good credit score is helpful in life.

HYPE Skill(s): V

CRN 25863 meets at 11:00

Post Key-Note Discussion Forum, 1 Unit

Join a discussion about what you heard during the keynote speech and how it can apply to your own life!

HYPE Skill(s): COM, V

CRN 25554 meets at 11:00

Team Tower-Building, 1 Unit

In this session, you will be assigned into random groups and given a simple task: build the tallest free-standing structure you can out of spaghetti noodles and limited other supplies! The catch is that whatever you build has to support the weight of a marshmallow without falling.

HYPE Skill(s): COM, COL

CRN 25523 meets at 1:00

CRN 255524 meets at 2:00

Understanding Islam, 2 units

Take a trip to the Islamic Mosque in Toledo to learn more about Muslim faith and culture and better appreciate the experiences and perspectives of this important and influential faith.

HYPE Skill(s): V

CRN 25535 meets from 11:00-5:00

Up Close, 1 Unit

HYPE Keynote Speaker will share stories and answer questions in a small group setting.

HYPE Skill(s): COM

CRN 25556 meets at 11:00

Writing a Cover Letter, 1 Unit

Learn how to sell yourself in one page to attract the attention of a potential employer and snag the interview. Students will get advice for creating a strong cover letter for part-time, summer, internship, or professional opportunities.

HYPE Skill(s): JS, COM

CRN 25545 meets at 12:00

HYPE Skills

COL = Collaboration

COM = Communication

CON = Conflict Management

JS = Job Search Skills

V = Values

WS = Work Styles

November 15, 2022 First- Year Sessions

Recommended Sessions

Creating the Resume You Want, 1 Unit

HYPE Skill(s): JS, V

CRN 26372 meets at 11:00

CRN 26373 meets at 12:00

Email Etiquette, 1 Unit

Learn the do's and don'ts about communicating by email in an effective and professional manner.

HYPE Skill(s): COM, WS

CRN 26374 meets at 11:00

CRN 26375 meets at 12:00

CRN 26376 meets at 1:00

CRN 26377 meets at 2:00

Making the Most of Handshake, 1 Unit,

Learn how to make the most of Handshake's online career platform. Set up your Handshake account, search for internship and job opportunities, add your resume, and more!

Meets HYPE Skill(s): JS

CRN 26370 meets at 1:00

CRN 26371 meets at 2:00

Time & Project Management, 1 Unit

Manage your time instead of allowing your time to manage you! This session will offer you practical tools for getting your to-do list done and still find time for you!

HYPE Skill(s): WS, V

CRN 26368 meets at 11:00

CRN 26369 meets at 12:00

Unlearning Micro-Aggressions, 1 Unit

This session aims to teach students how to unlearn racial bias, recognize viewpoints (and value systems) that are not told in history books, and work towards allyship. Unlearning micro-aggressions will teach students how to communicate between races to improve their cultural understanding and to engage in initiatives and endeavors to help unpack prejudiced thoughts and behaviors.

HYPE Skill(s): WS, V

CRN 26381 meets at 12:00

CRN 26382 meets at 1:00

Optional Sessions

Careers with the Ohio State Highway

Patrol, 1 Unit

Come learn about the wide variety of positions available with the Ohio State Highway Patrol for many types of majors.

HYPE Skill(s): WS, JS

CRN 26335 meets at 1:00

Difficult Conversations, 1 Unit

In this session, we are going to tackle different situations that you may face in your day-to-day life that are often difficult to address. You will gain an understanding of how to maintain your professionalism, stay firm in your stance and come out feeling accomplished.

HYPE Skill(s): V, COL

CRN 26380 meets at 2:00

How to be an R.A., 1 Unit

Learn about the requirements and responsibilities of being an R.A. From the skills and qualities that are necessary, to the expectations hall staff has for the position, this session will provide helpful tips on

what it takes to be an R.A. This session is open to anyone interested in being an R.A., but is most pertinent introduction for students who have applied for a Fall 2023 position.

HYPE Skill(s): WS, COM, COL

CRN 25539 meets at 1:00

It's Your Time to Dream, 2 Units

Take some time to think about what you want to achieve in the next 6 months, 1 year, or 10 years from now. This session will help you identify your dreams, get them on paper, and develop a process to effectively achieve your dreams.

HYPE Skill(s): V, WS, COM

CRN 26336 meets from 12:00-2:00

Team Vision-Building, 1 Unit

Can you build it? Yes, you can! Complete a building project to match a hidden design, but - the builder can't see the design! Practice communication and collaboration skills to build the best match.

HYPE Skill(s): COM, COL

CRN 26378 meets at 12:00

CRN 26379 meets at 1:00

