



session catalog
Fall 2020



September 17, 2020 Sessions

A.L.I.C.E. Training, 1 Unit

If you should find yourself face-to-face with a gunman, what would you do to survive? You have options. ALICE training is a proactive response for anyone facing violence. ALICE will help empower you to participate in your own survival in the crucial moments before the arrival of law enforcement.

HYPE Skills: CON, COL

CRN 25492 meets at 2:00

Alternative Break Speed-Dating, 1 Unit

Learn about the many opportunities to travel and volunteer during school breaks from 'Berg students who have already participated in an alternative break in a lively and fun "speed-dating" format. Participants will be inspired to go out and experience the world for themselves after they hear what our travelers have to say!

HYPE Skill(s): COM, COL, V

CRN 25442 meets at 11:00

Art Exploration, 2 Units

Take a trip to the Toledo Museum of Art to explore the Global Conversations: Art in Dialogue exhibit to discover the many powerful ways that artists are engaging with issues of urgency facing the world today. Identity, migration, and the digital revolution are among the rich topics the artists explore. A sack lunch will be provided. Emergency contact and liability waiver will be required ahead of time.

HYPE Skill(s): V, COM

CRN 25469 meets from 11:00 - 5:00

BARNGA, 1 Unit

BARNGA is a simulation game that focuses on cultural clashes. Players learn how to reconcile differences and become more self-aware in order to avoid miscommunications.

Meets HYPE Skill(s): COM, CON

CRN 25481 meets at 1:00

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 25466 meets from 12:00-2:00

Budgeting Your Life, 1 Unit

Learn practical tips on how to budget and the principles necessary to make informed and effective financial decisions in your life.

Meets HYPE Skill(s): JS, WS, COM

CRN 25471 meets at 11:00

CRN 25472 meets at 12:00

Cooking with the Chef – Fabulous Fondue,

1 Unit

Participate in an interactive cooking session to learn all the fabulous things you can do with fondue!

HYPE Skill(s): COL

CRN 25443 meets at 1:00

CRN 25462 meets at 2:00

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, JS

CRN 25482 meets at 1:00

CRN 25483 meets at 2:00

Get Out the Vote, 2 Units

HYPE Skill(s):

CRN 25470 meets from 12:00-2:00

Go Global, 1 Unit

'Berg students with international experiences (short- and long-term study abroad, teaching in China, alternative breaks) will share them in a lively and fun "speed-dating" format. Participants will be inspired to go out and experience the world for themselves after they hear what our travelers have to say.

HYPE Skill(s): V, COM, COL

CRN 25447 meets at 12:00

Graduate Application Process, 1 Unit

So you want to go to grad. school? What can you be doing now to prepare? Students will get valuable information about preparing for graduate school, from pre-requisites and admission tests to applications from graduate admissions counselors who can tell you what they are looking for and what helps an applicant stand out.

HYPE Skill(s): JS, COM

CRN 25474 meets at 1:00

How to Negotiate 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 25825 meets from 1:00

CRN 25826 meets from 2:00

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. Lunch will be provided.

HYPE Skill(s): COM

CRN 25488 meets from 12:00-3:00

Integrated Yoga Therapy, 2 Units

Learn how the ancient insights of yoga can be combined with more mainstream health and counseling therapies to provide a holistic mind-body approach to health and healing based on a vision of health as a unity of body, mind and spirit.

Meets HYPE Skill(s): WS, V

CRN 25465 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 should bring a pen and notebook to this session.

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

CRN 25444 meets from 11:00-1:00

Managing Time, 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 25463 meets at 12:00

CRN 25464 meets at 1:00

Meditation – Chakra Clearing, 1 Unit

Yoga dates back to between 5,000 and 10,000 years. This meditation practice clears and revitalizes the chakras (energy centers in the body that receive, store, transform and channel vital energy)

HYPE Skill(s): V, CON

CRN 25448 meets at 11:00

CRN 25446 meets at 12:00

Music & Memory, 2 Units

Students will travel to FairHaven community in Upper Sandusky, OH where they will have lunch with senior residents, tour the facilities, learn about the role of music in senior care and attend (or participate in!) a short concert for residents. HU alum Howard Cole (2015) will lead a panel discussion with nurses and residents about the Music & Memory program and its effect on the medical and psycho-social needs of seniors.

HYPE Skill(s): COL, COM

CRN 25476 meets from 11:00 – 3:30

Not Any More: Beyond the Basics, 1 Unit

Go beyond the Not Any More video (part of the Orientation checklist) to learn how the Sexual Misconduct Policy and process works on Heidelberg's campus and take a proactive role in shaping our process, policy and campus communication.

HYPE Skill(s): COL, COM

CRN 25478 meets at 11:00

CRN 25809 meets at 12:00

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 25486 meets at 11:00

Preparing for a Professional Health Field Career, 1 Unit

Are you considering entering a professional health field career, such as an MD, PA, VET, or PT? Learn what you can be doing now at the undergraduate level to prepare yourself for the MCAT, graduate school, and a successful professional health field career!

HYPE Skill(s): JS

CRN 25593 meets at 1:00

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 25445 meets at 11:00

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 25447 meets from 1:00-3:00

Up Close, 1 Unit

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

HYPE Skill(s): JS

CRN 25479 meets at 11:00

True Colors, 1 Unit

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

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

CRN 25827 meets at 12:00

CRN 25828 meets at 1:00

Your First Resumé, 1 Unit

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

HYPE Skill(s): JS, COM

CRN 25467 meets at 11:00

CRN 25468 meets at 12:00

HYPE Skills

COL = Collaboration

COM = Communication

CON = Conflict Management

JS = Job Search Skills

V = Values

WS = Work Styles

October 7, 2020 Sessions

African-American History: the Detroit Trip, 2 Units

Take a field trip to Charles Wright African American History Museum to explore and celebrate African American history and culture. On the way home, you will get a taste of hearty soul food from the Southern Smokehouse in Detroit. Both lunch & dinner will be provided. Emergency contact and release form will be required.

HYPE Skill(s): V

CRN 25501 meets from 11:00-7:00

Career Fair, 2 Units

Join this targeted group session to learn how to prepare for a job fair and the best techniques to stand out to recruiters. Then, put your new skills into practice by heading over to the job fair in The Commons to meet potential employers.

HYPE Skill(s): JS

CRN 25514 meets from 12:00-2:00

CRN 25515 meets from 1:00-3:00

Cooking with the Chef – Pastabilities!, 1 Unit

Participate in an interactive cooking session to learn all the pastabilities of preparing pasta!

HYPE Skill(s): COL

CRN 25498 meets at 1:00

CRN 25499 meets at 2:00

Crisis De-Escalation, 1 Unit

Whether you work in education, healthcare, human services, business, or any field, you might deal with angry, hostile, or noncompliant behavior every day. Your response to defensive behavior is often the key to avoiding a physical confrontation with someone who has lost control of their behavior. Learn how to recognize the signs and respond to difficult behavior in the safest, most effective way possible.

HYPE Skill(s): CON, COM

CRN 25525 meets at 1:00

CRN 25526 meets at 2:00

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.

HYPE Skill(s): WS, JS

CRN 25511 meets from 11:00-5:00

Financial Literacy, 1 Unit

Learn about the principles necessary to make informed and effective financial decisions in your life.

Meets HYPE Skill(s): JS, WS, COM

CRN 25497 meets at 11:00

CRN 25503 meets at 12:00

Go Global, 1 Unit

'Berg students with international experiences (short- and long-term study abroad, teaching in China, alternative breaks) will share them in a lively and fun "speed-dating" format. Participants will be inspired to go out and experience the world for themselves after they hear what our travelers have to say.

HYPE Skill(s): V, COM, COL

CRN 25496 meets at 11:00

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. Lunch will be provided.

HYPE Skill(s): COM, V

CRN 25522 meets from 12:00-3:00

i-Language, 1 Unit

Positive conflict is a powerful tool in any relationship, but often the people involved get caught up in competition, ego, and the desire to win. This interactive session will give you the tools necessary to engage in positive conflict by encouraging you to take responsibility for your feelings and teaching you how to use "I" language.

HYPE Skill(s): COM, V

CRN 25517 meets at 11:00

Living History Interviews, 2 Units

Help make history by participating in interviews of senior citizens at Elmwood Assisted Living at the Shawhan. Students will be conducting interviews, filming interviews, and transcribing notes from interviews with residents. Filmed interviews will become part of the Seneca County Digital Library. A box lunch is provided.

HYPE Skill(s): V, COM, COL

CRN 24889 meets from 11:00-3:00

Managing Time, 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 25505 meets at 12:00

CRN 25506 meets at 2:00

Meditation – Restoratives, 1 Unit

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, CNM

CRN 25494 meets at 11:00

CRN 25495 meets at 12:00

Mock Interviews, 1 Unit

Learn what is expected of you and how to respond to traditional and unexpected questions in an interview. Then practice your skills, and receive feedback on your responses in these mock interviews.

HYPE Skill(s): JS, COM

CRN 25829 meets at 2:00pm

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

Poverty Simulator, 2 Units

Poverty is a reality for many individuals and families. The Poverty Simulator is an interactive immersion experience where you will role play a month in poverty. Afterwards you will discuss what you learned and brainstorm community change.

Meets HYPE Skill(s): Values, Conflict Management

CRN 25493 meets from 11:00-3:00

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 25500 meets at 1:00

Resumé Writing for Science Majors, 1 Unit

Students will receive advice and work on creating a strong resumé, specifically for positions in science.

Meets HYPE Skill(s): Job Search Skills, Communication
CRN 25516 meets at 1:00

Starting Your Own Business, 1 Unit

This interactive Q&A session will be with a panel of local entrepreneurs who can explain the challenges and joys of starting and running your own business, from licensing and incorporating to budgeting and paying taxes.

HYPE Skill(s): WS

CRN 25510 meets at 12:00

The Artist's Way, 1 Unit

A method through the madness of creating stuff for both creative and non-creative people!

HYPE Skill(s): WS, COL

CRN 25509 meets at 11:00

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, COM, CON

CRN 25523 meets at 1:00

CRN 25524 meets at 2:00

Up Close, 1 Unit

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

HYPE Skill(s): JS

CRN 25504 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 12:00

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 11:00

November 6 Sessions

A.L.I.C.E. Training, 1 Unit

If you should find yourself face-to-face with a gunman, what would you do to survive? You have options. ALICE training is a proactive response for anyone facing violence. ALICE will help empower you to participate in your own survival in the crucial moments before the arrival of law enforcement.

HYPE Skills: CON, COL

CRN 25562 meets at 11:00

Cooking with the Chef – Dorm Desserts,

1 Unit

Participate in an interactive cooking session to learn how to create some delectable treats right in your residence hall!

HYPE Skill(s): COL

CRN 25229 meets at 1:00

CRN 25230 meets at 2:00

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 25830 meets at 12:00

CRN 25543 meets at 1:00

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): COM, CON

CRN 25555 meets at 2:00

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

Discrimination Laws in the Workplace,

2 units

HYPE Skill(s): CON, WS, V

CRN 25534 meets from 1:00-3:00

DiverCity: A Day in the Life, 1 Unit

Take a trip to Columbus, Ohio to visit the different stores and shops who provide resources for students of color (domestic and international). Students will discuss and sample different foods and items they use in their daily lives that they do not have access to in Tiffin.

HYPE Skill(s): V

CRN 25534 meets from 11:00-5:00

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): Values

CRN 25537 meets at 1100pm

CRN 25538 meets at 12:00pm

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 2019 position.

HYPE Skill(s): WS, COL, COM, CON

CRN 25539 meets at 2:00

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. Lunch will be provided.

HYPE Skill(s): COM, CON

CRN 25558 meets from 12:00-3:00

Managing Time, 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 finding time for you!

HYPE Skill(s): WS, V

CRN 255540 meets at 11:00

CRN 255541 meets at 12:00

Meditation – Taoist 6 Healing Sounds, 1 Unit

Traditional Chinese Medicine and acupuncture date back over 2,000 years. This meditation practice relieves stress from your internal organs, draws down healing energies, and puts organs in a resting state so they can heal while you sleep.

HYPE Skill(s): V, CNM

CRN 25532 meets at 11:00

CRN 25533 meets at 12:00

Myers-Briggs Type Indicator Personality Survey, 2 Units

The Myers–Briggs Type Indicator is an introspective self-report questionnaire indicating differing psychological preferences in how people perceive the world and make decisions. During this session, you will have the opportunity to take this personality test to obtain your 4-letter description of your personality type and learn more about your communication and learning style and how you approach the world.

HYPE Skill(s): V, WS

CRN 25531 meets from 12:00-2:00

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

Safe Zone (All Training), 2 Units

We live in an ever-diversifying society, and in order to be supportive and aware of different identities, perspectives, and experiences, we must pursue (and provide) opportunities to learn about different identities, perspectives, and experiences – particularly ones that are stigmatized, marginalized, and largely silenced. This Safe Zone session is an opportunity to learn a little more about how sexuality and gender influence our everyday experiences and to critically consider our own perceptions and language.

HYPE Skill(s): V, CON

CRN 25561 meets from 12:00-2:00pm

Stress Management, 1 Unit

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

HYPE Skill(s): CON, WS, V

CRN 25564 meets at 1:00

CRN 25565 meets at 2:00

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 25560 meets at 1:00

CRN 25832 meets at 2:00

The FISH! Philosophy, 1 Unit

Catch the Energy, Release the Potential! In this session, we will take some guidance from a unique and one of a kind Fish Market (that's right, a Fish Market), and learn the importance of making time to PLAY and MAKE THEIR DAY. We'll discover what it means to BE THERE and brainstorm some strategies to CHOOSE YOUR ATTITUDE! Come discover the FISH! Philosophy in this highly engaging session about having FUN while you work.

HYPE Skill(s): WS, V

CRN 25542 meets at 11:00

Understanding Islam, 2 Units

Take a field trip to tour the Islamic Center of Greater Toledo and learn more about Islamic faith and culture. Lunch will be provided.

Meets HYPE Skill(s): Values

CRN 25535 meets from 11:00-5:00pm

Up Close, 1 Unit

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

HYPE Skill(s): CON

CRN 25563 meets at 11:00

Wild About Saving Species, 1 Unit

Many species are currently endangered, both locally and globally. What does that mean for our world, and what can we do? Learn about the main challenges that are facing animals from around the world, explore how STEM helps with conserving animals in their natural habitat, and see how zoologists use trackers and mapping coordinates. This session is run by the Toledo Zoo and will include a live-action link to the Zoo.

*Meets HYPE Skill(s): Values, Work Styles
CRN 25536 meets at 2:00pm*

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 1:00*

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 25546 meets at 2:00*

Zoo Careers, 1 Unit

Explore with Zoo staff the variety of jobs at the Toledo Zoo that help to care for animals, connect with people, and support the operations. A specific focus will be placed on roles that involve animal husbandry, training, acquisition, and vet care. This session is run by the Toledo Zoo and will include a live-action feed to the Zoo.

*Meets HYPE Skill(s): Work Styles, Job Search Skills
CRN 25831 meets at 1:00pm*

HYPE Skills

COL = Collaboration

COM = Communication

CON = Conflict Management

JS = Job Search Skills

V = Values

WS = Work Styles

