



# session catalog

## **Fall 2021**





## September 16 Sessions

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### **African-American History You Never Knew,** 1 Unit

Do you know what Juneteenth is? Have you heard of Black Wall Street? Come learn more about African-American History and culture, oppression and achievement that isn't generally taught in the history classroom.

*HYPE Skill(s): V*

*CRN 26020 meets at 11:00*

*CRN 26021 meets at 12:00*

### **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*

### **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.

*HYPE Skills: CON, COL*

*CRN 25491 meets at 1:00*

### **Cooking with the Chef,** 1 Unit

Participate in an interactive cooking session with Parkhurst's own Chef Rob Fehle.

*HYPE Skill(s): V, COL*

*CRN 25471 meets at 1:00*

*CRN 24447 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, WS*

*CRN 25482 meets at 12:00*

*CRN 25483 meets at 1:00*

### **Escaping Horror: Art as a Coping Mechanism,** 1 Unit

Explore the use of art as a method of coping during the horrors of the Nazi ghettos and concentration camps.

*Meets HYPE Skill(s): V*

*CRN 26030 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*

### **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*

### **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 25488 meets from 12:00-3:00*

### **International Encounters,** 1 Unit, ONLINE

Participate in a live Zoom conversation with international Berg students to share cultural ideas and learn more about different traditions and customs. This month's encounter will highlight South American culture.

*HYPE Skill(s): V, COM*

*CRN 25854 meets at 11:00*

### **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 12:00-2:00*

#### **HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

**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 1:00*

*CRN 25464 meets at 2:00*

**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*

**Meditation – Chakra Clearing, 1 Unit, ONLINE**

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*

**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*

**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 11:00-1:00*

**Preparing for a Career in Criminal Justice,**

*1 Unit, ONLINE*

*HYPE Skill(s): WS, JS*

*CRN 25465 meets at 2:00*

**Safe Zone (Ally Training), 2 Unit**

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): COL, COM, V*

*CRN 25809 meets from 1:00-3:00pm*

**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*

**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): WS, V*

*CRN 25827 meets at 12:00*

**Up Close, 1 Unit**

HYPE Keynote Speaker 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 25470 meets from 11:00-1:00*

**Your First Résumé, 1 Unit**

Students will get advice for creating a strong résumé 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*

## October 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 25525 meets at 11:00*

### **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*

### **Cooking with the Chef, 1 Unit**

Participate in an interactive cooking session with Parkhurst's own Chef Rob Fehle.

*HYPE Skill(s): V, COL*

*CRN 25498 meets at 1:00*

*CRN 25499 meets at 2:00*

### **Digital Communication in the Remote**

#### **Work Age, 1 Unit**

Learn the do's and don'ts of communicating digitally in an effective and professional manner.

*HYPE Skill(s): COM, JS*

*CRN 25517 meets at 1:00*

*CRN 26022 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*

### **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 11:00*

*CRN 26024 meets at 12:00*

### **InterGroup Dialogue: A Call to Community, 2 Units, ONLINE**

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.

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

*CRN 25907 meets from 12:00-2:00*

### **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 26027 meets from 1:00-3:00*

### **International Encounters, 1 Unit, ONLINE**

Participate in a live Zoom conversation with international Berg students to share cultural ideas and learn more about different traditions and customs. This month's encounter will highlight South American culture.

*HYPE Skill(s): V, COM*

*CRN 25496 meets at 11:00*

### **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 11:00*

*CRN 25506 meets at 12:00*

**Managing Your Research with Zotero, 1 Unit**

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

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

*CRN 26025 meets at 12:00*

*CRN 26026 meets at 1:00*

**Meditation – Restoratives, 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*

**Mock Interviews, 1 Unit, ONLINE**

An online interview is very different from being in person. Learn about background settings, lighting, and eye contact to make the best impression while also discussing how to respond to traditional and unexpected questions in an interview. Then practice your skills and receive feedback on your responses in these mock online interviews.

*HYPE Skill(s): JS, COM*

*CRN 25829 meets from 11:00-1:00*

**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*

**Professional Head Shots, 1 Unit**

Learn the basics of how to take a good photo or headshot of yourself or others for auditions or professional sites like LinkedIn. In today's social media driven world, knowing a few simple techniques to take a great photo of yourself can be very important.

*HYPE Skill(s): JS*

*CRN 25516 meets at 2:00*

**Rwandan Genocide, 1 Unit**

This Lichtman-Behm session spotlights the 1994 Rwandan Genocide, which resulted in the deaths of 800,000 people over three months. Examine why the genocide started, how it unfolded, its aftermath, and the lessons the world drew from it.

*Meets HYPE Skill(s): V*

*CRN 25501 meets at 11:00*

**Semester in Washington, D.C., 1 Unit**

Learn about the Reagan institute's Leadership and the American Presidency semester-long program that takes place in Washington, D.C. This program includes taking a course on leadership, completing an internship, and attending networking and professional development events.

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

*CRN 25510 meets at 2:00*

**So You Want To Talk About Race, 2 units**

Watch a presentation by Ijeoma Oluo based on her book, *So You Want to Talk About Race*. Then join in a discussion about race relationships and being a better ally for students of color.

*HYPE Skill(s): CON, V*

*CRN 25858 meets from 1:00-3:00*

**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 25523 meets at 1:00*

*CRN 25524 meets at 2:00*

**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): WS, V*

*CRN 25507 meets at 12:00*

**Understanding Judaism, 2 units**

Learn more about Jewish faith and culture to better appreciate the experiences and perspectives of this important and influential faith.

*HYPE Skill(s): V*

*CRN 25861 meets from 12:00-2:00*

**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*

**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 25503 meets at 2:00*

**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*

**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 25509 meets at 1:00*

**HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

## November 2 Sessions

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### **African-American History You Never Knew,** 1 Unit

Do you know what Juneteenth is? Have you heard of Black Wall Street? Come learn more about African-American History and culture, oppression and achievement that isn't generally taught in the history classroom.

*HYPE Skill(s): V*

*CRN 25863 meets at 11:00*

*CRN 25531 meets at 12:00*

### **Cooking with the Chef – Thanksgiving 101,** 1 Unit

Participate in an interactive cooking session to learn how to make all your seasonal favorites.

*HYPE Skill(s): V, COL*

*CRN 25229 meets at 1:00*

*CRN 25230 meets at 2:00*

### **Copyright for Creative Work,** 1Unit

A workshop designed to introduce essential copyright protections for authors, songwriters, graphic artists, filmmakers, and other content creators and collaborators. Learn about protecting creative original works from copyright infringement claims and preventing others from infringing your original creative works. Students will also learn how songwriters license their music for radio, film, and television, and how music royalties are collected and paid and the role of publishers and record labels in the digital age.

*HYPE Skill(s): COL, COM*

*CRN 26029 meets at 11:00*

### **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*

### **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 2022 position.

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

*CRN 25539 meets at 12:00*



**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 25562 meets from 12:00*

*CRN 25563 meets from 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 25558 meets from 12:00-3:00*

**International Encounters, 1 Unit, ONLINE**

Participate in a live Zoom conversation with international Berg students to share cultural ideas and learn more about different traditions and customs. This month's encounter will highlight South American culture.

*HYPE Skill(s): V, COM*

*CRN 25862 meets at 11:00*

**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 25540 meets at 11:00*

*CRN 25543 meets at 12:00*

**Meditation – Taoist 6 Healing Sounds,**

**1 Unit, ONLINE**

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*

**Overcoming Implicit Bias, 1 Unit**

This session provides students the opportunity to uncover their own implicit biases and discuss ways to overcome these barriers.

*HYPE Skill(s): COM, COL, CON, V*

*CRN 25536 meets at 11:00*

*CRN 25538 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 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 25560 meets at 1:00*

*CRN 25832 meets at 2:00*

**Safe Zone (Ally Training), 2 Unit**

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): COL, COM, V*

*CRN 25561 meets from 1:00-3:00pm*

**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): WS, V*

*CRN 25542 meets at 12:00*

**Understanding Islam, 2 units**

Learn more about Jewish faith and culture to better appreciate the experiences and perspectives of this important and influential faith.

*HYPE Skill(s): V*

*CRN 25535 meets from 11:00-1:00*

**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 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*

**HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

