



First Year
session catalog
Spring 2023



January 31, 2023 First- Year Sessions

Recommended Sessions

Creating the Resume You Want, 1 Unit

Brainstorm and plan the experiences that will be most helpful for the job that you want to build your best resume.

HYPE Skill(s): JS, V

CRN 36121 meets at 1:00

CRN 36122 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): COM, CON

CRN 35572 meets at 2:00

Discovering Your Strengths (PRADCO), 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.

HYPE Skill(s): WS, V

CRN 35850 meets at 11:00

CRN 36117 meets at 11:00

CRN 36115 meets at 12:00

CRN 36118 meets at 12:00

CRN 36116 meets at 1:00

LinkedIn 1 Unit,

You're on social media, 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.

Meets HYPE Skill(s): JS

CRN 36123 meets at 1:00

CRN 36124 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

CRN 36119 meets at 12:00

CRN 36120 meets at 1:00

Unlearning Micro-Aggressions, 1 Unit

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): CON

CRN 35853 meets at 1:00

CRN 35582 meets at 2:00

Up Close w/Michele Singletary, 1 Unit

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

HYPE Skill(s): V

CRN 35555 meets at 11:00

What to Do with a Degree in Humanities, 1 Unit

Come learn about the multiple career paths you can follow with a humanities degree!

HYPE Skill(s): V, COL

CRN 35589 meets at 1:00

February 22, 2023 First- Year Sessions

Recommended Sessions

Creating the Resume You Want, 1 Unit

Brainstorm and plan the experiences that will be most helpful for the job that you want to build your best resume.

HYPE Skill(s): JS, V

CRN 35611 meets at 11:00

CRN 35612 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 35618 meets at 12:00

Discovering Your Strengths (PRADCO), 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.

HYPE Skill(s): WS, V

CRN 36127 meets at 11:00

CRN 36130 meets at 11:00

CRN 36128 meets at 12:00

CRN 36129 meets at 1:00

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 36126 meets at 11:00

LinkedIn 1 Unit,

You're on social media, 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.

Meets HYPE Skill(s): JS

CRN 35613 meets at 1:00

CRN 36131 meets at 2:00

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): COL, COM, CON

CRN 36003 meets at 1:00

CRN 36004 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

CRN 35607 meets at 11:00

CRN 36125 meets at 12:00

Unlearning Micro-Aggressions, 1 Unit

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): CON

CRN 35864 meets at 12:00

CRN 36005 meets at 1:00

March 22, 2023 First- Year Sessions

Recommended Sessions

Creating the Resume You Want, 1 Unit

Brainstorm and plan the experiences that will be most helpful for the job that you want to build your best resume.

HYPE Skill(s): JS, V

CRN 35868 meets at 12:00

CRN 35869 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 35657 meets at 2:00

Discovering Your Strengths (PRADCO), 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.

HYPE Skill(s): WS, V

CRN 35647 meets at 11:00

CRN 36135 meets at 12:00

CRN 36136 meets at 1:00

CRN 36137 meets at 1:00

LinkedIn 1 Unit,

You're on social media, 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.

Meets HYPE Skill(s): JS

CRN 35652 meets at 11:00

CRN 35649 meets at 12:00

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 36138 meets at 11:00

CRN 36139 meets at 12:00

Unlearning Micro-Aggressions, 1 Unit

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): CON

CRN 36141 meets at 1:00

CRN 36142 meets at 2:00

Up Close w/Andrea Peterson, 1 Unit

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

HYPE Skill(s): COM, V

CRN 35660 meets at 11:00

