



# session catalog

## **Spring 2023**





## January 31, 2023 Sessions

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### **Art of Negotiation, 1 Unit**

Learn tips & strategies on how to approach negotiation as a collaborative problem-solving exercise.

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

*CRN 35575 meets at 11:00*

*CRN 35576 meets at 12:00*

### **Art of Conversation, 1 Unit**

Learn how to talk to others and enjoy the pleasure of conversation in a modern world.

*HYPE Skill(s): COM*

*CRN 35573 meets at 1:00*

*CRN 35574 meets at 2:00*

### **Marketing: Build Your Brand, 1 Unit**

Learn how to succeed by managing and marketing your business from the marketing mastermind of MST!

*HYPE Skill(s): WS*

*CRN 35562 meets at 11:00*

### **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 35553 meets at 11:00*

### **Entrepreneurship: How to Build Your Business, 1 Unit**

Learn how to start and build your own successful business from the owner of Bailiwicks Coffee Shop!

*HYPE Skill(s): WS*

*CRN 35563 meets at 12:00*

### **Excelling in Excel I: Data Analysis, 1 Unit**

*Using the Data Analysis Tool within Excel specifically involving "Regression Analysis" and "other Multivariate Techniques."*

*Meets HYPE Skill(s): JS*

*CRN 35567 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 35551 meets at 2:00*

### **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 35565 meets at 11:00*

*CRN 35566 meets at 12:00*

### **Industrial Opportunities in Chemistry, 1 Unit**

Learn more about using your chemistry degree in industrial applications by talking to Heidelberg alum, Ezekiel Bowers, who works in automotive finishes with Sherwin-Williams. Internship opportunities will also be discussed.

*HYPE Skill(s): WS, JS*

*CRN 35560 meets at 2:00*

### **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 35635 meets from 12:00-2:00*

### **Performing for Promotion, 1 Unit**

What can you do on the job to show that you are ready for promotion? Discuss the steps you can take and how to negotiate your salary.

*HYPE Skill(s): WS, JS*

*CRN 35561 meets at 1:00*

**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 35549 meets at 12:00*

*CRN 35550 meets at 1:00*

**Philanthropy & Community Service**, 1 Unit

Philanthropy and community service can make a difference to employers. Learn about why it is important, how to get involved, and how to add it to your resume.

*HYPE Skill(s): V, WS*

*CRN 35556 meets at 11:00*

*CRN 35554 meets at 2:00*

**Portfolio Prep.**, 1 Unit

Recognize the importance of preparing and using portfolios in the career development process, and learn how to compile and present your career portfolio in a professional manner.

*HYPE Skill(s): JS*

*CRN 35568 meets at 11:00*

**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 35570 meets at 11:00*

**Pysch./Crim. Internship Tour**, 2 Units

Tour local sites that host psychology & criminology interns, such as the Sheriff's Office, CROSSWAEH, and CASA to learn more about internship opportunities.

*HYPE Skill(s): JS*

*CRN 35564 meets from 11:00-3:00*

**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 35849 meets from 11:00-1:00*

**Understanding Benefit Options**, 1 Unit

Understand the most common employee benefits to help you choose the right options and avoid mistakes.

*HYPE Skill(s): JS*

*CRN 35586 meets at 12:00*

*CRN 35852 meets at 1:00*

**Up Close**, 1 Unit

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

*HYPE Skill(s): COM, V*

*CRN 35575 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): WS*

*CRN 35589 meets at 1:00*

**HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

# 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 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): 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 Sessions

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### **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 35863 meets at 11:00*

### **Art of Conversation, 1 Unit**

Learn how to talk to others and enjoy the pleasure of conversation in a modern world.

*HYPE Skill(s): COM*

*CRN 35615 meets at 1:00*

*CRN 35616 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 35590 meets at 11:00*

### **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 35609 meets at 1:00*

### **Engaging in Difficult Conversations, 1 Unit**

In this session, you will hear the writings produced by incarcerated youth in Writer's in Residence program about trauma, family, addiction, survival and growth. Become more aware of the challenges students and clients may face, the complexities of different lives and the vulnerability of youth in the criminal justice system. Recommended for education, psychology and criminology students.

*HYPE Skill(s): CON, COM*

*CRN 36006 meets at 1:00*

### **Entrepreneurship: How to Build Your**

#### **Business, 1 Unit**

Learn how to start and build your own successful business from the owner of Bailiwicks Coffee Shop!

*HYPE Skill(s): WS*

*CRN 35608 meets at 12:00*

### **Education Resumes, 1 Unit**

Receive tips and advice on how to create a professional resume for a career in education.

*Meets HYPE Skill(s): JS*

*CRN 35862 meets at 12:00*

### **Excelling in Excel I: Data Analysis, 1 Unit**

*Using the Data Analysis Tool within Excel specifically involving "Regression Analysis" and "other Multivariate Techniques."*

*Meets HYPE Skill(s): JS*

*CRN 36000 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, COL*

*CRN 35591 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 35623 meets at 11:00*

### **Professionalism & Interview Skills for Pre-**

#### **Med & Health Science Majors, 1 Unit**

Discuss what professionalism means in a healthcare setting and how to showcase your professionalism in interviews. Led by the Toledo Clinic Director of Human Resources.

*HYPE Skill(s): WS, JS*

*CRN 36143 meets at 1:00*

**Racial Profiling & the Law, 1 Unit**

Whether it's racial profiling by law enforcement or stereotypes held by the jury, bias can turn the entire justice process inside out. Look at the legal history of racial injustice through the Scottsboro Boys and the Central Park Five.

*HYPE Skill(s): V*

*CRN 35592 meets at 11:00*

**Stress Management, 1 Unit**

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

*HYPE Skill(s): CON, V, WS*

*CRN 35865 meets at 11:00*

*CRN 35866 meets at 12:00*

**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 36003 meets at 1:00*

*CRN 36004 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 35610 meets from 11:00-1:00*

**Understanding Judaism, 2 units**

Learn how to understand others' religious beliefs by exploring Jewish faith and culture. This session includes an off-campus trip to a Jewish synagogue.

*HYPE Skill(s): V*

*CRN 35867 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 35617 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 35861 meets at 12:00*

**HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

# **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, V*

*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 Sessions

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### **Black Religious Experience in America, 2 Units**

Learn how to understand others' religious beliefs by exploring the black religious experience in America.

This is an off-campus trip.

*HYPE Skill(s): V*

*CRN 35635 meets from 11:00-5:00*

### **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 35638 meets at 11:00*

### **Developing Emotional Intelligence, 1 Unit**

First learn what emotional intelligence IS, then take an assessment to determine what skills you need to work on to develop your own emotional intelligence.

*HYPE Skill(s): COM, V*

*CRN 35871 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 35644 meets at 12:00*

*CRN 35645 meets at 1:00*

### **Entrepreneurship: How to Build Your Business, 1 Unit**

Learn how to start and build your own successful business from the owner of Bailiwicks Coffee Shop!

*HYPE Skill(s): WS*

*CRN 35643 meets at 12:00*

### **Excelling in Excel I: Data Analysis, 1 Unit**

*Using the Data Analysis Tool within Excel specifically involving "Regression Analysis" and "other Multivariate Techniques."*

*Meets HYPE Skill(s): JS*

*CRN 35651 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 35870 meets at 2:00*

### **Getting Along with Co-Workers, 1 Unit**

*HYPE Skill(s): WS, COL*

*CRN 36132 meets at 12:00*

*CRN 36133 meets at 1:00*

### **Healthy Relationship Training, 1 Unit**

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

*HYPE Skill(s): COM, V*

*CRN 35655 meets at 1:00*

*CRN 35656 meets at 2:00*

### **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, V*

*CRN 35658 meets at 11:00*

### **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 35874 meets at 12:00*

*CRN 35875 meets at 1:00*

*CRN 35876 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 35636 meets at 11:00*

*CRN 35637 meets at 12:00*

**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 35663 meets from 1:00*

*CRN 36140 meets from 2:00*

**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 36134 meets at 12:00*

**Resumes & Cover Letters, 2 Units**

Learn how to use a job description to tailor your resume and cover letter to get noticed and earn an interview!

*HYPE Skill(s): JS, COM*

*CRN 35650 meets from 1:00-3:00*

**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*

*CRN 35659 meets at 11:00*

**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 35646 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 35660 meets at 11:00*

**HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

# **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*

*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*