



# session catalog

**Spring 2020**





## January 28 Sessions

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### **Art of Auditioning**, 1 Unit

For many, the audition process can be daunting and stressful. Come learn techniques and practices that can help you make the experience fun, rewarding, and ultimately successful!

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

*CRN 35568 meets from 11:00-12:00*

### **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.

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

*CRN 35567 meets from 1:00-3:00*

### **Bridges Out of Poverty**, 2 Units

Reducing the social costs of poverty, strengthening the workforce and building a more prosperous and sustainable community are goals on which most communities agree. This program is designed to help social, health, and legal service professionals develop tools and strategies to alleviate poverty and help individuals improve education and productivity to move toward self-sufficiency.

*Meets HYPE Skill(s): COL, V, WS*

*CRN 35551 meets from 11:00-3:00*

### **Civil Discourse**, 1 Unit

How can people of differing opinions, religions, political parties, come to a mutual understanding of facts and values? This session focuses on the key aspects of civil discourse, primarily: how to resolve disagreements in a productive and rational way, understanding the importance of credible sources and facts in an argument, and understanding the role of diversity in engaging with those who have different feelings and values.

*HYPE Skill(s): CON, COM*

*CRN 25583 meets at 1:00*

*CRN 25582 meets at 2:00*

### **Contraception: Past, Present & Future**,

2 Units

Cultural, political, and religious influences on contraception will be discussed. Historical, current and future methods of controlling fertility will be presented.

*HYPE Skill(s): V*

*CRN 25552 meets from 1:00-3:00*

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

Participate in an interactive cooking session to learn how to prepare healthy and tasty food in your own residence hall.

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

*CRN 35549 meets at 1:00*

*CRN 35550 meets at 2:00*

### **Financial Literacy and Budgeting**, 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 35587 meets at 11:00*

*CRN 35588 meets at 12:00*

### **Find the New Hamilton! Production & Marketing of Musicals**, 2 Units

Use your creativity and practice your research and marketing skills to develop a pitch for the next great historical musical! Tasks may include selecting a figure, writing a plot synopsis, determining a production style, creating a visual display, and maybe even offering a sample song! Don't miss your opportunity to Find the New Hamilton!

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

*CRN 35573 meets from 1:00-3:00*

### **How to Be a Perfect Stranger**, 1 Unit

In our diverse society, we are increasingly exposed at work or amongst friends with social gatherings or life events to celebrate people of different faiths. Learn some basic principles of what to do, what to say, what will happen and how to participate without violating anyone's religious principles.

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

*CRN 35555 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. Lunch will be provided.

*Meets HYPE Skill(s): COM*

*CRN 35421 meets from 12:00-3:00pm*

### **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 35563 meets from 1:00-3:00*

### **Let's Talk About Sex**

Join a discussion on why it is so hard for Americans to talk about sex, whether between friends or in the doctor's office. An open forum will be held at the end of the session for any questions about sexual health or just sex in general.

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

*CRN 35571 meets at 12:00*

### **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!

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

*CRN 35561 meets at 1:00*

*CRN 35562 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!

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

*CRN 35574 meets at 11:00pm*

*CRN 35575 meets at 12:00pm*

*CRN 35576 meets at 1:00pm*

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

*CRN 35554 meets at 12:00*

### **Planning for Retirement, 1 Unit**

It may seem far away right now, but come learn the difference between social security, pensions, and retirement plans and learn about what you can start doing at the beginning of your career in order to retire the way you want to. This session will be led by a financial advisor from Edward Jones.

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

*CRN 35560 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 35570 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 35568 meets at 11:00*

### **Stop the Stalking, 1 Unit**

This workshop will help to make participants more aware of the prevalence of stalking and will connect how stalking is about control. We will discuss how pop culture/media glorifies stalking and how to change our everyday language to avoid saying things like "I Facebook stalked him." This workshop will place an emphasis on cyberstalking, and what a person can do if they are experiencing any form of stalking.

*HYPE Skill(s): V, CON*

*CRN 35558 meets at 12:00*

*CRN 35559 meets at 1:00*

### **Stress Management, 1 Unit**

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

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

*CRN 35580 meets at 12:00*

*CRN 35581 meets at 1:00*

**The FISH! Philosophy**, 1 Unit

This session will help you understand how to make your experience at Heidelberg University WORLD FAMOUS! We'll 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.

*Meets HYPE Skill(s): WS, V*  
*CRN 35589 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.

*Meets HYPE Skill(s): COL, COM, CON*  
*CRN 35578 meets at 11:00*  
*CRN 35579 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): C, COM, CON*  
*CRN 35556 meets at 1:00*  
*CRN 35557 meets at 2:00*

**Up Close with Bryan Terrell Clark**, 1 Unit

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

*HYPE Skill(s): COL*  
*CRN 35577 meets at 11:00*

**What Would You Say?**, 1 Unit

Have you ever been in a situation where you didn't know how to respond or where others misunderstood what you did say? In this HYPE session, you will have the opportunity to hear and try out different responses to a scenario and work on communication strategies using a combination of movie/tv analysis and role play.

*Meets HYPE Skill(s): COM*  
*CRN 35572 meets at 1:00*

**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.

*Meets HYPE Skill(s): JS, COM*  
*CRN 35564 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): Job Search Skills, Communication*  
*CRN 35565 meets at 1:00*  
*CRN 35566 meets at 2:00*

**HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

## February 25 Sessions

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### **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 35624 meets at 11:00*

### **Behavior: The Communication Style**

#### **Nobody Talks About, 2 Units**

“Everything is Behavior”; if this is true (Spoiler Alert: It is), then understanding the science of behavior is key to effective interpersonal relationships and leadership. In this session you will learn the core principles of behavior, uncover the motivation and the hidden messages therein, understand the power you have to change someone’s behavior, dissect the 2 incredibly challenging behaviors of Passive Aggressiveness and Narcissism, and learn effective strategies to interact with them.

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

*CRN 35618 meets from 12:00-2:00*

#### **Careers in Communication, 1 Unit**

Join a panel of alumni and professors to learn about career paths and possibilities with a degree in Communication.

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

*CRN 35625 meets at 11:00*

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

Participate in an interactive cooking session to learn how to prepare healthy and tasty food in your own residence hall.

*Meets HYPE Skill(s): Collaboration*

*CRN 35590 meets at 1:00*

*CRN 35591 meets at 2:00*

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

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 35630 meets at 11:00*

#### **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 35616 meets at 12:00*

*CRN 35617 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 35621 meets at 1:00*

*CRN 35622 meets at 2:00*

#### **Fake News & How It Works, 2 Units**

Learn how to tell the difference between biased news and fake news, how fake news is created, who creates it and how to make sure you are not a victim of fake news. This session will be about 30 minutes of discussion and an hour and a half of hands on activities.

*HYPE Skill(s): COM, V*

*CRN 35628 meets from 12:00-2:00*

#### **Finances for Life, 1 Unit**

An introduction to major financial considerations that confront most adults and how to effectively manage them, led by the Vice President of Old Fort Bank.

*Meets HYPE Skill(s): V*

*CRN 35602 meets at 11:00*

#### **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 35599 meets at 1:00*

*CRN 35560 meets at 2:00*

### **How's It Made? Musical Instrument**

#### **Edition, 2 Units**

Ever wondered how musical instruments are made? Now's your chance to find out! Take a tour of the Conn-Selmer musical instrument factory in Eastlake, Ohio and see how musical instruments are manufactured. From a sheet of brass to a trumpet, see centuries-old craftsmanship still being employed in the modern era to fabricate and build, by hand, instruments that are played by students and professionals alike. Students will also have a chance to learn about various jobs in the industry, talking to sales & marketing, an instrument engineer, production management, and the VP of the company.

*HYPE Skill(s): WS, V*

*CRN 35606 meets from 11:00-5:00*

### **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.

*Meets HYPE Skill(s): COM*

*CRN 35614 meets from 12:00-3:00pm*

### **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 35626 meets at 1:00*

*CRN 35627 meets at 2:00*

### **Jobs in the Arts: Not Onstage, 1 Unit**

An overview of jobs and options that don't require you to ever step on stage and some that even require no "artistic" skill at all.

*HYPE Skill(s): WS, COL*

*CRN 35610 meets at 11:00*

### **Listening: The Lost Art of Communication,**

#### **1 Unit**

This session is designed to interactively show student's how important listening is to effective communication and conflict management.

*HYPE Skill(s): COM, CON*

*CRN 35629 meets at 12:00*

### **Living History Interviews, 2 Units**

Help make history by participating in interviews of senior citizens at Seneca and learn what life was like for previous generations. 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.

*HYPE Skill(s): V, COM*

*CRN 35595 meets from 11:00-3:00*

### **Maltz Museum Trip, 2 Units**

Judaism and Christianity have helped shape the Western worldview for well over two millennia. Come explore the relationship between Judaism and Christianity from a historical perspective through interaction with Jewish ritual objects, texts, and visual art from around the world.

*HYPE Skill(s): COM, V*

*CRN 35594 meets from 11:00-5:00*

### **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!

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

*CRN 35607 meets at 1:00*

*CRN 35608 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, CON*

*CRN 35592 meets at 11:00*

*CRN 35593 meets at 12:00*

### **Oh! The Places You'll Go! Panel on Career**

#### **Paths, 1 Unit**

This session will consist of a panel of four faculty members who took interesting detours on their career paths. Often, career paths do not go the way we expect them to. The panelists will talk about their own journeys and how they figured out their passion.

*HYPE Skill(s): WS, V*

*CRN 35604 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*

**Providing Help to Survivors of Sexual Assault, 1 Unit**

This workshop will provide participants steps to be a supportive friend for someone who has experienced sexual assault. This workshop will provide participants a list of the common reactions that a survivor experiences. We will also cover helpful strategies that can help survivors in their healing process. The workshop will cover helpful strategies that empower a survivor and phrases to avoid.

*HYPE Skill(s): V, CNM*

*CRN 35601 meets at 12:00*

**Refugee Simulator, 2 Units**

On the run from a dangerous situation (war, civil war, persecution, famine), experience the difficulties families are confronted with as they flee. This simulation will bring awareness to the refugee crises. It will be followed by discussion to consider ways to take action on behalf of refugees.

*HYPE Skill(s): V, COL*

*CRN 35598 meets from 11:00-3:00*

**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 35613 meets at 1:00*

**Team Vision-Building, 1 Unit**

Can you build it? Yes, you can! Randomly assigned teams of 3 must complete a building project to match a hidden design, but there's a hitch – only one can be the Builder, only one can be the Looker, and the two can only communicate through a Runner! Practice your communication and collaboration skills to build the best match.

*Meets HYPE Skill(s): Communication, Collaboration*

*CRN 35619 meets at 1:00*

*CRN 35620 meets at 2:00*

**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 35609 meets at 12:00*

**Up Close with Christine Brennan, 1 Unit**

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

*Meets HYPE Skill(s): COM*

*CRN 35615 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.

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

*CRN 35611 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 35612 meets at 11:00*

**HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**



## March 26 Sessions

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### **Arab-American Trip, 2 Units**

Visit the Arab American National Museum in Dearborn, MI and learn more about how Arab Americans have enriched the economic, political and cultural landscape of American life, while dispelling misconceptions about Arab Americans and other minorities. An Arabic lunch is included.

*HYPE Skill(s): V*

*CRN 35633 meets from 11:00-6:00*

### **Beginning ASL, 1 Unit**

Participants will learn basic vocabulary, finger-spelling and numbers. This hands-on, interactive workshop is structured to help students learn and practice basic expressive and receptive skills in American Sign Language.

*HYPE Skill(s): COM, V*

*CRN 35656 meets at 11:00*

### **Cleveland PlayHouse Tour, 2 Units**

Come take a (rarely offered) backstage tour of the Cleveland PlayHouse production of Robin Hood to learn more about technical and stage design and get information about their apprenticeship program.

*Meets HYPE Skill(s): Communication, Job Search Skills, Work Styles*

*CRN 35648 meets from 11:00am-7:00*

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

*Meets HYPE Skill(s): COL*

*CRN 35631 meets at 1:00*

*CRN 35632 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 35663 meets at 1:00*

*CRN 35664 meets at 2:00*

### **Designing a Personal Webpage, 1 Unit**

Students will learn how to start and design their own website.

*HYPE Skill(s): JS, COM*

*CRN 35652 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 35647 meets from 11:00-1:00*

### **Dress for Success, 1 Unit**

See a demonstration of appropriate interview or career fair attire. The runway will be filled with students showing off their best interview outfits and office wear. A few students will not make the cut and it will be your responsibility to stop them before they take their fashion mistakes off campus.

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

*CRN 35653 meets at 2:00pm*

### **Engaging Men, 1 Unit**

Sexual Violence isn't just a Women's Issue. Engaging men shows how males can be allies in ending sexual violence and relationship violence. It will provide skills on how to be an effective bystander and play a crucial role in ending violence. It will also provide information about the prevalence of male victimization and the stigma for males to report and seek supportive services.

*HYPE Skill(s): V, CON*

*CRN 35641 meets at 1:00*

*CRN 35642 meets at 2:00*

### **Experience STEAM, 1 Unit**

You may have heard of STEM, but do you know about STEAM? STEAM adds the creative elements of the Arts to the core programs of Science, Technology, Engineering and Mathematics to foster creativity and ingenuity in these quickly-evolving fields. Come explore how 21st century skills can be enhanced through STEAM-focused experiences.

*Meets HYPE Skill(s): Collaboration, Work Styles*

*CRN 35661 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.

Emergency contact and release form will be required. Only 10 spaces available for this trip.

*HYPE Skill(s): WS, JS*

*CRN 35646 meets from 11:00-5:00*

**HeiMIPH, 2 Units**

Heidelberg's Most Interesting Photo Hunt! Randomly selected teams will need to collaborate to identify select photos taken around Heidelberg's campus and the city of Tiffin, find the spot where the photo was taken, and get a group photo in the same place. You will need to be able to use your powers of observation and work together as a team to find and take as many team photos as possible!

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

*CRN 35662 meets from 1:00-3:00*

**Hidden in Plain Sight, 1 Unit**

Would you know if your roommate, family member or co-worker was using drugs? Hidden in Plain Sight is an interactive presentation to help family and friends identify signs of drug use, to provide intervention skills to deter future drug use, and to introduce additional local resources.

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

*CRN 35665 meets at 11:00*

*CRN 35666 meets at 12:00*

**HYPE Goes to the Hospital, 2 Units**

This field trip will take students to the Mercy Tiffin Hospital campus for a tour of the hospital. They will meet with health care providers to learn how critical communication is among staff and discuss careers in health care. Only 12 spaces are available for this trip.

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

*CRN 35131 meets from 11:00-3:00pm*

**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.

*Meets HYPE Skill(s): Values*

*CRN 35654 meets from 12:00-3:00pm*

**Listening: The Lost Art of Communication, 1 Unit**

This session is designed to interactively show student's how important listening is to effective communication and conflict management.

*HYPE Skill(s): COM, CON*

*CRN 35660 meets at 12:00*

**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!

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

*CRN 35644 meets at 12:00*

*CRN 35645 meets at 1:00*

**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, CON*

*CRN 35636 meets at 11:00*

*CRN 35637 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 35659 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.

*Meets HYPE Skill(s): Values*

*CRN 35638 meets at 1:00pm*

### **Stop Chasing Balance, 2 Units**

Are you planning to live a balanced life once you finish school? Think again. There really is no such thing as a balanced life...but there is such a thing as a happy life. In this 2 hour session you will learn why the idea of a balanced life is baloney; figure out what means the most to you in life, at every stage; combine your priorities with your goals to achieve your most ideal life, and master scheduling techniques to make it all happen.

*HYPE Skill(s): COM, V*

*CRN 35634 meets from 1:00-3:00*

### **Team Vision-Building, 1 Unit**

Can you build it? Yes, you can! Randomly assigned teams of 3 must complete a building project to match a hidden design, but there's a hitch – only one can be the Builder, only one can be the Looker, and the two can only communicate through a Runner! Practice your communication and collaboration skills to build the best match.

*Meets HYPE Skill(s): Communication, Collaboration*

*CRN 35657 meets at 11:00*

*CRN 35658 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): C, COM, CON*

*CRN 35639 meets at 12:00*

*CRN 35640 meets at 1:00*

### **Up Close with Fredi Lajvardi, 1 Unit**

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

*Meets HYPE Skill(s): Values*

*CRN 35655 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 feed to the Zoo.

*Meets HYPE Skill(s): Values, Work Styles*

*CRN 35635 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.

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

*CRN 35649 meets at 2:00*

### **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): Job Search Skills, Communication*

*CRN 35650 meets at 11:00*

*CRN 35651 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 35643 meets at 1:00*

#### **HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

