



session catalog
Spring 2021



January 27, 2021 Sessions - In-Person

Budgeting During Crisis, 1 Unit

Students will learn the basics of budgeting in a crisis and how to ensure financial stability in uncertain times.

HYPE Skills: CON, COL

CRN 35853 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 - Chocolate Creations.

Meets HYPE Skill(s): V, COL

CRN 35549 meets at 1:00

CRN 35550 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 35571 meets at 1:00

CRN 35572 meets at 2:00

Diversity in the Workplace, 1 Unit

Cultural sensitivity is a cornerstone of professionalism in the evolving workplace. This session will provide participants with a guide regarding how to navigate our changing workplace to ensure equality for all of our peers.

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

CRN 35563 meets at 11:00

CRN 35589 meets at 12:00

Graduate Application Process, 1 Unit

So you want to go to graduate school? What can you do 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. As this session will be interactive in nature, students should be prepared to discuss graduate institutions they are considering attending.

HYPE Skill(s): JS, COM

CRN 35564 meets at 12:00

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 35573 meets at 1:00

CRN 35574 meets at 2:00

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 35582 meets from 12:00

CRN 35583 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 35569 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!

Meets HYPE Skill(s): WS, V

CRN 35561 meets at 1:00

CRN 35562 meets at 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 35570 meets at 11:00

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 35552 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): C, COM, CON

CRN 35575 meets at 11:00

CRN 35576 meets at 1:00

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 35849 meets at 11:00

CRN 35850 meets at 12:00

Working Through Grief, 2 Units

Meets HYPE Skill(s): V

CRN 35556 meets from 11:00-1:00

HYPE Skills

COL = Collaboration

COM = Communication

CON = Conflict Management

JS = Job Search Skills

V = Values

WS = Work Styles

January 27, 2021 Sessions - Online

Creativity in Conflict, 1 Unit

Learn practical tips on how to utilize your creativity to navigate and thrive in a post-COVID world.

HYPE Skill(s): COM, CON

CRN 35580 meets at 11:00

CRN 35581 meets at 12:00

Finding Your Ideal Job, 1 Unit

Are you struggling to find a job that fits? In this session, we will brainstorm the limitless possibilities of your future career.

HYPE Skill(s): COL, COM, JSS

CRN 35567 meets at 12:00

CRN 35568 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 35553 meets at 11:00

CRN 35554 meets at 12:00

International Encounters, 1 Unit

Participate in a live Zoom conversation with international Berg students to share cultural ideas and learn more about different traditions and customs.

HYPE Skill(s): V, COM

CRN 35551 meets at 1:00

InterGroup Dialogue: A Call to Community, 1 Unit

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 35577 meets at 11:00

Introduction to Handshake, 1 Unit

Heidelberg has a new online career platform called Handshake. Learn how to set up your account, search for internship and job opportunities, add your resume, and more!

HYPE Skill(s): JS

CRN 35586 meets at 12:00

CRN 35852 meets at 2:00

Preparing for an Accounting Career, 1 Unit

Learn about working in the fast-paced world of accounting from a Heidelberg University alumni.

HYPE Skill(s): JS

CRN 35560 meets at 11:00

Up Close, 1 Unit

HYPE Keynote Speaker will share stories and answer questions in a small group setting. (This session will be moved to online if the speaker is unable to come to campus).

HYPE Skill(s): JS

CRN 35555 meets at 11:00

Your First Resumé, 1 Unit

Get advice for creating a strong resumé for part-time, summer, internship, or professional opportunities. Submit a resume for review.

HYPE Skill(s): JS, COM

CRN 35565 meets at 1:00

CRN 35566 meets at 2:00

February 23, 2021 Sessions - In-Person

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 35600 meets at 11:00

CRN 35601 meets at 12:00

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 - Sushi 101.

Meets HYPE Skill(s): V, COL

CRN 35590 meets at 1:00

CRN 35591 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 35865 meets at 1:00

CRN 35866 meets at 2:00

Diversity in the Workplace, 1 Unit

Cultural sensitivity is a cornerstone of professionalism in the evolving workplace. This session will provide participants with a guide regarding how to navigate our changing workplace to ensure equality for all of our peers.

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

CRN 35608 meets at 11:00

CRN 35609 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, V

CRN 35614 meets from 12:00-3:00

LinkedIn 101, 1 Unit

Are you LinkedIn yet? This session will guide students through the process of setting up a profile on LinkedIn and learning how to use it to effectively network for internships and other career related information and leads.

HYPE Skill(s): JS, COM

CRN 35862 meets at 1:00

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 35598 meets at 1:00

CRN 35599 meets at 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 35623 meets at 11:00

Stress Management, 1 Unit

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

HYPE Skill(s): CON, WS, V

CRN 35863 meets at 11:00

CRN 35864 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 35610 meets at 12:00

February 23, 2021 Sessions - Online

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 35613 meets from 12:00-2:00

CRN 35861 meets from 1:00-3:00

Fake News and You, 1 Unit

Learn how to adequately analyze news sources and spot "fake" news.

HYPE Skill(s): COM, V

CRN 35628 meets at 1:00

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 35615 meets at 12:00

CRN 35616 meets at 1:00

InterGroup Dialogue: A Call to Community, 1 Unit

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 35630 meets at 11:00

International Encounters, 1 Unit

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 English culture in the UK.

HYPE Skill(s): V, COM

CRN 35595 meets at 2:00

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 2:00

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 35617 meets at 12:00

CRN 35618 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, CNM

CRN 35592 meets at 11:00

CRN 35593 meets at 12:00

Post Key-Note Discussion Forum, 1 Unit

Join a discussion about what you heard during the keynote speech & how it can apply to your own life!

HYPE Skill(s): COM, V

CRN 35623 meets at 11:00

What's Up With White Privilege, 2 Unit

If you can't see it, you've got it. Share in this 2-hr. experiential exercise, readings and discussion on white privilege. If you define yourself as white, this is especially a HYPE session for you to delve deeper into the conversation that matters to everyone. If you are a POC and want to share your voice, you are invited to engage in the conversation.

HYPE Skill(s): V, CON

CRN 35867 meets from 11:00-1:00

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 35612 meets at 11:00

CRN 35611 meets at 2:00

Up Close, 1 Unit

HYPE Keynote Speaker will share stories and answer questions in a small group setting. (This session will be moved to online if the speaker is unable to come to campus).

HYPE Skill(s): JS

CRN 35594 meets at 11:00

March 25, 2021 Sessions - In-Person

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 35663 meets at 2:00

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 - Make your own Pierogi!

Meets HYPE Skill(s): V, COL

CRN 35631 meets at 1:00

CRN 35632 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 35644 meets at 12:00

CRN 35645 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 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 35655 meets at 12:00

CRN 35658 meets at 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

Final Exam Prep!, 1 unit

Learn tips and tricks for navigating final exams with ease!

HYPE Skill(s): COL

CRN 35661 meets at 1:00

CRN 25662 meets at 2:00

Finding a Summer Job That Matters, 1 Unit

Students will learn how to select the summer jobs that will make an impact on their resume.

HYPE Skills: CON, COL

CRN 35646 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, CON

CRN 35654 meets from 12:00-3:00

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): Communication, Collaboration

CRN 35874 meets at 12:00pm

CRN 35875 meets at 1:00pm

CRN 35876 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 35659 meets at 11:00

A Summer of Giving, 1 Unit

Students will review potential volunteer opportunities in their area and will discuss ways that they can give back to their communities this summer.

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

CRN 35643 meets at 11:00

Unlearning Microaggressions, 2 Units

This session aims to teach students how to unlearn racial bias, recognize viewpoints (and value systems) that are not told in history books, and work towards allyship. Unlearning micro-aggressions works to improve communication between races and to engage in initiatives and endeavors to help unpack prejudiced thoughts and behaviors.

Meets HYPE Skill(s): Values, CON

CRN 35638 meets from 11:00-1:00

March 25, 2021 Sessions - Online

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 35873 meets at 2:00

Creativity in Conflict, 1 Unit

Learn practical tips on how to utilize your creativity to navigate and thrive in a post-COVID world.

HYPE Skill(s): COM, CON

CRN 35656 meets at 12:00

CRN 35657 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 at 11:00-1:00

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, JS

CRN 35660 meets at 12:00

CRN 35870 meets at 1:00

InterGroup Dialogue: A Call to Community, 1 Unit

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 35872 meets at 11:00

International Encounters, 1 Unit

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 English culture in the UK.

HYPE Skill(s): V, COM

CRN 35634 meets at 1:00

Introduction to Handshake, 1 Unit

Heidelberg has a new online career platform called Handshake. Learn how to set up your account, search for internship and job opportunities, add your resume, and more!

HYPE Skill(s): JS

CRN 35868 meets at 1:00

CRN 35869 meets at 2:00

Meditation – Healing Trauma with Energy Psychology, 1 Unit

Energy Psychology combines modern psychology with ancient modalities for rapid, lasting change. Many people are becoming familiar with TFT, EFT and "tapping." Learn to utilize these methods to heal trauma, grief and stress in your life.

HYPE Skill(s): V, CNM

CRN 35636 meets at 11:00

CRN 35637 meets at 12:00

Mock Online Interviews, 1 Unit

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 35652 meets from 1:00 – 3:00

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 35871 meets from 12:00-2:00

Up Close, 1 Unit

HYPE Keynote Speaker will share stories and answer questions in a small group setting. (This session will be moved to online if the speaker is unable to come to campus).

HYPE Skill(s): JS

CRN 35635 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 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): JS, COM

CRN 35650 meets at 11:00

CRN 35651 meets at 12:00