



# session catalog

Revised **Fall 2020**





## **September 17, 2020 Sessions - All Online Sessions**

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### **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*

### **Budgeting Your Life, 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 25471 meets at 11:00*

*CRN 25472 meets at 12:00*

### **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 25487 meets at 12:00*

*CRN 25485 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, JS*

*CRN 25482 meets at 1:00*

*CRN 25483 meets at 2:00*

### **Get Out the Vote, 2 Units**

Learn about the OAC Votes Initiative and Competition as well as how to register to vote, how to apply for an absentee ballot, what issues will be on the ballots in Ohio, and how to vote early and in person. Also, learn how to help improve voter turnout on Heidelberg's campus and meet with an official from the Seneca County Board of Elections and our Office of Civic Engagement representatives.

*HYPE Skill(s): V, COM*

*CRN 25470 meets from 12:00-2:00*

### **Go Global, 1 Unit**

'Berg students with international experiences (short- and long-term study abroad, teaching in China, alternative breaks) will share them in a lively and fun "speed-dating" format. Participants will be inspired to go out and experience the world for themselves after they hear what our travelers have to say.

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

*CRN 25447 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*

### **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 25825 meets from 1:00*

*CRN 25826 meets from 2:00*

### **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*

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

### **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 25465 meets from 1:00-3:00*

**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 South American culture.

*HYPE Skill(s): V, COM*

*CRN 25854 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 25856 meets from 1:00-2:00*

*CRN 25857 meets from 2:00-3:00*

**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 11:00-1:00*

**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 25463 meets at 12:00*

*CRN 25464 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 25448 meets at 11:00*

*CRN 25446 meets at 12:00*

**Not Any More: Beyond the Basics**, 1 Unit

Go beyond the Not Any More video (part of the Orientation checklist) to learn how the Sexual Misconduct Policy and process works on Heidelberg's campus and take a proactive role in shaping our process, policy and campus communication.

*HYPE Skill(s): COL, COM*

*CRN 25478 meets at 11:00*

*CRN 25809 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 25486 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 25593 meets at 1:00*

**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 25855 meets from 1:00-3:00*

**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 25479 meets at 11:00*

**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*

*CRN 25828 meets at 1:00*

**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 25467 meets at 11:00*

*CRN 25468 meets at 12:00*

## October 7, 2020 Sessions - In-Person

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### **African-American History, 1 Unit**

Learn more about African-American History and culture that isn't generally taught in the history classroom.

*HYPE Skill(s): V*

*CRN 25501 meets at 11:00*

*CRN 25858 meets at 2:00*

### **Cooking with the Chef – Pastabilities!, 1 Unit**

Participate in an interactive cooking session to learn all the pastabilities of preparing pasta!

*HYPE Skill(s): COL*

*CRN 25498 meets at 1:00*

*CRN 25499 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 25525 meets at 1:00*

*CRN 25526 meets at 2:00*

### **Financial Literacy, 1 Unit**

Learn about the principles necessary to make informed & effective financial decisions in your life.

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

*CRN 25497 meets at 11:00*

*CRN 25503 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.

*HYPE Skill(s): COM, V*

*CRN 25522 meets from 12:00-3:00*

### **ID Camp, 1 Unit**

Explore different aspects of your personal identity through interactive activities and discussions, and discuss how identity impacts an individual's experience in college and later on in their career.

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

*CRN 25860 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 find time for you!

*HYPE Skill(s): WS, V*

*CRN 25505 meets at 12:00*

*CRN 25506 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): Communication, Collaboration*

*CRN 25523 meets at 12:00pm*

*CRN 25524 meets at 1:00pm*

*CRN \_\_\_\_\_ meets at 2:00pm*

### **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 25500 meets at 1:00*

### **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 25504 meets at 11:00*



## October 7, 2020 Sessions - Online

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### **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*

*CRN 25515 meets from 1:00-3:00*

### **Go Global, 1 Unit**

Berg students with international experiences (short- and long-term study abroad, teaching in China, alternative breaks) will share them in a lively and fun "speed-dating" format. Participants will be inspired to go out and experience the world for themselves after they hear what our travelers have to say.

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

*CRN 25496 meets at 11:00*

### **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 25517 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 25859 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 25494 meets at 11:00*

*CRN 25495 meets at 12:00*

### **Mock Interviews, 1 Unit**

Learn what is expected of you and how to respond to traditional and unexpected questions in an interview. Then practice your skills, and receive feedback on your responses in these mock interviews.

*HYPE Skill(s): JS, COM*

*CRN 25829 meets at 2:00pm*

### **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 25518 meets at 11:00*

### **Resumé Writing for Science Majors, 1 Unit**

Students will receive advice and work on creating a strong resumé, specifically for positions in science. Participants must submit a resume for review.

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

*CRN 25516 meets at 1:00*

### **Starting Your Own Business, 1 Unit**

This interactive Q&A session will be with a panel of local entrepreneurs who can explain the challenges and joys of starting and running your own business, from licensing and incorporating to budgeting and paying taxes.

*HYPE Skill(s): WS*

*CRN 25510 meets at 12:00*

### **Supporting Immigration, 2 Units**

Learn about the hurdles and challenges that immigrants to the United State encounter. We will meet with national activists who support the cause of immigrants seeking asylum as well as immigrants seeking a better life. Write a letter of support to immigrants who are currently detained by Immigration and Customs Enforcement (ICE) as well as letters advocating for changes to current laws and policies of the US Government.

*HYPE Skill(s): V, COM*

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

### **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 25509 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 25512 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 25513 meets at 11:00*



## November 6 Sessions - In-Person

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### **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 Skill(s): CON, COL*

*CRN 25562 meets at 11:00*

### **Cooking – Dorm Desserts**, 1 unit

Participate in an interactive cooking session to learn how to create some delectable treats right in your residence hall!

*HYPE Skill(s): COL*

*CRN 25229 meets at 1:00*

*CRN 25230 meets at 2:00*

### **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 2019 position.

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

*CRN 25539 meets at 2:00*

### **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 25558 meets from 12:00-3:00*

### **Managing Time**, 1 Unit

Manage your time instead of allowing your time to manage you! Learn 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 25541 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*

### **Safe Zone (Ally Training)**, 2 Units

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): V, CON*

*CRN 25561 meets from 12:00-2:00pm*

### **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*

### **The FISH! Philosophy**, 1 Unit

Catch the Energy, Release the Potential! In this session, we will 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.

*HYPE Skill(s): WS, V*

*CRN 25542 meets at 11:00*

### **Understanding Islam, 2 Units**

Learn about the basic beliefs, spiritual practices, ethical guidelines and scriptures of Islam, the second largest religious belief system in the world. Then spend some time learning from people who identify as Muslim as they share their experiences of living out their faith in the United States.

*Meets HYPE Skill(s): Values*

*CRN 25535 meets from 12:00-2:00*

### **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 25863 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): CON*

*CRN 25563 meets at 11:00*

## **November 6 Sessions - Online**

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### **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): Values*

*CRN 25537 meets at 11:00*

*CRN 25538 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. This month's encounter will highlight \_\_\_\_\_ culture.

*HYPE Skill(s): V, COM*

*CRN 25862 meets at 11:00*

### **Meditation – Taoist 6 Healing Sounds, 1 Unit**

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*

### **Myers-Briggs Type Indicator Personality Survey, 2 Units**

The Myers–Briggs Type Indicator is an introspective self-report questionnaire indicating differing psychological preferences in how people perceive the world and make decisions. During this session, you will have the opportunity to take this personality test to obtain your 4-letter description of your personality type and learn more about your communication and learning style and how you approach the world.

*HYPE Skill(s): V, WS*

*CRN 25531 meets from 12:00-2:00*

### **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 \_\_\_\_\_ meets from 12:00-2:00*

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

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

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

*CRN 25564 meets at 1:00*

*CRN 25565 meets at 2:00*

### **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 25536 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 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*

### **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 25831 meets at 1:00*

### **HYPE Skills**

**COL = Collaboration**

**COM = Communication**

**CON = Conflict Management**

**JS = Job Search Skills**

**V = Values**

**WS = Work Styles**

