



# SPRING 2020 PERSONAL GROWTH DAY WORKSHOPS

## **Beyond Personal Advocacy, Civil Engagement in Civic Society**

From Thanksgiving with the In-Laws to golf with a CEO, there is an art to conversations with important people. Learning to read a situation and pivoting before it becomes a "situation" takes practice, and preparation. Successful people are genuinely knowledgeable about a wide variety of topics, involved in their community, and able change the subject to sport or the weather when it is absolutely warranted. During this session, you will acquire the basic skills to get through a business lunch, become an engaged community member and prepare to avoid water cooler scuffles.

## **Community Service Project**

The Community Service Project workshop is an opportunity for you to give back to the City of Surprise community. During the two-week workshop, you will help with various clean-up and maintenance projects around campus and the City of Surprise facilities. This workshop requires you to wear closed toe shoes, a hat, and comfortable clothes that can get dirty.

## **Dinner Etiquette & Etiquette Lab**

This workshop runs for two sessions and counts as two workshops. During the first two weeks of the workshop, you will learn the proper etiquette for business and formal dinners. Then during weeks three and four, you will have the opportunity to participate in an Etiquette Lab and will be able to practice your skills at a formal Etiquette Dinner that will begin after Spirit Life and go until the end of the PGD workshop time. When signing up for this workshop, please note you are signing up for two consecutive workshop sessions.

## **Financial Clearance/Course Registration 101**

The first day of this workshop will walk you through the first step of the financial aid process – your FAFSA! Work on completing your 2020-21 FAFSA with step-by-step assistance from the Financial Aid Department and be one step closer to financial clearance for next year. The second day of the workshop will focus on course registration and will teach you how to register for your courses and help you understand the degree audit function so you can monitor your progress toward degree completion. Learn more about the FAFSA and navigating the FAFSA website and course registration with this fun and interactive workshop.

## **Fundamentals of Long Term Investing**

Attendees will walk away with an understanding of (a) common language related to investing, (b) what should be considered when it comes to implementing an investment strategy including current trends, (c) why long term thinking matters and (d) how to go about establishing an investment account or be prepared to do so when the first opportunity arises.

## **Igniting Your Interview**

Congratulations! You were just offered a job interview. Now what? Through the development of effective interview techniques, you will learn how to improve your interview skills and have a successful interview. You will also learn about the framework of an interview, the importance of proper attire, strategies for answering the most common questions, what to ask an employer, and post-interview strategies.

## **Investing in Your Future**

Developing an understanding of the importance of preparing for your future financial well-being and eventual retirement is the focus of this workshop. An emphasis will be placed on getting started and staying on course.

## **Leadership Development**

Michael Jordan, MLK, Michael Scott, Yoda... Which leader are you? This workshop will help you identify your leadership style, develop strengths to improve your leadership, and apply these styles in your communities, teams, relationships, etc... This workshop will also introduce different leadership roles at Ottawa University and how you can prepare to apply and serve in those roles.



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## Life Plan Narrative

This workshop will guide you through drafting and completing your Life Plan Narrative. This workshop is designed for all student levels; from freshman who are just beginning to plan their short-term life goals to seniors who are making plans for their life several years and creating their final LPN to submit for graduation requirements.

## Navigating Diversity and Inclusion Through the Power of Storytelling

Storytelling can be a beneficial strategy for furthering diversity and inclusion. It is personal and invites multiple perspectives and voices to the stage. Through this workshop, we will discover five practical ways to engage in storytelling deliberately so that it creates a platform for understanding, and growth.

## Personal Finance

The first part of this workshop will demonstrate a basic overview of personal finance, budgeting and debt management. The second part will discuss how to negotiate a salary, explain retirement packages, and show the importance of saving from each paycheck.

## Photography 101

Most all are carrying around a very powerful camera in our pocket, which has made photography accessible to nearly everyone even if they do not have a high-end camera. Yet, the art of photography is one of the hardest things you can learn to do well. Pointing a camera and pressing the shutter is easy enough—but getting a shot to match your vision is where it gets tough. Photography is a tough hobby to pick up and an even tougher career to pursue. But do not let that dissuade you from learning photography! Everyone should learn photography because it is one of the creative hobbies that can make you happier. This workshop will introduce some must-learn photography tips for beginners and tools to make all of your shots more engaging.

## Presentation Skills

Presentation skills are critical to successful outcomes, whether it is in the classroom or the boardroom. Creating presentation material is one thing. Delivering that material in a professional, effective and energetic way is the true challenge. This workshop identifies key objectives and strategies to create and deliver exciting and effective presentations. Knowing these presentation techniques will help you shine and connect with your audience, both in the classroom and wherever your career path takes you.

## Resumes and More

Is your resume in need of a facelift? This workshop will enable you to learn new skills for targeting resumes, sharpen your resume writing skills, meet the needs of hiring companies, navigate the maze of submitting relevant resumes in order to land an interview, and learn about using online tools that will help in your job search.

## Scuba Diving 101

A quick and easy introduction into what it takes to explore the underwater world. Although this is not a scuba certification course, you will learn all the steps it takes to be a PADI certified diver. Scuba diving is an easy and interesting sport, which for many, becomes an addiction! Diving allows you to discover underwater worlds and ecosystems, which would otherwise be inaccessible. You can explore and photograph shipwrecks, caves, reefs, rock formations and take in the breathtaking beauty of this underwater world. This workshop will answer basic questions in scuba diving such as how does it work, how deep can you go, what gear is required for diving, is it safe, how much does it cost, what do you see and many more.

## The US Military

Are you interested in learning about the various branches of the United States Military? Each session of this workshop will feature one branch of the military. Our guest speakers will provide information about their military branch and the various roles and positions within that branch. Presenters from the Air Force, Army, Marines and Navy will be available to provide information and answer questions that you may have.