



SPRING 2022 PERSONAL GROWTH DAY WORKSHOPS

Basic Automotive Maintenance (Presenter: Rey Samudio)

The Basic Automotive Maintenance workshop will consist of students learning the basic skills to inspect, repair, and improve your everyday vehicle. Students will learn how to properly change a tire, change the oil, check vehicle fluids, change windshield wipers, jumpstart the vehicle, understand the difference between a bad battery and a bad alternator, know when and how to change a bad signal light, understand when a car may be overheating and what to do in that situation, and most importantly how to do all this safely.

Beyond Selfies and Pictures of Food: Digital Photography for Beginners (Presenter: Eric Brown)

Boost your photo game. With the abundance of cameras in today's society, video and photography have become integral parts of our daily lives. This workshop introduces students to digital photography and how it can be used for personal and professional purposes.

Biblical Courage – Strengthen Your Faith (Presenter: Alan Boelter)

What does the Bible say about Biblical Courage? How do we use it not to close others out but invite others in?

Buying a Home (Presenter: Brian Cross)

The selling and buying a home workshop will explain the process of buying a home, identify down payment assistance programs and different types of home loans, and provide you with tips on how to prepare to buy your first home.

Cooking Skills (Presenter: Will Thompson)

In this experiential workshop, participants will learn basic cooking skills that include culinary essentials such as chopping simple vegetables, preparing an egg breakfast, boiling pasta (al dente), browning beef and thoroughly cooking chicken. Participants will also learn how to prepare an entire meal in one pan.

Cultural Diversity (Presenter: Frank Nainoa)

This workshop will define and discuss cultural diversity, inclusion and equity in American society past, present and future highlighting the challenges and opportunities of being an inclusive society. It will also provide you to assess your awareness and ability to integrate within a diverse community.

Essential Art Therapy (Presenter: Michelle Simpson)

The goal of Essential Art Therapy is to increase self-esteem, identify stressors and alleviate anxiety through self-reflection and art expression. During these profession/personal growth sessions, we will practice breathing exercises, positive mental imaging, create new responses to emotions and experience art in simple yet therapeutic ways. Through our art, we will develop self-empowerment and deal with life's challenges on a new and positive level by increasing coping skills and self-awareness. No previous art experience needed just a desire to engage in the process.

“How Do I Get Hired?” Junior/Senior Career Planning Workshop (Presenter: Alicia Engel)

Designed for OUAZ Surprise undergraduates with 54+ earned credits.

At the core of your job hunt, telling a good career story on your resume, at networking meetings, in cover letters and during interviews can help you land that first dream job more quickly. A boring or blurry story, however, can land you in the reject pile. In this workshop, you will use a simple framework to craft your own unique, clear, cohesive and compelling career story so you can present yourself to recruiters, network contacts and potential employers with confidence.



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Life Plan Narrative – Session 1 (Freshmen/Sophomores) (Presenter: Andrew Potter)

This workshop will guide you through drafting and completing your Life Plan Narrative. This workshop is designed for all freshman and sophomores who are just beginning to plan their short-term life goals.

Life Plan Narrative – Session 2 (Juniors/Seniors) (Presenter: Dr. Yana Dashevsky)

This workshop will guide you through drafting and completing your Life Plan Narrative, which is required for graduation. This workshop is designed for juniors and seniors who are making plans for their life several years after graduation.

Presentation Skills (Presenter: Chet Keizer)

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.

Self Defense (Presenter: Scott Bowen)

The goal of this workshop is to introduce effective techniques for self-defense, fitness and awareness. Brazilian Jiu Jitsu (BJJ) is one of the best self-defense martial arts in the world. BJJ has numerous ways for a person to defend themselves. We will use ground escapes, joint manipulation and even some choke techniques. The thought process from BJJ is solely for a smaller person to have the ability to defend themselves against a larger opponent or attacker.

The Future Direction of OUAZ Focus Group (Presenter: Sarah Eberle)

The Ottawa University community is collaborating to develop an ambitious but attainable strategic plan for the next five years, and we want to hear from our students. The goal of the student focus group is to empower, inspire, and genuinely hear as many voices as possible on issues that matter for our future directions, the goals we are going to stretch for, and the hard choices we are going to tackle together. This is an opportunity to bring your voice, ideas, concerns, questions, experiences, hopes, and dreams to the making of a five-year roadmap for the university. The plan will only be strong and successful if everyone contributes now to a collective vision of what Ottawa University can and will be. Your participation in this one day student focus group will count for 1 Personal Growth Day Workshop (PGD). Join us on January 19th!

Time Management (Presenter: Dr. Blossom Tande and Todd Tande)

Do you have clearly defined boundaries that provide you with a limited amount of time to achieve whatever it is you want? Are you setting your time boundaries? Is someone else? Learn how time management for every aspect of your life's activities can help you achieve your results and reduce stress.

Tips for Vocal Health (Presenter: Lauren Frazier)

Fun activities and tips for maintaining good vocal health. Whether you are a performer, public speaker, or just want to learn tips to stay healthy, this workshop is for you!

