

SUMMER WORKSHOP COURSES WITH DESCRIPTIONS

Artful Life Courses	
Growing Food, Growing Knowledge	In this course we will reflect on our contemporary food system and our relationship to it. We will then consider different food movements, focusing primarily on community gardens as they offer education, access to healthy food, and biodiversity. Finally, we will garden ourselves in the Cottey gardens—planting, harvesting, weeding, and watering.
The Art of Presentation	A person talks every day, but that doesn't make them a good presenter. From slide shows to bullet points, this course will cover tips, techniques, and best practices for participants to use to take their presentation skills to the next level.
Savoring Food in Narrative	Food is a necessity for our survival but it is also meaningful. This class focuses on food as a key experience in our lives that we narrate through stories and other forms of writing. Students will reflect on food and taste as a sensory experience and consider the ways we depict these experiences in different forms of writing.
Anyone Can be a Drummer	A demonstration of the percussion instruments used in the percussion section of a band. Students will perform on those instruments as a group. Music background is helpful but not required.
See it! Believe it! Achieve it!	Click Here to watch a brief video about this course!
Navigating the Personality Maze	In this activity filled course, students will explore their own natural personality strengths. We will identify how our interactions with others are impacted by the various ways we think, make decisions, are energized, and interact with others. If you ever wonder why misunderstandings happen...or just can't figure out why your friends don't think like you do...this fun-filled course will enlighten you!
Social Justice and Global Awareness Courses	
Slam Poetry: Women Writing Women	Are you a fan of slam poetry? Spoken word poetry? Performance poetry? Are you passionate about issues impacting women and girls? If so, this class is for you! We will watch and analyze slam poetry by women and girls, and then we will write our own poems for a poetry slam the last day of class. Bring your creativity and your passion, and get ready for an empowering week of poetry!

French in the World	This course will look at the History of France and how it spread in the world. We will look at the influence of France in the world. Students will also learn some basic French such as greetings, important expressions when they are travelling and some basic grammar rules.
Cultural Awareness	Sharing of cultural values, show and tell, assimilation of leadership roles and video watching on some ethnic groups and their styles of living. Exploring diverse ways of engaging in community outreach. Participation in some community Outreach Projects e.g. engaging in activities with children and their parents.
Writing for Social Justice	In this course, students will go through the process of brainstorming, researching, drafting, and revising a letter to an audience of their choosing, seeking change on a social topic of their choosing. At the end of this course, students will have a completed, polished letter and the opportunity to mail their letter. This class would appeal to students who are interested in learning to write for formal audience and for those interested in social action and change.
Increasing your Emotional Intelligence	Do you rely on relationships with others to succeed? Do you allow others to manipulate you without being aware of it? Do you find yourself encouraging others out of a bad mood? Do you ever feel stressed out? Explore your EQ and how to recognize and manage emotions in yourself and others through activities in this interesting course.
Girl Rising	Click Here to watch a brief video about this course!
Crossing the Generational Divide	This session is designed to reach across generational divides by fostering mutual understanding, tolerance, and respect. During this course, participants will experience simulated, sensory and mobility deprivation activities to gain an understanding of the challenges faced by senior citizens on a daily basis. Afterwards, participants will travel to two senior care facilities for sharing and socialization with senior residents.
The Black Panther: Africa in a Nutshell	Have you seen the Black Panther yet? If so, how much did you know about Africa from this film? Often times, it is hard to learn about Africa in a Nutshell without running the risk of treating it as just a country. Black Panther film allows us to actually do that. We will watch the film and use it a springboard to learn about Africa - the geography, history, cultures, people, fashions, animals, architecture, its past, and future. There will be lots of fun activities to be done, so come with me on this fun trip through Africa!

Leadership Courses	
The Importance of Why	Why? It's a single-word sentence, yet tremendously powerful. During this course we will discuss the impact that knowing why can have on your decision making, both as a leader and as a follower.
Discover the Leader Within	Click Here to watch a brief video about this course!
Design Thinking	Click Here to watch a brief video about this course!
Setting Others Up for Success	Leadership is measured by the success of those being led. During this course, we will talk about concepts and tools used to lead a wide variety of individuals to put others in the best opportunity to succeed.
Leadership 101	What does "leadership" really mean? This course explores leadership basics and will help you find the leader from within.
Team Excellence	Learn how to be a better teammate and group facilitator in this highly interactive classroom experience.
Confident Leadership	Confidence is an amazing gift that often eludes leaders at a variety of levels – this class will consider what stands in our way as women leaders.
Women in Leadership	Learn about how to be a woman in leadership, as well as how some of the most successful women in leadership positions today are prosperous!
Business Courses	
Chellie Club	Have you considered the idea of owning a business? Take a peek into this through Cottey's own Chellie Club (our on campus Entrepreneurial Lab) which is run by our students during the school year!
Lego Manufacturing	Build Lego products and identify process efficiencies in this fun, hands-on course. Students will build structures such as furniture, airplanes, and more.
What I Wish Students Knew: Tips from a Professor	So you're off to college. Now what? How do you address your professor? What kind of email etiquette is expected? Do I really have to attend class? Participate? Is college really that different from high school? In this course, a professor will offer real-world advice to students as they approach their first-year of college and help navigate some of the most common pitfalls of freshmen.
Time to Shine	This class will focus on tips and techniques to create a personal network of women leaders. Topics to be covered include creating a professional presence, projecting confidence, elevator speeches, and professional etiquette. The class will participate in a networking event with administrative staff and faculty and a professional dress fashion show.

Art + Business	Have a specific dream or idea of using your Personal Talents to start your own business? Work with a seasoned entrepreneur who has started, built, and sold businesses in this hands-on workshop specific to your idea. Learn where to start, potential challenges, and how to succeed. See how other artisans in various trades succeed with promoting their personal talents.
Resumes that Wow	<p>In this course, participants will draft, revise, and design a resume that wows. Students may already have a resume that they can further refine, or they can come to the course without any resume at all.</p> <p>This class is designed for students who need to create a resume and/or of those will be applying for college, scholarships, and/or jobs in the near future (hey, that's everyone!). This course will provide specific design instructions to help your resume stand out from others while also reflecting professional expectations.</p>
Discovering Your Purpose	Who are YOU? What makes up your unique person and Purpose? You are uniquely made up of skills, talents, passions, personality, and motivations. In this activity-filled workshop, you will learn the basics of identifying your unique Purpose while exploring personal awareness and growth, life transitions, and relationships. This course creates a foundation for recognizing your uniqueness and how to avoid those energy drains!
STEM Courses	
Rewarding Research	Get a head start on learning important college-level research skills in this course. We will begin by developing a survey using a web-based online survey tool. While we wait for our results we will explore the concepts of human subjects' research and learn to evaluate sources using the method used by Cottey students. We will close the week by analyzing our survey results. If you are naturally curious and want to know more about information gathering, this course is for you!
Animal Behavior	In this session students will have a chance to develop their own simple animal behavior experiment with live invertebrate animals.
Botany	In this session students will learn how to use a tree guide to identify trees. You will learn about leaf shape and bark morphology. You will then have the opportunity to make sketches of the trees and leaves you identify.

Solving Math Problems with Matlab	Matlab is widely used in all area of applied mathematics and it is used in both research at universities and industry. In this course, students will see some basic features of Matlab and learn how to use Matlab to solve for problems in courses like precalculus and calculus.
Physical Courses	
Out of Sight, Out of Mind, Out of Body	Have you ever had a dream that you're being chased by a giant Kermit the Frog, but are saved by a sasquatch who is calmly eating froot loops? Some believe that dreams have meaning. In this class, we'll talk about states of human consciousness, including dreaming, hypnosis, and out-of-body experiences.
Musical Theater Moves	A beginning-level class (more experienced dancers also welcome) focused on learning choreography from a Broadway or Hollywood musical. For a student who wants to move with big energy!
How To Be A Collegiate Student Athlete	Have you thought about being an athlete in college? This course will cover some of the important aspects of being a collegiate student athlete. Additionally, you will learn about training to become a better athlete and the science behind it!
Chill Yoga	A yoga class for all levels that encourages being present and working at the level that is right for you right now. Class ends with relaxation. This class is for anyone who likes to move, and to stretch themselves physically and mentally.
The Amazing Race: Cottey Edition	Compete against others in this Cottey scavenger hunt! You must complete Detours, Pit Stops, and other challenges that you would find on The Amazing Race!
Choreographing Confidence	A dance and leadership workshop for active young women. Participants should be willing to physically interact with others and engage in activities focused on developing confidence and promoting self-esteem through dance. The choreography is simple, yet upbeat, and open to all levels!
Basics of Softball	In Basics of Softball, students will be learning about the beginnings of softball including fielding and hitting techniques. We will play mini games to help aid in learning about softball and how to play.
Advanced Softball	In Advanced Softball, players will be running drills as the Cottey Softball team does regularly at their practices. This course is designed to give exposure and teach more advanced softball practices than simply fielding and hitting techniques, though those will be covered.