

SUMMER WORKSHOP COURSES WITH DESCRIPTIONS

Artistic Wonder Women	
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!
Stemmed in Success	Getting flowers is something that many girls dream of. In this class, we will learn how to create an arrangement, so that in this young, independent generation, you can get your own flowers and make them appear as you want!
So Much Drama!	Get an overview of classic melodrama, then brainstorm and write a 10-minute script, complete with stage directions. We do some acting exercises to get into character and assign parts. Stage makeup from the early 20th century practiced. Then we rehearse and perform for ourselves and anyone willing to sit through it.

Wonder Women for Social Justice and Global Awareness

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!
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.
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.
Armchair Traveler Event	Love to travel? Armchair Traveler Event in Library will allow you to visit Russia, India and Germany through movies, books and music.

Leading a Wonder Women Charge

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.
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!
Teambuilding 101	Take some time to learn more about the activities and experiences that come with learning more about teams. Students will work in small groups to work on a variety of challenges associated with teams and their effectiveness, while also learning how to better work with others.
The Confidence Code	Most of us struggle a bit with confidence... no matter our age or place in life! Spend some time learning a little more about confidence and how you can improve! BE PREPARED - you'll learn and grow as you learn more about The Confidence Code!
Wonder Women Run Wonder Businesses	
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.
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.
Chellie Club: An Entrepreneurial Lab	Have you ever thought about owning your own business? Gather an idea of the basics of running your own business and get a taste of real-life entrepreneurial skills: such as making drinks/snacks, marketing to campus community, pricing, teamwork....

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!
Wonder Women in STEM	
Rewarding Research	Get a head start on learning important college-level, social sciences 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!
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.
Fun Times With Chemical Biology	Hi all!!! Interested on biological molecules? Do you want to know what our body is made of? Come and join us to play with DNA, protein or lipids in our chemical biology lab at Cottey. Hands-on lab experiences and modeling will be the theme of our show.
Active Wonder Women	
In Your Dreams!	Ever wonder why you had that dream where a sloth was doing your nails and you really needed to be taking an exam, and also you were balancing a teacup on your head? Students interested in sleep, sleep disorders, and dream interpretation will enjoy this class. We'll take a look at these phenomena from the perspective of theorists from varying areas of expertise.
Jayhawkers & Bushwhackers & Osage...Oh My!	Nevada and the surrounding has a rich history. If you want to learn more about some local history to Nevada, this class will take you to museums and locations of important local landmarks!

Self-Defense	In this class, the Vernon County Sherriff's Department will share some important self-defense techniques with students!
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.
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!
Reel Girls Fish	Do you love to fish? Have you ever wondered why people enjoy fishing? This class will teach you all about these and take you fishing!
Becoming 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!
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.