



SPRING 2024 PERSONAL GROWTH DAY WORKSHOPS

ADULTING & LIFE SKILLS

Automotive Maintenance – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Tyrus Kissler)

Learn basic automotive skills to maintain, repair, and improve your everyday vehicle. Skills include changing a tire and oil, checking vehicle fluids, changing windshield wipers, jumpstarting the vehicle and other common owner actions and most importantly how to do all this safely.

Basic Home Electricity – Sessions 1, 3, 4, 5 & 6 (Presenter: Jack McMorris)

Have you ever been curious about how electricity works? How your lights turn on? Join us for this two-week workshop where we take an in-depth look at some of the home electricity basics that we all take for granted. Learn about switches, sockets and basic home wiring as we take a closer look behind of the walls of the home.

First Aid CPR AED – Session 3 (Presenter: Paula Raymond, Everyday Heroes CPR)

The First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner.

Sewing 101 – Sessions 1, 2 & 3 (Presenter: Kristin Steele)

Learn basic sewing stitches including how to sew on a button, repair a seam, hem a pair of pants and backstitch for monogramming.

CAREER DEVELOPMENT & PROFESSIONAL KNOWLEDGE

A Conversation about ChatGPT: Friend or Foe? – Sessions 4, 5, & 6 (Presenters: Dr. Lauren Curtright and Dr. Patricia Marsh)

Curious what all the noise is about writing with artificial intelligence? The first half of this workshop will cover debates and policies about the uses and abuses of ChatGPT. In the second half of this workshop, students will experiment with and discuss generating content with this technology.

FREE MONEY! FREE MONEY! – Sessions 1, 2, 4, 5, & 6 (Presenter: Kristi Roza-Cabello)

What are outside scholarships and how do they work? This workshop will guide you into learning more about the FREE MONEY you can get if you are applying for outside scholarships. Even though you are already a college student and getting a scholarship from OUAZ there are still many outside scholarships available for you!

Life's Little Advices – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Will Thompson)

Collective learning of small snippets on advice to help navigate life's challenges. Students will also participate in peer to peer learning through anonymous sharing of experienced life lessons.



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Skills Needed to Land a Job – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Chet Keizer)

There are various skills that are needed to give you the best chance of gaining employment. We will discuss creating a planning strategy, where and how to find opportunities. Also, we will develop a checklist which will include resume and cover letter creation, interview prep, and much more. The outcome taking this workshop will result in you having a great idea of employer expectations and the skills needed to plan for to successful job placement.

GENERAL INTEREST & PERSONAL DEVELOPMENT

Diversity, Equity and Inclusion – Sessions 4, 5, & 6 (Presenter: Andra Rogers)

What is DEI, What's the purpose? How can we have Unity in light of Diversity at OUAZ?

Enlightened Faith – Sessions 1, 2, 3, 4, 5, & 6 (Presenter: Sam Potter)

What is the relationship between faith and reason? Do we have reasons for our faith?

Expressive Art – Sessions 1, 2, & 3 (Presenter: Michelle Simpson)

The goal of the Expressive Art PGD workshop is to provide opportunities to explore and embrace the process of creating through self-expression. We will delve into various artistic mediums such as sketching, pen/ink, watercolor/acrylic painting and sculpture. As part of these sessions, we will strive to alleviate stress and anxiety through self-reflection and art expression processes. We may have a field trip to an area art gallery with revolving exhibits from local artists if schedules permit. No previous art experience needed just a desire to engage in the process.

Mindfulness, Meditation and Centered Prayer – Sessions 1, 2, 3, 4, 5, & 6 (Presenter: Sharon Gipe)

Life is so busy with so many messages coming at us every day. This workshop will teach methods for slowing things down, learning to focus to reduce anxiety, and deepening your relationship with Jesus Christ.

Self Defense – Sessions 1, 2, 3, 4, 5 & 6

(Presenter: Scott Bowen with Rukkus Athletics MMA and Performance Center)

Learn effective techniques for self-defense, fitness and awareness. Brazilian Jiu Jitsu (BJJ) is one of the best self-defense martial arts in the world. With ground escapes, joint manipulation and even some choke techniques, even a smaller person can defend themselves against a larger opponent or attacker.

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