POWER HOUR
WEAKLY SCHEDULE

Tuesday, July 28th - 12 noon – 1:00 p.m.

THE PERKS OF GOING TO YOUR PROFESSOR OFFICE HOURS
Session Summary: Professors serve as an invaluable resource to all students and many don’t even realize this! In this session, the leader will be discussing all the benefits talking to your professors and how it can enhance your academic experience. Don’t be shy, some professors may be intimidating but they are always more than willing to help! For this session, you only need to bring yourself and your attention as I leader demonstrates the great things the professors have done for them.
Leader/Speakers: Steven Hunt

UNDERGRADUATE RESEARCH
Session Summary: What’s Undergraduate Research? Perhaps one of the most immersive and interesting experiences at the University of Delaware. Could be anything from human MRIs to experimental designs to surgery! Primary Investigators make the experience full of creativity and knowledge that is only attainable in a professional research setting. Come to this power hour to learn about my experience with undergraduate research at UD and information on how to connect to resources, how to apply for a lab, and more!
Leader/Speakers: Natalie Onesi

WRITING CENTER
Session Summary: Worried about making the transition from high school writing to collegiate writing? The UD Writing Center is here to help! As a writing tutor I can walk you through what the Writing Center does, how to schedule appointments, and how to prepare for your tutoring session, as well as answer any questions you may have. The Writing Center is also home to the Oral Communications Consultants, who are here to help you with speaking and presentation skills, which could be particularly helpful right now when learning how to feel more comfortable presenting your ideas over Zoom. Additionally, I can answer any questions you may have about working as a tutor in the Writing Center for anyone interested in applying someday.
Leader/Speakers: Brynn Chieffo

Greek Life
Session Summary: “What is Greek Life?” Before coming to UD, I thought I had a pretty good idea of what it was from watching movies and hearing some of the stereotypes. I could not have been more wrong about it all and joining this community was by far one of the best decisions I have made in college. During this power hour, I will share with you my experience with Greek Life and answer any of the questions you may have.
Leader/Speakers: Emma Perichon

RUNNING CLUB 7 WAYS TO STAY ACTIVE
Session Summary: Do you enjoy running? Are you wondering about all the ways you can stay or start getting physically active for your freshman year? This is the power hour for you! As president of UD’s running club and a gym regular on campus who loves a quick workout to de-stress or a long session to catch up with my gym-loving friends. I’ll give some information about UD’s non-competitive, gender-inclusive running club, intramural sports, club sports, clubs dedicated to health and getting active, and the various gyms on campus you can frequent to stay healthy and balanced! Bring a notebook or feel free to create a google doc to take some notes if needed.
Leader/Speakers: Ashley Steele

JOBS & INTERNSHIPS
Session Summary: It’s not a what you know kind of world but a who you know world! And even more so a who knows you! Learn how to set yourself apart as a freshman. It’s never too early to start preparing for you future. Items to bring - something that represents what you’re passionate about or what you are going to college for!
Leader/Speakers: Melissa Lewis

PEER MENTORING
Session Summary: Being a student leader is all that it's cracked up to be! If you enjoy assisting and instructing others in an open and judgement free environment, then you will absolutely love being a peer mentor! Let's talk about how you can become a peer mentor and get paid for doing it!
Leader/Speakers: Briel Henderson

STUDENT SUPPORT SERVICES
Session Summary: Join our committed and engaged community of staff and students for an interactive workshop that will cover what to expect as a member of the Student Support Services Program (SSSP). SSSP is a holistic support service that supports students through counseling in areas such as academic, personal, career and overall wellness. Additional services include free individual tutoring, cultural enrichment, and mentorship. Students will share how SSSP helped them to bring together campus resources and navigate college life to overcome personal barriers, achieve academic success, and graduate. Students who participate in the workshop will have the opportunity to meet their potential advisors and peer-mentors.
Leader/Speakers: TBA
MEDITATION AND STRESS MANAGEMENT

Session Summary: College and life in general, can be stressful! Trust us juniors, we get it. Come check out our meditation and stress management power hour where we'll listen to a 10-minute guided meditation and discuss our own methods of combating stress in college. This is a totally safe space to voice your concerns about college life and the many worries I'm sure you'll have (I know I had tons). Feel free to bring a yoga mat or a blanket to sit on for meditation, and a notebook or google doc to take notes if needed.
Leader/Speakers: Ashley Steele (w/ Tara Jensen)

FANS OF “THE OFFICE” TV SHOW

Session Summary: Reaching out to all “The Office” watchers! The American version of “The Office” is obviously one of the most watched tv shows EVER! During this power hour, there will be a lively discussion about all the office’s funniest moments, saddest moments, and even conspiracy theories. Come relax, laugh, meet someone new and tell us about your experiences while watching The Office. Feel free to bring snacks!
Leader/Speakers: Keith Medley

LET’ TALK ABOUT ANIME (and why more people should watch it)!

Session Summary: Now, anime is a topic that has recently seen an uprising in popularity in the last 20 years and was relatively unknown to western culture. I grew up watching shows like Yu-gi-oh! and Dragon Ball Z, which then led me to watch others and I haven’t looked back since. If you have a love for anime, come on down and we can discuss any topics in today’s anime culture. I consider myself well-versed, but I am sure there are other perspectives everyone can offer. For this session only bring yourself and your undying love for anime. SHINZO WO SASAGEYO!!! (Only certain people get it and I want to meet you!!)
Leader/Speakers: Steven Hunt

BEST PLACES TO EAT IN NEWARK

Session Summary: I don’t know about you but eating is by far my favorite thing to do. However, when I first got to UD, I didn’t know any of the restaurants or any of the best spots. From nachos to brunch to where you should go when your parents come to visit, I have some suggestions you won’t regret trying.
Leader/Speakers: Emma Perichon

VIRTUAL SCAVENGER HUNT

Session Summary: As we try to figure out next steps for all of us during this time it can be hard to connect and have fun virtually. Sometimes we just must get a little bit more creative when it comes to having fun. Feeling the competitive nature of friends and family is not just for the olympics time! Get ready for a virtual scavenger hunt! All you needs is an open mind and a willingness to think outside the box!
Leader/Speakers: Melissa Lewis

CREATING VISION BOARDS

Session Summary: 2020 hit us all HARD with our new normal! I know there are a thousand and one things that you aspire to do. Who said you couldn’t get it all done or at least most of it? Let’s create a vision for ourselves to follow and remind us of what we want out of life and how we’re going to get there. Bring your printed photos, tape/glue/stapler, markers, crayons and a poster board. If you don’t have these items don’t worry! You can still create your vision using a blank sheet of paper and a pen/pencil to draw or even write down a list of things for your vision!
Leader/Speakers: Briel Henderson

SHARING BOOK RECOMMENDATIONS

Session Summary: Since switching to online classes in March, I’ve been spending a lot more time reading, and I feel like I’m running out of books to read! So, this session is going to be a time for everyone to get comfy with your hot/iced beverage of choice and talk about books that we’ve really liked recently and would like to recommend to others. Comics, graphic novels, and audiobooks all are welcome!
Leader/Speakers: Brynn Chieffo

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Leader/Speakers: TBA
Tuesday, August 4th - 12 noon – 1:00 p.m.

STUDENT HEALTH SERVICES
Session Summary: Student Health Services promotes the well-being of all students on campus and offers many services students don’t know about. In this session I will be discussing the many things SHS does for students, and how they ensure everyone's well-being, and with how COVID dictating our new lives on campus. SHS will provide valuable information on how to stay safe. For this session you need only bring yourself and your willingness to educate.
Leader/Speakers: Steven Hunt

COUNSELING CENTER
Session Summary: Your world is changing! With change comes challenge and a big part of adjusting to college life is learning to seek help. Seeking out counseling can be intimidating, but you never know when you might need a helping hand from a trained professional during this season of change. In this power hour, you'll be armed with some quick knowledge on why the counseling center is truly for anyone and everyone, along with information about how to get help from them. I'll give a little background about my personal experiences leading me to seek counseling at UD and how the counseling center helped set me back on track after a very difficult and hectic freshman year. Bring yourself and an open mind - and your phone to save some important phone numbers!
Leader/Speakers: Tara Jensen (20)

STUDY ABROAD
Session Summary: Interested in studying abroad or an immersive language program? Then this is the session for you! I studied Spanish abroad in Panama during Winter 2020 and can walk you through the application process. I can also answer any questions you may have about going abroad, such as: Where should I go? What should I pack? What if I get homesick? How do I plan excursions? How do I adapt to a different culture?
Leader/Speakers: Brynn Chieffo

THE PERKS OF BEING A UD STUDENT ... STUDENT DISCOUNTS!
Session Summary: Saying college can be expensive is like saying the sky is blue. However, that doesn’t mean being a student can’t work to your advantage. In reality, there are an abundance of discounts and special opportunities readily available for any UD student to take advantage of. During this session, I will shine some light on the perks that specifically come with being a UD such as student discounts, university resources, and unique opportunities! Come learn how to take advantage of your time as a student.
Leader/Speakers: Emily Virok

UNDERGRADUATE RESEARCH
Session Summary: Research isn’t just for STEM! There are numerous ways to involve yourself in your academic study and undergraduate research is a great way to learn more about your field as well as, get to know a professor. You’ll learn about various ways to get involved and how undergraduate research can elevate your learning experience!
Leader/Speakers: Melissa Lewis

CHOOSING THE RIGHT COURSES AND UNDERSTANDING THE PROCESS
Session Summary: What do you want to accomplish in the next four years? What subject have you always been interested in but never had time to pursue? Has it always been your dream to go abroad? College is your chance to explore but to do so you need to be organized. Figuring out credits and requirements and will give you the option to be able to have the option to go abroad, take a class just because you are interested in the subject, or just to graduate on time. In this power hour, I will show you the different tools that are available to make sure you have the freedom to decide what you want to do for those next four years.
Leader/Speakers: Emma Perichon

LIBRARY RESOURCES
Session Summary: As you adjust to college life, I can guarantee that you will hear about the Morris Library from other students. It’s one of the most valuable study resources on campus because it offers so many different things, like a huge collection of research sources, study rooms, and an entire floor dedicated to multimedia. As a junior, I still learn new things about the library and discover new rooms in the building. In this power hour, I’ll give you some tips on navigating the library, as well as giving you info about some of my favorite resources there!
Leader/Speakers: Rachel Staib

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Leader/Speakers: TBA
Thursday, August 6th - 12 noon – 1:00 p.m.

SPORTS DISCUSSION
Session Summary: If you like sports, any sports at all, come on through as we will be discussing American sports. We can have discussions about who is the GOAT of which sport, what teams will be good next year, or anything in between. I have been a sports fan all my life and will likely continue to be one for the rest of my life. Only bring a passion for sports and yourself.
Leader/Speakers: Steven Hunt

DISNEY TRIVIA
Session Summary: Calling all Disney enthusiasts! Can you name all seven dwarves without hesitation? Do you know all the lyrics to the songs in both Frozen movies? Have you always wanted the opportunity to prove your unmatched knowledge on all things Disney? Well, now’s your chance—come join this session for some Disney trivia and friendly competition.
Leader/Speakers: Johanna Voznak

FRIENDSHIP BRACELETS & CRAFTS
Session Summary: Take a load off! If you’re used to going to summer camps as a camper or a counselor, this will be a welcome blast from the past! If you’ve never made friendship bracelets, all skill levels are welcome -- I’m still learning too! We’ll be watching a few instructional videos for different bracelet patterns and chatting about different crafts. Bring a pair of scissors, different colors of string, tape, and a flat surface!
Leader/Speakers: Tara Jensen

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Leader/Speakers: TBA

MEDITATION
Session Summary: Take a break, take a breath! Meditation and mindfulness is a very beneficial topic that through practice can transform your day to day life. Setting the right tone and putting intention into your day from the start, mindfulness can center you and dramatically affect your mood. In this session we will be using the “Headspace” website for guided meditation.
Leader/Speakers: Natalie Onesi

NATURE LOVERS
Session Summary: To anyone who loves the outdoors Newark, Delaware doesn’t exactly sound like the epicenter of the natural world. However, there is much more than meets the eye. If you love plants, a good nature walk, or a fondness for camping you’ve come to the right place. Come swap nature stories and learn more about some of my favorite places near campus and the exciting ways to fulfill your outdoorsy dreams at UD.
Leader/Speakers: Emily Virok (15)

MUSIC
Session Summary: Music is a great way to relieve some stress and get to know people! We’ll be doing musical exercises and some fun team games like musical jeopardy and creating a stress management song together!
Leader/Speakers: Melissa Lewis

GETTING ADVISMENT ON CAMPUS
Session Summary: If you could go back in time, what advice would you have given yourself as a freshman in high school? Looking back at my last 3 years at UD, there’s a lot I wish I could have told to my freshman self. So to make sure you save up some time and energy, I came up with a list of 10 things I wish I knew my first year at UD and the campus resources that can make your transition easier.
Leader/Speakers: Emma Perichon
Tuesday, August 11th - 12 noon – 1:00 p.m.

GREEK LIFE

Session Summary: Ever seen yourself as the stereotype of a frat bro or sorority girl? There’s more to Greek life than meets the eye and many more types of Greek life than you may know! Never saw myself getting involved in Greek Life but being a part of a special interest Greek brotherhood focused on service, leadership, and scholarship has allowed me to find another home on campus. Finding little families on campus can help you feel safe and involved! I’ll be discussing my experience with my gender inclusive fraternity and spotlighting all the different interests that are involved in special interest Greek Life. Rachel will be joining us to discuss panhellenic (a greek life term for social organizations!) Greek Life and how it has enhanced her college experience.

Leader/Speakers: Tara Jensen (w/ Rachel Staib)

CHOOSING THE RIGHT COURSES AND UNDERSTANDING THE PROCESS

Session Summary: Your classes are scheduled for you as an incoming freshman—but are you wondering how to choose and register for classes for the rest of your semesters? In this Power Hour, I will be giving you important tips and advice I wish I had known about choosing and registering for courses! We will be going over essential online registration and course tools, how to go about choosing the courses you should take and making your class schedule, the logistics of actually registering, how to create a plan to graduate in four years, incorporating more than one major and/or minor, and who to turn to for help when it comes to registration (including your advisor!) Come ready to take notes and to ask questions!

Leader/Speakers: Hayley Whiting

OFF-CAMPUS HOUSING

Session Summary: Maybe you’re living on-campus Freshman year or maybe you’re commuting from home. After your first year of college, you have another option to consider—off-campus housing. Navigating leases and sublets may seem daunting to you now, but during this session I’ll discuss the pros and cons of living in an off-campus apartment and share some helpful resources with you to make the process easier. Come join this session to see if off-campus housing is right for you!

Leader/Speakers: Johanna Voznak

STUDY ABROAD

Session Summary: Have you ever wondered what it would be like to take an Italian class in Rome? Or take a math class while staring at the Eiffel tower? Or even learn about the ecology of Hawaii by actually living on the Island? UD’s Study Abroad Program offers a plethora of immersive learning experiences all across the world for all majors.

Studying abroad was one of the most exciting experiences of my college career and made me a true citizen of the world. Come learn about the different abroad programs and the ways in which you can make study abroad feasible for you!

Leader/Speakers: Emily Virok

STUDENT FINANCIAL SERVICES

Session Summary: As much as we don’t like to think about the cost of education, we can’t avoid it. Let me help you with keeping up on your school finances and the process of applying for aid in a fast and convenient way!

Leader/Speakers: Briel Henderson

CENTER FOR BLACK CULTURE

Session Summary: Come learn about a home away from home right here on campus. The Center for Black culture provides a supportive environment for black students and other underrepresented student populations. Come find out all the cool programs and events that the CBC hosts.

Leader/Speakers: LeDay Womack

UD LITTLE BOB AND RECREATION

Session Summary: After paying for the student comprehensive fee, you automatically receive access to the University of Delaware’s student fitness center (also known as “The Little Bob”). Trust me, there’s a lot of opportunities that the facilities offer. As a freshman, I wish I knew the things I know now about the University of Delaware fitness center. Opportunities that include, weight lifting competitions, yoga, and even rockwall climbing. Come to this “Power Hour” to gain information about this awesome facility.

Leader/Speakers: Keith Medley

STUDENT SUPPORT SERVICES

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Leader/Speakers: TBA
NAVIGATING ROOMMATE RELATIONSHIPS
Session Summary: Freaked out by the idea of sleeping in the same room as a stranger? During this power hour, Ashley and I will be telling you about how we went from complete strangers to best friends, and now we are entering into our third year living together! We'll give you tips about how to create a respectful relationship with your roommate no matter how close you are and how to deal with conflict when it arises! Roommate relationships can be an amazing and unique part of college!
Leader/Speakers: Tara Jensen (w/ Ashley Steele)

PET SHOW AND TELL
Session Summary: Since we're not able to be on campus right now, let's take advantage of the best part of an online format: being able to see each other's pets! If you have a cat, dog, bird, fish, snake, or other animal, join us to show off your pet and tell us about them! All you need is yourself and your pet(s)!
Leader/Speakers: Hayley Whiting

PICTIONARY
Session Summary: Come join in for a game of Pictionary! We'll be using the using online drawing game skribbl.io to show off our artist skills, so make sure that you have a device you feel comfortable using for virtual drawing. Whether you're the next Picasso or whether all you can draw are stick figures, everyone is welcome.
Leader/Speakers: Johanna Voznak

THE IMPORTANCE OF PERSISTANCE AND NOT GIVING UP!
Session Summary: Listen I understand how difficult and sometimes scary it is transitioning from high school to college. College is the first step to entering the real world and learning how to live on our own. Trust me I have been through this more than once! This will be a conversation about my college journey and how I've finally learned to manage school, work, and a social life. We will also discuss things you may fear entering college and create a plan that you can stick with and NOT GIVE UP!
Leader/Speakers: Briel Henderson

ARTS AND CRAFT
Session Summary: For those of you who love to sketch, paint, or craft, this power hour is for you! Bring whatever materials you like to work with and have at it! I'll supply some chill music we can listen to while we craft and chat, and the rest is up to you! Just a full power hour of unwinding and sharing your artistic talents.
Leader/Speakers: Rachel Staib

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Leader/Speakers: TBA

POETRY AND RAP
Session Summary: Love music? Love poetry? Make yourself a cup of joe and join us. Bring your favorite poems and songs and come jam out with us. If you have poetry or songs that you’ve created and would like to share this is a fun and safe place to do so. We may also go down memory lane to hear rap songs from all decades to enjoy all forms of poetry.
Leader/Speakers: LeDay Womack
UDAB PROGRAMS
Session Summary: UDab, or University of Delaware Alternative Breaks, are winter and spring programs dedicated to community service in the United States for UD students. Join these programs for a week of service, reflection, and get involved in awesome opportunities to make new friends at UD who share similar interests with you! I will be discussing my own UDab trip that I took this past winter session and will have my roommate Tara join in with her own winter UDab experience as well. Come check out this session if community service and social justice issues are your thing, or if you want to learn more about it to see if it's up your alley. Feel free to bring a notebook or create a google doc to take notes.
Leader/Speakers: Ashley Steele (with Tara Jensen)

TIPS FOR COMMUTER
Session Summary: Will you be commuting to campus this year? Are you worried about becoming a part of the campus community or looking for tips? Although I lived in the dorms during my first two years, I started commuting from home during my junior year and have some advice to share from my experience! We will talk about how to get involved on campus and make friends as a commuter, the logistics of parking and getting a permit, transportation and getting to your classes, study spots around campus, and dining options as a commuter. Bring your questions and your phone (so you can download the UD Shuttle app!), and feel free to take notes!
Leader/Speakers: Hayley Whiting

BECOMING A RESIDENT ASSISTANT (RA)
Session Summary: The University of Delaware’s Residential Life and Housing is here for you! I am going to be a 2nd year Resident Assistant that is very willing to talk about different topics. I can answer critical questions that can give you more insight about living in a residential hall and becoming an RA. Come learn about the amazing benefits of living on campus in residential halls. Feel free to bring a notebook for your own note taking!
Leader/Speakers: Keith Medley

GREEK LIFE
Session Summary: For those who think they would never join a sorority or to those who know they want to rush, come to this power hour for my experience with greek life on campus! I never thought greek life was in my plans for college, but it has been one of the most beneficial and surprising aspects of my college experience. They have so much to offer beyond the blind eye, so come check out this power hour if you want some more information on aspects of greek life and how it can be transformative in your college experience.
Leader/Speakers: Natalie Onesi

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Leader/Speakers: TBA

RSO’S/CLUBS ON CAMPUS
Session Summary: Coming to college can be a little intimidating, especially if you have just graduated from high school. You may have been involved in different organizations or sports, and you may have been part of those groups for a long time. When you arrive at UD, you will be starting fresh, and that can seem challenging. Joining an RSO, a Registered Student Organization, definitely helps you connect with others and make friends, while also giving you a way to do the things you love, even when you’re away from home. In this power hour, I’ll tell you about my experience with UD’s clubs and organizations, as well as where to find information on all the RSOs, so you can get a head start thinking about what sort of things you might want to do for fun at UD.
Leader/Speakers: Rachel Staib

CAREER SERVICES
Session Summary: Career services are a very important resource on campus. I will talk about the different services they provide such as resume reviews, career counseling, etc. Career services inform everyone on the different job fairs and job opportunities. Learn new ways to connect with employers and UD alum and building your network.
Leader/Speakers: LeDay Womack
COLORING TO DE-STRESS

Session Summary: You may be thinking that coloring is just for kids, but coloring can actually be a great way to de-stress and focus your mind on something creative! Feel free to bring your own coloring supplies or browse these online coloring designs (which you can either print or color virtually) or find your own online. Join us for a chill coloring session and chat and show off your finished product at the end!

UD-themed, printable only (click on “coloring pages”): https://www.udel.edu/alumni-friends/resources/virtual-resources/blue-hen-brain-break/#coloring

More printable coloring pages: https://judyclementwall.com/coloring-pages/
http://www.getcoloringpages.com/adult-coloring-pages

Online coloring pages: https://www.mombooks.com/mom/online-activities

Leader/Speakers: Hayley Whiting

HARRY POTTER DEBATES

Session Summary: Calling all wizards and witches! If you’re a mega Harry Potter geek like me, feel free to take this time to geek out with me! We’re talking all things Harry Potter, all things magic, and all things Hogwarts. Debates and discussions about our favorite characters, our Hogwarts houses, whether or not we think Snape is good/evil and worthy of pity and forgiveness... you name it. No need to bring anything except your love for the boy who lived, and maybe some chocolate frogs. This is a time to unwind and have some fun debates - hope to see you there!

Leader/Speakers: Ashley Steele

COLLEGE TIPS

Session Summary: If you are anything like I was as an incoming first year, you are currently brimming with questions about college. What do you pack? How do you meet new people? How bad are communal bathrooms? Well if any of these worries sound familiar, you’ve come to the right place. Prep your favorite cup of coffee, tea or anything in between while I try to answer any and all questions you may have about starting college (no question is dumb, I swear I probably wanted to know the same thing).

Leader/Speakers: Emily Virok

FAVORITE BOOK/MOVIE/TV SHOW DISCUSSION

Session Summary: If you’re the kind of person who likes to sit down with a coffee or tea and a good book or movie, feel free to join me for this power hour! We’ll take some time to share book, movie, and TV show recommendations, and geek out over our favorite ones! You don’t have to bring anything, just your love for your favorite books, movies, and shows!

Leader/Speakers: Natalie Onesi

MINI COOKING CLASS

Session Summary: If you are a taco lover, a seafood lover, or anything in between come to this power hour to learn how to make my famous shrimp tacos! I personally don’t like seafood but this recipe is INSANE! I make these tacos almost everyday for lunch and they will be a hit with your friends and family, not to mention the best part of your day. They are quick and easy so if you want to stop by for a chat and a small hangout, come on by! I’d be happy to take any questions you have about college/ give you tips for moving forward!

Leader/Speakers: Natalie Onesi

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Leader/Speakers: TBA

CRAFTS AND SNACKS

Session Summary: With classes being online, looking at your computer all day can get pretty old. So I’m here to share some easy crafts that you can make with household objects (paper, yarn, recycled granola bar boxes, etc) to unwind and do something with your hands for a little while. So feel free to bring your favorite snack and a craft idea of your own while we take it back to simpler times like kindergarten.

Leader/Speakers: Brynn Chieffo

YOGA

Session Summary: Relaxation for the human body is a universal truth. Yoga brings that vibe straight to the surface. Come join the power hour yoga session and free your mind while taking care of your body.

Leader/Speakers: Keith Medley