

## Power Hour Descriptions- Week 5

Get Ready students are required to attend and participate in a minimum of (1) Tuesday and (1) Thursday power hour session. Program participants are expected to visit (2) power hour sessions in total within the duration of the 5-week program. Participants are invited to attend as many sessions as they would like in addition to the required 2 sessions required.

Select the session of your choice and then sign up, attendance will be taken at each session..

### Tuesday, August 10th at noon

#### Library Resources Presenter Danah Alrashed

<https://udel.zoom.us/j/4462209332>

Did you know that Morris library has so much more to it than just being an ordinary library? Morris library has so many resources available that can help all university students succeed. At Morris library you can do anything from having a quiet and comfortable space to study at, to renting and using many different equipment to help you succeed. At this power hour, you can learn more about the library resources and how to navigate your way through the library website.

#### Student Central for All Clubs Presenter Cianni Williams

<https://udel.zoom.us/j/96277043578>

Do you want to meet new people? Try something new? Or figure out what your hidden passion is? Then, you should join a club. UD has over 500 clubs that you could get yourself involved in from just a simple click. With most clubs there's no need for an invitation, it's just you opening the door. In college you have the opportunity to participate in whatever interests you and in my Power Hour I will show you how and discuss some of the cool clubs you could get yourself involved in. If you want to learn more, come chat with me! :)

#### Undergraduate Research Presenter Sydney Flambaum

<https://udel.zoom.us/j/93195792856>

As a first-year student, I had never heard of the term "conducting research." This is the time for you to conduct the study, analyze the results of your research, and write a report on it! We've all read a research article, but have you ever seen the process behind it? On campus, there are a variety of labs where undergraduate research assistants might work, and this is a great opportunity to learn the field of research for your future path! research at UD is a big deal, with dozens of labs on campus!! Come to this power hour if you want to learn more about research and how to become involved. You'll learn all there is to know about working in a lab, including all of the rewards!

#### Student Health Services Presenter Kate Zincone

<https://udel.zoom.us/j/8691341868>

Being away at school can mean living far from your regular doctor, so Student Health Services are a great option when feeling under the weather! In this power hour we will discuss the many services provided by Student Health, where it's located, and how to access them. We will touch on the different branches of Student Health and the aid they each provide, and how to schedule an appointment, if needed, in the right place.

#### Disability Student Services Presenter Neil Baker

<https://udel.zoom.us/j/6025863339>

Do you have a documented disability that requires accommodations? Do you think you may have a disability that needs accommodation? ...At UD, there is an entire center dedicated to ensuring that you have all the accommodations you need to ensure equal and fair opportunities in your academic pursuits. Please come join this power hour to learn about the disability student services (DSS) center, how to reach out, and what it can offer!

### Thursday, August 12th at noon

**True Crime Presenter Danah Alrashed**

<https://udel.zoom.us/j/4462209332>

Attention to all true crime enthusiasts out there!! Join me at this power hour to talk about all things true crime. In this power hour, we will have a discussion about our theories and opinions on different true crime cases. Moreover, we will share our favorite true crime movies, tv shows, and podcasts.

**Let's Talk About Video Games Presenter Neil Baker**

<https://udel.zoom.us/j/6025863339>

College can be stressful, and it's important to take some time for yourself and relax. Video games are a great way to take a load off by yourself or with friends. In this power hour, we'll gather game recommendations from students (on any platform), talk about which games are our favorite, and even create a discord server so that students can exchange information and play games together! If folks don't have discord, a google doc will also be made. Virtual shenanigans with your peers are HIGHLY encouraged; play some games and get to know each other :~)