

# 2012 First Flyer Class Selections

## (Title is in **bold**)

### **An Experiment in Passion**

Need help deciding your career path? Don't know where to start? Attend and learn strategies from someone who has been there!

### **Avoiding the Freshman 15 - Making Lifelong Fitness a Priority!**

This lecture is designed to provide an overview of the importance of physical activity and emphasize how it can positively influence students during their first-year college experience. Some of the basic trends regarding poor eating habits and lack of exercise among first-year college students will be discussed. The audience will also be provided with information on how to avoid excessive weight gain and how to improve their overall physical and mental health.

### **Break the cycle of being a "POOR College Student"!**

Come find out how you can break the cycle of a poor college student and actually have money during your college years! We will discuss saving and budgeting strategies and where to look for money. We will demonstrate how to plan for the unexpected college expenses instead of having to call home to the "bank of mom and dad".

### **Celebrate What's Right With The World**

"Celebrate What's Right With The World" is based on insights and experiences shared by Dewitt Jones, a freelance photographer for National Geographic. This is a time for beginning to recognize your options and opportunities as well as using your energy and creativity to make the world a better place, now and throughout the rest of your life. First, however, you must determine your own personal vision. That personal vision can serve as a powerful force in guiding you to be your "best for the world" rather than "best in the world".

### **Constantly Connected to Technology**

Technology is transforming the ways in which we communicate, educate, and entertain. These devices encourage increased consumption of media messages and images, as well as facilitate multi-tasking behaviors. But how does all of this use influence our social relationships, academic performance, or ability to think without distraction? This lecture and discussion will focus on effectively managing our media-saturated lives by minimizing the distractions and making the most of the opportunities.

### **Enhance Your UD Experience - Get Involved**

A listing and description of all the different clubs, organizations and activities a UD student has available to them. The education at UD is not just in the classroom.

### **Flyer Financing: Smart Spending 101**

The purpose of Flyer Financing: Smart Spending 101 is to introduce the practice of "smart borrowing", budgeting and overall financial well-being while in college. Important features (risk/reward) of student loan debt, financial credit and budgeting will be discussed in a fun,

interactive way. \*This session is not intended to encompass all aspects of finances and specific financial situations while in college.

### **Fuel for Imagination**

Based on “Making It Up As I Go Along” from This I Believe II, students will participate in challenges to figure out how to perform certain tasks without the expected tool. Be ready for unconventional thinking and improve as you solve problems in creative ways. What to bring with you: nothing or anything you want. You never know what might help you with a task.

### **Getting Involved Outside the Classroom**

There are over 200 student organizations at the University of Dayton. Join us to learn about the options for involvement on campus outside the classroom environment. We’ll bust some myths, provide helpful information, and answer any questions you may have.

### **How Country Songs Can Help Your Grades**

The old joke is that if you play a country song backwards, you get your wife back, your truck back and your dog back. We will explore how the songwriters’ stories in country lyrics provide the level of specific concrete detail that professors love to find in papers. We will also see how great opening lines and choruses are also essential to getting A’s on essays and research papers. Plus, we’ll look at what not to put in either a country lyric or a paper for class.

### **How not to go broke in college**

With credit card applications, catalogs, targeted advertising, endless opportunities to spend money and newfound independence, going into personal debt during college is easier than 1-2-3. In this lecture, you’ll learn some strategies for avoiding the crafty marketing traps and temptations that can land you in debt — or worse: moving back in with your parents after graduation.

### **How to Have Fun in the Student Neighborhood**

Interested in going to the Neighborhood and participating in activities that promote a healthy fun experience? Come to this session and learn about safe proactive ways to participate in the Neighborhood as a first-year student. This will be an interactive experience as you learn some of the history and myths related to activity in the Neighborhood. You will have an opportunity to learn about the variety of campus activities and local Dayton events as well.

### **Juggling for Success**

What are some tools to help you juggle your changing lifestyle? This will be a discussion of balancing the responsibilities of school; work; and social, personal, and community activities. You will learn actual juggling as well!

### **Learning about Learning from the Movies**

Have you ever thought about how much you can learn about learning from the movies? In this session we will use clips from commercial movies, both old and new, to help us think and talk about different ways of learning. There will also be some reflection time for you to think about how you learn best and how you can use that knowledge to do well in college.

### **Living the Dream! Tips on creating, building, and managing college goals and dreams**

Most people who start college have at least one common goal- graduation. However, there are also many unique outside of the classroom opportunities. Learn techniques on how to prioritize and manage goals and dreams to make the most out of your time on campus.

### **Mythology: Archetypes, World Visions & Cool Stories**

This lecture will look at the role of mythology in culture. We will discuss theoretical approaches, consistent themes across time, culture, and geography, and what role myth still plays today.

### **Our Rivers, Aquifer and Tap Water; Dayton's Greatest Resources**

Participants will learn about the Rivers Institute and River Stewards at the University of Dayton, while developing an understanding of our local water resources. Being a new resident of a riverfront campus comes with stewardship. Come see how you can contribute to being sustainable and how you can get out and enjoy our waterways.

### **Play in an Ancient Indonesian Orchestra!**

Students will perform a short piece of music using custom-made gamelan instruments from Java, Indonesia. No previous musical training is required.

### **Re-Naming Your World: Learning “College” as a New Language**

What have you been told about the difference between high school and college education? What rules have you learned about how to be a good student, or a good writer? Come prepared to share these ideas—and maybe to have them turned upside down! Using fantasy writer Ursula LeGuin’s short story “She Unnames Them,” we will consider how your studies at UD will be like learning another language – or many languages – requiring you to unname, re-name, and re-see your world.

### **Secrets to Professionalism At UD and Beyond – Top Five Tips**

Professionalism is a matter of attitude, intentions, and knowing what it takes. This class will show what is involved in professionalism including the necessity to develop a personal *Brand* to stand out among one’s peers and competition. Five essential tips will be discussed toward achieving a successful *Brand*.

### **Sound Mind, Sound Body**

Active Minds, along with partnerships from UD Rescue Squad, the Counseling Center and Women's Center, will provide a panel of experienced upperclass students, faculty and staff to discuss the importance of a healthy mental and physical transition from high school to college. The steps students should take to make a healthy transition, and resources the university offers to aid them in their transition will be discussed.

### **Students and Culture Shock**

Leaving home to study in a new state or new country can be a stressful experience. Even though you have planned and prepared for this day, the extent of the change and the effects, may take you by surprise. This session will provide an overview of culture shock, the components that contribute to culture shock and what you can do to help yourself and others minimize the effects.

## **Success from Day 1**

Discover 10 things you can do to help insure your success as a Flyer First-Year! This exciting, interactive workshop will offer practical suggestions for the classroom and beyond.

## **Sustainability, the Environment, and UD's campus: What, how, and why?**

How "green" is UD? Can I live a sustainably as a college student? How do I get involved? Join us to learn about sustainability in general and efforts on campus to become more Earth-friendly. We'll explore how UD is addressing such issues as recycling, climate change, and resource conservation. You'll also learn about campus 'sustainability' groups, personal actions you can take, and initiatives on campus that reduce our impact on the environment.

## **The (Downtown) Dayton Experience - "Don't just be in Dayton, experience it!"**

So, you've arrived at the University of Dayton in Dayton, OH. What now? Well, there's going to be A LOT happening on campus, which is awesome but do not overlook the opportunities the city of Dayton has to offer. Many students feel like time flies at UD and leave regretting missed opportunities to get involved in the Dayton community. By the time you leave this session you'll be familiar with all the local spots, ways for young adults to get involved, professional opportunities, outdoor activities, and general weekend hang-outs. Come participate and leave with a list of "365 things to do in Dayton."

## **The "Not So" Sober Flyers – drinking practices and patterns of UD undergrads**

This presentation will describe and discuss the current drinking patterns of UD undergrads as reported by statistical data and the clinical counseling experience of Brother Tom – the presenter – who has counseled hundreds of UD undergrads about their drinking practices.

## **The Nature of UD**

Welcome to Dayton's eco-region - the parks, rivers, trails landscapes and other natural features on campus and nearby that are great places to get-away, hike, bike, and explore. Learn how UD is part of Marianist and other faith communities going "green" and opportunities with the Marianist Environmental Education Center, SEE (Sustainability, Energy and Environment\_ programs, student environmental organizations, Rivers Institute and more.

## **The Secrets to a Successful Career**

Very few people actually know the secrets of developing a successful career. The session begins with a survey of what you think it takes to be successful and is followed by a power point lecture that demonstrates what really works. Most people are truly amazed at how wrong they were.

## **The Smart Consumer**

The Smart Consumer is an interactive program that brings everyday marketplace challenges to the forefront for the college student. Its focus is in the fundamentals of good financial habits including spending strategies like budgeting and saving, understanding credit, avoiding scams and managing college loans.

## **The Trees of UD**

Join this outdoor class to learn about the ecological and historical importance of the tree species found on campus. We will also cover ways to identify them no matter the season.

### **The World Awaits You - Go Global**

Come learn about the many international opportunities available to you as a UD student. Start planning during your first year to study abroad, do service abroad, intern abroad and/or work abroad. By planning early, you can participate in more than one international experience. Information will be shared on the application process and how to get further advising about international experiences.

### **This I Believe—Marianist Style**

You have read the book, *This I Believe II*. This session will give you an opportunity to deepen your appreciation of what the term Marianist adds to your University education. Hear the stories of students and alumni and prepare to write your own story over the next four years and beyond!

### **U R Wht U Tweet: #Language and #Identity in 140 characters**

Technologies direct how and what writers can produce. This session explores how social media technologies, like Twitter, require that we reconsider several important aspects of writing – including the language we use to write as well as how our identities are constructed through this language. \*note: this session will be live-tweeted.

### **UD Sports and their decorated history**

You probably didn't come to Dayton because of its successes in athletics. However, you might be surprised when you learn how relevant UD and the City of Dayton are when it comes to collegiate and professional sports. Come see how the University of Dayton is linked to the first game of the NFL and what all the hype is about Men's Basketball at UD. This class will help you to impress your friends and make you proud to be a Flyer.

### **What Can Psychology Do For You?**

The lecture will review the origins and major findings of the field of positive psychology. Students will be given concrete suggestions for a successful transition to college.

### **What is a Community Builder? UD Educates Leaders who Build Communities**

Each year, hundreds of UD students are preparing to be leaders who build communities. They are significantly engaged in the Dayton community and are committed to ongoing leadership development. They are Dayton Civic Scholars, River Stewards, Semester of Service participants and Neighborhood School Center interns. They represent all academic majors, many faith traditions, and a full range of political orientations. They are all part of the Fitz Center for Leadership in Community. Come learn more about the exciting opportunities to *Learn. Lead. Serve.* in Dayton.

### **Will My Parents Find Out?**

Come learn the myths and truths about the student conduct system. Find out what will happen if you are written up (documented) by a Resident Assistant or Police Officers and will your parents find out?

### **Wisdom and the College Freshman**

This lecture explores the work of Walker Percy, a Catholic physician and writer, and probes the interface between Science and Faith. The learner will understand the differences and limitations between scientific knowledge and "news." The life of Walker Percy as a model of the successful life will also be discussed.