

Illinois Math and Science Academy

DigitalCommons@IMSA

---

Intersession Catalogs

Principal's Office

---

Winter 1-2023

## 2023 Intersession Catalog

Illinois Math and Science Academy

Follow this and additional works at: [https://digitalcommons.imsa.edu/prin\\_int\\_cat](https://digitalcommons.imsa.edu/prin_int_cat)



Part of the [Gifted Education Commons](#), and the [Other Education Commons](#)

---

### Recommended Citation

Illinois Math and Science Academy, "2023 Intersession Catalog" (2023). *Intersession Catalogs*. 4.  
[https://digitalcommons.imsa.edu/prin\\_int\\_cat/4](https://digitalcommons.imsa.edu/prin_int_cat/4)

This Catalog is brought to you for free and open access by the Principal's Office at DigitalCommons@IMSA. It has been accepted for inclusion in Intersession Catalogs by an authorized administrator of DigitalCommons@IMSA. For more information, please contact [angie@imsa.edu](mailto:angie@imsa.edu).



# Intersession 2023

## Catalog

IMSA's 2023 Intersession runs primarily January 9-13, 2023. Sessions will be facilitated in four different modalities:

- Virtual: The entire session will be facilitated remotely via Zoom, with the possibility of some limited asynchronous components.
- On-Site @ IMSA: The session will be facilitated in-person at IMSA's campus in Aurora, IL on days/times during the week of Intersession.
- Local: The session will be facilitated partly or fully off-site near IMSA's campus with no overnight stay.
- Travel Study: The session will take place partly or fully off-site and will require one or more nights of overnight stay due the distance from campus. (NOTE: Travel Study programs are not listed in the Course Catalog, as seats were filled earlier in the Fall semester.)

Review this catalog prior to making requests, and note all of the details of the sessions you plan to request, including prerequisites and any necessary resources.

**Student Requirements:** All IMSA students are required to participate in Intersession. For 2023, the minimum enrollment expectation for all students is equivalent to any of the following:

- Enrolled in an IMSA Travel Study program
- Enrolled in a single (1) Full-Time session
- Enrolled in multiple (2+) Part-Time sessions that equate, roughly, to the day/time commitment of a Full-Time session.

Students may request additional sessions beyond the minimum. Enrollment in additional sessions will be dependent upon schedule fit and seat availability.

**Session Times/Dates:** Please note the specific days / times for each session, in addition to the session's modality. This info will be necessary when identifying your primary and back-up requests to ensure you are not request sessions that conflict with one another.

**Intersession Request Form Link:** <https://forms.gle/GafxCC52bwkDMv468>

**Request Timeline:** Requests will be accepted through 12:40pm on Monday, November 28. Note that **requests are NOT first come, first serve**; see the next section for details. Student who do not submit requests will have a schedule built for them based on available seats.

**Schedule Notification:** Students will received an email with their individualized Intersession schedule by no later than Friday, December 9.

**Request Form Directions:** The request form first asks students to input their name, Student ID#, and IMSA email address. Please double-check all of this information to ensure it is correct before submitting the form. Next, the form asks students to submit their "Primary Requests"; these are the 1-5 sessions that would make up the student's ideal schedule, should we be able to grant these requests. Next, students must provide at least five (5) backup options of sessions different from the Primary Requests. Your backup selections will be used should we not be able to enroll you in enough primary requests to

meet the Intersession minimum enrollment expectations. Please note that selections on this form are FINAL! Once students submit the form, selections cannot be changed.

**Request Fulfilment Process:** To provide equitable opportunities for request fulfilment, requests will NOT be granted on a first come, first serve basis. Rather, all students will have the opportunity to submit the request form during the request timeline. A request fulfilment order will be generated randomly, and students will be granted one request at a time to provide opportunities for all students to get some or all of their Primary Requests. Students who do not submit the request form prior to the deadline will be provided a schedule based on what sessions have seats available.

**Financial Assistance:** The sessions offered in this course catalog are expected to be offered at no cost to students / families. Should that change for any session, students and families will be notified promptly and be provided the option to change their schedule.

**SESSION #:** L1

**TITLE:** Emmett Till Truth and Racial Reconciliation Tour

**MODALITY:** Local

**LENGTH:** Full-Time / Five Days

**TIME:** MTWHF 9:00-12:00, 1:00-4:00

**DESCRIPTION**

Reconciliation begins by telling the truth. This program is designed to teach students how to engage and facilitate dialogues on race, while thinking critically about their own racial socialization according to Harro's Cycle of Socialization and recognizing how others come to understand their own race stories. Students will engage with family members of Emmett Till who share their truths about how his life and death impacted them personally and sparked our nation's Civil Rights Movement. Portions of this session will take place on-campus in addition to local travel.

Prior to the trip, students will attend a Meet & Greet with Ollie Gordon, cousin of Emmett Till featured in ABC's 3-Part docu-series Let the World See and other members of the Emmett Till Family to ask questions about Emmett Till's story and its impact on racial justice in America.

**CATEGORIES**

Professional Development - Session provides explicit career-focused insights and applications, UN Sustainable Development Goals - Session relates to the UN SDGs and/or IMSA's commitment to the UN SDGs.

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Amberly Carter, Cousin of Emmett Till and IMSA DEI Coordinator

**SESSION #: L2**

**TITLE:** Health Care Experience at Rush University

**MODALITY:** Local

**LENGTH:** Full-Time / Four Days

**TIME:** MTWH 8:00-4:00

**DESCRIPTION**

This is a week-long, all-day dynamic session held at Chicago's Rush University Medical Center that will expose participants to a variety of health care fields, including medicine, nursing, and other allied health programs. Participants will learn about what it is like to train for a career in health care and what it is like to practice, as well as the context of community in which it is practiced. Mock clinical cases, with participants playing the role of health care providers, serve as the framework for the week's activities.

**CATEGORIES**

Professional Development - Session provides explicit career-focused insights and applications, UN Sustainable Development Goals - Session relates to the UN SDGs and/or IMSA's commitment to the UN SDGs.

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Dr. Sarah Song, Alumni IMSA Student

Connie James-Jenkin, Current IMSA Faculty or Staff

**SESSION #:** L3

**TITLE:** Aerial Yoga

**MODALITY:** Local

**LENGTH:** Half-Time / One Day

**TIME:** M 9:00-12:00

**DESCRIPTION**

In this session, students will travel to an aerial fitness studio for a full-body workout strengthening core physique, toning muscles, and learning some elegant transitions between poses in an aerial hammock. As a result of this session, students will set an emotional, physical, and mental intention as they begin their workout, check in with the instructor throughout the class to push themselves, and choose which options work best for them to achieve their intentions

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Academic Support - Session provides academic support toward IMSA curriculum

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Mary Zuidema, Current IMSA Faculty or Staff

Marta Kaluza, Current IMSA Faculty or Staff

**SESSION #:** ON1

**TITLE:** FRC Robotics Intersession

**MODALITY:** On-Site

**LENGTH:** Full-Time / Four Days

**TIME:** MTWH 9:00-12:00, 1:00-4:00

**DESCRIPTION**

This intersession will be a required closed session for all FRC Robotics team members that intend on participating at FRC Competitions this school year. In this session team members will gain robotics knowledge relevant to the FRC game tasks and will design, prototype, and finalize a competitive robot to be used for the duration of the 2022-2023 FRC Robotics season.

**CATEGORIES**

Professional Development - Session provides explicit career-focused insights and applications, UN Sustainable Development Goals - Session relates to the UN SDGs and/or IMSA's commitment to the UN SDGs.

**PREREQUISITES**

Students need to be on the official FRC team roster (roster to follow).

**FACILITATOR(S)**

Grant Bell, Current IMSA Faculty or Staff



**SESSION #:** ON2

**TITLE:** FTC Robotics Intersession

**MODALITY:** On-Site

**LENGTH:** Full-Time / Four Days

**TIME:** MTWH 9:00-12:00, 1:00-4:00

**DESCRIPTION**

This intersession will be a required closed session for all FTC Robotics team members that intend on participating at FTC Competitions this school year. In this session team members will gain robotics knowledge relevant to the FTC game tasks and will design, prototype, and finalize a competitive robot to be used for the duration of the 2022-2023 FTC Robotics season.

**CATEGORIES**

Professional Development - Session provides explicit career-focused insights and applications, Service Learning - Session provides an opportunity for students to support a community or organization, Socioemotional - Session supports student social and emo

**PREREQUISITES**

Students need to be on the official FTC team roster (roster to follow).

**FACILITATOR(S)**

Grant Bell, Current IMSA Faculty or Staff

**SESSION #:** ON3

**TITLE:** Music Technology

**MODALITY:** On-Site

**LENGTH:** Full-Time / Four Days

**TIME:** MTWH 9:00-12:00, 1:00-4:00

**DESCRIPTION**

Participants will learn about music theory, digital music creation and arrangement, traditional audio recording techniques. Participants will also get hands on experience in audio production, song writing and recording. Collaborative group work will combine to make a final composition that can be shared with the IMSa community and Digital Commons.

**CATEGORIES**

Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Bill McGrail, Current IMSA Faculty or Staff

Winston Mattson, Current IMSA Student

**SESSION #:** ON4

**TITLE:** AP Chemistry Exam Review

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTWH 9:00-12:00

**DESCRIPTION**

This intense and immersive intersession goes over the basics of the AP Chemistry exam from beginning to end – format, review, practice, and exam taking strategy. We will study major exam topics possibly including bonding, stoichiometry, states of matter, reactions, kinetics, equilibrium, electrochemistry, and thermochemistry. Final topics will be based on student selection the first day. Practice exams include multiple choice and free response questions. Our last day will review strategies for successful studying over pizza!

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

SI Chem and signed up to take the AP Chemistry Exam

**FACILITATOR(S)**

Joseph Golab, Current IMSA Faculty or Staff

Laura Kopff, Current IMSA Faculty or Staff

**SESSION #:** ON5

**TITLE:** Bible in the Twenty-First Century

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** TWHF 1:00-4:00

**DESCRIPTION**

The Bible is perhaps the most influential piece of literature in the history of Western civilization, and remains a potent force today in society, philosophy, and politics. At the same time, while three-quarters of Americans identify as Christians, more than half have never actually read more than a passage or two of the Bible. This class will examine the text of the Bible with a view toward understanding its role in contemporary society. We will examine timeless issues such as creation, salvation, and evil as well as more modern issues such as the role of women, the abolition of slavery, and the place of homosexuality.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Academic Support - Session provides academic support toward IMSA curriculum, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Professiona

**PREREQUISITES**

Students of any religious (or non-religious) background are welcome.

**FACILITATOR(S)**

Peter Dong, Current IMSA Faculty or Staff

**SESSION #:** ON6

**TITLE:** Build-A-Business TALENT Intersession

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** TWHF 1:00-4:00

**DESCRIPTION**

The TALENT Intersession program is a half-day (180 min /3 day [Tue-Thurs 9:00-12:00 /with Friday pitch competition]) intersession that teaches the fundamentals of entrepreneurship. Participants will engage in a series of modules that cover topics, such as ideation, the BML cycle and product development. The course is structured around lecture-based facilitation and group activities. This experience will equip you with the skills and entrepreneurial theories necessary to develop your own startup.

A "Shark Tank" style pitch competition will take place the 4th day (Friday) for all participants.

Students who have completed TALENT's INC program are NOT eligible to participate in Intersession. Participants who complete the TALENT Intersession WILL be eligible to apply for TALENT's second semester "THINK" program.

**CATEGORIES**

Service Learning - Session provides an opportunity for students to support a community or organization

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Steve Goldblatt, Current IMSA Faculty or Staff

Revanth Poondru, Current IMSA Student

Anthony Kholoshenko, Current IMSA Student

**SESSION #:** ON7

**TITLE:** Crochet for a Cause

**MODALITY:** On-Site

**LENGTH:** Half-Time / Two Days

**TIME:** WF 9:00-:12:00

**DESCRIPTION**

Students will learn how to crochet some simple but meaningful projects. The Knit-a-square organization accepts donations of crocheted (or knitted) blanket squares that become assembled by their team of gogos (grandmothers) in South Africa. It takes 35 squares to make a blanket. Since 2008, Knit-a-square has “distributed over 90,000 blankets to warm and comfort the cold, orphaned or vulnerable children of South Africa”. In this session, students will be learning how to crochet by creating as many squares as possible as a group; we will package and send the squares to this organization. By the end of the session, students will be able to perform some basic and intermediate crochet stitches, explain the purpose of differently sized crochet hooks, and identify the right kind of yarn for different types of projects. Students will also leave this session having basic skills necessary to create additional projects in the future.

**CATEGORIES**

Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Christine Moskalik, Current IMSA Faculty or Staff

**SESSION #:** ON8

**TITLE:** Cross-Stitching: The OG Pixel Art

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** MTH 9:00-12:00

**DESCRIPTION**

Do you like to relax? Are you creative? Do you want to learn a new relaxing hobby that allows you to be creative? If so then come learn to cross-stitch with Dr. Trainor! During this intercession you will learn the necessary skills to design and create your very own personal work of art! No experience is needed.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Brian Trainor, Current IMSA Faculty or Staff

**SESSION #:** ON9

**TITLE:** Demogorgons, Russians, and Superpowers: The History, Philosophy, and World Building of Stranger Things

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 9:00-12:00

**DESCRIPTION**

In this intersession students will learn about the context of the setting for the hit television show, study the philosophical underpinnings of its stories, and analyze the world building of the show's creators. We will give special attention to the use of historical context (the 1980's) as a device.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, UN Sustainable Development Goals - Session relates to the UN SDGs and/or IMSA's commitment to the UN SDGs.

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Eric Smith, Current IMSA Faculty or Staff

Tracy Townsend, Current IMSA Faculty or Staff



**SESSION #:** ON10

**TITLE:** Drug Discovery SIR

**MODALITY:** On-Site

**LENGTH:** Half-Time / One Day

**TIME:** M 9:00-12:00

**DESCRIPTION**

Our Drug Discovery research group's goal is to design unique compounds that have the capacity to combat diseases for a wide range of disorders. Drug discovery is the process through which potential new medicines are identified. It involves a wide range of scientific disciplines, including biology, chemistry and pharmacology. Our group has collaborations with the pharmaceutical industry and academics institutions. The students will be better prepared for their research. They will master the skills necessary to be successful in their SIR.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

Must be enrolled in the Drug Discovery SIR group for the 2022-2023 school year.

**FACILITATOR(S)**

John Thurmond, Current IMSA Faculty or Staff

**SESSION #:** ON11

**TITLE:** Everyone Can Sing...Karaoke!

**MODALITY:** On-Site

**LENGTH:** Half-Time / Two Days

**TIME:** HF 9:00-12:00

**DESCRIPTION**

In this intercession, students will learn about where the tradition of "karaoke" comes from, and they will have a lot of time to practice the art form. Students will choose their favorite genres, artists, and songs, and they will have many opportunities to sing together and alone. Students will learn and practice proper audience etiquette when they are not singing, and they will cheer on their friends and peers as everyone gets their time to shine!"

**CATEGORIES**

Professional Development - Session provides explicit career-focused insights and applications, UN Sustainable Development Goals - Session relates to the UN SDGs and/or IMSA's commitment to the UN SDGs.

**PREREQUISITES**

Willingness to sing!

**FACILITATOR(S)**

Tom Meyer, Current IMSA Faculty or Staff

Maria Barnhill, Current IMSA Faculty or Staff

**SESSION #:** ON12

**TITLE:** FRC Robotics Operations Team Intercession

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTWH 9:00-12:00

**DESCRIPTION**

This intercession will be a required closed session for all FRC Robotics Operations team members that intend on participating at FRC Competitions this school year. In this session team members will gain robotics knowledge relevant to the FRC team and will finalize an operational plan for the FRC team to be used for the duration of the 2022-2023 FRC Robotics season.

**CATEGORIES**

Professional Development - Session provides explicit career-focused insights and applications

**PREREQUISITES**

Students need to be on the official FRC team roster (roster to follow).

**FACILITATOR(S)**

Grant Bell, Current IMSA Faculty or Staff

**SESSION #:** ON13

**TITLE:** How to Decide if You Want to Be a Doctor: Three Tips for Teens from a Robotic Surgeon

**MODALITY:** On-Site

**LENGTH:** Half-Time / One Day

**TIME:** W 9:00-12:00

**DESCRIPTION**

High school students are often intrigued by the world of medicine but are fearful about taking the steps to get there. Dr Susan Scanlon will explain her career path from high school to medical school and to becoming a doctor and surgeon. Students will gain insights into the qualities needed for a successful and exciting career in the field of medicine

**CATEGORIES**

Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

Student with interest to pursue Medicine as a future career path.

**FACILITATOR(S)**

Dr. Susan Scanlon, Dr. Susan Scalon, is a practicing physician and offers lectures college prep workshop, robotic event

Maitreyee Ghosh, Current IMSA Student

Sukanya Ghosh, Current IMSA Student

**SESSION #:** ON14

**TITLE:** IMSA Ultimate Frisbee! (it's not Frisbee Golf)

**MODALITY:** On-Site

**LENGTH:** Half-Time / Two Days

**TIME:** TH 9:00-12:00

**DESCRIPTION**

Have you ever been tempted to try the elegant sport of Ultimate Frisbee? This is your opportunity! This session will feature practice with both the fundamentals of Frisbee handling (forehand, backhand, maybe even the illusive hammer!) as well as learning about actual game-play and strategy. You'll also develop camaraderie and learn about "Spirit of the Game" with your fellow players. Due to weather constraints, it's likely all activity will take place in the gym. You don't need any prior knowledge or experience, just a willingness to try, and be ready to have some fun. All participants should be prepared to MOVE AROUND and be active each day. If you have your own 175g disc, please bring it! Otherwise, you'll have discs available to use for the intersession.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Academic Support - Session provides academic support toward IMSA curriculum

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Leah Kind, Current IMSA Faculty or Staff

**SESSION #:** ON15

**TITLE:** Introduction to Category Theory

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** TWHF 9:00-12:00

**DESCRIPTION**

Category theory was introduced in the mid 1940s with the goals of unification, clarification, and efficiency in mathematics. Today it is used in almost all areas of mathematics and theoretical physics, and in some areas of computer science. Category theory provides a cross-disciplinary language for mathematics which enables the transfer of ideas from one area of study to another. I will give an introduction to the basic concepts of category theory: categories, functors, natural transformations, universality, and adjoints, focusing on examples accessible to high school students. There are no formal prerequisites, but this intersession would be of most interest to students interested in mathematics or theoretical physics. It may also be of particular interest to students taking Abstract Algebra, as the categorical perspective allows for a unifying point of view of the many various definitions as instances of a few general ideas, which can all be stated as universal properties.

**CATEGORIES**

Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Service Learning - Session provides an opportunity for students to support a community or organization

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Anderson Trimm, Current IMSA Faculty or Staff

**SESSION #:** ON16

**TITLE:** JHMC Problem Writing

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** MWF 9:00-12:00

**DESCRIPTION**

Each year, Mu Alpha Theta's Junior High School Math Contest needs almost 100 new original problems to challenge young aspiring mathletes. Come help write and review some of these problems as we prepare this year's contest and beyond!

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Professional Development - Session provides explicit career-focused insights and applications

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Micah Fogel, Current IMSA Faculty or Staff

**SESSION #:** ON17

**TITLE:** Light It Up: Learn to Make a 'Neon' Sign

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 1:00-4:00

**DESCRIPTION**

Design and make your own custom 'neon' (LED flex) sign. Participants will design a unique template using Silhouette Studio, then follow the template to construct a lighted sign by soldering segments of LED flex together.

This session is an integrative application of a number of different disciplines. Art and Graphic Design skills are used to create the template in Silhouette Studio and create using the Silhouette Cutting Machine. To follow the template and create the sign, participants will learn to solder, and ensure a closed circuit electrical system.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Academic Support - Session provides academic support toward IMSA curriculum

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Cassandra Armstrong, Current IMSA Faculty or Staff

David Hernandez, Current IMSA Faculty or Staff



**SESSION #:** ON18

**TITLE:** Mathematically Supported Launch

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** TWH 9:00-12:00

**DESCRIPTION**

This session is designed to help students identify factors that are impeding their mathematical success. We will work to identify and support areas of mathematical content need, provide opportunities for students to have fun in math , and help students formulate a written plan of study habits and strategies that can be monitored for effectiveness in the upcoming semester/course.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

Any student who earned a C- or D in Geometry, MI1/2, MI2, MI3, or a D in MI4 • Any student who earned a C in these courses will be evaluated case-by-case for possible requirement to take this intersession.

**FACILITATOR(S)**

Janice Krouse, Current IMSA Faculty or Staff

Tina Loos, Current IMSA Faculty or Staff

**SESSION #:** ON19

**TITLE:** Polski in Three Days!

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** THF 9:00-12:00

**DESCRIPTION**

This intersession will introduce students to language and culture of Poland. Participants will learn basics of Polish with an emphasis on speaking and communication. They will explore different aspects of Polish culture and Polish contributions to science, literature, modern society and entrepreneurship while learning "the hardest language to learn in the world." Learn to love the consonants, diacritics and over-dots! They will sample Polish food and learn a traditional Polish dance. "From zero to hero" in just three days!

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Agnieszka Michalak, Current IMSA Faculty or Staff

**SESSION #:** ON20

**TITLE:** Trick-Taking Card Games!

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** THF 9:00-12:00

**DESCRIPTION**

We will play Euchre, Oh Hell, Spades and maybe Whist/Bridge. All games are trick-based which include counting cards and using strategical/logical thinking. The focus of the intersession will be learning the various card games so no prior knowledge is required. We will discuss and employ strategies specific to these games but are common to any trick taking game. Students will learn about trump, finessing, leading, signaling to your partner, card counting, and other ideas.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Evan Brummet, Current IMSA Faculty or Staff

Lingyi Meng, Current IMSA Faculty or Staff

**SESSION #:** ON21

**TITLE:** True Crime

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 9:00-12:00

**DESCRIPTION**

The murder of a family in Kansas becomes a best-selling non-fiction novel. A podcast about a teenager convicted of murder becomes a sensation that casts doubt on his guilt—and 8 years later, he's released from prison. The stories of the 17 victims of a serial killer become fodder for a controversial Netflix series. In this intersession, we'll think through the ethics and aesthetics of the genre of true crime. Why are audiences so fascinated by other peoples' tragedies? What does it mean that they're fascinated by the perpetrators of those tragedies? Is it ethical to transform a horrific murder into a popular entertainment? What is true and what is fictional about true crime? We'll center our discussion on three key texts: an excerpt of Truman Capote's *In Cold Blood*, which students will read before the intersession begins; Errol Morris's *The Thin Blue Line*, which we'll view and discuss together in one of our sessions; and Sarah Koenig's podcast *Serial*, which we'll listen to portions of together. On the fourth day, students will work in groups to introduce and think through key questions about a true-crime text of their choosing. Along the way, we'll also explore shorter excerpts from other texts to think about the wider scope of the genre.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Professional Development - Session provides explicit career-focused insights and applications

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Eric Rettberg, Current IMSA Faculty or Staff

**SESSION #:** ON22

**TITLE:** Who wants to be a Millionaire

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 9:00-12:00

**DESCRIPTION**

As a parent of two young adult children, I have spent over 40 years saving and investing money for their development, our retirement, and the future well being of our family. Young people today have a great asset on their side-that is TIME! Planning and making sound financial decisions over an extended period of time can make for a comfortable stress free lifestyle. During this intersession we will touch on the basics of saving, investing, compounding, stocks, bonds, retirement account options, use of credit, mortgage application, and much more. I will be presenting a number of basic concepts in these areas with actual examples. Furthermore, I have partnered with brokerage and banking representatives who will be providing presentations in their respective areas. Finally I will be giving out some investment and credit information for the students to present back their plan on how they would manage these investments and credit situations and their reasons why.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

Willingness to learn and ask questions

**FACILITATOR(S)**

John Wood, Outside Presenter wanting to give back

**SESSION #:** ON23

**TITLE:** ALLIES 101: Putting the STEM in Saturdays!

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 1:00-4:00 + Sat, 1/28

**DESCRIPTION**

Are you an enthusiastic lover of STEM? Do you prefer to lead, rather than follow? Do you love learning and kids? Or maybe you've wanted to join ALLIES (a STEM educational extracurricular program at IMSA) for a while, but your schedule just won't allow it? Then this is the intersession for you! Participants will take a deep dive into inquiry, instruction methods, and classroom management during this half-day course. By the end of the week, all participants will be ready to teach an arcade-themed Saturday STEM Program for students in grades 3-6! (Please note, by signing up for this intersession, you are also committing to teaching or group leading at an actual Saturday STEM Program, "Arcade Engineering", scheduled on Saturday, January 28th, from approximately 8:00 am - 1:00 pm. Service hours will be awarded for this!)

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Megan Scherer, Current IMSA Faculty or Staff

Christine Moskalik, Current IMSA Faculty or Staff

Elaine Wu, Current IMSA Faculty or Staff

**SESSION #:** ON24

**TITLE:** Arrangement and Orchestration

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTWH 1:00-4:00

**DESCRIPTION**

Very few songs are written for the instruments or performers you actually need. Most of the time, you need to adjust the music to fit the instruments, players, and occasion. But arrangement of a piece is more than just transcribing notes; every arrangement is a composition in itself, requiring just as much skill and care as the original—sometimes more. Students in this course will learn about the craft of arrangement and orchestration, how to use the qualities of different instruments to their best potential, and how to adjust the harmonic or rhythmic structure of a song to suit their needs. In this course, students will create, perform, and record an arrangement of an existing piece as they learn about the often-neglected art of arrangement.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Professional Development - Session provides explicit career-focused insights and applica

**PREREQUISITES**

Students should have basic proficiency in at least one instrument (including voice) and should know how to read music.

**FACILITATOR(S)**

Peter Dong, Current IMSA Faculty or Staff

**SESSION #:** ON25

**TITLE:** Art of Dumplings

**MODALITY:** On-Site

**LENGTH:** Half-Time / One Day

**TIME:** F 1:00-4:00

**DESCRIPTION**

Food symbolizes family unity and togetherness in Chinese culture. Understanding the traditions and values in food culture can help students explore the history, humanity and society of China. This intersession will also help students gain knowledge of history and fun facts of Chinese cuisines and inspire students to compare and contrast US and Chinese cultures in depth.

**CATEGORIES**

Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

No but currently enrolled in Chinese preferred

**FACILITATOR(S)**

Christine Zhang, Current IMSA Faculty or Staff

Sophie Wang, Current IMSA Faculty or Staff



**SESSION #:** ON26

**TITLE:** Cardio Kick-Boxing and Self-Defense

**MODALITY:** On-Site

**LENGTH:** Half-Time / Two Days

**TIME:** TH 1:00-3:00

**DESCRIPTION**

Intercession 2023 proposal for Cardio-Kickboxing & Self-Defense

3 hours workout afternoon class (Tuesday and Thursday)

Class size of 10-50 max

Part I: Cardio-Kickboxing exercises mix principles from martial arts with heart-pumping cardio, which means that you can receive a workout for your entire body and become in shape in a short amount of time. Because kickboxing is a high-intensity full hour aerobic workout, it will rev up your body and mind while also increasing your energy levels. Along with high-energy music, you'll be breathing heavily and sweating off toxins, giving your energy levels a much-needed boost.

Part II: Self-defense. Students will learn technics of self-defense.

Class taught by Anne Kwiatkowski

Certified 5th Dan Taekwondo teacher from WTF (World Taekwondo Federation)

**CATEGORIES**

Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Anne Kwiatkowski, Current IMSA Faculty or Staff

**SESSION #:** ON27

**TITLE:** Fantastic Adventures and How to Play Them

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 1:00-4:00

**DESCRIPTION**

We will teach student how to play Dungeons and Dragons 5th edition. This is a very popular role playing game and will introduce students to a hobby they can enjoy for years to come. We will spend the week playing different adventures and giving students the opportunity to run their own adventures if they so choose.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Academic Support - Session provides academic support toward IMSA curriculum, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Alec Mangan, Alumni IMSA Student

Eric Hawker, Current IMSA Faculty or Staff

Brian Trainor, Current IMSA Faculty or Staff

**SESSION #:** ON28

**TITLE:** Fantasy Worlds of Studio Ghibli

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** MTW 1:00-4:00

**DESCRIPTION**

This intersession will explore the immersive fantasy worlds of Studio Ghibli's animated features, and will explore the notable contributions of creators like Hayao Miyazaki to global culture. Often described as the "godfather of Japanese animation," Miyazaki has also inspired countless artists throughout the world from the cartoonist, Jean Giraud to director and producer, Steven Spielberg (to name only a few). Students will watch one of Miyazaki's critically acclaimed films and work cooperatively in discussing the films critical merits and themes while also researching its literary and cultural foundations.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Mike Dean, Current IMSA Faculty or Staff

**SESSION #:** ON29

**TITLE:** Independent Reading

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** THF 1:00-4:00

**DESCRIPTION**

In the return of this popular intersession, your class will become a culture of readers. Led by Dr. Kotlarczyk, you will discuss the research on independent reading and compare it to your own experience. Mostly, you'll read.

Studies show that "independent, self-selected reading" enhances your reading comprehension, vocabulary, knowledge, and empathy. In one study, American students who frequently engaged in reading for pleasure scored higher in reading than peers who did not. A British study also found that independent reading can significantly reduce stress.

You must provide your own reading material for this session – fiction, nonfiction, poetry, graphic novels, anything. The only requirements are (1) it cannot be reading for a class or test, and (2) no screen reading unless you arrange it in advance with me, so please arrange to get your reading from a local public library or bookstore, Amazon, etc.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Adam Kotlarczyk, Current IMSA Faculty or Staff

**SESSION #:** ON30

**TITLE:** Intro to Mathematica

**MODALITY:** On-Site

**LENGTH:** Half-Time / Two Days

**TIME:** MT 1:00-4:00

**DESCRIPTION**

Wolfram Mathematica is a mathematical software package that can be used for everything from simple arithmetic to large-scale research projects. In this session, we'll walk users through an introduction to Mathematica - starting with the basics and then progressing from there. We'll also leave time each day to address specific participant questions. By the end, students should feel comfortable enough to make use of the software in their own applications.

**CATEGORIES**

Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, UN Sustainable Development Goals - Session relates to the UN SDGs and/or IMSA's commitment to the UN SDGs.

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Patrick Davis, Current IMSA Faculty or Staff

**SESSION #:** ON31

**TITLE:** Learn about the history and culture of Ukraine and understand the roots of russian aggression

**MODALITY:** On-Site

**LENGTH:** Half-Time / Three Days

**TIME:** MTH 1:00-4:00

**DESCRIPTION**

During this session students will watch 2 movies and have time to ask questions and discuss the history and culture of Ukraine. The purpose of discussion is also to better understand the current war in Ukraine and why democratic world needs to support Ukraine The presenter grew up in Ukraine during the Soviet Union and witnessed communism first hand. We will have some traditional food like borsch, beet salad and rye bread. Students may also come up with an activity to do a fundraising to support people in Ukraine. The movies planned to watch: "Bitter Harvest" 2017 and "Winter on Fire" (Netflix documentary).

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Professional Development - Session provides explicit career-focused insights and applications

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Anastasia Perry, Current IMSA Faculty or Staff

Brooke Schmidt, Current IMSA Faculty or Staff

**SESSION #:** ON32

**TITLE:** Project Management skills for Life

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 1:00-4:00

**DESCRIPTION**

This intersession would be an introduction to Project Management skills for secondary education students. Curriculum has been developed by the Project Management Institute education foundation (PMIef) and will be adapted for a 4 day, 3 hr/day course. We will cover the basics of Project Management and learn how to apply these skills to school and everyday life. Students will participate in classroom exercises as well as coming up with their own examples of how to apply these skills in their daily life.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Professional Development - Session provides explicit career-focused insights and applications, Service Learning - Session provides an opportunity for students to support

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Mangaiah Garikapati, Presented at IMSA intersession in 2021

**SESSION #:** ON33

**TITLE:** Sportswriting and Blogging

**MODALITY:** On-Site

**LENGTH:** Half-Time / Four Days

**TIME:** MTHF 1:00-4:00

**DESCRIPTION**

Do you love sports but weren't sure how to start writing about it? We'll talk about how you can start building your brand as a sportswriter. This class will include lectures and hands-on demonstrations (Days 1&2), small-group workshop/feedback on your article (Days 3&4) and guest speakers (Days 3&4). We will cover many topics including writing styles and tones, jobs in the industry, the press box and clubhouse atmosphere, interviewing tips and how to research articles and statistics. Whether you want to be a beat writer reporting on a team daily, a fantasy sports blogger, a researcher with the next innovative theory on sports analysis or a funny columnist, this may just be the pitch to help you hit it out of the park! Please be prepared to either write or present a previously written sports article (250 word min.) on the third day of the class.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Richard Bergstrom, Alumni IMSA Student



**SESSION #:** V1

**TITLE:** Astronomy Year in Review

**MODALITY:** Virtual

**LENGTH:** 60 minutes / One Day

**TIME:** W 9:00-10:00

**DESCRIPTION**

A review of the past year's highlights in astronomy including discoveries and observations including the imaging of our own Milky way's black hole, the James Webb Space Telescope, Mars Rover/drone helicopter, DART asteroid impact mission, Chinese Lunar Exploration Program, Indian Manned Mission Program, SpaceX, Voyager I and II probes as well as incite from established observatories both terrestrial and in orbit. Emphasis will be focused on how students can contribute to the body of science for these programs where applicable.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Academic Support - Session provides academic support toward IMSA curriculum, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Socioemotio

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Sean Cunneen, Current IMSA Parent

Evelyn Cunneen, Current IMSA Student

Mark Carlson, Current IMSA Faculty or Staff

**SESSION #:** V2

**TITLE:** Body of the Poem

**MODALITY:** Virtual

**LENGTH:** 120 minutes / Three Days

**TIME:** MTW 9:00-11:00

**DESCRIPTION**

We will visit poetry as a vibrant art form, read from primarily contemporary poets, write a bit (no need to share), and puzzle together over the anatomy of a poem. This is a class for anyone who wants to gain a deeper knowledge of language and a better ability to communicate, whether it be through poetry or prose.

Session 1: Bones

Syntax, structure, form. How does the poet use these tools to build the poem?

Session 2: Skin

Image, action, mood, humor. How does the poet guide the reader and create connection and emotional reaction?

Session 3: Teeth and Voice

Purpose, meaning. Does the poet use the poem to inspire, inform, rage against something, create an image/reflection of life? We will listen to examples of poets reading their own work and students will get a chance to read/perform a poem (others or their own).

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, UN Sustainable Development Goals - Session relates to the UN SDGs and/or IMSA's commitment to the UN SDGs.

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Emily Darby, Current IMSA Parent

**SESSION #: V3**

**TITLE:** Dyeing textiles with Natural dyes: Plant-based and Microbial dyes

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Two Days

**TIME:** WH 10:00-11:00

**DESCRIPTION**

The session would introduce the advantages of natural dyes over synthetic dyes, and further advantages of microbial dyes over plant-based natural dyes. The two types of natural dyes have distinct processes of manufacture and application. Plant-based dyes are made by collection, grinding, and extraction of colorants, and are subjected to seasonal and batch-to-batch variations. Microbial dyes are bioengineered and made by optimization of fermentation of conditions in different culture media. Textile substrates are treated with mordants for fixation of plant-based dyes, and their color fastness is generally poor. Microbial dyes are biometabolites, so the presence of enzymes brings about improvements in the dynamics of dyeing conditions as well as a change in the surface morphology of textile substrates. Plant-based dyes are more suitable for small-scale craft-based applications and microbial dyes can be used in mass production.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Academic Support - Session provides academic support toward IMSA curriculum, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Socioemotional

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Dr. Charu Gupta, IMSA Parent Connection

Dr. Angela Ahrendt, Current IMSA Faculty or Staff

Maitreyee Ghosh, Current IMSA Student

**SESSION #: V4**

**TITLE:** M + A + F2 Music plus art equals fun squared

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Three Days

**TIME:** MTH 11:00-12:00

**DESCRIPTION**

Students will have the opportunity to create a Fine Arts (Visual Arts or Music) Portfolio or Journal. They will learn to construct the physical binder of the materials as well as will develop a personal plan for the contents. On-going stress relief and fun is found within the creative process of drawing, painting, playing, performing and composing music, as well as through stream of consciousness thoughts, exploration and experimentation. In addition, if fully developed, the Visual Arts or Music portfolios can be used to demonstrate Arts proficiency, during the College Admissions process.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Joyce Symoniak, Current IMSA Faculty or Staff

Mary Beth McCarthy, Current IMSA Faculty or Staff

**SESSION #:** V5

**TITLE:** Understanding the War in Ukraine: Past, Present and Future.

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Three Days

**TIME:** MTH 9:00-10:00

**DESCRIPTION**

This session will look to make sense and add depth to participants' knowledge about the ongoing conflict in Ukraine. As the title states, we will explore the lead up and causes, what the different sides want, what has happened in the conflict and what might be the potential outcomes. As an event that has been full of surprises, it is also often seen through the lens of simplistic and shallow analysis. We will fix that. Readings required.

**CATEGORIES**

Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Lee W Eysturlid, Current IMSA Faculty or Staff

**SESSION #: V6**

**TITLE:** YoGo (Yoga on the go)

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Three Days

**TIME:** THF 11:00-12:00

**DESCRIPTION**

This session is meant to enhance student social/emotional skills and give them a way to destress for their mental health. At the end of this session, students will be able to do yoga for stress relief and increase their mindfulness.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Service Learning - Session provides an opportunity for students to support a community or organization

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Mary Myers, Current IMSA Faculty or Staff

Sowmya Anjur, Current IMSA Faculty or Staff

**SESSION #: V7**

**TITLE:** Culture and Art; Movements through Time

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Three Days

**TIME:** MWF 3:00-4:00

**DESCRIPTION**

Students will be asked to explore an artist or an art movement with whom they have an affinity. Participants will research and present an artist or movement that interests them through cultural, geographical, religious or philosophical associations. Students can explore any movement or style in history, culminating in a presentation that communicates their interest to fellow students, analysis key works and shares the reasoning for their choice. An example presentation will be given that introduces the French artist Marcel Duchamp and the art form of ready-mades. Students will learn to exalt and elevate the everyday into works of art that challenge our accepted definitions of beauty, representation, perspective and craft. Just as Marcel Duchamp responded to the rise of industrial production, students will explore contemporary understandings of trends and issues important to them, culminating in a presentation of their own artist or movement on the last day of intersession.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Joyce Symoniak, Current IMSA Faculty or Staff

Joseph Marshall, Current IMSA Faculty or Staff

**SESSION #: V8**

**TITLE:** Disease Detectives: A Brief Introduction to Epidemiology

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Four Days

**TIME:** MTWF 1:00-2:00

**DESCRIPTION**

Due to the COVID-19 pandemic, epidemiology has gone from a niche field to a dinner conversation topic. But there is so much more to epidemiology than COVID-19. How can we control the spread of antimicrobial resistance? Where did an outbreak of foodborne illness originate? How will changing climate influence the spread of vector-borne disease? All these questions and more are investigated by epidemiologists (AKA disease detectives). Epidemiology is the study of incidence, distribution, causes, and control of diseases. A highly interdisciplinary field, it combines biology, public health, medicine, statistics, and more. In this intersession, you will take a deep dive into epidemiology: explore the history of infectious diseases, discover what epidemiologists do, learn how to apply key concepts, and more!

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Professional Development - Session provides explicit career-focused insights and applications

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Nikki Mastrud, Alumni IMSA Student



**SESSION #:** V9

**TITLE:** Introduction to Astronomy Research

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Three Days

**TIME:** WHF 1:00-2:00

**DESCRIPTION**

Have you ever wondered how one does research in astronomy? Is it possible for high school students to engage in astronomical research? This intersession will introduce students to various astronomical topics, including exo-planets, pulsars, and other aspects of stellar evolution. We also will explore a few methods of how research is conducted in these fields. No previous knowledge is required and students do not need to pursue research in this realm. Yet, if one is interested in doing so, this intersession might be a useful introduction to the field.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Matthew McCutcheon, Current IMSA Faculty or Staff

**SESSION #:** V10

**TITLE:** Introduction to Quantum Computing

**MODALITY:** Virtual

**LENGTH:** 120 minutes / Four Days

**TIME:** TWHF 2:00-4:00

**DESCRIPTION**

Participants will get an introduction to the concepts behind quantum computing. They will learn what a qubit is, how it differs from a classical bit, and what the quantum gate model is. Students will dive into creating their own quantum circuits using the cirq framework within a python notebook. We will survey the most well-known quantum algorithms and explore several ways people have attempted to build a quantum device.

**CATEGORIES**

Academic - Session provides additional insight and inquiry into academic disciplines, Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

CSI or basic Python knowledge, MI-2 or understanding matrix multiplication

**FACILITATOR(S)**

Doug Strain, Alumni IMSA Student

Patankar Phadmankar, Current IMSA Faculty or Staff

**SESSION #:** V11

**TITLE:** Let's Get Fit

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Four Days

**TIME:** MTWH 1:00-2:00

**DESCRIPTION**

Participants will join our virtual space and engage in HIIT style workouts. To adequately prepare, be sure to wear athletic attire, have a water near by, and perhaps a towel or mat for any floor work. This will be a great way to de-stress, get fit, and see what group fitness is all about.

**CATEGORIES**

Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Service Learning - Session provides an opportunity for students to support a community or organization, Socioemotional - Session supports student social and emotional well-be

**PREREQUISITES**

N/A

**FACILITATOR(S)**

David Lundgren, Current IMSA Faculty or Staff

**SESSION #: V12**

**TITLE:** Mental Health: A Podcast

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Four Days

**TIME:** MTH 2:00-3:00

**DESCRIPTION**

Podcasts come in all shapes and sizes. Some podcasts tell stories, some are funny and some are educational. As of November 2020, there are just over 1 million podcasts, but over 600 million blogs! Podcasting is a much less crowded and competitive space than blogging, making now the perfect time to get started. This session will introduce the students to the basic structure of creating a podcast, including the recording and the editing process, and uploading and promoting the podcast. Students will create a podcast about Mental Health and share it with their classmates on the last day of the session. The goal of this podcast is to include all the students who would like to share their personal stories to make IMSA community aware of their struggles.

**CATEGORIES**

Academic

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Namrata Pandya, Current IMSA Faculty or Staff

**SESSION #: V13**

**TITLE:** Modern Archaeology

**MODALITY:** Virtual

**LENGTH:** 60 minutes / Three Days

**TIME:** MTW 1:00-2:00

**DESCRIPTION**

What are the modern practices of archaeology and how were they developed? What are the major archaeological discoveries of recent years? What can they tell us about world history and our present? This session will address these questions from three different angles. The first day will explore the development of archaeology as a science through the twentieth century. The second day will examine the common practices of modern excavations and how to interpret the evidence. The final day will be a presentation by an archaeologist with time for the audience to ask questions. As a result of this session, the participants will learn the current state of archaeology and develop an appreciation for the work of archaeologists.

**CATEGORIES**

Diversity, Equity, and Inclusion - Session promotes DEI values and perspectives, Socioemotional - Session supports student social and emotional well-being

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Nick Cross, Current IMSA Faculty or Staff

Sheila Wille, Current IMSA Faculty or Staff

**SESSION #:** V14

**TITLE:** Some Tea and Philosophical Musings

**MODALITY:** Virtual

**LENGTH:** 120 minutes / Three Days

**TIME:** MWF 6:00-8:00

**DESCRIPTION**

They say a life unexamined is one that's not quite "meeting its full potential". So perhaps it's worth taking the time to come together and make some attempts to ponder some of the great, universal questions that help define what it means to be human in the good company of fellow, awesome humans, some help from excerpts from The Marginalian (<https://www.themarginalian.org/>), as well as (hopefully) a nice, hot cup of tea or other beverage of choice.

There will be a list of philosophical questions that students will vote on in terms of what they would like to discuss for the week but some sample questions may include: "What does it mean to build community?", "How does one figure out one's purpose in life?", and "What does it mean to live a good life?"

**CATEGORIES**

**PREREQUISITES**

N/A

**FACILITATOR(S)**

Elaine Wu, Current IMSA Faculty or Staff