

Fall Enrichment Week

#ENRICHWU

October 17 – 20, 2021

Sunday, October 17, 2021

6:00 – 8:30 p.m. Party at the Pit!

Location: *Alumni Fire Pit*

Spend Sunday evening at the Alumni Fire Pit in fellowship with friends and colleagues. Included in the fun will be pumpkins to paint, a variety of challenging games and live performances by Cav nation! Grab a seat and relax or get up and dance to the music including a live sing-along with Director of Campus Ministry Ben Walther and Director of Liturgical Services PJ Chavez, as well as a guitar ensemble with faculty participants Dr. Michael Dunphy, Vice President for Academic Affairs; Dr. Britt Cooper, Coordinator for Visual and Performing Arts; Dr. Henrique Alvim, Program Director Counseling and Human Development; Dr. Tom Freeland, Professor of Biology; and Denis Roden, Instructor, School of Arts and Sciences. Tasty treats including hot chocolate, Nom-Nom popcorn and more will be provided. Following the Party, the fun continues with an exciting game of nighttime volleyball! Everyone is welcome and encouraged to show their Walsh spirit and wear Cav gear!

 **Concurrent Sessions**

 **Lunch Sponsored Events**

 **Evening Events**

Monday, October 18, 2021

9:30 – 9:50 a.m. Welcome and Opening Remarks

Location: *Barrette Business & Community Center*

Presenter: *Dr. Michael Dunphy, Vice President for Academic Affairs*

10:00 – 10:50 a.m. Concurrent Sessions

- **Laughter Therapy**

Location: *Global Learning Center, Room 206*

Presenter: *Christine Traina, Walsh University*

Join your peers and professional colleagues as Christine Traina shows you how to uncover the secrets to Laughter Therapy while actively engaging in laughter exercises with deep breathing, songs, and cheers to help reduce stress, increase physical, emotional, and spiritual health. Good-hearted living concepts will be explained and practiced along with doses of compliments, flexibility, gratitude, kindness, forgiveness and chocolate!

- **Personal Finance: Common Sense for your Dollars and Cents**

Location: *Global Learning Center, Room 114*

Presenters: *Dr. Britt Cooper, Coordinator for Visual and Performing Arts and Dr. Julie Szendrey, Professor of Business*

This session will explore proven methods and systems of effective personal finance and provide common sense guidelines for car purchases, credit cards, student loans and basic investing. The younger you are, the more important this session really is.

- **Using Social Media to be a Brand Ambassador**

Location: *Renacci Forum, Global Learning Center*

Presenter: *Teresa Fox, VP of Marketing and Chief Public Affairs Officer; Kristin Brimfield, Director of Marketing; Lauren Davis, Marketing Communications Manager*

LinkedIn, Facebook, Twitter – oh my! Come and learn the strategies and best practices for how you can leverage your social media accounts and how to use social media to be a positive brand ambassador.

10:00 – 12:00 p.m. Concurrent Sessions

• GEO Art

Location: *Global Learning Center Atrium*

Presenter: MJ Albacete, Executive Director (Emeritus) for the Canton Museum of Art (co-sponsored by WU Art Club)

Learn about the art of Geometry. We will begin by building all the Platonic solids, then learn about the origins of the “trefoil” design found in Medieval cathedral arches and windows, after which we will construct a six-foot tall Cubic Trefoil Knot out of large panels of white corrugated cardboard. Time permitting, we will also build a Truncated Icosahedron (a giant walk-in soccer ball), and a Stellated Dodecahedron—just in time for Christmas. Come join the fun! Presented in conjunction with The Walsh University Art Club and Professor Diane Belfiglio.

• Hoover Park Scavenger Hunt/Hoover Tour

Location: *Hoover Historical Center (Limit 24)*

Presenter: Megan Pellegrino, Director of Museum Studies and Director of the Hoover Historical Center

Follow the clues to find the candy and learn some fun facts about the history of Hoover Park along the way! Scavenger hunt will be followed with a short tour of the Hoover Historical Center where you will find out how a young boy born in Stark County in 1849 founded a company that continues to be one of the world’s most recognizable brands!

• Building the Foundation: The Cornerstones of Strength Training

Location: *Cecchini Family Health and Wellness Center Weight Room (Limit 20)*

Presenter: Lance Louth, Head Strength and Conditioning Coach

Participants will take a deep dive into the three main movements most often used in strength training: back squat, deadlift and bench press. We will discuss proper techniques for all of these lifts as well as talk about how best to choose the number of sets and repetitions to help you achieve your personal goals. Please wear clothing suitable for performing exercise.

11:00 – 11:50 a.m. Concurrent Sessions

• Martial Arts and Leadership

Location: *Dorothy Ling Rehearsal Hall, Birk Center for the Arts*

Presenter: Dr. Michael Dunphy, Vice President for Academic Affairs, Menkyo Kyoshi (expert instructor rank)

Classical martial sciences have been used for centuries in all parts of the world to forge courage, character, honor and leaders in service to others. Of course, the benefit of such training is learning formidable person protection skills as well. Serving others as a protector is one of the highest callings in human experience. Led by Dr. Michael Dunphy, who has 50 years of classical martial training and teaching experience, this program will involve a sampling of classical warrior training in the Japanese approach known as Sogobujutsu (comprehensive warrior science). The session will be hands on, highly interactive, fun and full of energy. We will explore concepts like full-spectrum awareness, the value of warrior etiquette (Saho) in forging character and honor, and core personal protection skills. You will be able to see and learn about classical warrior tools like katana (Japanese long sword), tanto (Japanese dagger), tonfa (shield handle), nunchaku (flail from horse bridles) and many others. We will dispel myths and learn awesome skills.

• Exploring Career Options with the Federal Government

Location: *Global Learning Center, Room 206*

Presenter: John Miller, Information Technology, Federal Government

There are endless opportunities for launching your career with the Federal Government. Nursing, IT, Political Science, Criminal Justice, Exercise Science...you name it and there is a career options, in all levels of government. John Miller will share his personal experience applying, interviewing and working in a federal government position. Join this session to learn how to launch your career with a federal government position.

• Power Up Your Presentation

Location: *Global Learning Center, Room 202*

Presenters: Jennifer Loudiana, Director of User Support and Classroom Technology and

Mary Beth Messner, Director of E-Learning

Presenting to a group? Need to record your presentation? Let’s help you make your presentation interesting! Learn some new tips in PowerPoint and more presentation tips!

***LUNCH – Attend a sponsored lunch & learn (registration required) or enjoy on your own.**

12:00 – 1:50 p.m. Sponsored Lunch Events*

- **Art of Bread Making**

Location: *La Mennais Kitchen/Dining Area (Limit 15)*

Presenter: Pedro Chavez, *Director of Liturgical Services*

Many bakers will attest that bread baking is an ancient art that relieves stress, promotes well-being and provides sustenance. This hands-on session will teach participants the art and history of artisan bread baking. Focus will be placed on a “no-knead” method using a bread starter from Italy that is over 100 years old. Enjoy warm bread with pasta, salad, and wedding soup.

- **Residence Hall Recipes: New Cavs Cook Series**

Location: *Schervish Dining Hall*

Presenter: Meredith Sodik, *Director of Academic Support Center*

Prior to the start of this session, send an email to msodik@walsh.edu with a description of your favorite residence hall recipes! Selected “chefs” will provide demos of how to make their favorite dishes, using only equipment available in the residence halls. Samples will be prepared and provided by Schervish Dining Hall to all who attend. Students can vote on their favorite recipe! Sponsored by the Cavs Cook Series.

2:00 – 2:50 p.m. Concurrent Sessions

- **Practical Emotional Intelligence: The Most Important “Premier Skill”**

Location: *Global Learning Center, Room 206*

Presenter: Dr. Michael Dunphy, *Vice President for Academic Affairs, Expert in Applied Emotional Intelligence*

As you navigate your college experience and beyond, you would be wise to learn how to maximize your emotional intelligence. The last 30 years of research have clearly demonstrated that people who operate with high emotional intelligence in everything they do—especially when interacting with people—tend to be happier, more successful and more productive in life. Businesses and organizations around the world are looking for leaders who possess high emotional intelligence because they know that such leaders contribute to talent retention, high performance teams, positive work cultures and great productivity. This session will focus on a core set of 10 emotional intelligence skills that you can deploy right now to improve every aspect of your life and prepare you for professional success.

- **A Discovery of Teas from Around the World**

Location: *St. Martha’s Room (Limit 10 each session)*

Presenters: LuAnn Boris, *Director of Library Services*; Elissa Prazer, *Alumni Relations Coordinator*;

Meredith Priset, *Student Engagement and Acquisition Librarian*; and the Office of International Student Services

Participants are invited to join us for tea! International teas will be highlighted, and attendees will have an opportunity to enjoy delicious beverages while connecting with some of our international students. Come and learn more about our global Walsh family and enjoy some time together over tea! *Special thanks to alum Kurt Gibbins '03, owner of Ohio Tea Company, for donating the tea for this event.*

- **Pound Fit**

Location: *Barrette Business & Community Center, Conference Room A*

Presenter: Allie Harris, *Graduate Assistant of Residence Life*

Pound is a high-energy fitness class available to all levels, with dance cardio using drumsticks. Pound incorporates yoga, dance, and aerobics moves for a 30-minute session of fun, fitness, and stress relief. Please wear tennis shoes and exercise attire, and bring your own yoga mat for use during the session. Pound sticks will be provided by the instructor.

2:00 – 4:00 p.m. Concurrent Sessions

- **Maroon and Gold Table Talk: Athletes and Mental Health**

Location: *Renacci Forum, Global Learning Center*

Presenter: TK Payton, *Dean of Students* and Meredith Sodik, *Director of Academic Support Services*

With young adults, especially college athletes, the statistics are startling: 33% of all college students experience significant symptoms of depression, anxiety or other mental health conditions. Among that group, 30% seek help. But of college athletes with mental health conditions, only 10% do. In this frank table talk, we will hear from current student-athletes and mental health professionals to better understand the challenges of our students and learn about support strategies to assist them in their journey at Walsh University.

- **Sing with the Spirit: Inclusive Gospel Choir**

Location: *Dorothy Ling Rehearsal Hall, Birk Center for the Arts*

Presenter: Dr. Britt Cooper, *Coordinator of Fine and Performing Arts*

Not sure about singing? Can't read music? No problem! Dr. Cooper will teach spiritual songs in parts using your ears and your hearts. This experience will be all-inclusive. The rehearsal will be the performance, and we will be our own audience.

5:00 – 7:00 p.m. Evening Events

- **Campus Variety Game Time**

Location: *David Center Atrium and Game Room*

Presenters: Student Government and Campus Clubs

Come join the fun with old and new friends for an evening of fellowship while enjoying a variety of games.

Tuesday, October 19, 2021

10:00 – 10:50 a.m. Concurrent Sessions

- **Resilience, Passion and Faith: My Journey to the Major Leagues**

Location: *Global Learning Center, Room 206*

Presenter: Ryan Bitzel, *MPT, Seattle Mariners Major League Physical Therapist*

We welcome back to campus alum Ryan Bitzel, '04, '06, physical therapist for the Seattle Mariners! Come explore how Ryan channeled both his passion for baseball and for physical therapy into a dream career in sports medicine.

- **“If You Don't Know It, Don't Click and Don't Answer”**

Location: *Global Learning Center, Room 114*

Presenters: Jennifer Loudiana, *Director of User Support and Classroom Technology* and

Kurtis Bockoven, *Director of Infrastructure, Information Technology*

Thieves and crooks aren't walking into banks and robbing them anymore. Now they are electronic, trying to trick you into giving them information. Learn how to spot the signs, see a demo of how thieves work and keep yourself and your money and identity safe!

- **#1 Way to Get a Job!**

Location: *Global Learning Center, Room 202*

Presenter: Aurora Alexander, *Director of Career Readiness*

Over 90% of jobs are filled through personal and professional connections via referrals, a.k.a. Networking. So, if you're not doing all you can to get a referral, you're not looking for work effectively. Learn how to utilize LinkedIn as a networking tool to help make those professional connections within your desired career field. Don't need a job now? You will. It's best to start planting the seeds of networking now to set yourself up for success in the future.

- **Decision Time: We Are All on a Journey with Many Choices**

Location: *Global Learning Center, Room 205*

Presenter: Tony Orahoske '82, *Partner at KPMG*

Walsh alum Tony Orahoske '82 will guide students on how to get the most out of their experiences. Using his 27+ years of accounting and leadership experience, Orahoske will offer advice on becoming a pioneer and knowledge sharer.

10:00 – 12:00 p.m. Concurrent Sessions

- **Restorative Justice 1.0**

Location: *Renacci Forum, Global Learning Center*

Presenter: Dr. Michelle Bemiller, *Professor of Sociology*

In this session, participants will learn what restorative justice is, how it relates to them interpersonally, and how it affects society at large. Participants will complete exploratory self-assessments and gain exposure to restorative justice cases.

The session is introductory, to facilitate learning of basic RJ terminology and use.

11:00 – 11:50 a.m. Concurrent Sessions

- **Operation: Wing It – An Improviser's Guide for Navigating Interviews and Other Such Uncomfortable Scenarios**

Location: *Global Learning Center, Room 202*

Presenter: Justin Edenhofer, *Artistic Director for Just Improv Company*

Congratulations! You nabbed that interview for that ideal job that will set you up to be successful and thriving for the rest of your life. But no matter how thoroughly we prepare for anything, there will always be situations that knock us off our guard. Learn fun tactics and applicable tools used by improvisers that will embolden your confidence in any situation by getting you 'out of your head' and into the present. Whether it is at an interview or in a new group dynamic, the rules of improvisation are not just a set of guidelines for fun theatre games, but a handbook for day-to-day living and relational building.

- **Benefits of a Whole Food Plant-Based Diet and How to Get Started**

Location: *Global Learning Center, Room 114*

Presenter: Adene Keller, *BSN RN-BC, Aultman Cardiopulmonary Rehab*

From no calorie (or carb) counting weight loss to reducing the severity of Covid symptoms, a Whole Food Plant Based Diet has high benefits. Perhaps you have wanted to explore this lifestyle. This class might be just the nudge you are looking for.

- **Explorations in Electronic Music**

Location: *Global Learning Center, Room 205*

Presenter: Dr. Joe Wayand, *Associate Professor of Psychology*

Enjoy synthesizers and all the remarkable creative music tools available on a modern computer? Join Dr. Wayand as he shares similar passions with technologies both old and new. If you have music making software, please bring your computer or device to share with the session attendees.

***LUNCH - Attend a sponsored lunch & learn (registration required) or enjoy on your own.**

12:00 – 1:50 p.m. Sponsored Lunch Events*

- **Pizza at the Pit – Campus Connection: Student Peer to Peer and Faculty/Staff Connections**

Location: *Alumni Fire Pit (Outside of the David Center)*

Sponsors: Academic Affairs, Academic Support and Professional Academic Advising

This lunch session provides a fellowship an opportunity for our attendees to engage with peers and professional colleagues. While enjoying pizza, take a moment to relax with good company and recharge for the afternoon sessions. Gluten-free options will be available. This is a great opportunity to network and discover new friends and a support system!

- **Poster Session: Faculty, Staff and Student Research**

Location: *David Center Atrium*

This is an excellent opportunity for our campus community to explore the projects and research being conducted by faculty, staff and students of Walsh. The session will exhibit posters created by our peers and offer an opportunity for us to dialogue, connect our research interests, and celebrate the excellent work that is being conducted across disciplines here at Walsh University.

2:00 – 2:50 p.m. Concurrent Sessions

- **A Discovery of Teas from Around the World**

Location: *St. Martha's Room (Limit 10)*

Presenters: LuAnn Boris, *Director of Library Services*; Elissa Prazer, *Alumni Relations Coordinator*;

Meredith Priset, *Student Engagement and Acquisition Librarian*; and the Office of International Student Services

Participants are invited to join us for tea! International teas will be highlighted, and attendees will have an opportunity to enjoy delicious beverages while connecting with some of our international students. Come and learn more about our global Walsh family and enjoy some time together over tea! *Special thanks to alum Kurt Gibbins '03, owner of Ohio Tea Company, for donating the tea for this event.*

- **Pound Fit**

Location: *Barrette Business & Community Center, Conference Room A*

Presenter: Allie Harris, *Graduate Assistant of Residence Life*

Pound is a high-energy fitness class available to all levels, with dance cardio using drumsticks. Pound incorporates yoga, dance, and aerobics moves for a 30-minute session of fun, fitness, and stress relief. Please wear tennis shoes and exercise attire, and bring your own yoga mat for use during the session. Pound sticks will be provided by the instructor.

- **Apps for Life**

Location: *Global Learning Center, Room 202*

Presenter: Jennifer Loudiana, *Director of User Support and Classroom Technology*

Do you have a ton of apps on your phone or some taken from Office 365? Learn how to use apps to make your life organized to keep up with your school and personal work --on the go.

- **Gratitude: Applying Mindfulness to Your Everyday Life**

Location: *Global Learning Center, Room 206*

Presenter: Dr. Michael A. Petrochuk, *Interim Dean for DeVille School of Business and Dr. Denise Gotchall, Adjunct Professor of Business*

Mindfulness is the ability for each of us to live within the moment – integrating the past and our present, as we move into the future. In this highly experiential session, we'll provide background information on mindfulness. We'll then launch into applying mindfulness in our everyday lives.

4:00 – 5:00 p.m. Concurrent Sessions

- **Scientific Observation & Invention: Leonardo da Vinci's Botanica I Drawings & Mechanical Studies**

Location: *Birk Center for the Arts Atrium*

Presenters: Dr. Jennifer Clevinger, *Professor of Biology* and Dr. Tim Smith, *Assistant Professor of Chemistry*

Leonardo da Vinci (1452—1519), prolific artist and engineer of the Italian Renaissance, wrote copious notes and drew approximately 7,000 sketches over the arc of his life. The drawings documented his observations of nature, and served as design ideas for inventions. He was interested in and observant of a wide spectrum of scientific topics, including hydrology, astronomy, botany, meteorology, cartology, human and equestrian anatomy, and the mechanics of flight and machinery. The presenters will present and discuss some of Leonardo's drawings that demonstrate his understanding of botany and physics from the perspective of scientific inquiry.

5:00 – 7:00 p.m. Evening Events

- **Paint and Sip (Faculty and Staff Session)**

Location: *David Center, Game Room (Limit 20)*

Sponsors: Student Affairs and Art Club

Come spend an evening relaxing while painting and enjoy the connection with your campus colleagues.

Wednesday, October 20, 2021

10:00 – 10:50 a.m. Concurrent Sessions

- **African Drum Circle**

Location: *Barrette Business & Community Center, Room C*

Presenter: Professor Tom Roblee, *Director of Bands*

Join Professor Roblee, a gifted percussionist and scholar of West African drumming, in playing authentic instruments and celebrating some of the most genuine folk music in our modern culture, African drum circles.

- **Social Media Photography Essentials**

Location: *Global Learning Center, Room 218*

Presenter: Marc Biss, *Professional Assistant Professor of Communication*

Let's dive into how to take great pictures that will impact your favorite social media platform. This one-hour workshop will cover how your phone and camera work and what you need to consider to capture great photos. Marc Biss has captured images for the Professional Football Hall of Fame, several companies including Atlantic Foods, Goodyear, Summit Racing, as well as weddings, senior photos and professional head shots.

10:00 – 12:00 p.m. Concurrent Sessions

- **Restorative Justice 2.0**

Location: *Renacci Forum, Global Learning Center*

Presenter: Dr. Michelle Bemiller, *Professor of Sociology*

Restorative Justice 2.0 builds upon Restorative Justice 1.0 by introducing the restorative circle process to participants. In this session, participants will expand their RJ knowledge by participating in a scripted circle and as facilitators of a restorative circle process.

- **Hoover Park Nature Stroll**

Location: Hoover Park (*Meet next to the Sir Walter statue outside of the Cecchini Center*)

Presenters: Dr. Jennifer Clevinger, *Professor of Biology* and Elissa Prazer, *Alumni Relations Coordinator*

Come join us for an opportunity to distress and relax as you hike the Hoover Park Trail! Enjoy the beauty of the rich fall colors and look for signs of nature. (Wear comfortable shoes and clothing.)

11:00 – 11:50 a.m. Concurrent Sessions

- **Stress Management and Self-Care**

Location: *Global Learning Center, Room 205*

Presenter: Francie Morrow, *Executive Director of Counseling and Health Services*

Attendees will learn and experience a variety of stress management and self-care activities. Find out what resources are available to you as Walsh faculty, staff and students. Leave this session with a self-care plan to begin using today!

- **Martial Arts and Leadership**

Location: *Dorothy Ling Rehearsal Hall, Birk Center for the Arts*

Presenter: Dr. Michael Dunphy, *Vice President for Academic Affairs, Menkyo Kyoshi (expert instructor rank)*

Classical martial sciences have been used for centuries in all parts of the world to forge courage, character, honor and leaders in service to others. Of course, the benefit of such training is learning formidable person protection skills as well. Serving others as a protector is one of the highest callings in human experience. Led by Dr. Michael Dunphy, who has 50 years of classical martial training and teaching experience, this program will involve a sampling of classical warrior training in the Japanese approach known as Sogobujutsu (comprehensive warrior science). The session will be hands on, highly interactive, fun and full of energy. We will explore concepts like full-spectrum awareness, the value of warrior etiquette (Saho) in forging character and honor, and core personal protection skills. You will be able to see and learn about classical warrior tools like katana (Japanese long sword), tanto (Japanese dagger), tonfa (shield handle), nunchaku (flail from horse bridles) and many others. We will dispel myths and learn awesome skills.

***LUNCH - Attend a sponsored lunch & learn (registration required), or on your own. Present your Enrichment Week registration and enjoy food from Chipotle Mexican Grill.**

12:00 – 1:50 p.m. Sponsored Lunch Event*

- **Art of Bread Making**

Location: *La Mennais Kitchen/Dining Area (Limit 15)*

Presenter: Pedro Chavez, *Director of Liturgical Services*

Many bakers will attest that bread baking is an ancient art that relieves stress, promotes well-being and provides sustenance. This hands-on session will teach participants the art and history of artisan bread baking. Focus will be placed on a “no-knead” method using a bread starter from Italy that is over 100 years old. Enjoy warm bread with pasta, salad, and wedding soup.

2:00 – 2:50 p.m. Musical Jam Session (Faculty, Staff and Students)

Location: *Global Learning Center Atrium*

Grab your instrument and come join your colleagues and peers for a musical jam session.

Don't play an instrument? No worries! Stop by and simply enjoy the many arrangements played by members of Cav Nation.

3:15 – 4:00 p.m. Walsh Enrichment Week Closing Celebration

Location: *Global Learning Center Atrium*

Join us in the Global Learning Center atrium to view the week's events and sessions on the big screen! We will announce the raffle prize winners and enjoy music performed by faculty/staff and students.