

## 2023-2024 SEE PROGRAM

# NONPUBLIC MIDDLE SCHOOL SEE SEMINARS FALL SCHEDULE

### NPMS – Heart Map (Online)

Date: Wednesday, October 18, 2023  
Seminar Time: 9:30 AM - 11:00 AM  
Location: Online via ZOOM  
Presenter: Jenny Hill, Arts Educator

**Description of Seminar:** What's in your heart? Love and despair, joy and sorrow? Learn how to put it on the page with an insightful technique that creates a map of every hill and valley of your emotional landscape. If you've ever looked at a map inside an epic fantasy novel or played a role play adventure game, you've encountered a fanciful geography with details fitting the story.

At this SEE seminar you will be drawing a map using your own heart as a guide. What is your emotional landscape? With two handy lists of geographical and emotional vocabulary, you can mix and match to uncover your own inner world.

You will:

- Learn fundamental cartographic drawing
- Assess your emotional landscape using the Guide to Emotional Place Names
- Draw your heart map, journal about your map, and share your insights with the group

### NPMS – Shake and Bake (Online)

Date: Tuesday, December 12, 2023  
Seminar Time: 9:30 AM - 11:00 AM  
Location: Online via ZOOM  
Presenter: Dr. Jay Parrish, Geophysicist, Author

**Description of Seminar:** Rocks. They are everywhere. They are under your feet, they are in structures around you, they even fall from the sky. We're going to look at how rocks influence your life and the disasters that they can cause. We will look at meteorite impact, comets, flooding, earthquakes, sinkholes, tsunamis, volcanoes and lava. Perhaps the geology you learned in school focused on memorizing rock types, but in this seminar we will see how rocks impact our lives.

### NPMS – Stressbusters: Building Stress Resilience and Emotional Flexibility to Handle Anything (Online)

Date: Wednesday, November 15, 2023  
Seminar Time: 9:00 – 10:30 AM  
Location: Online via Zoom  
Presenter: Christine Fonseca, Educational Psychologist, Author

**Description of Seminar:** Positive psychology has brought many wonderful skills from research into the mainstream culture. You will leave this workshop with a clear understanding of emotional flexibility and stress resilience, as well as several ready-to-use tools to stop stress in its tracks!

**Materials needed for the workshop:** Please have a notebook and pen handy.

## NPMS – Media Literacy (Face-to-Face)

Date: Thursday, November 16, 2023

Seminar Time: 9:00 AM- 1:30 PM

Location: IU13, Burle Center 1020 New Holland Avenue Lancaster, PA 17601 Room:111

Presenter: Marquis Lupton, On-Air Host/Producer for WITF

**Description of Seminar:** Are you ready to embark on an exciting journey into the world of podcasting? Join us for an engaging and interactive seminar designed especially for middle schoolers interested in exploring the art of digital storytelling through podcasts. Podcasting has become a popular medium for sharing stories, ideas, and perspectives, and this seminar will introduce you to the fundamentals of creating your own podcasts. Whether you're a budding storyteller, a curious interviewer, or someone who simply loves to share ideas, this seminar will provide you with the foundational skills and knowledge to create your own captivating podcasts. Get ready to express yourself, connect with your audience, and make your voice heard in the exciting world of podcasting!

**Contact:**

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