

2025-2026 SEE PROGRAM

HIGH SCHOOL SEE SEMINAR SCHEDULE

IMPORTANT REMINDERS:

- ✓ **ONLY** districts that complete the online Teacher Interest Form by the stated deadlines will be included on the roster and notified as to how many students may attend. The link for this form is in the 2025-2026 SEE Seminars- Hybrid Membership Schoology Group.
- ✓ Teams/Zoom links for Online SEE seminars can be found in Resources in Schoology.
- ✓ When appropriate, 8th grade students are welcome to attend ONLINE high school seminars.
- ✓ Turn on NOTIFICATIONS in Schoology to receive important updates and communications.

HS – Discover the Timeless Art of Calligraphy (Online)

Date: Wednesday, September 17, 2025

Seminar Time: 9:00 AM – 10:30 AM

Location: Online via Teams

Presenter: Debra Dick

Parent Registration Deadline: [Wednesday, September 10, 2025](#)

Description of Seminar: Step into the world of calligraphy, where art meets handwriting and history comes alive through your fingertips! In this hands-on seminar, students will explore the art of beautiful writing through guided exercises and visual examples. They'll learn how calligraphy not only adds elegance to everyday writing but also helps improve memory, creativity, and focus. Participants will begin with a fascinating look at the history of Western calligraphy, then learn how to use calligraphy pens and markers to form stylish, easy-to-learn letterforms. Students will create personalized letters, experiment with color, and walk away ready to make cards, logos, and more. Whether you're a beginner or simply curious, this seminar will give you a fun and inspiring start in calligraphy—one stroke at a time!

HS – Ecology in Action: Fall Foliage and Freshwater Study (Face-to-Face)

Date: Thursday, October 9, 2025

Seminar Time: 9:00 – 1:00 PM

Location: Lancaster County Central Park, Environmental Center, One Nature's Way,
Lancaster, PA

Presenter: Katie Kruza

Participation Interest Form Due: **Monday, September 15, 2025**

Parent Registration Deadline: [Thursday, October 2, 2025](#)

Description of Seminar: Discover the science of autumn at Lancaster County Park! Led by Naturalist Katie Kruza, students will begin their day at the Environmental Center with an introduction to the vibrant world of fall foliage and local bird species, learning how seasonal changes affect plant pigments, leaf drop, and bird behavior. Equipped with binoculars, we'll then embark on a guided hike through the park to observe and identify colorful fall foliage and migrating or resident birds in their natural environments. After a break for lunch, the focus will shift to aquatic ecology with a hands-on stream study in Mill Creek. Students will collect and analyze macroinvertebrates—organisms that serve as biological indicators—to assess water quality and overall stream health. This engaging field investigation offers students a dynamic and immersive exploration of seasonal change in both forest and stream ecosystems.

HS – What Does Freedom Mean to You? (Face-to-Face)

Date: Wednesday, November 5, 2025

Seminar Time: 9:00 – 1:00 PM

Location: Thaddeus Stevens & Lydia Hamilton Smith Center for History and Democracy,
13-15 E Vine Street, Lancaster, PA

Presenter: Mabel Rosenheck & Starleisha Gingrich

Participation Interest Form Due: **Monday, September 15, 2025**

Parent Registration Deadline: **Wednesday, October 29, 2025**

Description of Seminar: “What Does Freedom Mean to You?” is an educational program at the Thaddeus Stevens & Lydia Hamilton Smith Center for History and Democracy that combines a guided walking tour with small group discussions, creative activities, and a public speaking exercise. First, LancasterHistory staff will take students to four locations in downtown Lancaster where they’ll learn about the Underground Railroad and the history of abolitionism in Lancaster. You’ll hear the stories of everyday people including O.C. Gilbert who fled slavery on the Underground Railroad as well as the stories of larger-than-life figures from history like Frederick Douglass and Thaddeus Stevens. After our walking tour, we’ll return to the Center for a discussion of historic speeches by people like Martin Luther King Jr., Malcolm X, and Barack Obama and a poetry activity through which students explore the meaning of freedom for themselves today. The afternoon will culminate in students reading their poems aloud. This exercise in public speaking will include coaching and feedback from LancasterHistory staff and volunteers. The experience is an opportunity for students to learn more about Lancaster’s history and about themselves while reflecting on the big issues that face young people and our communities today.

HS – Do You Have a Clue How to Write a Mystery? (Online)

Date: Thursday, January 29, 2026

Seminar Time: 9:00 AM – 10:30 AM

Location: Online via Teams

Presenter: Sherri Maret

Parent Registration Deadline: **Thursday, January 22, 2026**

Description of Seminar: Do you love mysteries? Join us for an exciting online seminar led by a picture book author who’s passionate about crafting whodunits! You’ll listen to a mystery story and put your detective skills to the test by solving the case. Then, you’ll dive into the simple framework that she uses to write her whodunits. By the end of the seminar, you’ll have all the clues and confidence you need to create your very own mystery story—and maybe even surprise your readers along the way!

HS – How to Create Better Solutions (Online)

Date: Thursday, February 19, 2026

Seminar Time: 9:00 AM – 10:30 AM

Location: Online via Teams

Presenter: Amber Kane

Parent Registration Deadline: **Thursday, February 12, 2026**

Description of Seminar: Do you want to learn how to quickly generate ideas to solve problems and answer questions? College expectations and career options are always changing; however, we know that the ability to think critically and creatively to solve both big and small problems is a consistent need that will serve you throughout your lifetime. In this seminar, we’ll explore where ideas come from and uncover how you can increase your ability to develop ideas quickly to solve problems and create innovative solutions. Attend this seminar and learn simple practices that will supercharge your ability to solve problems.

HS – The Best Leaders Know Who They Are (Online)

Date: Tuesday, March 3, 2026

Seminar Time: 9:00 AM – 10:30 AM

Location: Online via Teams

Presenter: Dr. Keith Floyd

Parent Registration Deadline: Tuesday, February 24, 2026

Description of Seminar: In this interactive and engaging online seminar, SEE students will discover that true leadership begins with truly knowing *who you are*. You'll explore your strengths, identify blind spots, and gain a deeper understanding of how your unique perspective shapes the way you see and interact with the world. We'll examine how understanding yourself is the foundation for understanding others—and why skipping this step can limit your ability to lead effectively. Students will also uncover their personal “why” statement, a guiding purpose that can shape their choices, relationships, and impact as students, community members, and leaders. By the end, you'll have the clarity and confidence to lead yourself and inspire others with authenticity and purpose.

HS – Spatulas, Skillets, and Sinks: How Clark Associates Equips the Foodservice Industry (Face-to-Face)

Date: Thursday, April 9, 2025

Seminar Time: 9:00 – 1:00 PM

Location: Clark Associates, 40 Citation Lane, Lititz, PA

Presenter: Monica Pasternak, Rachel Bartow, John Easter, and Jared Yoder

Participation Interest Form Due: Monday, February 9, 2026

Parent Registration Deadline: Thursday, April 2, 2026

Description of Seminar: Join us for an exclusive behind-the-scenes look at Clark Associates—one of the fastest-growing companies in the foodservice industry! During this interactive seminar, students will tour Clark's dog-friendly campus, learn about the company's use of cutting-edge automation technologies, and hear the remarkable story of how a small-town Lancaster County business grew into a \$4 billion industry leader. The experience will offer a closer look at how Clark Associates supports the nation's top foodservice enterprises and what makes the company culture so unique—from its entrepreneurial spirit to its relentless pursuit of excellence and innovation. While on campus, students will have the opportunity to participate in several interactive games, compete in a high-energy trivia challenge, and even craft their own personal pizza during lunch. This visit is designed to spark curiosity, expand horizons, and help students see how their individual talents can align with real-world opportunities. Come curious—and leave inspired!

HS – AIMS Sports Anatomy: Understanding Sports Injuries through Cadaver Demonstration (Online)

Date: Thursday, April 30, 2026

Seminar Time: 9:00 AM – 10:30 AM

Location: Online via **Zoom**

Presenter: Nicole Weckherlin

[Parent Registration Deadline: Thursday, April 23, 2026](#)

Description of Seminar: Join us for an unforgettable experience that brings sports science to life! In this interactive seminar, students will observe a guided **human cadaver demonstration** focusing on the **most common sports injuries** of the **shoulder, elbow, knee, and ankle**. Led by a medical expert, the session explores how injuries occur, how the **musculoskeletal system** functions, and how proper conditioning and technique can help prevent injury. This is a powerful opportunity for students interested in sports medicine, physical therapy, athletic training, or anatomy to deepen their understanding of the human body in motion.

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