

Introduction to Vincentian Day Course Selection Guide

We are excited to share with our students and parents the 2021-22 Semester 1 Vincentian Day Course Selection Guide. As you may recall, the purpose of Vincentian Day is to provide students with a new learning opportunity where they can engage with peers and an adult facilitator around topics of interest that extend beyond typical academic content. The topics students will encounter when reviewing the offerings for Fall 2021 range from a variety of physical activities to topics rooted in the arts to intellectual and cognitively oriented sessions. We sincerely hope that all students find a number of colloquiums that are of interest to them.

When reviewing Vincentian Day selections, please consider the following:

- The order of registration for colloquiums will be as follows: Seniors, Juniors, Sophomores, Freshmen. ALL students should have 5-7 choices in mind when registering for Vincentian Day as some choices may no longer be available. Students will have the opportunity to input several choices, with the goal of giving them one of their top 3 choices. Registration for Vincentian Day will happen during Student Orientations. Students who are absent from Orientation will register after all other students have registered.
- Some colloquiums will include travel around the city, using Chicago as our classroom. Please be sure you are comfortable with the use of public transportation. Depending on the colloquium, some will take a minibus or a large school bus but many will rely on public transportation. This cost will be paid by DePaul Prep and not students. Please do not select a colloquium that includes travel if you are not comfortable with this. Students will be required to have any alternative travel arrangements approved by the facilitator.
- Students with certain food allergies should not plan to enroll in a colloquium that involves making food as food allergies can not be accommodated by the facilitator.
- Certain colloquiums will require that students have experience or specific equipment to participate. Please pay attention to this aspect of the course descriptions.
- Enrollment in a Vincentian Day colloquium is required for all students.

Below is a listing of all of our Semester 1 Vincentian Day dates. All colloquiums begin at noon and end at 3:00. There may be an occasion where there is a request to leave earlier for a trip or where return is slightly later than 3:00. The facilitator will communicate these needs to students and parents in advance of a trip if there is a need to adjust timing.

Semester 1 Vincentian Day Dates

September 8 & 22

October 6 & 20

November 3 & 17

December 8

We are excited to begin this new program at DePaul Prep. Please direct any initial questions about Vincentian Day to Dr. Megan Stanton-Anderson. Once registration is complete, colloquium specific questions can be directed to the facilitator.

Sincerely,



Dr. Megan Stanton-Anderson

Principal

Vincentian Day Seminars

Adventures in Baking

Enrollment: 15 students

Course Description

Learn to bake your own bread, apple crisp, soft pretzels, and more! Students will learn the joy and deliciousness of baking from scratch!

Reading Around Chicago

Enrollment: 30 students

Course Description

Together with the other students in this seminar, you will choose books to read and talk about. Each meeting, we will travel to one of Chicago's beautiful public libraries or parks, where you will have the time to enjoy the space, hold your book club discussion, and read independently for the next meeting. We will also tour the spaces and learn about their history.

Finding Peace & Inspiration in Mother Nature: Earth-Centered Spiritualities

Enrollment: 15 students

Course Description

Build and strengthen respectful and collaborative relationships with Mother Earth - through art, ritual, and exploration of natural spaces.

Music: Storytelling & Theming

Enrollment: 30 students

Course Description

Deep dive into exploring different genres, discussing album sequencing, themes, stories are being told and discussing album artwork. All while answering the essential question: "What does music mean to me?"

Pottery: Hand Building

Enrollment: 15 students

Course Description

This will be an introduction to the functional and sculptural process of ceramics using various hand-building techniques. We will explore processes including pinch, coil, and slab building as well as gain an understanding of the tools and methods involved in hand building.

Intro to Camping/Backpacking

Enrollment: 30 students

Course Description

Learn the basics of preparation for outdoor adventures. Focus on camping (car/backpack) and hiking.

Golf is For Everyone

Enrollment: 15 students

Course Description

Learn the basics of the game of golf and how to improve your game.

BBQU

Enrollment: 30 students

Course Description

Learn to safely barbecue in different styles with a variety of meats. Also, learn about the history and culture behind modern-day barbecue.

See You in the Movies!

Enrollment: 30 students

Course Description:

Watch, reflect on and discuss some of the greatest Hollywood films ever made.

Passernan U: Livin' to 100 & Beyond

Enrollment: 30 students

Course Description

Things to do in your daily life that lead to a healthy lifestyle to prolong your life.

The Domestic God or Goddess: Etiquette and Home Economics in the 21st Century

Enrollment: 15 students

Course Description

First impressions are so important! You will learn the fundamental skills to handle just about any social situation, whether formal or informal. From college and job interviews to tips on dating and attending a social event, you will gain the critical skills you need to feel confident and successful.

Pondering Perplexing Puzzles and Paradoxes: From Rubik's Cube and Far Beyond

Enrollment: 15 students

Course Description

Challenge yourself to solve some of the world's most famous (and most notorious) puzzles. Perseverance coupled with an occasional spark of insight are often key components to achieving success.

DePaul Prep Irish Dance Club

Enrollment: 30 students

Course Description

The DePaul Prep Irish Dance Club is focused on giving students with a passion for Irish Dance a space to collaborate with their classmates to build original choreography together. Students with all levels of Irish dance experience welcome/Dance experience required!

RPG Game Design

Enrollment: 30 students

Course Description

Design your own RPG (Role Playing Game) on STEAM for you and your friends to play using RPG creation software. Unleash your creativity, tell an epic story, and become the next Stardew Valley success story. Software includes export options for MacOSX, Android, and iPhone!

As Seen on Tik-Tok - DIY

Enrollment: 15 students

Course Description

Have you seen a DIY project online recently that you want to try? No expertise is required, let's try it here!

From Cartman to Batman - Intro to Philosophy through Pop Culture

Enrollment: 15 students

Course Description

Students will become better thinkers, speakers, and writers by being exposed to the basics of traditional philosophical systems, presented through the lens of modern entertainment media.

Too Blessed to be Stressed

Enrollment: 30 students

Course Description

Say goodbye to stress! In this course, we will work together to explore different ways to practice self-care through physical, emotional, spiritual, and mental activities. Our focuses will include arts and crafts, exercise, relaxation techniques, volunteering, healthy eating, and DIY spa treatments. This course will provide opportunities to explore local self-care facilities and collaborate with experts within the field.

Sustainable Fashion Design

Enrollment: 30 students

Course Description

Learn basics of hand and machine sewing, how to create basic garments, dye fabrics with natural ingredients, adorn and embellish existing articles of your clothing and make alterations!

The Sports World: Inside and Out

Enrollment: 15 students

Course Description

Students will compete in sports while participating in sports management activities as well and experience a hands-on environment on what takes place behind the scenes of a sports organization.

Chicago as our classroom: Plan your own adventure

Enrollment: 45 students

Course Description

Students will explore the city of Chicago by planning their own adventures for the day.

RGB: Rams Give Back

Enrollment: 30 students

Course Description

Students will give back to the Chicago community by volunteering at different service sites each week. Whether we are making a meal for guests at a soup kitchen, helping to care for animals at a shelter, or packing care packages for hospital patients, the Rams will be ready to give back!

The Magic of the Mouse: Walt Disney & American Culture

Enrollment: 30 students

Course Description

It all started with a mouse: from Steamboat Willy and Snow White to Pixar and Star Wars, learn about the impact Walt Disney and his Imagineers have had on American culture over the last century. Students in this colloquium will be invited to join the DePaul Disney Trip in June 2022.

You Should Watch More TV!

Enrollment: 30 students

Course Description

An incomplete, kind of serious, highly opinionated history of six genres of television, including animated series, children's shows, comedy/variety, crime shows, and late night.

Latino Chicago

Enrollment: 15 students

Course Description

Empowering Latino Students through different experiences inside and outside of the classroom. Let's explore Latino Chicago Chicos!

Travel Bug: Travel the World in Chicago and Beyond

Enrollment: 30 students

Course Description

Eager to begin traveling again? Spend time with other jet setters who want to visit China, Poland, Greece, Italy or wherever...all within the international city of Chicago! Learn how to plan and execute a trip from start to finish by leading your own field trip within the city! Catch the "travel bug" and join us!

Fiction Writer's Workshop: Creative Writing

Enrollment: 15 students

Couse Description

Do you like writing stories and inventing characters? Have you read a short story and thought, "I could write a better one"? Come discover your own unique writer's voice as we share our work with each other in a supportive community, bringing our stories to life together using the elements of fiction writing.

Archery in the Park

Enrollment: 15 students

Course Description

Students will learn the basics of recurve archery at the North Side Archery Club in Lincoln Park.

What superhero does the world need?

Enrollment: 15 students

Course Description

Interested in Super Heroes? Come talk about the impact of superheroes on culture throughout the years and reflect on the phenomena of this! We will choose our favorite and spend time discussing and debating their superpower powers.

Sketch Journaling Through Chicago

Enrollment: 30 students

Course Description

During this class, you will be creating a "sketch journal" book and learning strategies to merge both art and writing. For art, you will learn sketch techniques with pen/ink, colored pencils, graphite, and paint pens. For writing, you will learn techniques for creative, reflective, and narrative styles of writing. We will travel to various places throughout Chicago as inspiration for pieces and journal entries. If you're looking for a creative outlet to express yourself, want to tap into your inner artist/writer abilities, learn something new, or simply explore beautiful places in the city, then this is the class for you!

Cooking with Science

Enrollment: 15 students

Course Description

Do you enjoy science? Do you enjoy eating food? Then this is the course for you! Come learn about the science of food as we make delicious treats to complement what we are learning! Topics include the science of baking, candy, dairy, molecular gastronomy techniques, and more! Be prepared to enrich your palate and mind!

Jewelry Making

Enrollment: 30 students

Course Description

Explore your creative side by designing and creating your own jewelry. You will be able to identify the necessary tools and materials, learn basic beading language and techniques, and create unique pieces that represent your individual style.

Pizza Can Save the World

Enrollment: 15 students

Course Description

Pizza is universal. But can pizza really save the world? Spoiler alert: Only with your help! In this course, you will learn the basics of making pizza from scratch, visit some local pizza restaurants, and learn more about food ethics, history, culture, and all the ingredients from around the world that can make a pizza delicious. Then, we will use pizza to make the world a better, healthier place!

Rock and Pop Lab

Enrollment: 30 students

Course Description

We'll explore rock and pop history from the mid-20th century to today. We'll analyze rock history and cultural context, develop some basic performance skills of our own, and of course listen to tons of awesome music!

DePaul's Diners, Drive-Ins and Dives

Enrollment: 45 students

Course Description

The best way to experience Chicago is through its variety of cuisines! Together we'll explore different restaurants, cultures, and neighborhoods across the city. We will also explore the entrepreneurial, marketing, and management skills necessary to run a restaurant. *No picky eaters! Due to several weeks of pre-scheduled food orders, we are not able to accommodate any dietary or allergy restrictions.*

Food Cultures of East Asia

Enrollment: 30 students

Course Description

The best way to experience Chicago is through its variety of cuisines! Together we'll explore different restaurants, cultures, and neighborhoods across the city. We will also explore the entrepreneurial, marketing, and management skills necessary to run a restaurant. *No picky eaters! Due to several weeks of pre-scheduled food orders, we are not able to accommodate for any dietary or allergy restrictions.*

Numbers Never Lie...Sometimes: The Role of Analytics in Sports

Enrollment: 30 students

Course Description

Sports have evolved by using metrics reflecting changes in the way games are played. Analytics have extended beyond results during games/matches (practice, preparation, physical attributes). The goal of this seminar is to reach an understanding of how analytics drive decisions across multiple sports.

Find Your Happy Place in Chicago

Enrollment: 30 students

Course Description

Explore Chicago and find places and ways to relax through walking, exercise, the arts, and food. Be ready to be physical in this adventure, experiencing everything from long urban hikes to yoga to rock climbing to cooking together!

Maps and Storytelling

Enrollment: 15 students

Course Description

Engage with maps as a tool to tell stories and understand how we order our lives. Starting with our inner selves and working outward toward Chicago, the country and the world, we'll look at how maps are used to gain greater understanding and perspective.

Adulting 101: Life Skills to use After High School and College

Enrollment: 15 students

Course Description

Ever wonder where or how you are supposed to learn how to be an adult? Take this opportunity to learn about money management, living with roommates and understanding how to manage a household, getting a job and managing time so that your life includes taking good care of yourself.

Crossfit Rams

Enrollment: 30 students

Course Description

Crossfit is for everyone! Learn about and engage in high-intensity functional movement exercises with supportive groups of people. Students will end the course with a greater understanding of workouts that are a fit for them and how to integrate these into lifelong habits of exercise.

Everything Cycling: Racing, Recreation, and RAD!

Enrollment: 30 students

Course Description

Explore the Chicago and the North Shore on your bike while learning the basics of bike maintenance, proper bike etiquette while diving into the culture of cycling in the city!

Chicago's Sacred Spaces: From Stained Glass & Street Murals to Identity and Self

Enrollment: 30 students

Course Description

Using Chicago and our own being, explore and gain insight into the sacred on the journey to understanding self and others.

Creating Your Own World: Stop Motion Animation Workshop

Enrollment: 15 students

Course Description

This is an introduction to the art of stop motion animation storytelling where students will create their own characters and miniature movie sets while also operating cameras, lights, and stop motion animation software to create a short film.

Leaning into Leadership

Enrollment: 15 students

Course Description

Learn more about becoming a leader in your life and your community and how your strengths, leadership style and skills can impact your future and the world around you. Take this opportunity to discover and grow important professional skills that will help you make the most of high school, college and your future!

Hollywood and History

Enrollment: 15 students

Course Description

Exploring the way movies have portrayed famous people and events from our past.

Gateway to Gaming: Intro to Tabletop and Board Games

Enrollment: 30 students

Course Description

Dig deep into the hobby of board games for new and challenging gameplay. In this experience, you will learn different gameplay mechanics and strategies to apply them to games beyond the classics you've heard of.

Layers upon Layers: Creating and Reflecting Through Collage

Enrollment: 15 students

Course Description

Looking for a way to express yourself through art-making? Begin to understand collage as an expressive medium as well as some basic collage techniques, including adhesives and dealing with issues of warping, drying, cutting, etc.