

# Winter session Course Catalog 2023

**OCE**

OFFICE OF CAMPUS  
ENGAGEMENT



## HOW DO I USE THIS COURSE CATALOG?

With so many Wintersession offerings, it's hard to scroll through everything on our website. With this hardcopy catalog, you can easily browse all that Wintersession has to offer. Workshops are broken up into 17 thematic categories, while trips and events have their own section.

Grab your Wintersession pen and start circling any that seem intriguing to you!

## WHAT IS WINTERSESSION?

Wintersession is a free two-week experience for Princeton University community members to experiment and explore through unexpected, active and intriguing non-graded learning and growth opportunities. We seek to use the skills and talents of our whole community: undergraduate students, graduate students, staff and faculty can participate as teachers, learners or both.

## WHEN IS WINTERSESSION?

Wintersession 2023 will take place from January 16 - January 29, with a wide variety of workshops, events and trips. There are in-person and virtual offerings.

## HOW DOES REGISTRATION WORK?

To sign up for Wintersession workshops, events and trips, mark your calendar for December 1, when registration opens for undergraduate students, graduate students, faculty and staff. Head to [winter.princeton.edu](http://winter.princeton.edu) and we'll link you right to the Wintersession offerings on MyPrincetonU. Registration stays open through Wintersession, so if you're not ready to sign up on December 1, you still have plenty of time.

## QUESTIONS?

We can help! Contact our team at [wintersession@princeton.edu](mailto:wintersession@princeton.edu).

# COURSE CATALOG 2023

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and Community Service 008

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**WELLNESS AND  
COMMUNITY**

**COMMUNITY BUILDING &  
COMMUNITY SERVICE**

**DIVERSITY AND INCLUSION**

**REJUVENATION  
AND RELAXATION**

**SUSTAINABILITY**

# COMMUNITY BUILDING & COMMUNITY SERVICE

Dungeons and Dragons Crash Course

---

Ecological View towards Language Learning: Using Virtual Reality for Community Building and Chinese Language Learning

---

Have a passion for service?  
Come learn how to craft your summer internship proposal!

---

I Scream for Homemade Recipes:  
Simple Methods to Concoct  
Homemade Ice Cream

---

Life Chats and Casseroles

---

Online Media and Civic Discourse

---

Senior Thesis Boot Camp – Section A

---

Senior Thesis Boot Camp – Section A

---

Senior Thesis Boot Camp – Section C

---

Senior Thesis Cafe

---

Solidarity-Based Organizing in the Digital Age: Building Power from the Bottom-Up

---

The Art of Long Board Games

---

Wind Phone Unveiling Event & Community Meal

---

Wind Phone: Processing Grief through Place-Based Art–Section A

---

Wind Phone: Processing Grief through Place-Based Art–Section B

---

Ready to register? Starting December 1st, you can visit [winter.princeton.edu](http://winter.princeton.edu) to read full course descriptions, see dates and times, and sign up for sessions.

# DIVERSITY AND INCLUSION

Be Your Own Disability Advocate

---

Become an Ally for Access

---

Coloring In: Paul Robeson's  
Civil Rights Legacy

---

Cuff It: The Triumphs and Trials of  
Dating as a Black Gay Man

---

Designing Accessible Word Documents and  
PowerPoint Slides

---

How to Engage and Support First-  
Generation Ivy League College Students

---

Inclusive Online Meetings and Events

---

Indigenous Studies: What we know about  
what is here today

---

Model Minority(?) – Changing Identities of  
Asian Americans

---

Neurodiversity in Academia

---

Sexual Violence Prevention and  
Response in D1 NCAA Athletic Departments:  
A Research Study

---

The Female Face of Homelessness

---

The Identities Virtual Networking Event

---

The James Collins Johnson Scavenger Hunt  
for Black Entrepreneurship History

---

The West Wing Watch Party

---

Title IX and College Athletics

---

Varied Activities of Women: An Archival  
Treasure Hunt

---

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# REJUVENATION AND RELAXATION

A Crash Course in Getting Better Sleep,  
Even At Princeton

---

Around the World in 80 Beers

---

Avengers: Infinity Saga – The Finale

---

Hummus Home Run!

---

Mind-full to Mindful: Lose the real weight of  
anxiety/stress and balance your life

---

Restoration and Recharge: Yoga and  
Mindfulness Workshop

---

Spider-Man: Into The Tiverse

---

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# SUSTAINABILITY

**Black Gold: Behind the Scenes Tour of Composting at Princeton**

---

**Creativity as climate activism: telling your story**

---

**Safeguarding Amazonia**

---

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# FITNESS AND STRENGTH

305 Fitness with Ashlee – Section A

---

305 Fitness with Ashlee – Section B

---

5 Lessons Learned from 50 Years  
of Fitness

---

BodyCombat with Marina – Section A

---

BodyCombat with Marina – Section B

---

BodyPump with Amy – Section A

---

BodyPump with Amy – Section B

---

Core and BodyCombat – Section A

---

Core and BodyCombat – Section B

---

Dillon Gym User Roundtable

---

Foundational Yoga with Ruth – Section B

---

Foundational Yoga with Ruth – Section A

---

Gentle Yoga with Ruth – Section A

---

Gentle Yoga with Ruth – Section B

---

Group Fitness & Intramural Sports  
User Roundtable

---

Hatha Yoga with Alisa – Section A

---

Hatha Yoga with Alisa – Section B

---

HIIT Strength with Marina – Section A

---

HIIT Strength with Marina – Section B

---

Intro to BodyCombat

---

Intro to BodyPump

---

Introduction to Meditation  
and Mindfulness

---

No CAP, just Capoeira!

---

Pilates with Stacy – Section A

---

Pilates with Stacy – Section B

---

Sport Club User Roundtable

---

Tap, Snap, or Nap: Intro to Self-Defense

---

TRX Strength – Section A

---

**TRX Strength – Section B**

---

**Virtual Frozen 5K**

---

**Wake Up with Coe – Section A**

---

**Wake Up with Coe – Section B**

---

**Wake Up with Coe – Section C**

---

**Wake Up with Coe – Section D**

---

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# HANDS-ON SKILLS

Attracting (and keeping!) butterflies

---

Blacksmithing 101: Fire and Forge

---

Build Your Own Table

---

How to Write Emails that  
Sound Human

---

Island Spice and Everything Nice

---

Medical Skills 101

---

OA: Outdoor Technical Skills

---

OA: Wilderness First Aid

---

Shortcuts Is the Most Powerful App  
On Your iPhone: Why Do Less Than 1%  
of Users Actually Use Them?

---

Sustainable Fashion: Visible Mending 101

---

Woodworking 101: The Wonderful  
Wooden Box

---

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# LIFE SKILLS

## Travel through Cookbooks and Your Senses

---

#PrincetonPlantLife: Mindfulness Edition

---

Adulting 101

---

Breakfast at Night!

---

Connection, Not Perfection:  
An Introduction to Public Speaking

---

Creativity and Happiness

---

Financial Literacy workshop

---

Homegrown Produce and Flowers

---

How to Have a Hobby

---

Just a Second: Using technology to  
remember and reflect on the mundane  
and extraordinary

---

Let Word do the Work: Productivity  
tips for theses, dissertations, and  
other documents

---

Let's pack it in: Tips for packing  
and travel

---

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A Taste of Tea

---

Academic Flourishing at Princeton:  
How to Set up a Successful Studying  
Environment!

---

Be the Curator: Princeton 275

---

Choosing a Minor

---

Database 101: May I Join You?

---

Designing Websites for Faculty and Labs

---

Digital Beat Making – How to Produce Music

---

Dog Training with Diana

---

Emily Dickinson’s (Queer?) Life of Poetry

---

F1 Driver Bootcamp

---

Financial Markets for Public  
Policy Professionals

---

Finding your roots – an Introduction  
to Genealogy

---

Getting Started with Digital Accessibility

---

Glimps into Chinese Rock and Punk

---

How to Beat Your Grandma at Scrabble

---

Information Access, Wikipedia, and You

---

Intro to Wines

---

Let it Snow!: Nor’easters, Bomb Cyclones,  
and Snowmageddon

---

Mah Jongg for Beginners

---

Maximizing the Value of Your Princeton Ed-  
ucation: The Princeton Alumni Journey

---

OA: Managing Safety in the Outdoors

---

Princeton’s Architecture

---

Quantum Computing – From Theory  
to Practice

---

Rock the Hemlock: Punk Rock and  
Philosophy 101

---

Solr for newbies

---

**To Better the World:  
Why Moral Clarity Matters**

---

**What's Where and Why: Use QGIS to  
explore Geospatial Information**

---

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**ACADEMIC AND  
PROFESSIONAL GROWTH**

**CAREERS AND  
PROFESSIONAL DEVELOPMENT**

**CODING AND COMPUTING**

**HUMANITIES**

**SOCIAL SCIENCE**

**STEM**



# CAREERS AND PROFESSIONAL DEVELOPMENT

2023 Inspiring Futures in Finance

---

Back to School 101 (or “Back to School with HR”)

---

Bioengineering Entrepreneurship: Translating Academic Research into Biotech Impact

---

Dining Etiquette

---

Diversity, Equity and Inclusion: Navigating your Spaces at Work

---

Drafting your research paper with LaTeX tools: zero to pro in 90 minutes

---

Election Security: What’s at Stake for U.S. Elections

---

Entrepreneurship for Beginners: Innovations to Real World Impact

---

Have You Ever Wondered What Academic Managers\* at Princeton Do?

---

Heroes Get Remembered, Legends Never Die: Preserving Your Digital Legacy

---

Legal Research, Writing, and Analysis

---

Military Medicine: The Good, The Bad, The Austere

---

Navigating Your Startup Journey as an International Student Founder

---

OA: Leadership 101

---

OA: Leadership 102

---

Operation Tiger Raven

---

Pandemic Madness: Transforming Chaos to Harmony to Manage Public Health Emergencies

---

Plans B, C, and D

---

Pre-Law Series

---

Princeton Startup Bootcamp, powered by Venturewell

---

Science Writing and Communication: Translating research for the rest of us

---

**Script to Screen: Tigers in Hollywood**

---

**Set Achievable Goals, Meet Your Deadlines  
and Have a Life while in Academia**

---

**Sophomore Early Assurance Programs  
Writing Workshop**

---

**Start Up Bootcamp – Female Founders**

---

**Start Your Podcast Engines**

---

**Your Research Story in Less Than  
3 Minutes**

---

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# CODING AND COMPUTING

Cloud Basics for Research Computing

---

Crash Course to Mathematica

---

Data Analysis, using MATLAB

---

Debugging and Profiling Code, in Python and R

---

DevOps - it's not sorcery, but it is magical to work in the cloud!

---

Free Money on the Blockchain:  
An Introduction to MEV on Ethereum

---

From Notebooks to Scripts to Classes:  
Writing Python Code Others Will Want  
to Use

---

Good Practices for Research  
Software Engineering

---

Gotcha! How to Write Software Tests  
to Improve Code Quality

---

Introduction to CMake

---

Introduction to Machine Learning

---

Introduction to Programming Using Python

---

Making Your Figures Work for You,  
Using MATLAB

---

Mastering Vim: Edit as Fast as You Think

---

Put Census data into R to make maps

---

Python for Poets

---

R Data Wrangling: tidyverse packages tidyr  
and dplyr

---

Software Quality Assurance Tooling

---

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# HUMANITIES

Archives for Historical Research

---

Exploring the Fascination of Chinese Tea ...  
and Bubble Tea

---

From Oracle Bones to Ebooks:  
Short Overview of the Tradition of  
Chinese Books

---

Learn Chinese with TV Shows and  
Act Out Scenes!

---

Life and Death Masks at the Library:  
Death Masks at Special Collections

---

Literature of the Civil Rights  
Movement: James Baldwin, Eudora Welty,  
and Nina Simone

---

Practicing Translation

---

Princeton, Hot Dogs, and Apple Pie:  
Baseball Gems in Special Collections

---

Stay Cool with Icelandic

---

Trenton. A Revolution!

---

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# SOCIAL SCIENCE

Addicted America: The Opioid Epidemic

---

Encounters and Portraits: The Art of Representation in Qualitative Research

---

Introduction to the Fragile Families and Child Wellbeing Study (FFCWS) Data

---

Learning to Ask: Ethics and Practice of Interviews

---

Russia-Ukraine War: A Look Inside

---

Schizophrenia: Indexical Associations from Loosened Associations

---

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Beginner's Guide to Bugs and Building an Insect Collection

---

Computational Chemistry: Simulating Reality

---

FIRST Robotics Competition Robot In 3 Days (RI3D) Challenge

---

Forever Wild with Earth!

---

Integrated Sensing and Communications (ISAC) Enabled by the Emerging Reconfigurable Intelligent Surface (RIS) And In-Band Full-Duplex Technologies

---

Introduction to Molecular Dynamics with LAMMPS

---

More Than Meets the...IoT – Smart Devices that Transform Our World

---

Organic Chemistry for Anyone!

---

RC Planes and Helicopters

---

Science Communication Workshop

---

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# **ARTS**

**CRAFT ACTIVITIES**  
**PERFORMANCE ARTS**  
**VISUAL ARTS**

# CRAFT ACTIVITIES

ABCrochet

---

Blood, Gore, and So Much More!

---

From Line to Color

---

Gunpla 101: Assembling Your First  
Plastic Model

---

Introduction to Sewing

---

Knot your Average Workshop:  
Make-Your-Own Macramé Plant Hanger

---

Let's Make a Card!

---

Life and Death Masks at the Library:  
Face Casting at PUL Makerspace

---

Make a mosaic: learn the history  
and technique

---

Off the Hook Crochet

---

Origami Online Otomodachi (friends)

---

Relaxing with Watercolors

---

Repelling and Attracting: An Exploration of  
Oil Pastels with Watercolor

---

Stitching the Collection: Discovering  
Embroidery Inspiration at PUL

---

Tailored to You

---

Thanks I Made it! An Introduction  
to Knitting

---

The Myth, Wonder, and Experience  
of 3D Printing

---

Welcoming 2023 with vision!

---

Zero Knowledge of Knitting:  
The Absolute Beginner

---

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# PERFORMANCE ARTS

A Drum Machine in Your Mouth:  
The Art of Beatboxing

---

Adult Beginner Ballet with Live Music!

---

Bachata: Music and Dance

---

Dance with sleeves!

---

Dance with Triple 8!

---

From Swift to Sousa: Arrange Pop Songs  
for Pep Band!

---

JUGGLE – learn the to juggle with  
Juggling Club

---

Make Your Own A Cappella Arrangement  
with Acapellago!

---

Maysoon Zayid’s Funny Puppet

---

Sing with Princeton Acapellago!

---

To Be Sounded’: an original  
documentary play of refugee voices

---

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# VISUAL ARTS

Anime and Manga Drawing

---

Art that Moves: The Care and Conservation of Kinetic Art

---

Building with Blender: 3D Modeling and Scripting

---

But I'm a Scientist! : Using Arts Based Practice to Engage the Public With Science

---

Character Design

---

Creative Coding

---

Creative Lettering

---

Figure Drawing

---

Jewish Art and Craft: a sampling with research recommendations

---

Phenakistoscope, or the 19th-Century Predecessor of the Animated GIF

---

Sculpture Clay Basics

---

The Extraordinary World of Origami

---

This Sculpture Rocks!

---

Watercolor Studio

---

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# **EVENING EVENTS**

# EVENING EVENTS

A New Museum for a New Age

---

A Night with Magician and Hypnotist  
Noah Sonie

---

Arts for Awareness Show

---

Bamboo Exoskeleton Workshop

---

Becoming an ambassador...or maybe even  
a defense minister!

---

Black Hair Care

---

Chats Over Chaat: Exploring  
South Asian Identities

---

Christian Apologetics:

---

Crash Course on Argentine Tango  
for Absolute Beginners

---

Civic Love Community Dinner

---

Clay and Rosé with the Arts Council of  
Princeton and Princeton University's  
Office of Community and Regional Affairs

---

Disability Access: Learn how to become  
an Ally for Access

---

Dance Defense

---

Eating Clubs/Wintersession Outdoor  
Food Festival

---

Expression, Character, and Life:  
Portraits of Civil Rights Heroes –  
Art Show and Reception

---

From Debussy to Disney, Two Weeks  
of Chamber Music with Opus

---

Going Behind the Scenes & Getting  
into the Industry at McCarter

---

Growing Together

---

Honor Sea Life with Native shell jewelry

---

How to Watch Soccer

---

Iceskating on Palmer Square

---

InfoSec Movie & Discussion: "Hackers"

---

Introduction To Taiko: Hitting The Big Drum

---

Japanese spirits and demons

---

Life and Leadership with Mayor  
Eric Johnson \*03

---

MHI Rest, Re-Energize, Retreat!

---

Movie Night

---

Multiculturalism in Indian Dance through  
History: An audio-visual demonstration

---

Navigating Premed Opportunities  
at Princeton

---

NOT Too Late to Design Your Life!

---

Paint & Snack

---

Paint your Emotions

---

Panel Discussion: Samuel Fosso  
and African Postcolonial History

---

PICS Networking Round Table

---

Princeton University Concerts: Annual  
Chamber Jam – Mental Health Focus

---

Science Communication Decathlon

---

Self authoring through songwriting

---

The Antetokounbros RISE

---

The Artist's Path: A Lot of Courage and  
A Little Wandering

---

The Music of Julius Eastman with  
So Percussion

---

The Other "F" Word (turning failure from  
a regret to a resource)

---

The Performance of Politics

---

The Princeton Greek Dance Odyssey

---

Tiger Meets: Tiger Tales Speed-Friending

---

Tik Tok Cooking Class with  
Chef Eitan Bernath

---

Trenton Circus Squad performance

---

Quantified Self: An Introduction to  
Analyzing the Data about You, in Python

---

War of Words: Students, Professors,  
and Attendees Compete for Glory

---

Wintersession Kick-off Festival

---

Wintersession Open House |  
Samuel Fosso: Affirmative Acts

---

Yes! You can brew!

---

Your Sketchbook, A Creative Habit

---

Please note: more evening events will be added to the Wintersession calendar in late December, so be sure to check [winter.princeton.edu/register](http://winter.princeton.edu/register) to sign up.

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# TRIPS

# TRIPS

“iFly”

---

Adventure is Out There: Gaming at Thirsty Dice

---

Africa Immersion Experience

---

Afternoon Tea with Eloise:  
A Trip to the Plaza Hotel

---

An Exploration of Urban Education  
in Newark, NJ

---

Around the World!: Culinary Adventures  
in New York

---

Balling on a Budget

---

City Treks – Information Consulting

---

City Treks – Management Consulting

---

City Treks – Media and Entertainment

---

City Treks – Sports Management

---

City Treks – Technology

---

City Treks – Theater and Filmmaking

---

Community Action: Explore – Section A

---

Community Action: Explore – Section B

---

Energy Transition Career Trek 2023

---

Escape Room

---

Exploring Mott Street

---

Extreme Action!

---

Guided Hike- Island Beach State Park

---

Hadestown on Broadway!

---

Intersections in Refugee Health  
and Service

---

Karaoke and Hotpot in Flushing, Queens!

---

Life skills 101: Community Service  
in East Africa

---

Model Minority? – Discover Chinese American  
cultural treasures

---

Museum of Modern Art Day Trip

---



NYC Brazilian Jiu Jitsu Training Trip

---

Outdoor Action: Leader Training Trip

---

One Day Trip: Science History Institute

---

PAINTBALL

---

Rest, Reflect, Restore: Halftime 2023

---

See the NYC Ballet!!!

---

Ski Trip

---

Smithsonian National Museum of  
Asian Art Day Trip

---

Snowshoeing, cross-country skiing,  
and maple syrup snow candy fun...in NJ!

---

Sports in Action: An Exploration of  
Basketball and Brooklyn Through the Nets

---

Studio Audience Member for  
Television Show

---

Sushi, Ice Cream, and More:  
NYC Food Tour

---

Sustainable Practices on  
Indigenous Farmlands

---

The Taste of Ethiopia

---

Visit to the Rubin Museum of Art

---

Bridging Gaps: The Woman Behind  
the Brooklyn Bridge

---

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