

Summer at SEM Course Descriptions

CRAFTS

JEWELRY MAKING

Design jewelry made of crystals and stones to create one-of-kind necklaces, earrings, and pins.

DIY TIE-DYE

Ever wonder how to tie-dye? Feelin' groovy? If you're looking for something fun and fresh to do this summer, tie-dye is your answer.

SCRAPBOOKING

Scrapbooking is a method of preserving, presenting and arranging personal and family history in the form of a book, box or card. Typical memorabilia include photographs, printed media, and artwork.

KNITTING

Join this class and you will be on your way to knitting a scarf, hat or pot holder. These make great gifts for friends and family!

VISION BOARDS

A vision board is a powerful tool that helps you narrow down your desires through the power of choice. The process of choosing what to put on your vision board is simple yet meaningful. First, identify your wishes or desires, then select images that represent those desires. This simple selection process narrows down your focus and personalizes your board with specific messages that matter to you.

ACADEMICS

CREATIVE CHEMISTRY

Learn how to make your own lip gloss, create slime and grow crystals. You'll also create a pictorial periodic table in this hands-on class.

WOMEN'S RIGHTS

Topics include: "How do economies grow when girls are educated?" How does each country view the rights of women? Are women's rights determined by government, culture and or religion? Have there been similar movements to the American Suffragette Movement in other countries? What role did minorities play? This class will focus on the importance of educating girls and the societal influence women can possess.

BUFFALO RISING

Learn the history of Buffalo through its birth, boom, decline and rebirth and consider your part in its future!

MONEY MATTERS

"Money doesn't grow on trees!" Everyone has heard this saying. Our course will help you learn to make smart decisions with your money. This course will emphasize the connection between education and financial independence by teaching personal finance centered on the themes of opportunity cost, evaluating needs versus wants and gaining financial empowerment.

WRITING AND STORYTELLING

We all have stories to share! Let's share them together and learn techniques to make us better storytellers through the experiences of published storytellers and feedback from our peers. By the end of the week you will have a short story, a poem, or the beginning of a novel that you can share with your friends and family, or keep to yourself!

THE DOLPHIN TANK ENTREPRENEURSHIP COURSE

Have you ever thought of an invention that you wish someone would make or have you thought of a solution to an everyday problem? Then, sign up for The Dolphin Tank! You and your classmates will form a company to think of an invention or solution to a problem and present to our panel of expert "Dolphins." The winning team each week gets a special Summer@SEM surprise!

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GIRL UNLIMITED

We invite you to be 100% Y.O.U. Here, we will be learning helpful ways to get through sticky situations, such as making (and keeping!) friends, speaking your mind, developing self-esteem and dealing with stressful situations. We will be making crafts, playing games, and most importantly, talking to each other! An open heart, a sense of humor, and a willingness to learn are the three keys to having a great summer in this class. Here, it's okay to be quiet, loud, funny, excited, nervous and happy. We want you exactly as you are and hope that at the end, you come away with some strong relationships and even stronger self. We can't wait to meet you!

CODING WITH SCRATCH

Campers of any age or previous coding level will enjoy creating their own animated stories, games and music videos while they learn about computer science. SCRATCH is a free online platform designed by the MIT Media Lab to teach students the fundamentals of computer programming.

CODING WITH ROBOTS

Learning to code is more fun when your programs run real robots! Come and meet SEM's NAO robots GHERTY and Pawlette and make them dance and play for you! Using a block-based software, campers will learn to make the robots talk, walk and interact with each other. All projects will be videotaped for posterity!

FINE ARTS

PLAY WITH PLAY

In this class, we will introduce the fundamentals of theatre, from costumes to set design, lights to lines. Every week, we will examine a scene or two from a play, and experience everything required to put that scene on its feet at the end of the week. You will work together to create the costumes, search for the sound cues, construct the set, and memorize your lines for the final performance. You will learn through hands-on experience what it takes to get from script to stage, so if you're interested in theatre already, or want to try it out, this is the perfect opportunity to find what you like.

LIGHTS, CAMERA, ACTION! 2-WEEK CLASS

Do you dream of becoming the next Sofia Coppola or Ava Duvernay? Learn to use iMovie in our Mac Lab to create, film, and edit your own short movies. Bring your smartphone if you have one. Finished products will be viewed by the entire camp during Fantastic Fridays' "showcase" time. (2-week course)

FASHION LAB

Fashion Lab NY gives you a place to experiment creatively and invent through the art and science of fashion. We provide the tools and direction to inspire your uniqueness, and encourage your own sense of style. The Fashion Lab NY Process will engage you to discover, explore, and invent your vision of fashion!

PAINT LIKE PICASSO

Are you ready to paint a Picasso inspired portrait? Take this class and allow your creative mind and spirit come alive on canvas!

FITNESS

SAIL AWAY WITH SEM!

Summer at SEM offers sailing in cooperation with the Buffalo Yacht Club! No experience is required for this half day program for girls entering grades 5-9 which builds skills, nurtures leadership and confidence, and will be lots of fun!

SEM SPORTS

Be a SEM Red-Tailed Hawk for the summer! You will have a chance to play, to improve and to be excellent. Sports include basketball.

YOGA

This will be a fun and challenging class that will explore breathwork, movement, and balance. Yoga is beneficial for various reasons including mindfulness, focus, relaxation and aiding in calming the symptoms of depression and anxiety.

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CREW

In Learn-to-Row at the Buffalo Scholastic Rowing Association, participants will learn about water and boat safety, how to use the equipment and take care of it. Participants will become rowers very quickly and learn what it means to be on a team, find commitment and dedication and hopefully, gain a lifelong passion! We will build skills, teamwork and the confidence to compete. No experience necessary and opportunities for athletes of all sizes.

SQUASH INTENSIVE

The goal of the program is to develop sound technique while improving game and rally strategies. Players of all levels are encouraged to learn how best to improve their skills and take their game to the next level. Coaches from Connecticut College will provide instruction, lead drilling sessions, and run training sessions to help improve overall fitness. Through focused sessions, this provides in-depth instruction on various aspects of squash with the ultimate goal of players learning something new each time they step on court.

SQUASH FOR EVERYONE

This squash course is for anyone interested in curious about squash and is open to all ages and level of player. We will focus on strategies, coordination and leadership and support girls toward success and comfort on the court.

JUST FOR FUN!

CULINARY CAPERS

Whip-up some fun in the kitchen. Learn cooking techniques and new spins on your favorite recipes!

JUST DESSERTS

The sweetest class at Summer at SEM! Bake cakes, cookies, and other delicious treats. Warning: this class might make you suddenly much more popular with your friends and family.

SIGN LANGUAGE

Sign language uses manual communication to convey meaning and is a unique and potent skill to communicate with those who are hard of hearing or deaf or to make yourself heard in noisy situations. Students will learn the basics: the alphabet, simple terms like saying hello and goodbye, asking the time, asking "how are you?" etc.

HAVIN' A BALL

Like to play kickball, dodgeball, tee ball, or any other sport that requires a ball? If you answered yes this is the class for you!

EDIBLE MEDICINAL PLANTS (Meets Tue. and Thurs. and Vision Boards meets Mon. Wed. and Fri.)

Led by community herbalist Sarah Sorci, learn to identify and sustainably harvest local plants that are safely edible and/or medicinal. Discuss the properties these plants contain and ways they have traditionally been used, safety considerations for urban harvesting, and resources for wild harvesting on your own.

HERBAL POTIONS (Meets Tue. and Thurs. and Yoga meets Mon. Wed. and Fri.)

Using a few basic principles, nourishing herbs can be infused into vinegar for salad dressing, oils for skin care, water for delicious teas, and more. In these workshops, Community Herbalist Sarah Sorci will share basic tips and science behind making quality and safe herbal infusions. Students will take home recipes and herbs to use at home.

WONDER WOMEN

Students will consider about gender stereotyping in the media and how those stereotypes limit opportunities for, and affect the coverage of women in media. The lack of women leaders in media is investigated, as well as thoughts about role models in students' own lives. Finally, students will think about how to empower themselves. At the end of each module, we propose multiple activities to accompany class discussions.