



WEEKLY CLASSES

TANACH

BLOCK 2: TANACH'S GREATEST HITS

The Tanach has so many incredible messages to teach us through the myriad of stories and lives it describes, and so many of those ethics and morals are recounted in Pirkei Avot. Together, in this unique course which combines Pirkei Avot with Tanach, we will learn about different parts of Tanach and see how each story can so eloquently teach us by example the lessons of the Mishna and the ideals by which we should shape our own personal lives today.

BLOCK 3: BETWEEN THE LINES

The Torah reveals very few relatable details of the lives of the men and women who shaped Jewish heritage, and we are used to viewing Torah characters as purely symbolic and instrumental figures. In this course, we explore these well-known characters from a unique, more humanistic perspective—delving into their emotional complexities and psychological nuances. We will dig deeper and try to better understand the personal struggles, triumphs and idiosyncrasies of these integral Biblical personalities.

BLOCK 3: THE SIGNIFICANCE OF CLOTHING IN TORAH AND HALACHA

The clothing we wear has become a widespread topic of conversation, particularly for women today. The goal of this course is to gain a sense of a Torah perspective on this conversation- starting from texts about clothing in Tanach and extending to the basics of practical הלכות צניעות. We will work together to develop an authentic outlook on the significance of clothing in our own lives through the analysis of various texts and discussions.

BLOCK 4: THE YONA (6 OTHER ANGRY PROPHETS)

If Hashem sent you a text message, would you delete it or read it? Well, guess what people, HE DID! This class lets you learn, own and conquer an entire book of Tanach. The book of Yona tackles the fascinating issue of a Navi who didn't want to be a Navi! What was he thinking? What pushed him to run? Where did he think he was going? Why didn't he listen to Hashem. Through this book, we will discover issues that deal with the way we as individuals and a nation relate to Hashem.

BLOCK 5: BEST SUPPORTING ACTORS

In every story or narrative, there are the main characters and the

secondary characters. The secondary characters or the supporting actors are not only interesting, but they are also often the key to understanding an entire biblical story. In this class, we will delve into the stories in Tanach, focusing on the development and personalities of the “supporting actors” and discovering who they really were.

BLOCK 5: THE SOUL OF TANACH

The world of the Tanach is full of stories that have inspired the Jewish people throughout history. The goal of this course is twofold. One: To give a person an overview of the main stories throughout the Tanach. Two: To help a person uncover the soul of these stories and how they relate to our own lives.

BLOCK 5: THE BOOK OF MISHLEI

Of all the books of Tanach, Mishlei is one of the most esoteric. What did Shlomo Hamelech have in mind when he said “In all your ways acknowledge Him, and He will make your paths straight (Mishlei 3,6)”? Or, “He who scorns a word will cause himself injury, but he who reveres a commandment will be rewarded”? If you ever wanted to understand these sayings and more, then this class is for you. We will try to uncover the depth and wisdom of Shlomo Hamelech in a way that we can take practical lessons that will impact our lives.

BLOCK 5: BE HOLY!

Relationship guidelines in society, fascinating business ethics, sexual morality, how to relate to ourselves, the world around us and most importantly G-d; Parshat Kedoshim has it all! We will look at these topics in depth from the Torah's perspective as we learn parshat Kedoshim. This course will show us what it actually means to be a 'holy' Jew living in today's world and appreciating the Torah mitzvot that create that framework for us and just how relevant they are for us today.

BLOCK 6: EXPLORING SEFER TEHILLIM

Sefer Tehillim is a timeless work full of spiritual guidance and essential wisdom. In this class will study and analyze selected chapters, discover their meaning and message and their relevance to our lives. We will cover the psalms which are well known (including those that appear in our daily tefillot) as well as those less known which contain treasures waiting to be discovered. The insights of Tehillim will help us comprehend the ways of Hashem and develop our own potential as a Jew.

BLOCK 7: INSPIRATIONAL WOMEN IN TANACH

In this course, we will study various female characters and archetypes in Tanach. Through text analysis and discussion, we will discover many unique aspects of the female personalities, both those who are familiar to us and some who are more obscure. We will apply what we learn to our own behavior and the way we view our role in the world around us.

BLOCK 8: IYOV: PERSPECTIVES ON SUFFERING

Iyov is known to be one of the most challenging books of Tanach. Known for intricate language and deep philosophical questions, it is much more than a book about 'why bad things happen to good people.' This course will allow the student the opportunity to explore the depth and beauty of this complex book. Learning Sefer Iyov is a way to learn about the bigger picture of life. What is the purpose of this story? Is there meaning to life's challenging events? How do we cope when life doesn't go as planned?

BLOCK 11: SURVEY OF 613 MITZVOT

We are familiar with the idea that there are 613 mitzvot, but have you ever wondered where that number came from? And why are there so many mitzvot? Can't we just have a few that we perfect instead? Is living in Israel a mitzvah? How about davening? Where does the mitzvah of chesed come from? How much Torah does one need to learn every day? In this class, we will look at what the Rishonim (Rambam, Ramban, Smag...) considered as part of the 613 mitzvot and we will try to learn more about a selection of those mitzvot (what to do, when to do them, who needs to do them...)

BLOCK 19: YOUR RELATIONSHIPS THROUGH TANACH

What better way is there to figure out how life relationships should look than through the world's best blueprint? Through stories in Tanach, we'll explore what our relationship with our parents, siblings, and friends should look like. We'll also explore both positive and negative traits in addition to specific values within those relationships.

BLOCK 19: IT'S PERSONAL: PARSHA PERSPECTIVES

Each week's parsha holds powerful messages that are keys to our self development, growth, and refinement. Learn about yourself, your character, and your potential for greatness as we dive into the Parsha with a personally relevant perspective.

BLOCK 20: PARSHA INSIGHTS

The goal of this class is to glean moral instruction and personal inspiration from the weekly Parsha. We will discuss some central ideas of the weekly Parsha with the intention of better understanding who we are, what we believe, and how we practice.

BLOCK 21: TIMELY LESSONS FROM TIMELESS TEXTS

An exploration of the weekly Parasha" Each week we will do a deep-dive into themes and lessons of the parasha, through the prism of classic and contemporary commentary, to uncover insight and inspiration for our lives today.

BLOCK 21: PARSHA IN HEBREW (YOU'RE IN ISRAEL, AFTER ALL!)

Wouldn't you love to join the conversation of the Jewish people? Every week all Jews has something in common. We all learn the same Parsha. The same inspiring ideas, values, morals, and stories are all shared amongst us. What better way to learn the Parsha than in Lashon Hakodesh (The Holy Language- Hebrew). This class will aim to strengthen your conversational Hebrew as well as give you a real understanding of the week's Parsha.

GEMARA & CHAZAL

BLOCK 2: AVOT & BANOT

"If I am only for myself, who am I?" "Say little and do much!" You are probably familiar with Pirkei Avot. It is one of the best known and most cited of Jewish texts. This beloved mesechet serves as one of the central pillars of Jewish values and thought. In this course, go on a journey through this profound work. Pirkei Avot—E hics of our Fathers is a book of morals, guiding us on how to live a true meaningful life. We will use the text and explain with stories and parables to bring it to life.

BLOCK 10: GEMARA: JUST DO IT!

FACT: The Gemara is the central work of Judaism. Everything you'll ever learn has a source in the Gemara. The purpose of this course is to provide the student with an understanding of the Gemara as that central text. Students will be able to understand specific concepts and see how the Gemara develops ideas, differentiates between different Halachos and comes to a conclusion (sometimes.) Classroom discussion, leading to expansion of the sugya, will be an important part of the course.

BLOCK 10: WITCHES, WENCHES AND WISE WOMEN: WOMEN IN THE EYES OF CHAZAL

In this course we will explore how women were viewed by the Rabbis in the time of the Talmud. We will study the topics of Women and Talmud Torah with a spotlight on Bruria, Women and Mitzvot with a spotlight on Yalta, Women and Magic-Witches in the Talmud, Women and Leadership, Creation of Women and the story of Lilith, Women and Kfira with a spotlight on conversations with the Matrona (a very interesting woman you'll want to hear about.) This course will be texted based using various gemaras and articles but will also include movie clips.

BLOCK 19: THE GEMARA CHALLENGE

Making a siyum on a Gemara is one of the biggest challenges you can take on in your seminary year. Are you up for it? The focus of this class is to finish an entire mesechet of Gemara together. Heavily text based and requires motivation and focus, although no prior experience to Gemara is necessary. Go for it!

HALACHA

BLOCK 1: KASHRUT ON CAMPUS (AND AT HOME, TOO.)

Keeping kosher is one of the pillars of Jewish observance, and understanding the principles of Kashruth and knowing how to apply them is paramount to living a full Jewish life. The college dormitory presents particular challenges in this regard. This course will provide an overview of the principles of kashruth, with special emphasis on issues that are likely to arise and emphasis the practical laws and issues pertaining to the maintenance of a kosher home. Topics will cover the basics of the laws of milk and meat, keeping a kosher kitchen, and common applications

BLOCK 1: LIFE CYCLES

From Birth to Death, Jewish life is full of rituals and customs. Ever wonder why people put all their jewelry around the baby at a פדיון הבן? Do you say "ברוך שפטרני" on a Bat Mitzvah? Wonder why a Kallah walks around the Chatan 7 times? In this class we will explore the reasons,



halachot and minhagim of all the major lifecycle events so that when they happen to you – you know what and why we Jews do what we do!

BLOCK 2 OR BLOCK 4: WOMEN IN JEWISH LAW

As Jewish women, it is essential for us to study and gain insight into the mitzvot that we observe. In this course, we will develop a deep conceptual understanding of a woman's performance of mitzvot. We will trace the unique set of laws applying to the Jewish woman from Tanach through contemporary poskim. The challenges and opportunities facing the Jewish woman in today's society will be discussed, debated and analyzed throughout the year. Objectives for this course are to provide the student with a broad knowledge of the mitzvot that relate to women, and to understand their values and inner logic.

Topics we will include:

- Introduction: The differences between men and women in the eyes of Jewish Law.
- Talmud Torah, How does the law differ for me and women, What are women obligated in as teachers/ students, Tefillin, BirkatHamazon, Tzniut, Hashkafa -why do we have so many rules in this area?
- Halacha - what are some of the halachot about clothing, kolisha, behavior etc.?
- ShomerNegia- What is the basis for this area of Halacha? What exactly is and is not allowed?
- Laws of Yichud, Marriage/ Divorce, Relationships, Hair covering, the Aguna problem

This is a text-based class, in which we will delve into primary sources, ask questions, develop analytical and textual skills, and use our own life experiences to connect with the texts.

BLOCK 3: AROUND THE YEAR

The Jewish calendar is a living, breathing, and vibrant guide which lead us through the various emotions and experiences of our Jewish existence. From the exulted freedom of Passover to the bitter tears of Tisha B'Av, the Jewish calendar helps shape the character of the Jewish experience. However, too often we are caught off guard and find ourselves unprepared to properly absorb the power of each month and the flavor of each holiday as they seem to suddenly arrive unexpectedly. In this course, we will travel through the entire Jewish year- from start to finish- and make stops along the way to learn about the laws and lessons of each special day. Obviously, the course will not be able to cover every holiday in full detail, but will at least give a taste of each one. The course will cover at least basic laws related to each significant day, as well as provide an understanding of the morals and values that each day is meant to introduce.

BLOCK 6: SHUTIM: QUESTIONS IN A MODERN WORLD

This course will focus on שאלות ותשובות (known as ש"ת) and the integral role they have played for the last 1000 plus years. We will see how the Gemara, the rishonim, the שולחן ערוך, and the achronim are used to answer questions that arise in all areas of our ever changing world.

Course Objectives:

To expand the student's halachic knowledge, to give them an appreciation for the way in which halacha develops, and to show the wide scope of halachic concerns.

Major Topics To Be Covered:

Magic, Dreams, Entering a church, Tattoos, Gambling, Issues relating to Eretz Yisrael, Lifnei Iver, Electricity, many more.

BLOCK 9 OR BLOCK 10: HILCHOT SHABBAT

From the perspective that "תלמוד מביא לידי מעשה" ("study fosters observance"), Hilchot Shabbat is an essential aspect of any curriculum. Such a central aspect of Jewish life demands not only a knowledge of what to do, but an understanding of why we do it. We will study some of the most commonly encountered areas of Hilchot Shabbat with emphasis on their practical application. As a double period class, we will have plenty of time for chavruta, skill building, and individual growth as part a central aspect of our class.

Course Objectives:

The goal of this course is for students to be knowledgeable of the 39 Melachot from biblical sources through modern day tshuvot. Students should be able to design common scenarios that arise on Shabbat and be able to research the answers.

Major Topics To Be Covered:

Positive Mitzvot of Shabbat, such as Kiddush, Hadlakat Neiro, Oneg Shabbat, Bishul, Muktzah, Borer, Kotev, etc Most of the 39 Melachot will be covered

BLOCK 8: A DAY IN THE LIFE (LAWS OF EVERYDAY LIFE)

The life of a Jew is filled with ritual from the time we wake up until we go to sleep – from the famous (and misunderstood) "shoes" halacha to taking vacations. This halachah class will focus on halachot that come up in the course of a day and using classic and modern halachic sources with the goal of understanding and bringing meaning to our day. Halacha, is based on the root "Holech", to walk or to go. Together, we will explore how to be personally engaged in guiding all aspects of your daily life, through the lens of Halacha, and discover the beauty of Halacha and the true "way to walk".

BLOCK 12: A TRIP AROUND THE TORAH

We "know" that the Torah contains everything in the whole world, but do we really know what's in it. With the Rambam as our guide, we will tour his 14 books to get an overview of every different topic Hashem addresses to us..

JEWISH PHILOSOPHY

BLOCK 1: TANYA (THE SECRET OF CHABAD)

Following on from discovering Hahshem in our lives through the Chovos Halevavos, Tanya, a Chassic writing from Rabbi Shneur Zalman of Liadi is a way of helping understand who we are. We will learn about our soul, what is a Mitzvah, what is Holiness, what do the concept of Tzadik and Rasha mean. What is true happiness and how it can be attained. It is an extremely deep but meaningful book which is a tool for life in this extremely challenging world.

BLOCK 3: REBBE NACHMAN'S SOUL

Rebbe Nachman left behind a legacy of love, devotion, and endless positivity in a world which is often devoid of such things. In this Shiur we will go through the text and draw from the wellsprings of light and spirituality that are found in the book Sichot Haran, Rebbe Nachman's lectures.

BLOCKS 4: UNCOVERING THE SPIRITUAL MEANING OF SHABBAT (SOUL OF SHABBAT)

For many, Shabbat is a day of restrictions. Yet according to Jewish philosophy and Kabbalah, all the laws of Shabbat are spiritual tools that help a person experience the power of God, family, inner peace

and the ability to focus on the present moment. It is not a day of restrictions, but a day of celebration. In this course, we will study many Jewish sources that explain the meaning behind the laws and customs of Shabbat. This course will focus less on analyzing the laws, and more on uncovering the meaning of the laws. Examples of the laws and customs that we will study include: challah, kiddush, candles, three meals, muktzah, pikuach nefesh, Shabbat clothes, Shabbat prayers vs. weekday prayers, havdala, refraining from using electricity/phone.

BLOCK 6: SPIRITUAL WRITINGS OF RAV KOOK

Unfortunately, for most of the English-speaking world, Rav Kook (1865-1935) has become one of those cliché thinkers that many people talk about, but very few have actually learnt and become inspired from the inside out. This course is an in-depth study of Rav Kook's writings, who spearheaded religious Zionism. We will study his spiritual philosophy of individuality, teshuva (spiritual growth), Torah, Zionism, atheism vs. faith, vegetarianism, and geulah (universal redemption).

BLOCK 8: ISSUES IN MODERN ORTHODOXY

In this class we will attempt to anticipate some of the challenges that will occur when the student is no longer in their supportive Jewish environment. We will be discussing issues such as: What to do when we start to doubt? How to react and interact with other religions and with other denominations of Judaism? Is evolution anti-Torah? What is Biblical criticism, and the like.

BLOCK 9: SCIENCE MEETS TORAH

We will explore some of the major issues and conflicts between Torah and science. We will begin with the classic "hot" topics such as Age of the Universe, Dinosaurs, Fossils, Creation/Evolution and move on to conflicts of the modern age Brain Death, Euthanasia, Stem Cell Research, Organ donation, cloning as well as other topics. This is a text-based class using classic commentators as well as views of leading scientists. The aim of the class is to enable students to feel confident in their knowledge of the issues and to be exposed to various resolutions.

BLOCK 11: WHAT MUST A JEW BELIEVE (IF ANYTHING)?

In this course we will explore the world of Jewish faith. Is Judaism an action-based religion or a belief based one? What must a Jew believe? What does imposing a system of faith mean? And if a Jew must believe, what are the core principles of faith required? We will be drawing on the Rambam's 13 principles of faith to answer these questions.

BLOCK 11: SUPERNATURAL BEINGS

How do we relate to Angel, demons, and other fantastical entities that occur throughout Tanakh and Jewish Literature? Understanding God is hard enough. What are these other things? This course will take a deep dive into all the things that may be out there just beyond what we see.

BLOCK 12: LOST IN TRANSLATION - THE THOUGHT OF RABBI JONATHAN SACKS.

Why do Jews argue about everything? Is Judaism a racist religion? Why is running a Jewish country such a challenge? In this course we are going to look at the original and exciting ways that Rabbi Sacks addressed these and other important questions that we all have to deal with as Jews in the modern world.

BLOCK 12: HASHEM WHERE ARE YOU, AND WHAT ARE YOU DOING? (HWAY)

Hashem is mysterious and hidden. Jews have always tried to seek Him and understand His ways. This class will discuss the issues relating to our understanding of God in the world and our place in that world. Topics include: Is everything in our world good? Are there coincidences? Our exploration will focus on classic and contemporary sources.

BLOCK 13: DERECH MITZVOSECHA: A KABBALISTIC APPROACH TO MITZVOS

We will study different Mitzvos and their meanings through the Kabbalistic lens of Chasidut. We will study things such as oneness and belief in God, Mitzvat Ahavat Yisrael, Tefila and more. It was written by the Third Rebbe of Chabad and is a very in-depth kabbalistic work on the meaning of Mitzvot.

BLOCK 18: INSPIRATION FROM THE RAMBAM

In this class, we will gain exposure to some of the Rambam's most powerful works on Jewish ethics and ideals. We will begin by preparing ourselves spiritually and practically for the month of Elul with the Rambam's Hilchos Teshuva. We will then work our way through some of the Rambam's commentaries on Pirkei Avos, amongst other works.

BLOCK 18: THE WHAT AND WHY OF TEFILA

Tefila is our most frequent mitzvah and it may be our hardest mitzvah. What is all about? What effect is it meant to have on us? On the world? Does Hashem really listen to our suggestions? Does he need our praise? This class will explore the many approaches to this complex and multifaceted mitzvah.

BLOCK 19: KOL DODI DOFEK

In 1956 Rav Soloveitchik, better known as "The Rav", gave a speech at an event celebrating the independence of the state of Israel. In this class, we will read and analyze the Rav's powerful words, which have been transcribed to the book, "Kol Dodi Dofek". We will discuss themes such as fate vs destiny, emunah vs bitachon, and try to better understand our role as Jews living in this miraculous time.

BLOCK 20: THE WORLD AND THOUGHT OF RAV KOOK

Why was the world created? What do we do if God sins? Can a Mitzvah be immoral? What is the religious significance of the State of Israel? Is prayer a form of pagan worship? Should we all be vegetarians? In this series, we will address these questions and more through the lens of one of the most radical Jewish thinkers of the nineteenth century - Rabbi Avraham Yitzchak Kook.

MUSSAR & SELF HELP

BLOCK 1: SEVEN HABITS OF HIGHLY EFFECTIVE JEWS

We are all creatures of habit. Many of us procrastinate work, errands, and phone calls. We know we will do them eventually we just "aren't in the mood" to do them right now...Others always say "yes" when a friend asks us for a favor even if we really don't want to do what was being asked. Does saying "no" make you a "bad person?" Can giving be a bad thing? And some people get five hours of sleep and can function really well during the day, does that mean that's all the sleep you need? Steven Covey, author of Seven Habits of Highly



Effective People, discusses the habits he believes help us develop into our best selves. For example, how to best listen to people, how to prioritize our time, when its best to work alone or best to work as a team, etc...In this class we will learn these habits in detail while incorporating Jewish philosophy, and specific mitzvot. Combining these ideas will help us appreciate how the Torah is truly a guidebook of maximizing our lives. Exercise, sleep, being more assertive, and so many "good habits" are positive mitzvot as well. Together we will learn how to develop these positive habits into our everyday lives.

BLOCK 2: LIVING A LIFE OF SIMCHA AND EMUNAH

In the 1980s the secular world started trying to study what makes people happy. The Baal Shem Tov and his followers knew these secrets and taught us them 250 years ago. This class will discuss the different methods and approaches on how to reach happiness, meaning, and faith in our daily lives. We will delve into the teachings and stories of the Baal Shem Tov, as well as secular psychology texts and studies, exploring the nature of this pursuit which is desired by all.

BLOCK 4: NAVIGATING TEFILA

Been davening for years, but never fully sure of yourself? Sort of know what to say, but not always? Or maybe you know what to do technically, but you are looking to enhance your tefillah by learning the themes of each Tefillah. We will study the structure of the daily tefilot, the basic halachot of tefillah, and methods to enhance Kavana. This class will help "set yourself up for success!" to have a meaningful and impactful davening.

BLOCK 6: THE TRUTH THAT LIES WITHIN

Based on the teachings of Rav Wolbe alongside Modern Psychology and Personality assessments, you will go on a personal journey on this course discovering your strengths and weaknesses, core traits and what motivates you. A deep understanding yourself will show you how to best work on yourself, face personal challenges, serve Hashem and make your contribution to the world. Through learning how each individual operates so differently, we become better equipped to become more tolerant and accepting of others. We can therefore nurture our relationships to ourselves, each other and Hashem. This course includes regular introspective written exercises and tasks geared towards understanding our essence as individuals.

BLOCK 7: CHASIDUT AND PSYCHOLOGY

In this course we will be studying the works of various chasidic masters and comparing them to the psychological theories of their time period. Much of the course will focus on the Aish Kodesh and his use of guided imagery in both the learning of Tanach and as a method of understanding our relationships to Gd. We will also focus on the writings of the Noam Elimelech and his use of guided imagination. As a comparison we will also be studying the works of Freud and Kafka and Mesmer to understand the use of psychology in chasidic thought.

BLOCKS 9: MIGHTAV M'ELIYAHU

Rav Eliyahu Dessler was one of the greatest Jewish thinkers of the twentieth century. R' Dessler was born in the late 1800s in Lithuania where he learned under some of the leaders of European Jewry. R' Dessler went on to spread his teachings to England before finally settling in Israel and teaching there until the end of his life. This course looks closely at Rav Dessler's magnum opus, Michtav M'Eliyahu. We will base the course on Michtav M'Eliyahu but we will examine how other Jewish thinkers dealt with the issues raised in the book.

BLOCK 13: UNLOCK YOUR POTENTIAL - HOW ORDINARY PEOPLE CAN BECOME ALL-STARS IN THEIR AVODAT HASHEM

The goal of this class is to explore the lives and impact of our great Torah leaders so that we too have a living vision of the greatness that each of us can achieve. A few individuals that will be studied are: Rav Nosson Tzvi Finkel, Rebbetzin Machlis, Rav Kook, Rebbetzin Kanievsky... Each class will consist of learning about one great Torah leader along with a Middah that he/she excelled in. There will be stories given to highlight how this individual excelled in this Middah, and the great heights that this person endured to attain this level. We will then learn a series of sources from different Machshava seforim such as: Orchot Tzadikim, Chovot Halevovot, Mesilat Yesharim, along with modern day interesting stories and videos which relate to this Middah in order to learn practical insights as to how we too can attain these middot. The goal is to have these great Torah leaders as visions and role models for what we can become and achieve. We all have the potential, it is up to us to unlock it!

BLOCK 14: CHOVAH HATALMIDIM

This Sefer is about, first and foremost, recognizing our value as a Jew, then taking on the responsibility and opportunity to learn Torah and connect to Hashem. We will learn about the things that potentially stand in our way to become our best, most growing selves. In this class, your Hebrew skills will improve as we delve into the AishKodesh's words. This Sefer could bring you the clarity you are searching for and answer the deepest questions: Who am I? What is my role as a Jew? How can I achieve greatness? How can I gain the skills I need to succeed?

BLOCK 14: BUILDING YOURSELF THROUGH MESILAT YESHARIM

Mesilat Yesharim is one of the most renowned Mussar Seforim, written by the Ramchal (Rav Moshe Chaim Luzzatto) in the eighteenth century. The Ramchal's stated goal is to remind everyone about the fundamentals such as what it means to be a complete Eved Hashem and how one can truly become a pious Jew. This sefer provides a clear and organized step by step approach towards development of one's character traits and growth in Avodas Hashem. The Ramchal incorporates many practical insights and ways that one can work on their Avodas Hashem and self-development. For anyone who is sincerely interested in improving their Middot and Avodat Hashem, this course is highly recommended.

BLOCK 18: SONGS OF THE SOUL

Our Jewish soul yearns for connection to our Creator. The Jewish calendar provides the exact connection points for us to plug into and nurture the closeness our Neshama craves. In this course we will travel through the Jewish calendar's holidays and months through song, tapping into its depth, breadth, and themes.

BLOCK 20: LIFE HACKS

Ever wanted to do life...better? Life Hacks will take a deeper look into life lessons from the wisest of our teachers, and bring those teachings down into our day to day. Using games, discussions, stories and more, this class will get you thinking and sharing and reflecting and hopefully dreaming big.

Course objectives include: Develop an awareness and love of seeking wisdom and incorporating it into our daily living Discover ways and systems to help prioritize the important from the not Learn effective tools for building and maintaining relationships

BLOCK 21: THE ART OF REFLECTION

What did I learn this week? What did I accomplish this week? What

do I want to take with me? The Art of Reflection is a class for any student who wants to bring their week to a close by reflecting and exploring their inner world. Time to review, time to share, time to write and even time to sing. All of these will be the vehicles by which we process the week that was and look forward to the week ahead.

BLOCK 21: A TORAH PHILOSOPHY OF SELF IMPROVEMENT

The discussions around תיקון המדות and character development can at times feel esoteric and impractical. The goal of this class is to concretize and personalize these conversations, gaining insight from different Jewish thinkers and texts. We will focus on both the inherent importance and broader ramifications of refining one's character.

JEWISH HISTORY

BLOCK 13: 21ST CENTURY ZIONISM

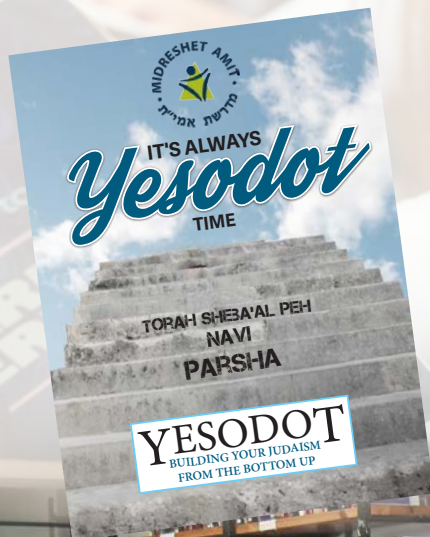
This course provides an in-depth understanding of the Zionist narrative and how it conflicts with the Palestinian narrative. Topics covered throughout the course include Jerusalem, Palestinian refugees, settlements, border disputes, security concerns and the

struggle for peace. By addressing these complex issues head on, students will gain the knowledge to effectively articulate an informed position regarding one of the longest running post WW2 conflicts. Course Objectives:

The goals of this course are threefold: To provide the students with greater context and comprehension of Israel and the Arab-Israeli conflict, to encourage each student to develop his/her own understanding regarding the conflict, and to develop the skills necessary to articulate their understanding to others.

BLOCK 14: THE UPS AND DOWNS OF 2500 YEARS OF JEWISH HISTORY

In today's modern world what does it mean to be a Jew? Is a Jew a person who chooses a certain way of life, a person born into a way of life or is it something else entirely? For over 2500 years, the Jewish identity, way of life and thinking, has been shaped and constructed by the experiences of our ancestors and how they reacted to their ever-changing circumstances. In our course, we will go on a fascinating journey through the history of the Jewish people, to discover just what made us who we are today. Together, we will discover the scandals, the challenges and the successes of our forebears as we ride the rollercoaster ride of Jewish history.



- Weekly Perakim of Tanach
- Parsha
- Olam Habah Guarantee: 2 Halachot a day!
- Olam Hazei Guarantee: Weekly Quizzes for Sefarim or Angels Gift Certificates

