

Explore new topics, discover careers, and dive into exciting seminars — let's start by letting me know which ones interest you most!

This is an interest survey for possible seminar opportunities this school year. Please review the list and rate your interest by prioritizing your choices. All seminars are scheduled during the normal school day. Number each seminar below in order of preference — with **#1 being your top choice**.

Any seminar with a ~~strike through~~ is no longer available and should be rated the lowest available or listed as no.

ALL SEMINARS ARE SUBJECT TO CHANGE DEPENDING ON AVAILABILITY

[Link to Seminar Level Descriptions](#)

~~**Accounting & Business**— Travel to UNL for business focused workshops, a campus tour, and insights from current students. Gain a deeper understanding of business majors and career paths. Learn firsthand what it's like to pursue a business degree. (Level 2)~~

Building & Design- Visit a local architecture and engineering firm and take a mid-century modern bus tour to explore iconic designs. Learn about modern building concepts and organic architecture. Then, use your creativity to design your own MCM project. (Level 2)

~~**Celebrate Creativity**— Choose from workshops in art, music, and drama, and get hands-on with creative activities at the Joslyn Art Museum. Sponsored by the Omaha Symphony, this seminar also includes a live orchestra performance by the symphony. (Level 2)~~

Clarkson College- Travel to Clarkson College to explore various medical careers. Take part in rotations covering nursing, community health, and radiology. Visit the skills lab and experience the hands-on aspects of healthcare and medical practice. (Level 2)

Cyber Surgery- Join an emergency medical team on a virtual mercy ship traveling the Amazon River. In this live simulation, you'll diagnose and treat patients with the help of real-time video calls and high-tech hospital tools. Work as a team to solve medical emergencies using critical thinking and science skills. (Level 1)

Discover Engineering Day- Join UNL's student organization for an action-packed event filled with hands-on activities that challenge your math, science, and creative thinking skills. Tour the engineering building to see where real-world innovations happen every day. (Level 2)

Forensics– Step into the world of crime scene investigations and discover how science solves real-life mysteries. Analyze evidence from a decades-old crime scene and use your detective skills to uncover what really happened that fateful night. Get ready for a hands-on, thrilling investigation! (Level 1)

Genetics- Are you fascinated by genetics and pre-med? Dive into the world of inherited traits, genetic mutations, and color blindness. Extract DNA from your own cheek cells and explore trihybrid Punnett squares to understand how genetics shapes who we are. (Level 1)

Millard Theater Festival- Join select students and theater enthusiasts from each high school for an immersive theater experience! Enjoy live performances and rotate through workshops in Stage Combat, Improv, Choreography, Makeup, Costumes, and Props, (Level 2)

Mock Trial- Step into the courtroom for a mock trial experience, led by a local attorney. Spend your first day working with a team to explore court cases and learn the jury trial process. On the second day, prepare and present your own mock trial case, taking on roles like a witness, lawyer, or juror. (Level 3)

Physical Science- Use your observation and critical thinking skills to dive into the world of physical science! Explore motion, sound, light, and heat through hands-on experiments at the Kiewit Luminarium. Uncover the science behind the forces that shape our world. (Level 2)

STEM Meet & Greet- If you're passionate about STEM (Science, Technology, Engineering, and Mathematics), this seminar is for you! Connect with STEM professionals, university representatives, and high school students who share your interests. Join Millard's STEM Academy students for hands-on activities and gain in these exciting fields. (Level 1)

Squid Dissection- At this seminar, students will participate in a hands-on squid dissection to identify internal and external structures. They'll learn how cephalopods like squid have unique adaptations that help them survive in their ocean environment. (Level 1)

Club and Competition Opportunities:

Please click yes or no for each of the following opportunities.

Battle of the Books Competition or Russell Readers:

Throughout the school year you will work with a team of SEVENTH GRADERS to read a collective total of 15 books.

All members of the team must be available during lunch once/month with the first meeting on **September 8th**. More frequent meetings will occur closer to the competition. In May, you will compete with your team using trivia from the books. [Battle of the Books Competition List](#)

If you like reading, but you are not interested in the books or the competition in Battle of the Books, Mrs. Dietsch has Russell Readers! Check out the books and plan here: [Russell Readers Info](#).

If RMS cannot put together a team of 4, we may not participate in the Battle of the Books competition.

EXTREME MATH Competition:

Do you love a good challenge? Race against the clock to solve tricky problems with your grade-level team. Show off your quick thinking and math skills in this fast-paced, half-day competition at the ESU3 — it's math, but with adrenaline! (Level 1)

Spelling Bee:

~~Any student interested can participate in this district competition. The school-level written Spelling Bee has a few different options during and after school. Please complete this [Google Form](#) if you are interested by September 15.~~

Mentorship:

~~This mentorship is for 7th and 8th graders who are interested in engineering and mentoring students at a Russell Middle School feeder school (Rohwer, Willowdale, Ackerman, and Upchurch).~~

~~Engineering Mentor:~~ ~~Using Luma and accompanying materials, students will create a coding/engineering lesson for 5th grade students. You will select from 1 of 10 lessons to execute considering previous coding experience and area of interest for elementary-aged students.~~