

Block 1

Sunday & Tuesday | 9:15 - 10:05 AM

Netiv Hatzniut: Modesty Beyond Elbows | Rav Yonatan Hirschhorn

Philosophy

This class explores the profound concept of tzniut (modesty) as presented in Sefer Netiv Hatzniyut by the famous Maharal of Prague, (The Maharal's writings are a staple of Jewish thought.) focusing on its broader application in all aspects of life. Through text-based study and discussions, we will uncover how tzniut fosters wisdom, protects dignity, and enhances our connection with Hashem. Understand the concept of tzniut, and discover its deeper, transformative essence.

Core Transformation | Mrs. Tali Kagan

Self Help

I have so much kindness in me but how do I know when to give to myself? Why am I angry right now? What is the real cause of my fears? These questions are valid yet also difficult to grapple in today's world of emoji emotions. The Torah encourages certain feelings and character traits as praiseworthy yet it curtails other more extreme qualities. We are also taught during certain times of the year to feel happy and at other times to decrease our joy. Yet, how can one be told to feel a certain way and at a specific time? In this class we will dive deep into our souls and understand the core reason behind our Middot and why we were blessed with the good, the bad and the ugly.

Tehillim: My Personal Song | Mrs. Temimah Segal

Tanach

When someone is sick *Chas V'shalom*, we start a *Tehillim* group. When someone needs a *shiduch* we say *Tehillim* for them. When someone passes on we say *Tehilim* at their grave. Why? When it's *Rosh Chodesh* or *chag* we say *Tehillim (hallel)* For *Kabbalat Shabbat* we say *Tehillim*. Even our daily *Tefilah* is composed of *Tehillim*, what makes this book so special, why is it our go-to for the saddest and highest moments? Is it the author? Is it the holiness of it? Let's take a deep dive into every Jew's go-to tefillah book. His words. Our meaning. My personal song.

Block 2

Sunday & Tuesday | 10:10 - 10:55 AM

Life Advice from Rabbi Nachman | Rav Yonatan Hirschhorn

Philosophy

“That was a-MA-zing!” You just went to an amazing class, and you’re feeling so inspired, but then you realize you don’t really know how to apply this fleeting spark of inspiration to your daily life. Many of us know what we want from our lives, but we aren’t sure just how to get there. Wouldn’t it be amazing if there were a book of practical advice on how to become the best version of yourself? Meet Rabi Nachman’s *“Likutei Eitzot.”* Join us for Rabbi Nachman’s deep, inspiring advice on so many topics relevant to us today.

Sefer Shemot: Creation of a Nation Part 1 | Mrs. Robin Feldman

Tanach

We all know the story. A baby in a basket. Ten plagues. The splitting of the sea. But is *Sefer Shemot* simply a collection of famous stories? Is it *ספר יציאת מצרים*, the story of leaving Egypt, or is it *ספר הברית*, the story of forging a relationship with Hashem and becoming His nation? Join us as we take a deeper look at the beginning of Sefer Shemot through the Parshiyot of Shemot, Va'eira, Bo, and Beshalach. Together, we will explore what it really means to go from slavery to freedom. Why was Moshe chosen to lead the nation? How did a people who had spent generations in servitude learn to think, act, and dream as free people? And what can their journey teach us about our own lives? Along the way, we will sharpen our textual analysis skills, paying close attention to the language of the Pesukim and the insights of the Mefarshim. We will also explore fascinating psychological concepts, such as learned helplessness, and uncover the deeper messages these Parshiyot have to teach us about ourselves, our nation, and our relationship with Hashem. Even if you’ve learned Sefer Shemot many times before, the Torah always has something new to reveal. Come discover it!

Kol Dodi Dofek | Mrs. Tali Kagan

Philosophy (advanced)

The Voice of my Beloved Knocks. The poetic name of this work by Rav Soloveitchik is derived from the emotionally charged pasuk from Shir HaShirim. This choice of title reflects The Rav’s view that Hashem sends His people messages through historical events. His focus here is on Hashem’s Hasgacha in the establishment of the State of Israel. The Rav begins this work by analysing how we transform ourselves from being acted upon into pro-active compassionate individuals. In this he explores the famous question of “Why do bad things happen to good people?”

In this course we will contemplate these ideas, looking at how they relate to our lives on a personal and national level.

Beit Midrash Slot

Sunday | 11:00 - 11:50 AM

Monday & Thursday | 11:00 - 11:50 AM

Tuesday | Shiur Klali | 11:00 - 11:50 AM

Wednesday | Monthly Rekezet Groups | 11:00 - 11:50 AM

Block 3

Sunday & Tuesday | 11:55 AM - 12:45 PM

Understanding Shabbat | Rav Yonatan Hirschhorn

Halacha

Shabbat is one of the most important mitzvot in the Torah and Shabbat done right is one of the most meaningful. This course offers an exploration of Hilchot Shabbat. Throughout the course, we will examine key principles such as preparation for Shabbat, the distinctions between Torah and rabbinic prohibitions, melachot and the spirit of Shabbat. Case studies will address modern dilemmas, such as technology use, cooking, and medical care on Shabbat, make-up and much more. This course will equip you with the tools to observe Shabbat with greater mindfulness and halachic integrity.

From Conquest to Crisis: Sefer Yehoshua & Sefer Shoftim | Mrs. Robin Feldman

Tanach (advanced)

You probably haven't learned Nevi'im Rishonim since elementary school. Back then, the stories were exciting: Yehoshua stopping the sun, Devorah leading a nation, Gideon going to battle with just 300 men. But now that we're older (and hopefully wiser), we can finally ask the deeper questions. Why is Sefer Yehoshua often called the "sixth book of the Torah"? What makes a great leader? How does a nation go from miraculous victories to spiritual decline? And what can these stories teach us about our own relationship with Hashem? Through a combination of Bekiut (overview) and b'iyun (in-depth), join us as we revisit two complete sefarim of Nevi'im Rishonim and discover the depth, complexity, and relevance of these stories beyond what we learned in elementary school.

Sefer Bereishit: Understanding Our Roots | Mrs. Tali Kagan

Tanach

Sefer Bereishit demands the greatest questions of all time: Why did *Hashem* create the World? Why am I here? What is my purpose? How do I deal with challenges, relationships, disappointment, success, and change? Through the dramatic stories of our *Avot* and *Imahot*, moments that shaped the beginnings of the Jewish people, we will discover timeless lessons about faith, identity, resilience, and personal growth.

This course invites students to look beyond the events themselves and uncover the powerful ideas that continue to speak to our lives today. Together, we will explore what it means to grow into the person *Hashem* created us to be, recognize His hand in our journey, and find our place in the ongoing story of *Klal Yisrael*. *Sefer Bereishit* is not only about where we came from - it is about who we can become.

Block 4

Monday & Thursday | 9:15 - 10:05 AM

Tanya: The Secret of Chabad Chasiddut | Rav Amos Azizoff

Philosophy

If you took biology, you learned about the systems that make your body function. But what makes up your spiritual functioning? Tanya, the classic work from Rabbi Shneur Zalman of Liadi –the first Lubavitcher Rebbe -- 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.

Pirkei Avos: Ethics of our Fathers | Rabbi Michael Goldman

Chazal

Your life is full of interactions that can deepen and strengthen your relationship with G-d and with other people. Through the guidance of our Torah and specifically Maseches Avos, we will be delving into the life lessons of how to be a better Jew, a better friend, a better roommate and every other role we may fill now and in the future. If you came to AMIT to grow as a person then this class might be what you're looking for!

Yona and the Megilot | Mrs. Shosh Solomiyak

Tanach (advanced)

Yonah and the Megillot is a journey through some of the most powerful and enduring stories in Ketuvim. Together we'll explore themes such as avoiding responsibility, repentance, hidden meaning in everyday moments, love, longing, and resilience, and see how these ancient texts speak directly to our own lives. Each sefer is paired with a chag in the Jewish year: Yonah with Yom Kippur, Esther with Purim, Ruth with Shavuot, and Shir HaShirim with Pesach. Through our study of these sefarim, we'll uncover how each story opens up the deeper meaning of its holiday, helping us experience the Jewish year in a more meaningful and personal way.

Block 5

Monday & Thursday | 10:10 - 10:55 AM

“Be Holy” A Journey Through Parshat Kedoshim | Mrs. Aviva Sluckis

Tanach

Parshat Kedoshim has it all! It addresses our relationships with family, friends, the wider community and Hashem, while also exploring business ethics, personal responsibility, and standards of morality and integrity. In this course, we will delve into Parshat Kedoshim, uncovering the Torah's vision of what it means to be a kadosh - a holy Jew in today's world. Together, we will examine how holiness is not confined to rare spiritual moments, but is woven into our daily choices, interactions, and attitudes. Through thoughtful discussion of the text and practical application, students will gain a deeper appreciation of the mitzvot that shape a Torah lifestyle and discover the relevance of Parshat Kedoshim in cultivating a meaningful, elevated, and purposeful Jewish life.

Commandment #5: Kibbud Av V'Eim | Rav Amos Azizoff

Halacha

Up for a challenge? The fifth commandment is as big of one as any! The mitzvah of honoring your parents is a complex set of halachot as any, while it also serves as a key mitzvah in understanding Jewish life and philosophy. It is literally about understanding your place in the world.

Women In Jewish Law | Mrs. Shosh Solomiyak

Halacha

In Women and Halachah, we will explore the mitzvot, values, and halachic principles that shape the life of a Jewish woman. We will delve into topics such as time-bound mitzvot, tefillah, zimmun, kiddush, havdalah, kol isha, shomer negiah, yichud, tzniut, hair covering, and taharat hamishpacha. Moving beyond the practical details, we will discover the deeper meaning, purpose, and spiritual opportunities within these areas of halachah, strengthening our connection to Torah, mitzvot, and Hashem while developing a richer understanding of what it means to live as a Jewish woman.

Block 6

Monday & Thursday | 11:55AM - 12:45 PM

Brachot Basics: A summary of Hilchot Brachot | Mrs. Aviva Sluckis

Halacha

So basic, yet so complex, Hilchot Brachot is far more than simply knowing which blessing to recite before eating. This course focuses on the laws of blessings for food and drink, helping students develop both practical knowledge and a deeper appreciation for the role of brachot in fostering gratitude and awareness of Hashem's presence in our daily lives. Through engaging discussions and real-life examples, you will learn about hilchot brachot from the most basic through to some of the most fascinating scenarios.

We will explore the major categories of berachot rishonot and berachot acharonot, including blessings on categories of foods, mixtures, drinks, snacks, desserts, complex dishes as well as the laws and significance of Birkat Hamazon. By the end of the course, you will gain the confidence to navigate everyday bracha questions while developing a greater appreciation for how these mitzvot elevate ordinary acts of eating into meaningful opportunities for connection with Hashem.

Around the Year | Rav Amos Azizoff

Halacha and Philosophy

The Jewish calendar is a living, breathing, and vibrant guide which leads us through the various emotions and experiences of our Jewish existence. From the exalted 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.

Hilchos Shabbos | Rabbi Michael Goldman

Halacha (advanced)

Shabbos is one of the most defining mitzvos we have of what it means to be a religious Jew. We have to know how to keep *Shabbos*! In this class we will learn both the *mitzvos asech*, positive commandments, and *lo taaseh*, negative commandments of *Shabbos*. What we have to do and how to do it properly, and what we can't do. We will cover various *melachos* from the 39 *melachos* of *Shabbos* starting from the original sources in the *gemaras* all the way down to the practical application.

Block 7

Sunday | 2:45 - 3:30 PM

Big Juicy Jewish Conversations | Rav Aharon Wexler

Philosophy

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.

Rav Kook-into the looking glass | Rav Josh Bosboom

Philosophy (advanced)

Have you ever read something and felt “that is so outdated?” Have you ever tried learning something and thought “how is this relevant to my life”? You were probably right.. Not everything we read or learn has been written by someone who gets us .. But Rav Kook does! Rav Kook was the first chief rabbi of Israel and saw the unfolding of the modern era! He understood the complexity of modernity and religiosity! He’ll be our guide this year for advice and guidance Understanding ourselves through the vision of a giant

Practical Machshava | Mrs. Danielle Forman

Philosophy

Why did Hashem create the world? What’s the difference between emunah and bitachon? Is serving Hashem through love different from serving Him through fear? Why are there different paths within Judaism? If you’ve ever wanted to think more deeply about the foundations of Yiddishkeit, this class is for you. We’ll tackle big questions with real Torah sources, open discussion, and space to explore ideas together. Come ready to think, ask, challenge, and leave with a stronger understanding of what you believe and why.

Block 8

Sunday | 3:35 - 4:20 PM

Living Stress Free | Rav Yonatan Hirschhorn

Mussar and Self Help

"I'm so stressed!" "I'm just feeling so anxious!" "This is stressing me out!" If you've heard yourself sounding like that, feeling worried, drained, and like you always need a break, you are far from alone. More and more these days, we're finding life stressful. Why? No one's 100% sure what has changed... Maybe it's because "we have a lot going on"? Maybe many of our relationships are more "complicated" than in the past? Maybe life at this moment in history seems more full of uncertainties (Will I be able to support my family? Doing what?) Maybe social media is adding to our stress somehow? Weirdly enough, a powerful solution for a lot of our stress might not require that we figure out the exact cause of that stress. Learning how to be "present" and "mindful" not only helps change our lives dramatically for the better, but actually is a mentality Rabbi Nachman spoke about way back even before we were born into this stressful moment. Interested in guidelines on how to live a stress-free or less-stress life? See you in class!

Tomer Devorah: Choosing Goodness | Mrs. Danielle Forman

Mussar and Self Help

What if working on your *middos* could transform every relationship in your life - including the one you have with yourself? Based on the timeless teachings of *Rav Moshe Cordovero*, we'll explore the Thirteen *Middos* of *Hashem* and what it looks like to actually live them. Through practical examples, open discussions, and inside sources, we'll learn how compassion, patience, humility, and kindness can elevate our interactions and help us become the people we aspire to be.

The Shoah | Rav Aharon Wexler

History

In today's world of Holocaust deniers and with the disappearance of survivors, it is crucial to know precisely what happened during the time period of the *Shoah*. We must be resolute in our commitment to the phrase "Never Again!" and pay homage to the memories of the 6 million lost.

Block 9

Sunday | 4:30 - 5:10 PM

Living Chesed | Mrs. Arianne Kolb

Mandatory Slot

During this hour Mrs. Arianna Kolb will discuss chesed and Beit Haya'eled related topics.

Block 10

Monday & Thursday | 2:45 - 3:40 PM

Kashrut on Campus (and everywhere else, too) | Rav Amos Azizoff

Halacha

Let's maximize the potential of food consumption in the Torah way -- halachot of kashrut. Keeping kosher is one of the pillars of Jewish observance, and understanding the principles of Kashrut 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 these essential halachot.

Women in Halacha: Exploring Tradition, Practice, and Contemporary Questions | Mrs. Pesha Fischer

Halacha

This class will examine key areas of Jewish law that shape women's religious lives and experiences. Through the study of classical sources and contemporary halachic discussions, participants will explore both the legal foundations and practical applications of topics that continue to generate meaningful conversation within Jewish communities. Subjects will include, but not be limited to, women's obligations in kiddush, time-bound mitzvot, the laws of yichud, kol isha, and tzniut, as well as the broader principles that inform halachic approaches to women's roles and responsibilities. Together, we will analyze texts and discuss how these issues are understood and practiced today.

Halacha and Technology | Rav Josh Bosboom

Halacha (advanced)

Is lab-grown meat actually meat or could it be pareve? Can Alexa do melacha for you on Shabbat if you just talk? How far can we go with science like using CRISPR to design our future children? Welcome to a class where Halacha meets the modern world head on. We're living in a time where technology is moving faster than ever, constantly raising new questions in Halacha. This isn't just about "what's allowed and what's not." It's about learning how to think like a posek. How to take timeless principles and apply them to situations no one could have imagined hundreds of years ago. This isn't a theoretical class. It's about your life, your Shabbos, your future. Come ready to question, challenge, and rethink what you thought you knew about Halacha.

Block 11

Monday & Thursday | 3:55 - 4:45 PM

Ein Yaakov | Rav Amos

Chazal

We will explore the differences between Halacha and Aggadah, why Chazal taught through stories, why stories change people more than laws, understanding the power of Berachot, Tefila changes reality, the power of positive vision and lots more

Witches, Wenches and Wise Women: Women in the eyes of Chazal | Mrs. Pesha Fischer

Chazal (advanced)

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, Prostitutes in the Talmud, Women and Kfir with a spotlight on conversations with the Matrona.

Olam HaMiddos: A Guide to Understanding Ourselves and Refining our Character | Rav Josh Bosboom

Mussar and Self Help

The modern classic *sefer* by Rav Moshe Don Kestenbaum is at your fingertips. Together, we will explore this penetrating book with the goal of learning about different *middos*, and how to best channel them into our daily lives.

Block 12

Tuesday | 2:45 - 3:30 PM

Journaling Workshop | Mrs. Alicia Dweck

Mussar and Self Help

How well do you actually know yourself? In a world full of noise, distractions, and constant movement, we rarely take the time to stop and ask ourselves the questions that matter most. This class is an opportunity to do exactly that. Growth begins with awareness.

Each week, you'll be guided through a series of journaling prompts designed to help you explore a different area of your life. Together, we'll cultivate greater self-awareness, develop gratitude, foster self-esteem and self-love, and gain a deeper understanding of who we are and who we want to become. We will explore our dreams and aspirations, learn how to set meaningful goals, and create practical pathways toward achieving them. Through honest reflection and thoughtful writing, we'll uncover what is holding us back and what will help us move forward.

Journaling is more than writing. It is a tool for self-discovery, growth, and connection. Through these prompts, you'll gain greater clarity, strengthen your relationship with Hashem, and develop a deeper understanding of yourself and your unique journey. You do not need to be a writer to journal. You simply need a willingness to show up, be honest, and engage with the prompts to the best of your ability.

Soulful Living | Ms. Molly Yarborough

Mussar and Self Help

B'Yam Darkecha is a warm and practical guide to experiencing the sweetness of a life of Torah. Through this sefer, we'll explore topics like enhancing davening, what to do when you're not connected to learning, character development, and so much more. Our discussions will spark deep conversations and provide practical advice to deepen your connection with Hashem, in a way that's right for you. Get ready to fall in love with this sefer and with Hakadosh Baruch Hu Himself.

How the Mitzvot Change Me | Rav Josh Bosboom

Philosophy

We often speak about the 613 mitzvot, but we don't always stop to ask what they are truly for. Are they simply a roadmap for how to behave as good people? Or is there something deeper, something meant to change us, to transform us into something greater than we are now? Are the mitzvot meant to operate on a cosmic scale, repairing and elevating the spiritual worlds from the bottom up, such that our actions in this world make a real and fundamental difference in the worlds above? In this class, we hope to explore many of the mitzvot by connecting the practical relationship we have with their performance through action, fulfillment, and halachah and by uncovering the deeper meaning and moral vision embedded within them. Every single mitzvah stands with one foot in the physical world and one in the spiritual world. It is through ta'amei ha-mitzvot seeking the meaning hidden within the action that we build a genuine and lasting connection with HaKadosh Baruch Hu.

Block 13

Tuesday | 3:35 - 4:20 PM

21st Century Zionist | Mr. Matthew Lipman

History

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. This class is crucial for everyone and especially those who will be on a college campus in the future.

Mesilat Yesharim: The Path to Purpose | Mrs. Alicia Dweck

Mussar

What is the purpose of life? Why did G-d place us in a physical world for a spiritual mission? Is physicality inherently bad, or can it be elevated? Why did G-d create us with a Yetzer Hara, and how do we overcome it? In this in-depth exploration of Mesilat Yesharim, we will tackle these fundamental questions and more, using Rabbi Moshe Chaim Luzzatto's timeless roadmap for personal growth and spiritual excellence.

This course will delve into the nature of good and evil, the complexities of divine justice, and how to navigate the challenges of life with clarity and purpose. We will examine why good things happen to bad people (and vice versa), how to refine our character, and the practical steps to fulfilling our ultimate purpose in this world.

Through deep textual study and meaningful discussion, we will uncover how to align our actions with our spiritual mission and create a real loving relationship with Hashem.

Kabbalah: An Introduction and Artistic Journey | Rav Yonaton Hirschhorn

Philosophy

What is a neshamah? What happens to the soul after we leave this world? Is there such a thing as Gehenom? Do mitzvos echo in the spiritual realm long after they're done? Can we connect with souls who have departed? In this class, we'll explore the hidden dimension of Torah through Kabbalah, the Zohar, and beyond. Each week, we'll study a mystical concept, then bring it to life visually through the intricate, symbol-rich art of David Friedman, renowned Kabbalist and artist from the mystical city of Tzfat. Using his intricate, symbol-rich designs, you will have the opportunity to bring the teachings to life with your own colors and interpretations. This process transforms abstract ideas into personal creations, allowing you to internalize the concepts not only in the mind, but in the heart and hands. By year's end, you'll have not just learned about the inner world of Torah, but created a one-of-a-kind work that reflects your own spiritual journey.

Block 14

Tuesday | 4:30 - 5:10 PM

Unlocking Creation | Ms. Molly Yarbrough

Tanach

In this course, we'll delve into the story of creation in Bereishit, examining the text and its relevance to our lives today. Through a deep dive into the days of creation, we'll explore the hidden patterns, profound themes, and timeless wisdom that reveal the blueprint for human existence and our role within the grand tapestry of creation.

It's All the Same to Me | Mrs. Alicia Matsas

Mussar and Self Help

Why do some experiences leave us feeling frustrated, disappointed, or stuck, while others bring us peace and growth? Through a close study of Rabbi Moshe Gersht's teachings, we will explore the transformative concept of *hishtavus*, the ability to meet life's highs and lows with inner stability, trust, and perspective. Together, we will examine how our expectations, judgments, and resistance often shape our experience of reality more than reality itself.

This class will challenge us to see every experience as an opportunity for growth and every moment as part of *Hashem's* plan for our lives. Through meaningful discussion and practical application, we will learn how to let go of what we cannot control, embrace what is, and cultivate a deeper sense of joy, resilience, and connection to *Hashem*. The goal is not to change our circumstances, but to transform the way we experience them.

Halachic Dilemmas in the State of Israel | Mr. Matthew Lipman

Halacha and Philosophy (advanced)

This course examines how Jewish legal and ethical traditions engage modern political power and collective decision-making in the State of Israel. Through case studies including asking who is a Jew, can you break halacha in service of the State and hostage release deals we will probe how classical sources (Tanakh, Talmud, Rishonim, and modern responsa) intersect with international law, political theory, and evolving state policy. By the end, students will be able to (1) articulate competing Jewish halakhic and moral frameworks for state action, (2) analyze contemporary events through both legal and meta-ethical lenses, and (3) construct nuanced, evidence-based arguments that acknowledge historical context and the responsibilities of sovereignty.

Block 15

Wednesday | 9:15 - 10:05 AM

Reclaiming Dignity | Mrs. Danielle Forman

Halacha and Philosophy

Tznius is much more than a set of rules. Based on *Reclaiming Dignity*, this class combines practical *halacha* with the *hashkafah* that brings it to life. We'll explore the ideas of dignity, self-respect, identity, and inner strength, gaining a deeper understanding of what this *mitzvah* is really asking of us and how it shapes the women we strive to become.

Advanced Gemara | Rabbi Michael Goldman

Chazal (advanced)

The mitzvah of talmud torah, learning torah, consists of a combination of the written torah, תורה שבכתב and oral torah, תורה שבעל פה. The main source of our oral Torah is *Gemara*. In this class we will have the opportunity to learn and delve together into the incredible depth of our Oral Torah. We will learn to analyze and break down various gemaras and gain an appreciation of what it means to learn gemara in depth through the actual text of the *gemara*, *rishonim* and other commentators.

Whispers of the Soul | Rav Josh Bosboom

Philosophy (advanced)

Ever wonder why you keep making the same mistakes, regardless of how hard you're trying to change? Is it possible that even your failures are part of how Hashem is guiding you? What if the parts of you that you struggle with the most are actually where your growth begins?

In Tzidkat HaTzadik, Rav Tzadok shares a Torah that's deep, real, and comforting. He doesn't shy away from struggle instead, he shows how our doubts, behaviours, and even the things about us that we wish we could change, are part of a bigger spiritual journey. This course is about learning to see yourself the way Hashem sees you with purpose, with love, and with so much potential.

Rav Tzadok writes: "Just as one must believe in God, so too must one believe in oneself." That is the starting point for real growth!

Making the Siddur Yours | Ms. Molly Yarborough

Philosophy

We're all more or less familiar with the Siddur, but many people struggle to actually connect to the words within it. In this course, we'll delve into a deeper understanding of the specific words we say as well as the broader themes behind them, exploring how to use the Siddur as a guide to speaking more authentically with Hashem and building a more personal and heartfelt connection to tefillah.

Block 16

Wednesday | 10:10 - 10:55 AM

Women in Tanach | Mrs. Devori Weichholtz

Tanach

Tanach is filled with extraordinary women who span every personality, family structure, and social status. Each woman's story stands on its own as a compelling narrative while offering timeless and profound lessons that remain deeply relevant today.

In this class, we will encounter many of these women and explore their stories up close. We will discover who they were, the choices they made, and the worlds they lived in. As we study these stories from thousands of years ago, we will uncover their enduring relevance and find that, in learning about them, we are also learning about ourselves and who we are becoming. Through the lives of these remarkable women, we will discover inspiration for our own journeys and a deeper appreciation of the unique role each of us is meant to play.

Tefilla: A Meaningful Conversation | Mrs. Danielle Forman

Philosophy

In this class we'll explore tefillah as both a mitzvah and a relationship. We'll work through the siddur in order, learning what the words actually mean, the ideas and kavanos behind them, and practical ways to bring more intention and motivation into daily davening. Whether tefillah already feels meaningful or you're still trying to find your place in it, this class is about making your conversations with Hashem more personal, more understandable, and more real.

Sefer Hachinuch | Ms. Molly Yarborough

Halacha and Philosophy

The Torah gives us 613 mitzvot - but the Sefer HaChinuch shows us the heart behind each one. In this course, we'll journey through mitzvah after mitzvah, uncovering their halachic framework, their deeper purpose, and the way they shape the Jewish soul. From the most familiar commandments to those you never realized were on the list, we'll see how each mitzvah becomes a building block in a life of meaning. Drawing on sources from the Rambam to Chazal, the Chinuch reveals mitzvot as more than obligations - they are opportunities for growth, connection, and transformation. This is not just a guide to Jewish law; it's a blueprint for living with purpose, 613 steps at a time.

Block 17

Wednesday | 11:55 - 12:45 PM

Tefila: The Language of Connection | Mrs. Devori Weichholtz

Philosophy

We daven every day, but how often do we actually experience Tefillah? Prayer is meant to be our most intimate daily encounter with Hashem. This course is designed to breathe life back into our davening. Together, we'll speak honestly about the real-world experience of prayer; its inspiration, its struggles, its consistency, and the questions we're sometimes afraid to ask.

By exploring core texts such as Shemoneh Esrei and Kriyat Shema, we'll uncover the depth, relevance, and intention embedded in the words we say each day. We'll develop a renewed sense of purpose in our davening and a deeper appreciation for the conversations we have with Hashem.

Through understanding Tefillah more clearly, we'll cultivate a more authentic, personal connection to it, one that can accompany us long after the class ends.

Eishes Chayil | Mrs. Danielle Forman

Philosophy

We sing it every Friday night, but do you know what it really means? Together we'll uncover the meaning behind each *pasuk* of *Eishes Chayil*, exploring the incredible women in *Tanach* that *Chazal* connect to its words and the *middos* they represent. We'll learn how these timeless qualities translate into our own lives and discover practical ways to start becoming an *Eishes Chayil* now.

The Rebbes Wisdom | Mrs. Ronit Lazafan

Philosophy

In *The Rebbe's Wisdom*, we will learn about the incredible power of positivity. We will read the thoughts and words of the Lubavitcher Rebbe, z'tl, and understand that positive thinking is not just a nice idea, but a key component to a healthy, happy Jewish life. We will explore important questions, such as why do we naturally tend to view the world negatively and what can we do to see a more beautiful, G-dly world instead? We will aim to walk away with tools to help us be even more positive in our day-to-day lives and bring just a bit more light into the world along the way.

Block 18 - Night Seder

Sunday & Tuesday | 8:00 - 8:45 PM

Kuzari | Rav Gideon Davis

Philosophy

Discover the foundational truths of Jewish belief through a captivating exploration of Rabbi Yehuda Halevi's timeless masterpiece. This sefer transforms abstract theology into a deeply personal, vibrant, and relevant roadmap for the modern Jew. Together, we will navigate the ultimate dialogue on divine providence, Jewish destiny, and the unique connection between the Jewish soul and the Land of Israel. Gain the clarity and confidence to articulate your beliefs while building an unshakeable, sophisticated foundation for your personal relationship with Hashem. Step beyond routine observance and ignite a lifelong passion for authentic, proud, and intellectually grounded emunah.

Transforming Your Life in 7 Steps | Mrs. Ella Nasser

Self Help

A book read and adored by millions, *The Seven Habits of Highly Effective People* by author Stephen Covey shares advice that has changed the lives of its readers. Reminding us that we each have the ability to enact the changes we want to see, these seven habits provide an easy and brilliant way to harness your inner strength and make meaningful changes in your life. This class is for someone looking to live a more intentional life and align her daily actions with both new aspirations and deep-rooted values. Many of the ideas we will learn are not necessarily new, but reflected in century-old Torah sources. As we explore each of the seven habits, we will discover that the type of lifestyle they promote is one beautifully fitting for an aspiring Jew.

Block 19 - Night Seder

Sunday & Tuesday | 8:50 - 9:30 PM

Through the Gates of Trust | Mrs. Ella Nasser

Philosophy

“I have faith that everything will work out,” is sometimes a lot easier to say than “I know that Hashem is with me in every single moment.” But why? Aren’t those statements two sides of the same coin? In this class, we will learn about the differences between Emunah and Bitachon, and dive deeper into what it means to live a life enriched by Bitachon. Join us as we venture into the incredible and most well-known section of Rabbenu Bachya’s Chovot Halevavot: Shaar HaBitachon. From inspiring insights to practical guidance, we will learn how to invite Hashem into every moment of our daily lives. With Hashem’s help, this sefer’s holy words will turn our hearts inward and help us form a relationship of fortified trust in our Creator - one that will guide us through all of life’s experiences.

Stories You Thought You Knew | Rav Gideon Davis

Tanach

Let’s slow down for a moment, progress from the way we learnt the stories in kindergarten, and start looking deeper. We’ll explore how these narratives shape our understanding of Hashem, humanity, and the Jewish mission. Together we’ll tackle classic mefarshim, the big ideas hiding in plain sight and surprising narratives found in a close read. Why did G-d create man and woman? Should we stop hating the poor raven? What’s up with commanding Avraham to kill his own son? Come and find out more about The world’s greatest narratives written by the world’s best author

The Great Conversations of Modern Jewish Thought | Mrs. Debora Bressler

Philosophy (advanced)

What does it mean to think Jewishly in the modern world? How should we approach faith, doubt, morality, Zionism, halakha, feminism, suffering, and identity in an age of constant change?

In this course, we will explore the most influential Jewish thinkers of the last century - from Rabbi Joseph B. Soloveitchik and Abraham Joshua Heschel to Rabbi Jonathan Sacks and Rav Shagar. Rather than simply studying their biographies, we will engage with the big questions - and answers - that continue to shape Jewish life today. Through close reading of original texts and discussion, we will discover how different rabbinic voices grapple with some of the most profound religious challenges facing the Jewish world.

Block 20 - Night Seder

Wednesday | 8:00 - 9:00 PM

Block 21 - Night Seder

Thursday | 8:00 - 8:45 PM

Parsha and Chassidut | Rav Ephraim

Tanach

Chasidut reminds us that the Torah is not just a story of the past, but the living voice of Hashem speaking to us in the present. This shiur will open a window into the soul of each parsha, revealing its message for our lives today. Through the lens of Chasidut, we will learn how to bring the Torah into our own journeys - to find meaning, inspiration, and direction. Each week will be a chance to feel the Torah alive within us, guiding us toward growth and closeness with Hashem

The Greatest Hits: Parsha | Rav Mordy Prus

Tanach

There's more to parsha than stories - each week contains a classic idea that belongs in every Jew's toolkit. Together we'll explore the commentaries that became the "greatest hits" of Torah learning, the concepts that make a Jew truly grounded in Jewish thought. Step by step, you'll build knowledge in the teachings that anchor our tradition and continue to inspire our lives today.

The Hidden Conversation: The Parashah & the Haftarah | Mrs. Debora Bressler

Tanach

What if the Haftarah isn't simply connected to the Parashah - but is responding to it?

Every Shabbat, we read a passage from the Prophets immediately after the Torah. Yet most of us have never stopped to ask the obvious question: Why this Haftarah? Why this week?

In this course, we'll uncover the hidden conversation taking place between the Torah and the Prophets.

Sometimes they reinforce one another. Sometimes they fill in missing pieces. And sometimes they challenge us to read the Parashah in an entirely new way. We'll discover that the Haftarah is far more than an appendix to the Torah reading - it's one of the most profound commentaries on it.

Block 22 - Thursday Night Tisch

Thursday | 8:50 - 9:30 PM

By Block - Just Titles:

Block 1 - Sunday & Tuesday | 9:15 - 10:05 AM

Netiv Hatzniut: Modesty Beyond Elbows | Rav Yonatan Hirschhorn

Core Transformation | Mrs. Tali Kagan

Tehillim: My Personal Song | Mrs. Temimah Segal

Block 2 - Sunday & Tuesday | 10:10 - 10:55 AM

Life Advice from Rabbi Nachman | Rav Yonatan Hirschhorn

Sefer Shemot: Creation of a Nation Part 1 | Mrs. Robin Feldman

Kol Dodi Dofek | Mrs. Tali Kagan

Beit Midrash Slot | Daily | 11:00 - 11:50 AM

Block 3 - Sunday & Tuesday | 11:55 AM - 12:45 PM

Understanding Shabbat | Rav Yonatan Hirschhorn

From Conquest to Crisis: Sefer Yehoshua & Sefer Shoftim | Mrs. Robin Feldman

Sefer Bereishit: Understanding Our Roots | Mrs. Tali Kagan

Block 4 - Monday & Thursday | 9:15 - 10:05 AM

Tanya: The Secret of Chabad Chasiddut | Rav Amos Azizoff

Pirkei Avos: Ethics of our Fathers | Rabbi Michael Goldman

Yona and the Megilot | Mrs. Shosh Solomiyak

Block 5 - Monday & Thursday | 10:10 - 10:55 AM

“Be Holy” A Journey Through Parshat Kedoshim | Mrs. Aviva Sluckis

Commandment #5: Kibbud Av V'Eim | Rav Amos Azizoff

Women In Jewish Law | Mrs. Shosh Solomiyak

Block 6 - Monday & Thursday | 11:55AM - 12:45 PM

Brachot Basics: A summary of Hilchot Brachot | Mrs. Aviva Sluckis

Around the Year | Rav Amos Azizoff

Hilchos Shabbos | Rabbi Michael Goldman

Block 7 - Sunday | 2:45 - 3:30 PM

Big Juicy Jewish Conversations | Rav Aharon Wexler

Rav Kook | Rav Josh Bosboom

Practical Machshava | Mrs. Danielle Forman

Block 8 - Sunday | 3:35 - 4:20 PM

Living Stress Free | Rav Yonatan Hirschhorn

Tomer Devorah: Choosing Goodness | Mrs. Danielle Forman

The Shoah | Rav Aharon Wexler

Block 9 - Sunday | 4:30 - 5:10 PM

Living Chesed with Mrs. Arianne Kolb

Block 10 - Monday & Thursday | 2:45 - 3:40 PM

Kashrut on Campus (and everywhere else, too) | Rav Amos Azizoff

Women in Halacha: Exploring Tradition, Practice, and Contemporary Questions | Mrs. Pesha Fischer

Halacha and Technology | Rav Josh Bosboom

Block 11 - Monday & Thursday | 3:55 - 4:45 PM

Ein Yaakov | Rav Amos

Witches, Wenches and Wise Women: Women in the eyes of Chazal | Mrs. Pesha Fischer

Olam HaMiddos: A Guide to Understanding Ourselves and Refining our Character | Rav Josh Bosboom

Block 12 - Tuesday | 2:45 - 3:30 PM

Journaling Workshop | Mrs. Alicia Dweck

Soulful Living | Ms. Molly Yarborough

How the Mitzvot Change Me | Rav Josh Bosboom

Block 13 - Tuesday | 3:35 - 4:20PM

21st Century Zionist | Mr. Matthew Lipman

Mesilat Yesharim: The Path to Purpose | Mrs. Alicia Dweck

Kabbalah: An Introduction and Artistic Journey | Rav Yonaton Hirschhorn

Block 14 - Tuesday | 4:30 - 5:10 PM

Unlocking Creation | Ms. Molly Yarbrough

It's All the Same to Me | Mrs. Alicia Dweck

Halachic Dilemmas in the State of Israel | Mr. Matthew Lipman

Block 15 - Wednesday | 9:15 - 10:05 AM

Reclaiming Dignity | Mrs. Danielle Forman

Whispers of the Soul | Rav Josh Bosboom

Advanced Gemara | Rabbi Michael Goldman

Making the Siddur Yours | Ms. Molly Yarborough

Block 16 - Wednesday | 10:10 - 10:55 AM

Women in Tanach | Mrs. Devori Weichholz

A Meaningful Conversation | Mrs. Danielle Forman

Sefer Hachinuch | Ms. Molly Yarborough

Block 17 - Wednesday | 11:55 - 12:45 PM

Tefila: The Language of Connection | Mrs. Devori Weichholtz

Eishes Chayil | Mrs. Danielle Forman

The Rebbes Wisdom | Mrs. Ronit Lazafan

Block 18 - Night Seder - Sunday & Tuesday | 8:00 - 8:45 PM

Kuzari | Gideon Davis

Transforming Your Life in 7 Steps | Mrs. Ella Nasser

Block 19 - Night Seder - Sunday & Tuesday | 8:50 - 9:30 PM

Through the Gates of Trust | Mrs. Ella Nasser

Stories You Thought You Knew | Rav Gideon Davis

The Great Conversations of Modern Jewish Thought | Mrs. Debora Bressler

Block 20 - Siach - Wednesday | 8:00 - 9:00 PM

Block 21 - Night Seder - Thursday | 8:00 - 8:45 PM

Parsha and Chassidut | Rav Ephraim

The Greatest Hits: Parsha | Rav Mordy Prus

The Hidden Conversation: The Parashah & the Haftarah | Mrs. Debora Bressler

Block 22 - Thursday Night Tisch - Thursday | 8:45 - 9:30 PM

By category:

Philosophy:

**Pick one of three Tefila classes*

Netiv Hatzniut: Modesty Beyond Elbows | Rav Yonatan Hirschhorn (1)

Life Advice from Rabbi Nachman | Rav Yonatan Hirschhorn (2)

Kol Dodi Dofek | Mrs. Tali Kagan (2)

Tanya: The Secret of Chabad Chasiddut | Rav Amos Azizoff (4)

Big Juicy Jewish Conversations | Rav Aharon Wexler (7)

Rav Kook | Rav Josh Bosboom (7)

Practical Machshava | Mrs. Danielle Forman (7)

How the Mitzvot Change Me | Rav Josh Bosboom (12)

Kabbalah: An Introduction and Artistic Journey | Rav Yonatan Hirschhorn (13)

Whispers of the Soul | Rav Josh Bosboom (15)

**Making the Siddur Yours | Ms. Molly Yarborough (15)*

**A Meaningful Conversation | Mrs. Danielle Forman (16)*

**Tefila: The Language of Connection | Mrs. Devori Weichholtz (17)*

Eishes Chayil | Mrs. Danielle Forman (17)

The Rebbes Wisdom | Mrs. Ronit Lazafan (17)

Kuzari | Gideon Davis (18)

Through the Gates of Trust | Mrs. Ella Nasser (19)

The Great Conversations of Modern Jewish Thought | Mrs. Debora Bressler (19)

Halacha:

**Pick one of two Hilchot Shabbat classes*

***Pick one of three Women in Jewish Law classes*

**Understanding Shabbat | Rav Yonatan Hirschhorn (3)*

Commandment #5: Kibbud Av V'Eim | Rav Amos Azizoff (5)

***Women In Jewish Law | Mrs. Shosh Solomiyak (5)*

Brachot Basics: A summary of Hilchot Brachot | Mrs. Aviva Sluckis (6)

**Hilchos Shabbos | Rabbi Michael Goldman (6)*

Kashrut on Campus (and everywhere else, too) | Rav Amos Azizoff (10)

***Women in Halacha: Exploring Tradition, Practice, and Contemporary Questions | Mrs. Pesha Fischer (10)*

Halacha and Technology | Rav Josh Bosboom (10)

Halacha and Philosophy:

Halachic Dilemmas in the State of Israel | Mr. Matthew Lipman (14)

Reclaiming Dignity | Mrs. Danielle Forman (15)

Sefer Hachinuch | Ms. Molly Yarborough (16)

Tanach:

Pick at least one Tanach class (not including Block 21)

Tehillim: My Personal Song | Mrs. Temimah Segal (1)

Sefer Shemot: Creation of a Nation Part 1 | Mrs. Robin Feldman (2)

From Conquest to Crisis: Sefer Yehoshua & Sefer Shoftim | Mrs. Robin Feldman (3)

Sefer Bereishit: Understanding Our Roots | Mrs. Tali Kagan (3)

Yona and the Megilot | Mrs. Shosh Solomiyak (4)

“Be Holy” A Journey Through Parshat Kedoshim | Mrs. Aviva Sluckis (5)

Unlocking Creation | Ms. Molly Yarbrough (14)

Women in Tanach | Mrs. Devori Weichholtz (16)

Stories You Thought You Knew | Rav Gideon Davis (19)

Parsha and Chassidut | Rav Ephraim (21)

The Greatest Hits: Parsha | Rav Mordy Prus (21)

The Hidden Conversation: The Parashah & the Haftarah | Mrs. Debora Bressler (21)

Chazal:

Pirkei Avos: Ethics of our Fathers | Rabbi Michael Goldman (4)

Ein Yaakov | Rav Amos (11)

Witches, Wenches and Wise Women: Women in the eyes of Chazal | Mrs. Pesha Fischer (11)

Advanced Gemara | Rabbi Michael Goldman (15)

Halacha & Philosophy:

Around the Year | Rav Amos Azizoff (6)

Mussar:

Mesilat Yesharim: The Path to Purpose | Mrs. Alicia Dweck (13)

Self Help:

Core Transformation | Mrs. Tali Kagan (1)

Transforming Your Life in 7 Steps | Mrs. Ella Nasser (18)

Mussar & Self Help:

Living Stress Free | Rav Yonatan Hirschhorn (8)

Tomer Devorah: Choosing Goodness | Mrs. Danielle Forman (8)

Olam HaMiddos: A Guide to Understanding Ourselves and Refining our Character | Rav Josh Bosboom (11)

Journaling Workshop | Mrs. Alicia Dweck (12)

Soulful Living | Ms. Molly Yarborough (12)

It's All the Same to Me | Mrs. Alicia Dweck (14)

History:

The Shoah | Rav Aharon Wexler (8)

21st Century Zionist | Mr. Matthew Lipman (13)