

NORTHCOAST Youth Summit “Take the Lead” Workshops 2008

It is our goal that these workshops will inspire youth and adults to become confident leaders and “Take the Lead”. Choose from the following list of workshops. A brief description is provided to help you choose which one you would like. A longer description is on the website. ***Note* Workshops are first come, first serve. In order to get the ones that you want make sure to turn your registration in as soon as possible. Some Workshops will last more than one session. Be sure to register for all sections needed.**

Workshop Session 1 (10:00-10:50)

CPR Certification: Presented by Sheri Christensen, certified CPR instructor

This workshop will require **all four sessions** for certification and is limited to 15 people. If you need CPR certification for a job or just to be ready to help if needed, this is the workshop for you!

Come learn and practice CPR as instructed by the American Heart Association and leave with your CPR card. ***There is an additional fee of \$3.00 for the cost of the card. Please add this to your registration cost.***

Videography- by Barbara Domanchuk

(Workshop 1 is the prerequisite for Workshop 2, 3 OR 4.)

Come learn how to get the right angle as you videotape family & friends. Gain confidence in setting up equipment, operating a camera, & taping your subject. Create wonderful videos to share. Explore the key points needed to promote your message and capture special events. Workshop 1 will give you the overview and techniques. Sign up for **one additional session** (2, 3 OR 4) to practice your skills. *Bring your own camera, tripod and tape if you want practice with your own equipment. Cameras will be furnished for Workshop sessions 2, 3 & 4.*

You're Hired! Presented By Rachel Meagher, Regional Manager, & Kris Roberts, Owner, Jitter Bean Coffee Company

Do you have job aspirations but aren't sure how to make yourself shine so that you will get your dream job? Have you ever had the jitters at a job interview and wished you had more practice at answering questions so you could relax? Does your resume seem a bit empty? Find out the proper way to act at interviews and how to make your resume shine!

Campus Tour: Presented by Romi Hitchcock Tinseth, HSU

We've got an outstanding university right here in our back yard! Did you know we are internationally recognized in many disciplines, we have one of the highest % of science graduates in the nation who go on to earn PhDs, and one of

the highest % of grads in the nation who go on to serve in the Peace Corps?
Come learn if HSU would meet your college needs. *Wear comfortable walking shoes and dress in layers, ready for any weather.*

Hunger 101: Presented by Jyl Barnett, Humboldt State University Service Learning Center

In this fast-paced, interactive presentation about the realities of hunger in Humboldt County you will be challenged to budget your income, pay bills, and feed your family for just one day. You will take on the profile of a real-life low-income family in our area-using actual rent expenses, childcare costs, grocery store prices and food stamp applications. You will gain new insights in the fight against hunger and how to take action.

How to Run a FUN and Effective Meeting: Presented by Lindsey Payne and Irene Mc Naughton, Y2C Service Learning Project Managers, Service Learning Center, Humboldt State University

Meetings are a great way to get things done, but sometimes they can be long and boring. Learn how to keep a meeting fun while still getting everything done.

Jump Start your Record Book: Presented by Virginia Mullan, Bridgeville 4-H

This session will get you started on filling out sections of your 4-H record book and show you how easy it is to complete. Finished record books can earn recognition at both club and county level and money at the state level. 4-Hers who have never started a record book will leave with a partially completed folder and know what to do. *Bring your record book to work on during this session.*

Workshop Session 2 (11:00-11:50)

Clique Busters: Presented by Grace Brosnahan, Friday Night Live and Sandy Sathrum, Humboldt County 4-H

How wide is your circle of friends? How do others view your club, group or organization? Learn how including others will bring benefits to you. This interactive workshop will help you identify what is a clique and messages that may be keeping others from joining with you. Whether you're on the outside looking in or the inside wanting out, this workshop is for you.

CPR Certification: Presented by Sheri Christensen, certified CPR instructor

This workshop will require **all four sessions** for certification and is limited to 15 people. *(See complete description under Workshop Session 1.)*

Videography- by Barbara Domanchuk

(Workshop 1 is the prerequisite for Workshop 2, 3 OR 4.) *(See the complete description under Workshop Session 1.)*

Campus Tour: Presented by Romi Hitchcock Tinseth, HSU

Repeat of Session 1. *(See the complete description under Workshop Session 1.)*

You're Hired! Presented By Rachel Meagher, Regional Manager, & Kris Roberts, Owner, Jitter Bean Coffee Company
Repeat of Session 1. *(See the complete description under Workshop Session 1.)*

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Workshop Session 3 (1:00-1:50)

CPR Certification: Presented by Sheri Christensen, certified CPR instructor
This workshop will require **all four sessions** for certification and is limited to 15 people. *(See description under Workshop Session 1.)*

Videography- by Barbara Domanchuk
(Workshop 1 is the prerequisite for Workshop 2, 3 OR 4.) *(See the complete description under Workshop Session 1.)*

Let's Plan a Service Event – Jenn Tarlton, Service Learning Coordinator and Eureka High Service Learning Students
In this fun and interactive workshop you will explore the steps it takes to make our community a better place through service learning. From action planning, timetables, and press releases to seeking donations, fundraising and evaluation. You will find out what steps you need to take to plan a fun and successful event!

Let Your "Live" Shine: Presented by Grace Brosnahan, Friday Night Live Coordinator DHHS, Public Health Branch, AOD Prevention
Friday Night Live and Club Live members from Humboldt and Del Norte counties will present highlights from their chapters. Learn more about the Friday Night Live and Club Live and how to start a chapter at your school. FNL builds partnerships for positive and healthy youth development which engage youth as active leaders and resources in their communities. Open to all youth and adults.

Digital Photography, Tips and Tricks: Presented by Rebecca Harnden, artist and Humboldt County 4-H All Star
Sit at the computer and use editing software to practice the technical aspects of digital photography along with artistic touches. This course will cover the basics of photo editing and design including contrast, tint, sharpness, etc. and how they

enhance or detract from a photograph's message. Both the practical uses of photography (scrapbooking, journalism, documentation) and the fine art aspects will be shared. Come have fun enhancing images to meet your needs.

Ice Breakers and Get Acquainted Games – TBA

This active session will involve tips for choosing and using ice breakers and interactive fun while trying them out. Learn how to build group dynamics to support your club or organization with fun games. Be ready to move and interact.

Workshop Session 4 (2:00-2:50)

CPR Certification: Presented by Sheri Christensen, certified CPR instructor

This workshop will require **all four sessions** for certification and is limited to 15 people. *(See description under Workshop Session 1.)*

Videography- by Barbara Domanchuk

(Workshop 1 is the prerequisite for Workshop 2, 3 OR 4.) *(See the complete description under Workshop Session 1.)*

Digital Photography, Tips and Tricks: Presented by Rebecca Harnden, artist and Humboldt County 4-H All Star

Repeat of Session 3. *(See the complete description under Workshop Session 3.)*

Teens Take Action : Presented by Eureka High School Service Learning Students

Have you ever had a great idea to help fill a need but didn't know how to make it happen? Come learn from local teens how they took their ideas and transformed them into positive change. You can impact your community too! Be inspired to make your dreams turn into reality!

Golf, Ethics and Putting: Presented by Paul Mullan, Bridgeville 4-H, Greg Senestraro from Redwood Empire and Greg Henderson from Baywood

Come learn the ins and outs of golf. Find out what opportunities are happening and how you can take part. Learn how to get a golf project going. Hear from the pros about the ethics on the golf course and the proper way to hold and stroke a putter. Then get some hands on practice on the putting mats while learning about the benefits of belonging to organizations like Junior Golf or 4-H.

Ice Breakers and Get Acquainted Games – TBA

Repeat of Session 3. *(See the complete description under Workshop Session 3.)*

Master Your Money: by Conrad Gregory, Taylor Mast, & Nathan Carlson: Arcata Wells Fargo Bank

Are you rolling in the “dough” or do you always feel broke? Come learn basic banking and finance in this fun workshop. Learn practical tips on credit card do’s and don’ts. Determine which bank account is for you. Find out why saving is important & how to get your wish item – car, college, Ipod or Wii. Be the master of your money – learn to use it or you’ll lose it.