

NORTHCOAST Youth Summit

“STEP UP, REACH OUT!”

Workshops 2009

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. ***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)

First Aid Training: Presented by the Humboldt County Fire Department, Chris Kemp. *(This training will require two workshop sessions for certification and is limited to 12 people.)* It will cost **an additional \$15** for the workbook and certification. Add this to your registration fee.

Ice Breakers and Get Acquainted Games: Presented by Alayna Renner & Margaret O’Neil, Humboldt County 4-H All Stars. 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.

How to Get and Keep the Job You Want! Presented By Sharon Ferrett, Peak Performance Seminars
This interactive workshop will discuss overcoming obstacles to finding a good job. We will explore job options, the value of taking a personal skills and interest assessment, and the best tips for getting a job, including a basic cover letter, resume, and preparing for the interview.

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.***

Master Your Credit: Presented Lisa Mitchell, Consumer Credit Counseling Service
You will get an overview of the types of credit available, how to establish a credit history, credit reports and scoring, and how the choices you make with credit today will impact your life in the future.

Fight Like A Girl!: Presented by Paula Arrowsmith-Jones & Terra Emerson, North Coast Rape Crisis Team **(This is part 1 of a two part workshop. You must sign up for session 2 as well.)**
This interactive, FUN & empowering workshop will teach avoidance, risk reduction, awareness and assertiveness skills as well as VERBAL & PHYSICAL SELF DEFENSE SKILLS. Anyone who identifies as girl or woman is welcome and NO PRIOR self defense experience is necessary. Wear comfortable clothes & sturdy shoes.

Social Media: Presenting Your Best Face: Presented by Derek Hilson, RCAA Straight Up Americorps
In this face paced world we need every resource available to connect with people (My Space, Facebook, blogs, etc.) Use your personal information to make a good first impression with friends and prospective employers. Use web tools to advertise for an event, fundraise, recruit volunteers, share resources, or find support.

Mail Completed Application to:

Humboldt Leadership Conference, Attn Sandy Sathrum, 5630 South Broadway, Eureka CA, 95503

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

Ice Breakers and Get Acquainted Games: Presented by Alayna Renner & Margaret O'Neil, Humboldt County 4-H All Stars. 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.

Say What? Communication in Challenging Situations: Presented by Jesica Bishop, Korinna Irwin & Sean Kawamata, TAPESTRY – Special Projects/Eureka High School
Ever been tongue-tied, or at a loss for words? Good communication skills can make your project, friendships, and relationships more successful. Let's practice together.

Service Learning-Project Planning MS Walk: Presented by Kelly Hillegeist, Tia Strombeck, Vivie Smith & Laura Kramer, Eureka High School Service Learning. Do you have a great service learning idea but don't know where to start? Come and learn the steps from planning, timetables & press releases to fundraising & evaluation. See current projects in progress.

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.

First Aid: (continued from Session 1) (See & follow details under Workshop Session 1.)

Campus Tour: Presented by Romi Hitchcock Tinseth, HSU
(Repeat. See description of Session 1.) (See the complete description under Workshop Session 1.)

Fight Like A Girl!: Presented by Paula Arrowsmith-Jones & Terra Emerson, North Coast Rape Crisis Team **(This is part two of a two part workshop. You must sign up for session 1 as well.)**
(See description Session 1).

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

Going Green: Shrink Your Ecological Footprint: Presented by Allison Poklemba, North Coast CREEC and Arcata Community Recycling Center. Find out if you're suffering from *Stuff Syndrome* by calculating your personal ecological footprint. Learn the impact our everyday choices have on the world around us. What can you do to *Go Green*? Use a bag of intriguing props to share solutions and step forward as an eco-leader.

Entrepreneurship for the Public Good: Value Propositions: Presented by Brandon Hemenway, AlgaRhythms. Make money by making the world a better place. Entrepreneurs change the world everyday by making new businesses that change the way we live. It starts with clear vision. Learn how to identify a need and create a profitable business concept to meet that need.

Documenting the Future: Presented by Scott Messer, Eden Chandler, Brittney Ruf, Angelica Robbins
Four youth from the Digital Pathways program will share their experiences creating multi-media videos. Project work flow elements, the tools used in video production, an examples of completed video projects will be showcased. **This is part 1 of a two part workshop. You MUST also sign up for session four!**

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Fear Factor: Deal with it!: Presented by Dr. Armeda Reitzel, HSU

Do you ever feel anxious when you meet new people? Do you feel uncomfortable working in a group? Do you sometimes feel as if you might pass out if you have to give a speech? This workshop provides strategies and skills in managing your communication anxiety in interpersonal, small group, and public speaking situations. Bolster your confidence to feel comfortable in all settings.

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.

Master Your Credit: Presented Lisa Mitchell, Consumer Credit Counseling Service
(Repeat of Session 1. See description Session 1.)

Fight Like A Girl!: Presented by Paula Arrowsmith-Jones & Terra Emerson, North Coast Rape Crisis Team (This is part 1 of a two part workshop. You must sign up for session 4 as well.)
(This is a repeat of Sessions 1. See description Session 1)

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

Passport to the World: Presented by Paula Mushrush, AFS Foreign Exchange Student Program
Interact with Exchange students to learn what it is like to be successful in a culture different than your own. Get a glimpse of a different world view. How successful would you be if you traveled abroad?

You Be the Jury: A Teen Court Trial: Presented by Amanda Hedrick & Teen Court volunteers, Boys and Girls Club Teen Court. What is it like inside the courtroom? You will be trained to serve as a Teen Court jury as you re-enact a Teen Court trial, making the decision on a sentence.

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.

Going Green: Shrink Your Ecological Footprint: Presented by Allison Poklemba, North Coast CREEC and Arcata Community Recycling Center
(Repeat. See description of Session 3)

Documenting the Future: Presented by Scott Messer, Eden Chandler, Brittney Ruf, Angelica Robbins
(This is part 2 of a two part workshop. You MUST also sign up for session three as well.)

Fear Factor: Deal with it!: Presented by Dr. Armeda Reitzel, HSU
(Repeat. See description of Session 3)

Fight Like A Girl!: Presented by Paula Arrowsmith-Jones & Terra Emerson, North Coast Rape Crisis Team (This is part two of a two part workshop. You MUST sign up for session 3 as well.)
(This is a repeat of Session 2. See description Session 1)