

2005 NCAEPAAT Conference

Workshop Descriptions

Monday, August 22, 2005

Effective Communication: Saying What You Mean . . . Meaning What You Say . .

Taught by Dawn Wilson, MSW from PATHWAYS

Feeling stressed out? This fun and interactive workshop will discuss various styles of communication with a focus on assertiveness. Participants will learn the 4 main styles of communication, barriers to effective communication, tips for effective communication, and how to avoid communication traps.

Tuesday, August 23, 2005

Digital Imagery

(Double Session) 8:15 – 10:45 am

Taught by John Dorner, Area Specialized Agent, Information Management

A hands-on session to learn how to do the most commonly performed manipulations to digital images. These include cropping, resizing, rotating, sharpening, blurring portions. This session will demonstrate how to do these using GIMP (found on the Linux systems) and IrFan View (a FREE image editing application for MS Windows). We will also explore some of the more advanced features of Irfan View, such as creating contact sheets, working with multiple images, and creating web pages with thumbnails.

A Gavel is More Than a Hammer Made of Wood

8:15 – 9:45 am

Taught by Nelson McCaskill, Extension Agent, 4-H Youth Development

CRACK! Will the NCAEPAAT club please come to order? Your time is valuable! Come learn how make that time spent in club meetings more meaningful. Review common terms of Parliamentary Procedure and receive a “cheat sheet” to help handle common motions. Putting together agendas that will keep everyone on track is an important skill...come learn the way to keep things moving through discussion and role-play. We will close with questions and answers to address specific meeting situations you have faced. This information will be useful both for meetings in which you are in charge and also when you help others run the meeting.

Inspiring Participatory Learning

8:15 – 9:45 am

Taught by Harriett Edwards, Extension Assistant Professor & Specialist, and Tovi Martin, Extension Assistant, Department of 4-H Youth Development, NC State University

Extension prides itself on hands-on learning, but how do you inspire learners to really engage in a subject in a classroom setting? In this session, we'll introduce proven tips for energizing your training routine, and definitely “practice what we preach” with some participatory exercises of our own.

Fun with Teambuilding

8:15 – 9:45 am

(Repeated Session) 10:00 – 11 :30 am

Taught by Suzanne N. Rhinehart, Extension Agent, 4-H Youth Development, Alexander County

All together now, one...two...three...LIFT! Learn inexpensive teambuilding games, exercises, and activities

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that can be used to build a sense of teamwork with new audiences.

How to Deal with People You Can't Stand

10:00 – 11:30 am

Taught by Barbara Byers, 4-H Program Associate, Wayne County

Do you have someone who drives you nuts? Come learn how to “bring out the best in difficult people” that you can't stand. Learn some simple strategies that can keep you sane at work, at home, or in the community.

Southerners, Lawyers, and Blondes: Breaking Stereotypes

10:00 – 11:30 am

Taught by Mitzi Downing, Assistant Professor and Specialist with NC 4-H Youth Development

Are you Pigeonholed in a land of Penguins? Have you ever felt judged based on your appearance or on how you talk or where you are from? Have you ever misjudged someone? Stereotypes are stubbornly persistent, both in individuals and in organizations. Like icebergs, stereotypes are largely hidden deep in our subconscious minds, subtly influencing our interactions with one another. Come explore the “**Diversity Iceberg**” and learn what's under the surface and effecting our youth and adults in the communities we serve. Understanding “Diversity” means more today than ever before...it's not just about race or religion, it's so much more. Come explore with us!

MATRIX

1:45 – 3:15 pm

Taught by Barbara Dunn Swanson, Extension 4-H Agent, Randolph County; Robert Lopp, Davidson County Extension Director; Julie Jones, Extension Agent, Davidson County; Tracy Carter, Extension Agent, Davie County; and Robert Furr, Extension Agent, Mecklenburg County

The DOCTORS are in! Extension staff throughout NC are being asked to determine program priorities, to utilize resources wisely, to identify our niche, to be accountable to stakeholders. Let the DOCTORS of Extension treat you to a management tool you can utilize to make your programming more effective while being confident that you are supporting the mission and role of Cooperative Extension!

Child Abuse....Where Do We Come In?

1:45 – 3:15 pm

Taught by Amy Eisele, Director of SCAN, and Licensed Clinical Social Worker

What signs should we look for if we suspect child abuse? What are our responsibilities if we suspect child abuse? How should we protect ourselves when dealing with a case of suspected child abuse? What are YOUR questions in the event of suspected child abuse?

Mission....Nutrition

1:45 – 3:15 pm

Taught by Anita Ford, 4-H EFNEP Program Assistant, Cabarrus County

Let's get those families thinking “HEALTHY!” 4-H Mission...Nutrition is an 8 lesson curriculum with hands-on meeting activities, take home family materials, learning kit ideas and all worksheets. Share materials, strategies, learning development, collaborations within the community, marketing, and successful evaluations results showing an increase in family positive thinking about health, food, and fitness. Come learn with us so

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you can take it home to your clients!