

Session Descriptions

Sessions are listed in the order they appear on the Conference Schedule.

MOVING FROM SURVIVING TO THRIVING

Burnout is epidemic in education and many other professions. Dr. Martin talks about how common burnout is and the consequences to our personal wellbeing, the organizations we work for and the people we care for. He shares simple, efficient techniques to combat and prevent burnout and improve our relationships with our loved ones, colleagues, and kids we work with every day.

MINDSET MATTERS

Our mindset and how we approach situations have significant implications for our health, happiness, and patient outcomes. Dr. Martin talks about the science behind mindset and how our mindset of stress impacts our work, our health and the people around us.

HOW TO BUILD A RELATIONSHIP WITH A HARD TO REACH KID

Classroom management techniques for preK-12, including: building relationships and fostering resiliency. Strategies for those "hard to reach" students using a trauma lens.

ADVOCATING FOR AFTERSCHOOL - WHAT CAN YOU DO?

We are all advocates whether intentional or not. Learn how to most effectively promote sustainability of quality afterschool programming to audiences at every level.

CITYSPAN FOR SITE STAFF

We will review registering youth, adults, and staff. We'll also review creating activities, enrollment, taking attendance and commonly used site level reports

A LIFE WELL LIVED

In this talk, Dr. Martin discusses the five most common regrets of the dying. This talk focuses on vulnerability and how to develop a meaningful life with everyday practices that can help you live a life without regrets.

CALM-DOWN SEQUENCE: HOW TO HELP KIDS RE-CONNECT

Intentionally paying attention to the here and now. How to implement self regulation tools of: Breathing, Calming Boxes, Social Emotional Activities, and Emotional Guidance.

EMPLOYEE ENGAGEMENT - ADVOCATES ARE CRUCIAL

According to research by Nielsen, 84% of people trust recommendations from family or friends above all other forms of marketing. Would you agree that in your personal life, you engage a friend or a family member when you are making a big life decision, whether it's a job or a purchase? In this session, you will learn how to attract more great people to work alongside you and support your organization. We will determine ways to foster advocates through giving them something to talk about; providing a platform; and then trust and let go...a little.

ND Out-of-school-time

SUMMER CONFERENCE

CITYSPAN FOR DIRECTORS

We will review registering youth, adults, and staff. We'll also review creating activities, enrollment, taking attendance, commonly used site level reports and admin reports.

YOUTH ENGAGEMENT

Take a quick pause in this session to dive into what society thinks about youth, remind yourself of what it is like to be a young person and get some practical resources to support new roles youth can play in your program and the community. Engaging youth means we have to let go of our need to be in full control. Instead we should co-create with youth as our full partners. Expect to think, talk and be challenged see what is underneath your perceptions and practices in youth engagement.

COMMUNICATION STYLES

Want to learn more about yourself and your co-workers or the team you lead? This communication style training breaks down personalities in a fun and engaging way by identifying you as a Lion, Otter, Owl, or Koala. It is designed to determine your communication style, the communication style of others, and improve your relationships/interactions with those you work with. This training also dives into how to lead a team more effectively, build stronger teams by utilizing individual strengths, as well as conflict resolution in the workplace.

STAFF APPRECIATION ON A SMALL BUDGET

The #1 easiest thing you can do to engage and retain your people is to give them recognition. It doesn't even have to break the bank or consume your personal time or talent. Learn how to make an impact by recognizing in a way that is specific, meaningful and timely. We will also cover the top 3 crucial mistakes people make regarding recognition.

MICRO:BITS

Join Nicole Haugen and Karri Mitchell to learn about the Microsoft TechMobile Initiative that brings hands-on STEM learning activities and mentors to your school\organization. We travel to both metro and rural areas of North Dakota to provide fun, exciting, and engaging experiences that enable students to delight themselves in learning technology. Currently, we are offering workshops to teach students to write code using a small device called a micro:bit. Using this device, students can build all sorts of cool projects, including games, robots, musical instruments, and more – the possibilities are endless!

CULTIVATING CULTURAL SENSITIVITY

With the inevitable growing diversity in our communities and in our world, we must adapt our approaches to the new realities. As professionals and as individuals we need to prepare our mindsets to the shifting working and living environments. This session will share some of the foundational theories of inclusion and provide tools to effectively navigate cultural differences and commonalities.

SUMMER CONFERENCE

RESILIENCE OF REFUGEES AND IMMIGRANTS: BUILDING ON STRENGTHS FOR BETTER OUTCOMES AND FASTER COMMUNITY INTEGRATION

Refugees and many immigrants experience several trials prior to arriving in the U.S. and face ongoing challenges associated with resettlement. Despite facing such difficulties, most refugees and immigrants demonstrate enormous strength and resilience that facilitate their resettlement process. Often, professionals working with immigrants tend to focus on the trauma story, when applicable, to the neglect of their strengths. At times, this means resilience is overshadowed by a dominant Western deficits model that defines refugees some immigrants as traumatized victims. In this session, we will explore factors that contribute to resilience. We will also review elements that may impede it. The presenter will share their personal/professional experience and advice considering implications for strengths-based approach to work across cultures, mostly with refugees.

BEYOND THE BELL: EFFECTIVE AFTERSCHOOL PROGRAMMING (COMMUNITY PARTNERSHIPS)

You'll be introduced to a research-based, cost-effective, flexible Toolkit, which contains 96 tools, designed to help you through all the challenges of out-of-school time programming. Whether you are starting a new afterschool program, or looking to improve an existing one, this session provides support, resources, and tools for intentional, high-quality programming that gets results. We will walk through some of the aspects of the Community Partnership model and focus on activities to assist in strengthening parent and community relationships.

BREAKOUTEDU

Breakout EDU is an "escape room" activity that can be customized to any age level or content area through a wide variety of games. Participants attempt to "breakout" by using clues (and their 21st Century skills of Communication, Collaboration, Critical Thinking, and Creativity) to open a series of locks within a specified time limit.

POVERTY SIMULATION

Community Action Partnership of North Dakota conducts poverty simulations to large groups for educational purposes. The poverty simulation experience is designed to help participants begin to understand what it might be like to live in a typical low-income family trying to survive from month-to-month. It is a simulation, not a game. The object is to sensitize participants to the realities faced by low-income people. Participants try to find ways to pay their monthly bills on time, feed their family, secure adequate transportation and to get to work every day. Participants and volunteers share their experiences and talk about what they have learned about the lives of people living in poverty.

YPQA: YOUTH PROGRAM QUALITY ASSESSMENT

The Youth YPQA is a dual-purpose instrument, robust enough to use for accountability & research purposes and user-friendly enough to serve as a tool for program self-assessment. It is both a quality monitoring tool and a learning tool. Attendance at this session is a prerequisite for those who would like to participate in the ND Afterschool Network's upcoming coaching programs.