

**NEW!**

# CAREER CONNECTION WORKSHOPS



**When:** Friday, March 22 - 3:00-4:45 p.m. on the MSU Campus



**Why:** An opportunity for youth leaders learn more about themselves, the workplace and careers. This is conducted after competitive events and before the closing dinner banquet (when students have down time).



**Who:** All students should register to attend one session.\*  
Limit 2 per chapter per workshop. Workshop space is limited.



**Fee:** Free of charge!



**How:** Students must pre-register by February 13 in the SLC Event registration system.

*\*District Officers do not need to sign up as District Officer Training is also occurring at this time.*

Youth leaders learn more about themselves, the workplace, and careers so that they can put themselves on the pathway to future success. Workshops are led by Montana State University faculty, students and community partners.

## WORKSHOPS TARGETED AT STUDENTS GRADES 7-9

### WHO AM I? AND, WHY IT MATTERS.

*By Leanne Dibert, Student, Human Development and Family Science Student*



3:00-4:30

Explore identity development in this interactive workshop. Learn the importance of positive identity development, and the effect it has on achievement and well-being. Understand the role identity development can play in career satisfaction.

### THE LEADER IN YOU

*By Hali Kapperud, Montana FCCLA State President 2017-18*



3:00-4:30

All members have leadership potential whether or not they hold formal chapter leadership positions. It often comes down to exploring abilities, taking risks, and developing a personal leadership style. This interactive workshop will guide students through leadership activities to explore their leadership potential.

## WORKSHOPS TARGETED AT STUDENTS GRADES 7-12

### BEHIND THE SCENES: RENDEZVOUS DINING

*By Mike Kosevich, Director*



3:00-3:45 &  
4:00-4:45

We will take an in-depth tour of our new facility on campus showing both front of the house and back of the house. We will show how the flow of food that is received daily moves through the building and ends with the customers' experience.

### MSU CAMPUS TOUR

*By Advocats*



3:00-3:45 &  
4:00-4:45

Campus tours are led by our student AdvoCats and encompass the main areas of campus with a narration of the academics, student life and history of MSU.

# WORKSHOPS TARGETED AT STUDENTS GRADES 7-12

## HUNGER 101 – A DAY IN THE LIFE

*By Rachelle Sartori, Montana No Kid Hungry*



3:00-3:45 &  
4:00-4:45

Students in this workshop will have the chance to experience "a day in the life" of a Montana community member who struggles to make ends meet and put food on their tables. You'll have to create a budget based on your character's income and expenses, explore different resources available in your community, and seek out help to feed your family. This workshop is fun, interactive, and helps students learn about poverty and food insecurity in Montana.

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## BECOMING A TEACHER

*By Dr. Virginia Mohr, MSU Field Placement & Licensure*



3:00-3:45

This workshop is designed to help students explore the option of teaching and begin to ask themselves whether this might be a career to consider for themselves. A quick overview about the teaching program at MSU will follow--allowing allow them to visualize one path to meeting this career goal.

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## SERVICE LEARNING: PILLOW CASES

*By Retired FCS Teachers*



3:00-4:30

Students will have the opportunity to give back to the Gallatin Valley as they sew pillow cases in the Montana State University Apparel Construction lab. Prior experience using a sewing machine is preferred.

# WORKSHOPS TARGETED AT STUDENTS GRADES 10-12

## SAY YES TO FCS EDUCATION

*By FCS Education Alumni*



3:00-3:45 &  
4:00-4:45

There is an established and growing shortage of family and consumer sciences professionals to serve in educator positions. This shortage increasingly results in educator positions going unfilled or filled with unqualified individuals. Shortages of family and consumer sciences educators and those enrolled in family and consumer sciences educator preparation programs too often result in program and FCCLA Chapter closures.

## CAN'T STOP, WON'T STOP COMMUNICATING

*By Dr J. Mitchell Vaterlaus, LMFT - Human Development & Family Science*



3:00-3:45 &  
4:00-4:45

Thinking about a future career in mental health (e.g., Counselor, Marriage and Family Therapist, Psychologist, Social Worker)? In this session we will do a hands-on activity related to communication. Participants will explore some of the major components of communication with a Licensed Marriage and Family Therapist. The conclusion of the session will focus on the different career options within mental health and what it takes to enter a career in this field.

## WHAT ARE MICROAGGRESSIONS, AND HOW DO THEY AFFECT US?

*By Julian Collins, Program Director, TRIO*



3:00-4:30

This workshop will define and discuss microaggressions, the comments or actions that discriminate against a nondominant group, and how they impact our everyday lives. A presentation will be given on social and cultural constructs that we should all be aware of in our communications and interactions. These elements include race, gender, sexual orientation, and more. Participants will be given tools and skills to acknowledge when a microaggressions occurs and what to do about it.

## SERIOUSLY, LET'S HAVE FUN!

*By Dr Jody Bartz, Early Childhood Education & Child Services*



3:00-3:45 &  
4:00-4:45

Young children learn and develop through play--that's right, PLAY! Sometimes, it is child-selected and sometimes, early educators provide environments and activities to scaffold young children's learning. In this workshop, we will have some serious fun! Come be a part of creating engaging, active, playful activities for young children!

# WORKSHOPS TARGETED AT STUDENTS GRADES 10-12

## THE COMPASSION PROJECT



3:00-4:30

*By Tia Goebel, Assistant Director*

Join The Compassion Project to learn useful skills in mindfulness and explore the concept of self-compassion. When life gets busy and hectic, it can be easy to forget to be caring towards ourselves, which has huge impacts. In this session, we will learn the importance of self-care as well as what compassion means, how to recognize it, and how to practice it in order to fuel a kinder, truer you.

## EXPLORE ACADEMICS WITH THE DEPT. OF HHD



3:00-3:45 &  
4:00-4:45

*By Sara Heller, Academic Adviser*

Discover how your interests align with careers and majors available in the Department of Health and Human Development including: Community Health, Early Childhood Education and Child Services, Health Enhancement K-12, Health and Human Performance, Human Development & Family Science, Sustainable Food Systems, Hospitality & Management, Food & Nutrition.

## TABLETOP UNIVERSITY: BLUEPRINTS FOR STUDENT SUCCESS



3:00-3:45 &  
4:00-4:45

*By Dr. Tricia Seifert, Adult & Higher Education*

Social events, the start of classes, and the litany of questions: What's your name? What's your major? Where are you from? Figuring out what to do and with whom can be bewildering for students in their first year of post-secondary study.

Players confront all of this and more in this college transition board game. The object of the game is for players to manage time strategically with the goal of maximizing GPA and social connections while earning enough money to pay tuition and managing life events and stress. Simulating students' first semester, it's a lot to manage in a game. But it's also a lot to manage in real life.

## PLANNING FOR YOUR FUTURE – PAYING FOR COLLEGE



3:00-3:45

*By Kimbree Redburn, MSU Office of Financial Education*

The Office of Financial Education is here to help you think about your financial future - including paying for college. From scholarships, to grants, loans and savings, we can help you understand how to navigate what it takes to finance your education before, during and after college - and find the best solution for you.

# WORKSHOPS TARGETED AT STUDENTS GRADES 10-12

## A HEALTHY YOU A HEALTHY COMMUNITY



3:00-3:45

*By Dr. Tarabochia, Community Health*

Learn more about how you can be a part of improving health and well-being for all through the promotion of healthful lifestyles, healthy family functioning, community actions for health, and conditions that make it possible to live healthful lives. Students are prepared to work in a variety of settings including family planning agencies, nonprofit agencies, state and federal health agencies, schools, and community health centers.

## FOOD & NUTRITION



3:00-3:45

*By Nettie Caine, Student*

The Department of Health and Human Development offers a major in the study of food and nutrition. Students who choose the nutrition science option intend to pursue a health profession or research-related career, for example, medicine, dentistry, industry, academia, etc.

## DISCOVER YOUR PASSION



3:00-3:45

*By MSU Career Services*

Learn what professional skills employers are looking for in ideal candidates, and how you can develop those skills and articulate them to prospective employers. This session includes exploring your personality and discussing how to use your traits to identify a career and be more effective in the workplace.