

# FACS to the Max - Workshop Options

## Friday, April 12, 2024

- 1. Birth Order and Childhood Experiences:** In this lively and uplifting workshop, presenters will highlight their latest research findings on birth order and childhood experiences as they relate to overall life satisfaction. Attendees can expect to gain knowledge and understanding of similarities and differences in human experience. Additionally, attendees will have the opportunity to apply group discussion techniques to build empathy and community. All knowledge and skills may be evaluated and adapted for a FACS classroom. (Dan Moen Ph.D., CFLE, LMFT MSU-Mankato Faculty, Kaylee Voigt B.S.(Candidate) and– Undergraduate Researcher)
- 2. Elevating the Future for FCS Education:** Join us for a session dedicated to #ELEVATEFCS focused on the future of FCS education with updates from MDE. Gain valuable insight and engage in discussion centered around quality programming and continuous improvement strategies. Together, let's elevate FCS education and empower students for success! (Julia, MDE FCS Education Specialist)
- 3. Find Your IKIGAI:** Ikigai is a Japanese concept that combines the two words "iki", meaning life, and "gai", meaning worth. Translated, it roughly means a reason for being or a reason to wake up in the morning. Through this presentation, I will help you find your Ikigai in your career, relationships, or life. How do you use this with your students? Help students find their purpose in cooking, in a career field, and/or in life. This concept has been helpful to my Independent Living classes in finding their next steps past high school. Maybe through finding your ikigai, you can support your students in a new or different way. (Lindsey Draeger, FCS-PE-Health Teacher, Thomas Jefferson High School – Bloomington)
- 4. Ignite Your Student's Passion for FACS Through FCCLA:** –Are you ready to unlock the potential within your students and have the vibrant FACS program you've always wanted? FCCLA may be for you! Featuring direct connections to career pathways and FACS frameworks, FCCLA engages students through professional development, personal growth, and social fun. Learn about the impact FCCLA has on students, ways to seamlessly leverage resources to enhance what you're already doing, and how to get a group started. (Patrick Mitchell, Minnesota FCCLA Executive Director)
- 5. Meal Kit Subscription Box Project:** Explore how I use this project in my International Foods class. Students create a Meal Kit subscription business and a menu they align with a cultural cuisine of their choosing. After assembling the box, they trade with another kitchen and make each other's meals following the recipe card. A unique way to explore foods! (Rachelle Balfe, FCS Adjunct MSU-Mankato and FCS Teacher, New Prague High School)
- 6. Minnesota Mandate: Empowering Students with Financial Literacy:** As the complexity of financial decisions grows in today's world, the need for financial literacy has never been greater. Recognizing this critical need, the state of Minnesota has mandated that all students entering high school in the 2024-2025 school year and beyond must complete a personal finance course before graduating. (Jae Min Lee Ph.D., FCS MSU-Mankato Faculty)
- 7. Modern Classrooms - for Culinary and any FCS Class:** As a licensed FCS Teacher and Modern Classroom implementor and expert mentor, I design and utilize self-paced and mastery-based tools to serve and uplift students who have struggled with absenteeism and access to course materials and improve differentiation. In this session, I will share the results of this style of classroom which allows my students to collaborate more, work at their own pace, and become more autonomous as learners. Learn: What is Modern Classroom? Why is it valuable to my students and families? How it can serve diverse learners and tools and templates. (Yvonne Dripps and Misty Maruska, FCS Teachers, Armstrong High School, and Robbinsdale Virtual Academy)
- 8. Social-Emotional Learning in FCS:** Social-Emotional Learning is one of many tools we need to support our students. FCS is a natural fit for SEL skills. More than likely, we are already incorporating some of the SEL tenets in our curriculum; but there's room for more! FCS gives students important concrete skills for life and SEL helps support those skills. This presentation will include discussion of the SEL content standards, how they relate to FCS, and examples of SEL in FCS classes. (Larissa Pepin, FCS Teacher, Roseville Area High School.)

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9. **Sizzlin' Skillet:** Join us as we create a fun and flavorful vegetarian sweet potato skillet! Learn how to achieve balance in your vegetarian meals without sacrificing flavor! Tailor this skillet to your likes by choosing your desired mix-ins. Jump on the plant-based bandwagon and add this fun meal to your recipe book! (Emily Olson, Cassandra Oman, Jenna Tesch- MSU - Mankato Food Production Mgmt. students, and Emma Smith, MS, RD, LD MSU-Mankato Asst. Professor)
10. **Sweet & Savory Tortilla Bowls:** Come learn how to make versatile "Sweet or Savory Tortilla Bowls" that can be enjoyed any time of the day as a meal or dessert! Mold and bake heart healthy whole wheat tortillas in a muffin tin to create a DIY bowl! The sweet bowl will be filled with protein packed Greek yogurt and vibrant toppings. The savory bowl will feature your Tex-Mex favorites like spicy ground beef and toppings like salsa, cilantro brown rice, and black beans. (McKenzie Wallerus, Madeline Berndt, Jordan Schumacher- MSU- Mankato Food Production Mgmt. students, and Emma Smith, MS, RD, LD FCS MSU-Mankato Faculty)
11. **The Hidden Dangers of Wellness Culture:** Wellness culture is a set of values that equates wellness with moral goodness and is deeply intertwined with diet culture. Often portrayed as promoting health and self-care, wellness culture can actually be quite harmful. In this session, learn more about the hidden dangers of wellness culture and ways to teach health that focuses on individualized choices utilizing an equitable lens. (Erin Gonzalez, MS, RDN, LD, CEDS Director, Dietetic Technician Program, NCTC, FCS MSU-Mankato Adjunct Faculty)
12. **The Snowball Effect - Positivity:** Inspired by the Operation Snowball organization, attendees will explore the concept of the snowball effect, which is the belief that saying or doing something positive to someone will encourage them to pass that positivity forward. This presentation will showcase the importance of empowering students through various small activities to increase their self-awareness, enhance their self-confidence, and strengthen positive coping skills. Ultimately the activities function as a fun icebreaker to create a safe and respectful classroom environment. (Tara Lovas, MSU-Mankato FCS Student)
13. **Unified FACS- Unifying General Education and High Needs Center Based Students in FACS:** Learn about an exciting new approach to teaching FACS to high-needs, center-based students. We all know that traditional mainstreaming doesn't provide all students with experiences that meet their needs. East Ridge High School has piloted Unified FACS this year with great success. The course pairs each high needs center-based student one-on-one with a general education student. Hear from some of the general education students who are at the heart of the class's success. (Louise Allen, FCS Teacher, East Ridge High School)