

FACCS TO THE MAX 2022

A WORKSHOP FOCUSING ON SKILLS TO MAXIMIZE YOUR FCS CLASSROOMS

FRIDAY, APRIL 22
WIECKING CENTER

8:30 Registration & Refreshments

9:00 Welcome & Opening
Dean Kris Retherford and
Dr. Jill Conlon

9:30 FCS on the Move: Food Trucks
Krysten Dane, Glencoe - Silver
Lake; Ryan Radke, Byron

10:30 Workshop Session 1

11:30 Workshop Session 2

12:15 Lunch – University Dining Hall

1:30 Workshop Session 3

2:15 Conclusion & Door Prizes

» **\$75 TO ATTEND**
(COLLEGE & HIGH SCHOOL
STUDENTS FREE)

» **FACE MASKS REQUIRED**

- 1. Playing with Art** – (Rachel Compart-Gemlo, Artist and Preschool Teacher, MSU, Mankato Alumni) It's all about the journey! Learn about process art and the many benefits of playing with art materials and forgetting about the finished product! Process art provides opportunity for self-expression, problem solving and often offers a multi layered sensory experience that helps develop social, emotional, and cognitive skills. Important information to utilize in Child Development, Early Childhood Education, Parenting and Child Care classes.
- 2. Financial Technology, Disparities, and Financial Education** – (Dr. Jae Min Lee, Consumer Studies, FCS faculty) Online commerce has offered new ways and patterns of consumer activities and experience in transactions. Financial technology available through mobile devices is no exception in such a market revolution in which rapid advances in mobile and wireless technology have paved the way personal financial services are designed and offered to consumers. However, the acceptance and use of the services differ across consumer groups despite their convenience and potential for evolving financial management. Studies found that financial education can have a positive effect on the use of financial technology leading to positive financial management. The session will present the findings of financial technology and financial education in recent literature and discuss the role of financial education.
- 3. What is Concurrent Enrollment, and how can FACS programs be involved?** (Dr. Heather Von Bank, Child Development/Family Studies, FCS Dept. Chair; Nikki Feist, FCS Teacher United South Central; Michael Altomari, Director Post-Secondary Options, MSU-Mankato) In this session participants will learn what concurrent enrollment is, how eligible high school students can earn university credits in their high school setting, and how FCS teachers can become qualified instructors. Listen to a university professor and high school FCS teacher describe their experience of partnering to design a concurrent enrollment opportunity for high school students. In addition, the director for post-secondary enrollment options will describe the process for setting up a concurrent enrollment opportunity for you and your students.
- 4. The Little Things Can Be the Big Things** – (Dr. Jill Conlon, FCS Education, FCS faculty; Krista Luedtke, Teacher-6th grade, Janesville-Waldorf-Pemberton) In this session, you will learn quick and easy strategies to implement into your FCS classroom to create a smooth, positive culture. Mother and daughter duo (Jill and Krista) have experience in teaching elementary, middle school, high school, and college. Learn from their experiences how to lessen the chaos and enhance the learning. Over time and with practice, you will see a positive shift in your classroom climate and culture.
- 5. What's new and BOLD at MDE?** – (Maxine Peterson– MDE FACS Education Specialist) Come and learn about the state of FCS in Minnesota and the many initiatives we have underway addressing quality programming and continuous improvement. Maxine Peterson – FCS State Education Specialist at MDE will share data, new Sector Sheets in our area, experiential learning handout for use in your advisory board and PLC's, an overview of the new Perkins V and CCR (Career and College Ready) resources available on the MDE website and more. Find the need and fill it is our motto! We are lucky our area has so many needs which make us so VALUABLE and NEEDED in school districts across Minnesota.
- 6. Do You Sushi?** – (Dr. Shelly Brandenburger, Dietetics, FCS faculty) In this session, we'll get hands on in the kitchen and explore using Sushi-making as a way to engage students and allow them to practice basic kitchen skills in a fun and nutritious lab. We'll cover the basics of Sushi production, food-safety, kitchen skills and the opportunity for creativity in creation and presentation of the end product. Come ready to taste!
- 7. The Impact of Diet/Wellness Culture on Children's Health** – (Erin Gonzalez, MS RD, LD Mankato Clinic, MSU, Mankato Alumni) Did you know that adolescents are more likely to develop an eating disorder than type 2 diabetes. What if our current language around food exercise, and bodies is actually part of the problem? Labeling food 'good' vs. 'bad'. Discussing exercise as a way to earn calories or "forbidden" foods. Using terms such as overweight and obese to label bodies in a way that shames those whose bodies don't fit the cultural ideal. This session will introduce you to the non-diet, weight neutral approach for nutrition education including the evidenced base research to support this paradigm shift and give you 5 lesson plans to implement right within your current curriculum framework.
- 8. Compassion Focused Thinking** – (Dr. Dan Moen, LMFT, CFLE, Child Development & Family Studies, FCS faculty) Needing a recharge? This session will introduce you to the emerging practice of compassionate focused thinking. While this session is not therapy, you will gain valuable insights and practical skills to enhance your individual wellness and classroom culture. Skills from this class are based off evidenced based research. Therapists, educators, business leaders, and professional athletes are experiencing the benefits of compassion focused thinking. Will you?
- 9. Teaching an Introduction to Education Course at Your School** – (Kaylee Wiens, FCS Teacher Faribault High School, MSU, Mankato Alumni) In this workshop you will learn how you can either start or enhance the education pathway at your school. How to approach administration with this pathway will be discussed as well as how to create an education pathway in your school. The Teacher Cadet curriculum will be overviewed, and lesson ideas will be shared. You will also be able to hear from a current education pathway high school student to learn about their experience in these courses.
- 10. Creating and Using Digital Resources in FCS** – (Katie Thomas, FCS Teacher Zimmerman Secondary and Kathie Flood, FCS Teacher, Rogers High School – ISD 728, MSU, Mankato Alumni) During this session, we will discuss how to create and present relevant and useful FCS content for your classroom setting at both the middle school and high school levels. We will show you how to utilize and create content using resources such as Station Rotations, Digital Notebooks, WeVideo, Powtoon and more.
- 11. Tell Me More About College Life and the FCS Department at Minnesota State University, Mankato.** – (Led by FCS Education students at Minnesota State Mankato enrolled in FCS 284 – Foundations of FCS Education course) This session is intended for current high school students, FCS teachers, and others who want to learn the inside scoop about college life in today's world. Presentation format will be a panel discussion led by MSU students.

Registration Link:
link.mnsu.edu/facstothemax2022

**Check out our newly
remodeled department!**

**Designed for FCS Educators
(grades 5-12), interested
high school students and FCS
college students.**