



MINNESOTA STATE
UNIVERSITY, MANKATO

FAMILY CONSUMER
SCIENCE

FACCS TO THE MAX 2020

A WORKSHOP FOCUSING ON SKILLS TO MAXIMIZE YOUR FCS CLASSROOMS

FRIDAY, APRIL 17
WIECKING CENTER

8:30	Registration & Refreshments
9:00	Welcome & Opening Remarks
9:15	"Overview of the Department's 70 year Anniversary." Dr. Grace Kier, Faculty Emeriti
9:35	"Practicing Something Important." Patsy Keech, FCS Teacher Eagan
10:15	Workshop Session 1
11:15	Workshop Session 2
Noon	Lunch – University Dining Hall
1:15	Workshop Session 3
2:00	Conclusion & Door Prizes

\$60 to attend (college & high school students FREE)

Check out our newly remodeled department!

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

- Playing with Art** – (Rachel Compart-Gemlo, Artist and Preschool Teacher, Minnesota State 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.
- Financial Capability and Financial Education**, – (Dr. Jae Min Lee, Consumer Studies, FCS faculty) The importance and complexity of financial decisions underscores the need for providing young people, and even their families, with financial education to increase their financial capability. Having the knowledge and skills will help ensure that young people and their families are able to make rational financial decisions and build sound financial futures. The session will present the findings of financial literacy and financial capability in the recent literature and discuss the role of financial education.
- The Little Things Can Be the Big Things** – (Dr. Jill Conlon, FCS Education, FCS faculty and Krista Luedtke, 6th grade teacher, JWP School District) 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.
- 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.
- How to Make Sense Out of Nutrition News** – (Dr. Joye Bond, R.D., Food Science & Dietetics, FCS faculty) The internet and other media can be great resources for food and nutrition information but not all of it is reliable or credible. This presentation will give you some ways to sort through the information that's out there and determine what's good, solid information based on science—and what falls in the categories of nutrition myths, fads, or crazes.
- 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?
- The Chopping Block: Knife Skills** – (Nicole Hed, FACS Teacher at Mankato East H.S., Caterer, ProStart Instructor, Minnesota State Mankato Alumni) Whether you are a pro or looking to freshen up on your technique, this interactive class is guaranteed to sharpen your culinary skills. Learn how to implement knife skills in the classroom, labs to enhance learning, and how you can increase rigor in varying levels of courses.
- Transitioning Nutrition Education to a Non-Diet, Weight Neutral Approach** – (Erin Gonzalez, RD, LD Mankato Clinic, Minnesota State 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.
- Tell Me More About College Life and the FCS Department at Minnesota State Mankato.** – (Minnesota State Mankato students enrolled in FCS 284 – Foundations of FCS Education, Advisor: Dr. Jill Conlon, FCS Faculty). 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. Included will be a short review of all the programs and opportunities for students interested in the Department of Family Consumer Science.



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