

NORTHCOAST Youth Summit

“Target Tomorrow!”

Workshops 2012

It is our goal that these workshops will inspire youth and adults to become confident leaders and “Take the Lead”. Choose from the following list of workshops. A brief description is provided to help you choose which one you would like. ***Note* Workshops are first come, first serve. In order to get the ones that you want make sure to turn your registration in as soon as possible. Some Workshops will last more than one session. Be sure to register for all sections needed.**

Workshop Session 1 (10:00-10:50)

CPR Certification (Part 1): Presented by Sheri Christensen, certified CPR instructor

This workshop **requires all four sessions** for AHA certification and is limited to 15 people. If you need CPR certification for a job or just to be ready to help if needed, this is the workshop for you! Come learn how to open an airway, deliver breaths, chest compressions & how to properly apply a defibrillator and deliver appropriate shocks.

Rockin’ Resumes: Presented by Peach Bond, HCOE Transitions Partnership Program and WorkAbility

Ever wish that your resume looked ‘professional’ had more appeal to it? Come and find out about the good, the bad and the useless and the proper way to make your resume shine! Learn about the Objective Statement & how to market yourself to employers.

Hunger 101: Presented by Heidi McHugh & Megan Westersund, Food for People

“Take on the life” of a family in Humboldt County experiencing food insecurity to understand the economic & social circumstances that perpetuate hunger. This real-life simulation highlights the complexity of the issue and how to take action.

Career Opportunities in Humboldt: Presented by Jacqueline Debets & Nicole Morrow, Humboldt County Workforce Investment Board

See how passion, education and life can help create a career path. Learn from local employees from industry career clusters to see what careers are available and how to get into them. Get the tools you need for success.

Getting to Know You – Alternatives to Violence (part 1): Presented by Gail Eastwood, MSW, DIHom, & Brian Ormond, D.C., Southern Humboldt Youth Alive!

Through games and communication exercises we’ll celebrate ourselves and each other, speak from our truths, listen to others from the heart and build the basics for creative conflict resolution.

What Employers Require of New Employees & What Young Employees Require of their Employers: Presented by Michael Kraft, North Coast Small Business Development Center

The Big 5 and more are important to employers while millennials have different values they bring to the workplace. Discover these potential points of tension and how to help reach agreement in the middle.

Theater For Social Change: Presented by Joani Rose, Anna Rogers, Sydney Fishman & Kayla Totten, Recycled Youth Teen Theatre Company (Mateel)

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Humboldt Leadership Conference, Attn Sandy Sathrum, 5630 South Broadway, Eureka CA, 95503

Actors and directors from Southern Humboldt's Recycled Youth Teen Theatre Company will share the Recycled Youth process as you create short snippets of theater that reflect social change.

My Life Line: Presented by Nicole Gans, Six Rivers Planned Parenthood

If you don't know where you are going, how will you know when you get there? Planning for your future takes time. Explore your plans for your life.

Master Your Finances-Budgets: Presented by Charlie Heinberg, Consumer Credit Counseling Service of the North Coast

Learn how to develop a strategic financial plan, build assets, track budgets and meet your goals!

PhotoVoice!: Presented by Beth Wells, Humboldt County Public Health & youth members from South Fork High & Del Norte County Youth Council,

Learn about PhotoVoice, a photography project that enables youth to express themselves and share areas of need with others. Local youth will present their projects and discuss the creative process. Get involved!

Campus Tour: Presented by Jennifer Knight, CR Academic Advisor

We've got an outstanding community college right here in our back yard! There are many two year degree programs available from Nursing to the Police Academy as well as academic tracks that transfer to a four year University. We even have online courses! Come learn if CR would meet your college needs. *Wear comfortable walking shoes and dress in layers, ready for any weather.*

Workshop Session 2 (11:00-11:50)

CPR Certification (Part 2): Presented by Sheri Christensen, certified CPR instructor

This workshop **requires all four sessions** for certification. (See description under session 1.)

Got Conflict?: Presented by Jimmy Barnett & Arda Aghyarian, HSU Service Learning Center

Discover where conflict occurs in your life and how to find resolutions using various communication tools. Learn to understand underlying sources of conflicts and how to de-escalate them by disarming yourself and others through role plays and group discussions.

I Got the Interview! (Yikes! Now What??): Presented by Peach Bond, HCOE Transitions Partnership Program and WorkAbility

We will discuss all aspects of the interview process and how to market yourself and your skills. Learn how to answer, and ask, the right questions to make yourself stand out in a competitive crowd. How to get, and keep, the job you're seeking. Mock interview panels included.

Frogs in the Field: Presented by Amber Neilson, Sequoia Park Zoo

Interested in amphibians, a career as a biologist or field research? Through activities experience the wonderful world of amphibians and frog research. Learn about FrogWatch USA, the current status of amphibians around the world and local frog species.

Defusing the Power of Bullying – AVP (Part 2) : Presented by Gail Eastwood, MSW, DIHom, & Brian Ormond, D.C., Southern Humboldt Youth Alive!

Recognize the ways that bullying affects our lives and the lives of others through stories. Find your strengths and creative responses to defuse the power of bullying. (*Getting to Know You* recommended but not required)

Something Different – A Crazy Idea Workshop!: Presented by Madeira Seaman, Maditude Adjustment

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This workshop will open student minds so that they think and solve problems in new and creative ways.

Zumba Fitness: Presented by Marla Joy, Zumba Fitness Instructor

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system that anyone can learn. Wear supportive shoes & clothing and come ready to move!

You Be the Jury: A Teen Court Trial: Presented by Sacha Marini & Teen Court volunteers, Boys and Girls Club Teen Court. What is it like inside the courtroom? You will be trained to serve as a Teen Court jury as you re-enact a Teen Court trial. Learn to deliberate in a group and decide on an appropriate sentence for a juvenile criminal offense

Master Your Finances-Credit and Loans: Presented by Charlie Heinberg, Consumer Credit Counseling Service of the North Coast

Gain a basic understanding of how credit and loans work. Avoid debt and maximize the benefits of borrowing.

Paying for College – Scholarships & FAFSA: Presented by Martha Johnson & Paul Wells, HSU Talent Search TRIO Program

Tips and general strategies for finding and applying for scholarships and the process of applying for financial aid. Remove the fear and mystery.

Workshop Session 3 (1:00-1:50)

CPR Certification (Part 3): Presented by Sheri Christensen, certified CPR instructor

This workshop **requires all four sessions** for certification. (See description under session 1.)

Show Me the Money – How to Earn a Scholarship: Presented by Kevin Santos Flores, HSU Talent Search TRIO Program

Learn how to write a successful personal statement for a scholarship. This skill will be used on every scholarship application and most job applications. Gain confidence in expressing yourself!

How Are YOU Going to Rock Your World?: Presented by Madeira Seaman, Maditude Adjustments

Learn how to take the thing you love and make money doing it!

Exploring Relationships: Presented by Nicole Gans, Six Rivers Planned Parenthood

Discover the traits and skills required for healthy relationships – friends, family members, boyfriends & girlfriends. Increase your effective communication skills.

Sources of Strength (Part 1): Kristen Huschle, Department of Health and Human Services, Public Health Branch (This is part 2 of a two part workshop. You must also sign up for both parts)

This 2 part workshop will help you identify your own sources of strength and give you some information & skills to use with your friends who may be having a hard time. Learn about depression & suicide & ways to help someone you are worried about.

Fight Like A Girl! (Part 1): Presented by Paula Arrowsmith-Jones & Amanda Hubacek, North Coast Rape Crisis Team (This is part 1 of a two part workshop. You must sign up for both parts!)

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This interactive, FUN & empowering workshop will teach avoidance, de-escalation and assertiveness skills as well as VERBAL & PHYSICAL SELF DEFENSE SKILLS. Anyone who identifies as girl or woman is welcome and NO PRIOR self defense experience is necessary. Wear comfortable clothes & sturdy shoes.

Don't Throw That Away! Change every day Odds & Ends into Purposeful Art: Presented by Patti Johnson, Tibora Bea & Spring Garrett, Odds & Ends

Learn to turn used T-shirts into Tote Bags, yogurt cups into jewelry, corks into personalized stamps. Take the time to look at everyday discarded objects with a new perspective and help the world of tomorrow. Plus, it's FUN!

Let Your "Live" Shine: Presented by Grace Brosnahan, Friday Night Live Coordinator DHHS, Public Health Branch, AOD Prevention. Friday Night Live and Club Live members from Humboldt and Del Norte will present highlights from their chapters. Learn more about the FNL and Club Live and how to start a chapter at your school. FNL builds partnerships for positive and healthy youth development which engage youth as active leaders and resources in their communities. Open to all youth and adults.

Campus Tour: Presented by Jennifer Knight, CR Academic Advisor

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Know Opportunity: A High School Entrepreneur Course and Board Game: presented by Joshua Corbelli and Leah Gould-Haws, LGH Market Strategy

Play the "Know Opportunity" entrepreneurship board game to grow your business faster than everybody else! Students will be randomly assigned a "profile" with job description, income, expenses, and a foreign connection.

Workshop Session 4 (2:00-2:50)

CPR Certification (Part 4): Presented by Sheri Christensen, certified CPR instructor

This workshop **requires all four sessions** for certification. (See description under session 1.)

What Can the iPad do for you?: Presented by Kim Tuson, Santa Cruz City Schools

Check out how the iPad works and look at some interesting apps. See how it fits with what you want and need

Lemons to Livelihood: Presented by Susan Seaman, Arcata Economic Development Center

This interactive workshop will help you create a business plan for a Lemonade Stand. From product creation to marketing, advertising and determining a price, you will learn all the lessons you need to run a business now.

Hey Bully, Leave those Kids Alone!: Presented by Jaylea Cutter-Falk, Alex, Calder, Bryce, Paxton, & Shelby, Eureka High School

Teens will teach teens and adults how to deal with bullying. Through interactive activities identify the types of bullying & what to do if a friend is being bullied. Stand up to bullies!

Sources of Strength (Part 2): Kristen Huschle, Department of Health and Human Services, Public Health Branch (This is part 2 of a two part workshop. You must also sign up for both parts) (See description under session 3).

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Fight Like A Girl!: Presented by Paula Arrowsmith-Jones & Amanda Hubacek, North Coast Rape Crisis Team **(This is part two of a two part workshop. You MUST sign up for both sessions.)**

(This is the second part. See description Session 3)

Seven Steps to Become Superhuman: Presented by Heather Luther, Youth Serve Americorps
Whether it's video games, sugary snacks or watching TV, you can bet on some quick reward overriding your long term goals. Learn tips for becoming "Superhuman" that will help you master your own body and mind.

Re Think Your Drink: Presented by Dorina Espinosa, Healthy Families and Communities Advisor, UC Cooperative Extension

Do you know how much sugar you are drinking? Learn to read a drink label, calculate sugar, & discover the impact on your body. Check out the alternatives & take action!

Working with and for Animals: Presented by Joe Duckett, Nature Joe's

Speaking for the animals...meet some animals, learn about some current issues they face and what we can do to help.

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