

## **2020 State Conference Workshop Application Outline**

**Presenter Name:** Nick Smith;

**Workshop Title:** Navigating the Seas of Negativity

**School:** Mountain View Jr. Sr HS

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### **Workshop Overview**

1. The theme of this workshop relates to the theme of the 2020 state conference because, The theme “Finding Positivity” is perfect to go along with the day themes of turning the negative(s) (-) into positive(s) (+).
2. Delegates would want to attend this workshop because almost everyone can relate to having a bad day and want to hear other ideas from other kids their age on how to fix their negative days by finding support in others.

### **Personal Philosophy**

1. My motivation to present this workshop was, when I first presented my first workshop “knocking out negativity” I saw the impact I had on people and wanted to continue presenting workshops to make a difference even if it would only be for a couple people.

### **Workshop Introduction**

1. Three ideas or concepts that delegates will learn from this workshop are how a negative day can impact you, what to do if a day turns out to be negative, sharing positive things.
2. The unique theme of this workshop is “Finding Nemo/Dory”. This theme works best because it is a play on words and a reference to a well known movie. The theme of this workshop relates to the theme of the state conference by showing each delegate even though that they might be having a bad day there is always a solution to changing that day into a better one. Through support, focus and reflection, delegates can be inspired to look past the negatives and improve not only themselves but those around them.

3. The way we will provide feedback for the students that actively participate in the workshop is candy, even though it is more or less a bribe it will get people to participate more because, who doesn't love candy?
4. The room will not need to be arranged in any new way, a basic style classroom or science room will be suitable.

### **Icebreaker**

1. The icebreaker that will be in our workshop is called “pterodactyl”. For this icebreaker the group will sit in a large circle and first introduce themselves \*\*\*name, grade, school, and any information that they want to share\*\*\* then the icebreaker will begin. You put your lips over your teeth so that your lips cover them, you will then the starting delegate will look to the person to their right and say “pterodactyl” without showing their teeth. The person who the first person said pterodactyl to will then turn to their right and say the same thing. If a delegate wishes to change the rotation of saying pterodactyl to go the left instead the right they will look to the person to their left and make a screeching noise and the rotation would go to the left instead of the right. If you show your teeth you’re out.  
\*\*\* people can laugh as long as they do not show their teeth\*
2. \*\*time needed- under 12 minutes
3. This icebreaker is relevant to the workshop “finding positivity” because from personal experience doing this icebreaker it makes everyone laugh and feel more comfortable around people hence finding positivity in something as simple as an icebreaker.

### **Body of Workshop**

1. **Introduction/icebreaker:** 12 minutes
2. **First activity:** Good day, bad day- 10 minutes

For this activity the delegates will team up with people they do not know and brainstorm ideas of what keeps them positive or keeps them going during a bad day. (they can write their ideas on the space provided in the packet). We will then

come together as a group and write down on a list all the ideas that the delegates came up with.

3. **Second activity:** positivity pass- 10 minutes

For this activity the delegates will receive a piece of paper, on that paper you will write their name but nothing else. They will then sit in a circle in the room and pass their paper to the person next to them. They will then write something positive on that paper about the person you got that paper from then continue to pass the paper to the next person.

4. **Third activity:** bad day- 5 minutes

For this activity delegates will put the words “BAD DAY” on a piece of blank paper. Then we will go around the room and give examples of what could or has happened on a bad day. For everything that is called out that has happened to the delegate on a bad day they will rip a piece of a small or large paper off their paper. At the end the delegates and the presenter will go over how the paper looks and how that relates to real life.

5. **Evaluation-** remaining time

### **Conclusion**

1. The workshop ideas and concepts will be summarized through activities and open discussions. After every activity we will come together as a group and discuss the activity and what they think at the moment.
2. The way that the delegates will evaluate our workshop is through an anonymous evaluation at the end of the packet. \*\*see last page in packet for actual evaluation

### **Packet**

**\*\*a sample packet was included with the application\*\***

### **Workshop and Presentation Experience**

1. Nick Smith

**NAtStuCo Conference:**

- 2019 at South Fayette HS

**District Conferences:**

- 2015 Mountain View; 2016 North Pocono (presented); 2017 Blue Ridge/  
Susquehanna(presented); 2019 Dallas (Presented); 2020 North Pocono (presented)

**State Conferences:**

- 2015 Halifax; 2016 Deer Lakes (presented)

**Summer Camps:**

- 2016 Alvernia Blue; 2017 Alvernia Advanced Blue; 2018 Susquehanna Gold

**Workshop Presentations: “Knocking out Negativity”** 2016 North Pocono (district); 2016 Deer Lakes (state). Also presented a personal workshop at 2016 Alvernia Advanced Blue.