



## Workshops for High school students - Grades 9-12

<p><b>HS01</b></p>	<p>“When Life Hands You A Global Pandemic, Show Life Who’s Boss”</p>	<p>Are you the type of person who hates change? Do you find yourself panicking when things don't go as planned? This workshop will provide you with tips and tricks to help you adapt to anything life throws in your direction. (Even a global pandemic!)</p>
<p><b>HS02</b></p>	<p>Tik-Tok, Beat The Clock!</p>	<p>Imagine that your council is currently hosting this year's prom when suddenly the lights go out! Councils that practice creative problem solving ahead of time have the tools to deal with problems as they arise. This workshop will prepare you with the tools necessary to teach creative problem solving skills to your council members.</p>
<p><b>HS03</b></p>	<p>Adventure through the Mind: Mental Health for Student Leaders</p>	<p>As leaders, we push ourselves to the maximum to accomplish great things, but many times, it's at the cost of our mental health. Throughout this workshop, we will explore a leader's responsibility when they encounter someone who is depressed or suicidal as well as some techniques to become less stressed, more resilient, and overall more mentally healthy.</p>
<p><b>HS04</b></p>	<p>Good Vibes: Positivity in Leadership</p>	<p>In this workshop, delegates will learn how to be effective leaders by using mindfulness and positivity. Delegates will not only learn how to think positively themselves, but also how their optimism can influence their leadership skills, school, and community for the better. They will take back a crucial, optimistic outlook to their councils, which is always important, but is especially significant in uncertain times like these.</p>
<p><b>HS05</b></p>	<p>Carve the Roast Beast</p>	<p>The story of "How the Grinch Stole Christmas" brings an important message to student council and other activities about cooperation, being inclusive, and keeping the spirit of the student body alive. It's a discussion based workshop allowing voices to be heard and room for ideas on how student council should remain true to their purpose.</p>



## 2020 PASC State Conference Delegate Workshop Options: Page 2

<b>HS06</b>	Letting Your True Colors Shine	We plan on asking the students' questions virtually on a scale from general to personal. After the question, if their answer is yes, they are to grab a colored object of our description. For example, "if you have a sibling, grab something red" or "If your parents are divorced, grab something blue". The point of this workshop is to show that no one is alone in any situation and everyone is shaped differently through their own experiences.
<b>HS07</b>	L.E.A.D. Leadership Exploration and Development	Our workshop teaches students how to become a better leader and how they can apply their leadership skills in their community, school, and council.
<b>HS08</b>	The Pathway to Teamwork	In this workshop we will be focusing on the key elements that go into teamwork and why it is so important. In our workshop we will introduce the topic of teamwork and what elements make up effective teamwork. After, we will be focusing on one of the most important elements: communication. Some other topics that will be discussed are working in groups, responsibility, trust, respect, and a common goal.
<b>HS09</b>	Have a Cup of Positivitea!	In this workshop, we will focus on LOVING yourself. This workshop is fun, interactive, and positive! Within this workshop, we will work on self-love/self-care, transforming negative energy into positive energy, and turning your weaknesses into your strengths.
<b>HS10</b>	Get a Balance on Your Life	Our workshop will focus on connecting with each other about daily activities that can make life stressful. You will learn to balance activities, stay organized, and be productive even when life can be overwhelming.
<b>HS11</b>	All About Self Confidence	Our workshop teaches delegates about the importance of self-confidence as a leader. After some fun virtual icebreakers, delegates will learn what can cause a lack of self-confidence, including bullying, media, body image, and societal norms. In this workshop, we hope students will grow as a leader by gaining and spreading confidence.
<b>HS12</b>	It's Time to Stand Up and S.H.O.U.T.	This workshop will introduce and elaborate on the S.H.O.U.T. program. S.H.O.U.T. is a program that fosters equality and fairness in schools. We will explain the program and how to implement it at your school.



## Workshops for Middle Level Students - grades 6-9

<b>ML01</b>	Confidence in Speaking	This workshop is to help you become confident in speaking. There will be on the spot speeches that will put you in a semi-stressful situation. This will help in the future to be less stressed when you actually have time to prepare for a presentation. There will be an overall a fun time.
<b>ML02</b>	Leading You Through Disney World	Are you ready for an adventure without leaving your bedroom? In this magical Disney World workshop, we will show you how the Disney characters are leaders and compare how you can use those skills in real life.

## Workshops for All Students

<b>B01</b>	3 Bridges in Every Successful Council	The relationships that connect a student council with its stakeholders are very similar to the bridges that connect Pittsburgh. Just as bridges connect point A to point B over obstacles, relationships do the same. The relationships a council builds with the student body, adults in the school, and the community at large are what will get the council from point A, an idea, to point B, reality. At our workshop, we will focus on learning how to build and maintain these 3 key relationships, or bridges, so your council will find success!
<b>B02</b>	Getting Over Embarrassment	Have you ever said "you too," when the waiter tells you to enjoy your food? Or, said goodbye to someone who you thought was going to walk in a different direction but didn't. We all have experienced embarrassment. For most of us, this is a daily occurrence. Our workshop will teach delegates to overcome their embarrassment and how to cope with it.



## 2020 PASC State Conference Delegate Workshop Options: Page 4

<b>B03</b>	Lift off Into Leadership	Everybody has been at a point in their student council careers where they really regret joining stucco because they feel so out of place?? Well in this workshop we will help you figure out how to take that first flight into the PASC world, and hopefully keep you “flying” on the PASC plane!
<b>B04</b>	On the Path to the PASC Board	In this workshop you will learn all there is to know to get started on the PASC board. From learning to apply, to what the expectations are, and all the experiences you will have, we'll tell you about it here! Join a current and former board member to learn all about the higher level of PASC.
<b>B05</b>	Perseverance and Resilience: Ride the Waves!	In this interactive, surfing themed workshop, delegates will learn the value of perseverance and resilience and how they contribute to the functionality of a good council during uncertain times- such as now! Similar to riding crazy waves while surfing, you must find new ways to complete tasks during difficult situations. Let’s learn how to ride the waves!
<b>B06</b>	Choose You!: A Workshop For You, Because You Matter the Most!	This workshop will highlight the most important parts and takeaways about yourself and what you can do to manage your health and self-care! Because no one will do it for you and you are the most important thing! You got you!
<b>B07</b>	Entrepreneurial Leadership	Join in a discussion of an Entrepreneurial Leadership style. This workshop will cover setting strategic goals, overcoming hurdles and haters, and the tools to align your organization towards achieving its goals.
<b>B08</b>	The One Where Everyone Becomes Friends	Our workshop involves various bonding and team building exercises that all surround the idea of making friends. Some topics we will talk about include meeting new people, becoming comfortable in your own skin, and how to keep a conversation going.
<b>B09</b>	Creative Thinking	In this workshop, you will learn to think differently and more creatively using many activities. You can then bring these skills back to your student council to make it better.



## 2020 PASC State Conference Delegate Workshop Options: Page 5

<b>B10</b>	Procrastination	This workshop is a presentation alongside questions that allow delegates to collaborate with each other on the struggles of procrastination in all the aspects of life. Delegates will learn coping mechanisms for dealing with procrastination and time management.
<b>B11</b>	Get Over It!	Our workshop is about overcoming diversity. The activity is to create a chain made out of these issues and discuss ways of overcoming them.
<b>B12</b>	Communicate. Collaborate. Create.	Communication is the single most important factor in creating a collaborative council that is able to plan and host successful events that will make a student body happy. In this workshop, we go in depth on the importance of effective communication and how you can work to better it within your council. After attending our workshop, you will leave with a better grasp on communication along with specific ideas that are simple but effective in improving how your council communicates and collaborates.
<b>B13</b>	Popping Stereotypes	Popping Stereotypes is a discussion based learning experience where topics such as stereotypes and discrimination are brought to the table. We will watch videos from popular TV shows and movies, identify stereotypes in the clips, and discuss ways we can prevent these stereotypes. The goal of this workshop is to bring together the ideas of students from all across PA and share how we, as leaders, can be more inclusive towards our peers.