



2021 Convention Workshops



Full list including Middle School, High School and Advisor Only Workshops.



Please note that all workshops are created and facilitated by students, for students. This is a great opportunity to see your peers in a leadership role with MASC.

If you are interested in coming a presenter next year, you must attend the certified Presenter Training during Advance that is tentatively set for August 10th at the Smith Center in Montgomery County. (This event could be virtual depending on CDC and MSDE guidelines.)

Workshops will have a capacity limit and one once it is filled, the Zoom link will close. We recommend students to make a list of three or four workshop preferences for each session.

MIDDLE SCHOOL ONLY

FRIDAY EVENING MINI SESSIONS

(Students can choose two- either mini workshops or the discussion/idea sharing)

Mini Sessions	Subject	Description	
1	Public Speaking: Secret Files	In this workshop our delegates will learn key factors of public speaking and learn some tips and tricks to make their next speech awesome!	
<i>There are also a variety of discussion sessions and idea sharing sessions in which students and advisors may choose to participate.</i>			
Mini Session	Session Topic	Mini Session	Session Topic
2	Mental Health	5	Idea sharing - Spirit activities
3	Idea sharing - Publicity	6	Diversity
4	Idea sharing - Service Projects		

SATURDAY WORKSHOPS

(Students will participate in two rounds of workshops. All workshops will be offered twice unless otherwise denoted.)

Workshop Number	Workshop Category	Workshop Title	Description
1	SCHOLARSHIP	Hot Topics for Middle Schoolers	Are you a middle school student that wants to learn about what you can do in these three short years? Are you a middle school student that wants to share your own ideas? This is the presentation for you! We will be discussing many topics, such as , but not limited to...Mental Health Awareness, Study Strategies, and Preparing for the Future. So many topics, so little time. We want to hear from you. Remember we all in this together.
<i>AM only</i>			
Workshop Number	Workshop Category	Workshop Title	Description
2	MENTAL HEALTH	Mental Health Awareness	Nothing is more important than the social/emotional well-being of our students, especially during this heightened alert. We, as adults feel it, but our students feel it more. Come learn how to navigate this new world and assist our middle-schoolers. Resources and programs will be shared that will allow you to guide your students to learn stress-relief techniques, mindfulness strategies, and self-care.
<i>PM Only</i>			
3	SCHOLARSHIP	Public Speaking and Campaigning	If you are interested in running for office in the future but you need help improving you public speaking skills, this is the workshop for you! We will teach you public speaking skills and how to start planning for an awesome campaign.
4	LEADERSHIP	Bridges in Student Council	Learn how to effectively communicate in order to improve your council's productivity!
5	STUDENT ENGAGEMENT	Confident Activists	Calling all Activist! In this workshop, we welcome a community that allows for personal experiences to be shared and we hope will inspire the rest awaiting to become activists! Additionally, we will address the common issue that often blocks success!
6	MLW	MLW Magic	Meet with MLW Leaders to learn more about their program and gain some knowledge that you can use with your student government.



2021 Convention Workshops

HIGH SCHOOL ONLY



FRIDAY EVENING MINI SESSIONS

(Students can choose two- either mini workshops or the discussion/idea sharing)

Mini Sessions	Subject	Description
A	No Idling Zones	Every day, an average of 7,000 students are dropped off at school by a car. This means that every day, 7,000 students' parents are sitting in a school parking lot with their cars running. Come to our workshop and learn how you can dramatically reduce both students and the environment's exposure to toxic vehicle fumes.
B	Mindfulness and Intention: Mastering Your Personal and Academic Life	Master your mind! Come to this workshop to learn more about how to think and act with the intention of personal success and fulfillment.

There are also a variety of discussion sessions and idea sharing sessions in which students and advisors may choose to participate.

Mini Session	Session Topic	Mini Session	Session Topic
C	Involvement and engagement in Student Councils	K	Student activities and opportunities
D	Tim Elmore - COVID Habitudes (Trade-Offs)	L	Idea Sharing - Spirit Activities
E	Tim Elmore - COVID Habitudes (Root and Fruit)	M	Tim Elmore - COVID Habitudes (Stethoscopes and Treatments)
F	Time and stress management	N	Idea Sharing - Publicity
G	Tim Elmore - COVID Habitudes (Flight Delay)	O	Building Your SGA
H	Diversity	P	Tim Elmore - COVID Habitudes (Fountains and Drains)
I	Student Representation in Education	Q	Tim Elmore - COVID Habitudes (Three Buckets)
J	Idea Sharing- Service Projects	R	Chesapeake Bay Foundation (CBF) From environmental justice to climate change, learn how you can be an effective leader on issues that matter to you!

SATURDAY WORKSHOPS

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Workshop Letter	Workshop Category	Workshop Title	Description
A	ACTIVITES	Strengthening Student Engagement through School Activities	In this workshop students will learn how to Strengthen Student Engagement through School Activities. We will focus on how to further outreach to your student body and how to lead and facilitate school activities.
B	ACTIVITES	Leadership in Diversity	Have you ever wondered about the diversity in leadership? Well, look no more! Here we want to teach you that diversity in leadership can change work environments and the world for the better good.
C	CHARACTER	Mental Health Toolbox	Mental health challenges for students is occurring now more than ever. This workshop is to inform, educate, and raise awareness on the stigma of mental health.
D	CHARACTER	Reaching Out to Those At-Risk	Have you ever witnessed a crisis but didn't know how to proceed? Well, you are in luck! Join us for an interactive workshop to learn more about responding to difficult situations. Wrap up your new knowledge with a lively jeopardy game! Trigger Warning: This session will discuss concepts that may be distressing to some people.
E	CHARACTER	Creating Space	Do you like music and are interested in bettering your mental health? Learn the Value of Happiness, the importance of self-reflection, and how to better understand your emotions while tying in your favorite songs and how they make you feel with this workshop, Creating Space.
F	LEADERSHIP	Colors of Leadership	This workshop will give you a better grasp on how you can use your skills and personality to become a better leader.
G	LEADERSHIP	Leadership in Diversity	Have you ever wondered about the diversity in leadership? Well, look no more! Here we want to teach you that diversity in leadership can change work environments and the world for the better good.
H	MLW	MLW Magic	Meet with MLW Leaders to learn more about their program and gain some knowledge that you can use with your student government.

Workshop Letter	Workshop Category	Workshop Title	Description
I	SCHOLARSHIP	Understanding Your Procrastination	Let's be honest - nothing is easy in middle or high school. An essay due at midnight? No motivation. A mid-term project? Out the window. Together, we will dive into the abyss of stress and understand why this is happening in order to overcome it.
J	SCHOLARSHIP	The Crazy World of College Admissions	Are you planning on going to college after high school? Are you nervous about the ins and outs of the admissions process? Come join us for a workshop that will feature advice on looking for colleges, financial aid, college apps and more!! No matter what academic setting you are in, we have you covered !
K	SERVICE	Can do Cafeteria Composting Cabaret	We all learned the basics of Composting in grade school, but do you know exactly how much it affects the plant? In 2018, Americans recovered 25 million tons of trash, just by composting! Come learn about the importance of composting, and how your school can get involved.
L	SERVICE	Service Superstars	Want to become more involved in your community? Come learn about advocacy and service and launch into this semester like a real service superstar!
M	STUDENT ENGAGEMENT	The Brutally Honest Guide to Navigating Your Path to College	Tired of hearing the same things about college admissions? Two high schoolers-- one working on applications and one finished with them-- will walk you through the straight facts of what works, what doesn't, and how to optimize your energy to create your best personal profile.
N	STUDENT ENGAGEMENT	Be Informed: Racism Awareness	What is racism and how can you be aware of it in your community? Join us to know the answer to this question. You will learn what racism is and why it is an issue in today's society.
O	STUDENT ENGAGEMENT	Let's Talk... Microaggressions	Are you passionate about gender equality and combatting sexism? Then come pay a visit to our workshop, where we will be discussing sexism and microaggressions that are present in minority groups!
P	STUDENT VOICE	Running a Campaign 101	Are you interested in running a successful student council campaign? Running a Campaign 101 will provide you all the tips and tricks you will need!

SATURDAY- ADVISORS ONLY

Workshop	Workshop Category	Workshop Title	Description
ADVISORS	ADVISOR ONLY	Tell Me How	If you think lifting a spaceship off the ground and sending it into space is a challenge, try being an advisor in 2020-2021. This workshop is geared specifically to advisors to provide practical tips to assist as we boldly go where no one has gone before.



Just because we are virtual doesn't mean we can't have great conversations!!

During lunch we will have "cafeteria lunchrooms" or breakout rooms on various topics. Join your friends for lunch and conversation in the various breakout rooms ranging from sports, reality TV, seniors/Class of 2021 and more. Delegates will be able to hop from breakout room to breakout room to network and socialize.

Have an idea for a breakout room? You can submit your topic to the executive directors or through any of the MASC Social media platforms.
