



2021 Convention Workshops

HIGH SCHOOL ONLY



Workshops will have a capacity limit and 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.

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

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

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 planet? 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!



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.
