

High School Workshops: Please list the top FIVE Choices for EVERY High School Student

(presenters should list their own workshop first!)

Letter	Workshop Category	Workshop Title	Workshop Description
A	Activities	Build Your Future through Budgeting	Delegates will learn strategies to budget for school events, and how to connect it to their future.
B	Activities	Creating a Successful Service Project	Unlock the secrets of developing a successful service project with engaging games, thought-provoking discussions, and other activities. Acquire the expertise to make a real impact on your community through your own service projects!
C	Character	Breaking The Bad	This workshop spreads awareness about the drug and opioid crisis within our schools. We will do fun and engaging activities, learn how to identify an overdose, and do a Narcan training!
D	Character	Build Your Own Bowl: Personality in Choice	Just like everyone's order at Chipotle is different, the personality traits you have make you unique. Join us to learn how your personality traits influence the choices and decisions you make!
E	Citizenship	Advocating for Your Student Rights	Delegates will learn about their rights as students and resources to help them advocate for themselves and their peers.
F	Citizenship	Rally the Vote: High School Voter Engagement and Education	Utilize your voice! Learn how to navigate the voting process, legislative impacts, and become informed advocates at the polls!
G	Council Management	MASC Parliamentary Procedure: Parli Prolympics	Learn the basics of Parliamentary Procedure in the MASC Parli-Prolympics and gain the understanding needed to effectively use Roberts rules of order, and be prepared for MASC conferences and meetings.
H	Leadership	A Leaders' Perspective: Identifying Social Styles within a Team	Unlock the power of the four social styles—Driving, Amiable, Expressive, and Analytical—and their strengths in team dynamics. Delegates will learn to identify these styles, understand how they work best together, and discover their own social style to enhance their leadership.
I	Leadership	Communication Champions	Become a communication champion and learn how to speak confidently, passionately, and knowledgeably.
J	Leadership	Curation of Conversation (Civil Discourse)	Educating delegates on the properties and characteristics of effective disagreements and conflict between opinions. Then, applying this to an actual situation.
K	Leadership	Facilitating 101	Ready to lead and inspire? This workshop is your ultimate guide to mastering the art of co-facilitation. Whether you're passionate about presenting or eager to teach, join us to gain the skills and confidence needed to engage and empower any audience!
L	Leadership	Fuel Your Passion: Turning Ideas into Action	Unlock your potential and discover how your passion projects can truly transform your portfolio! Make a difference and take a stand, together, we'll create something truly grand!
M	Leadership	How to Refine your Resume	Learn how to craft a standout resume that highlights your unique skills and experiences. Whether you're applying for jobs, internships, or college, this workshop will give you practical tips to make your resume shine and help you confidently present yourself to employers or admissions officers.

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N	Leadership	Inside Leadership: Emotions, Balance, and Action	Join us for "Inside Leadership: Emotions, Balance, and Action," where you'll explore how your feelings—just like the emotions in Inside Out—shape your leadership journey! Discover practical tools to manage anxiety, master time management, and boost your emotional awareness, all while learning to lead with confidence and empathy.
O	Leadership	Leading Effective Conversations and Desensitizing Issues Workshop	This workshop will help students become aware of desensitization around severe issues and teach strategies to have effective conversations about those issues, with awareness of their biases.
P	Leadership	Press Send with Confidence: Writing Emails 101	Teaching and preparing students to write professional emails for specific instances. “Your guide to digital communications”
Q	Leadership	The 3 Cs of Team-Building	Learn how to create a positive team-building environment with peers in several atmospheres, including school, advocacy, sports, and all aspects of your life! We will explore the three Cs: communication, collaboration, and coordination.
R	Leadership	Using Your Passion to Initiate Change!	This workshop will highlight steps, strategies, and tips when it comes to initiating change as a high schooler. This workshop will use interactive group activities where delegates can share ideas/personal passions and simulate the process while having fun. This workshop will also use short lectures to teach students how to turn their ideas into a reality.
S	Leadership, Service	Present with Power: Certification Session	Have you ever wondered how you can present at MASC Conferences like FLC? In this session, you will learn how to facilitate workshops just like the ones you are participating in today. NOTE: This certification will take up all three workshop slots, and will require additional committment to 'homework' (Zoom meetings, additional materials, etc.) Help be the future of MASC and our workshops!
T	Service	Green Mindset, Greener Planet	Delegates will discover how developmental growth can align with environmental stewardship. They will learn actionable steps to reduce their carbon footprint, adopt sustainable habits, and foster a mindset that prioritizes self improvement and the health of the planet.
U	Student Engagement	Aevidum, From Struggle to Hope: Student Initiated Wellness and Suicide Prevention	In this workshop students will learn about Aevidum, a student led suicide prevention and positive school culture initiative. Aevidum empowers youth to make a difference by lifting their voice and using their ideas to destigmatize talking about mental health, promote help seeking behavior and create a school environment where everyone feels accepted, appreciated, acknowledged and cared for.

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V	Student Engagement	Finding Safety in Chairs	This workshop will teach you how to make a safe and efficient plans/goals by showing the importance of backup plans using stools.
W	Student Engagement	Garden of Diversity	The Garden of Diversity was planned to help delegates recognize that no matter how different we are, there will always be something connecting us, this symbol being flowers. There are different types of flowers used in different types of cultures yet they are all beautiful and unique.
X	Student Engagement	Voices for Change: Having Difficult Conversations	This workshop intends to eliminate the tension of mental health conversations through anecdotal–conversational–elements and interactive activities, creating a balance between critical conversations and physical representations/activities to correlate.
Y	Student Voice	"What? Like it's hard?" Win Your Next Argument	In this workshop students will learn all the skills to win a debate! Practice speed debates, learn strategies, and more!
Z	Student Voice	Advocacy 101	Turn your passion into action! Here you'll learn about the basics of advocacy and how to prioritize what matters most to you. Get ready for group conversation, role play, and fun activities like advocacy bingo to help you develop the skills needed to lead change in your community!
AA	Student Voice	Don't Get Voted off the Island: A How-To on Campaign Marketing & Development	Don't get voted off the island! Cover campaign basics for students wishing to run for office within a student organization, including the developmental and implementation stages whilst teaching hands-on skills that can be applied to multiple facets of the student experience.
BB	Student Voice	TEENS VS TITANS: Working With Adults as a Student Leader	Dynamic Dialogues: Ready to level up your leadership game? Join us to learn how to confidently share your ideas and connect with adults! Discover your unique voice, tackle tough conversations, and make your mark in your community.
CC	Student Voice	The Voting Process	Have you ever been curious on the factors of voting or why they benefit you? In this workshop you learn all about how voting works and why you should too!