



2015 DISTRICT 3 CONFERENCE

WORKSHOP LIST

Middle School

MS01 The “Bare Necessities” of Risk Taking

Are all risks bad? Are some good? Should you take risks within your student council? Join us as we discuss the “bare necessities” of risk taking through the magical realms of Disney!

MS02 Becoming a Student Council Fairy Godmother/ father

Bippity! Boppity! Boo! Is your student council in need of some magic to improve its endeavors? Could it simply use a good spell to enhance its productivity? If so, then this is the workshop for you. Using various strategies we will work to empower you with the tools to transform your student council into a well-oiled machine that will avidly improve your school and community.

MS03 Diving Into Communication Skills

Dive in with Ariel into this sea adventure on communication. Learn all about good communication and listening on an amazing undersea adventure.

MS04 Anyone Can Cook

Come and learn the recipe to achieving your goals! This workshop will get you on the right path to get you right where you want and many more valuable skills to make it easier to get you there. So what are you waiting for, like Gusteau said, “Anyone can cook.”

MS05 Break Free From Your Birdcage

If you have trouble taking the first step out of your comfort zone, this workshop is what you need. Too often, people miss out on great opportunities because they’re afraid to leave their “cage”. But if you want something you’ve never had, you have to do something you’ve never done.

MS06 Deep Sea Dinglehopper Diving

This workshop will focus on teamwork, leadership, listening to your peers and being able to complete a task with someone that you aren’t familiar with. Through fun adventures and activities learn how to work with others and communicate effectively.

MS07 Relieve the Sudden Waves of Stress

Do you ever wish that you could take a break “Under the Sea”? Like it or not, you are “Part of This World” and in this world, you will have stress. For some “Poor Unfortunate Souls” stress can be overwhelming. Dive in to learn some strategies to relieve the sudden waves of stress.

MS08 A Leader’s Adventure Book

Leadership is out there! Come find out what it takes to be the best Disney leader you can be. Learn what qualities a successful leader needs through the Disney characters. Enjoy a unique experience from the packet to the activities.

MS09 Slice the Apple

Discover how you can encourage all members of your student council to become involved we can fit into different roles in student council. If you like celebrities, cheesy analogies, and of course apples, this workshop is for you!

High School

HS01 Beating the Seven Serious Snakes of Public Speaking

Are you terrified of public speaking? What about snakes? Well then my workshop is perfect for you! Overcome your fear of speaking through fun activities designed to get you ready for any speech that might come your way! There will not be any real snake only metaphorical ones, so don't worry!

HS02 STUCO 2.0

Learn how to take your student council to the next level through technology usage and how to enhance your existing technologies. Also learn how to put Twitter, Instagram, Facebook and more to work for your organization.

HS03 Propaganda Party

Get ready to party as you learn how to successfully advertise in your school! From fonts to Facebook, be prepared to explore different forms of propaganda that are perfect for your school.

HS04 Confidence & Self Image - "Just Keep Swimming"

In our workshop students will learn how to convey confidence wherever they are. In a deep, dark sea, things can get a little scary, but if students use the skills learned in our workshop, they will overcome their fears and become a more confident leader no matter what daunting situation they may find themselves. Students will be able to take skills learned in our workshop back to their schools and use them to create a positive atmosphere in their club.

HS05 Communication, Compromise, & Candy

This workshop is for those who would like to improve public speaking, making compromises, as well as improving communication in their own councils! Throughout several activities, delegates will improve in all of these aspects of a great council! This workshop is not only beneficial to you and your council, but it is a blast!

HS06 Self Motivation - Under the Sea

Our workshop is a confidence boosting, self-motivating activity that will help you see that your dreams can be more easily achieved than you think! After all, dreams don't have to stay dreams!

HS07 Who Are These Strangers Like Me

Just like in Tarzan, our councils are full of different personalities which can sometimes make it difficult to accomplish goals. In this workshop you will learn how to use every dynamic person's role within your council so you can help to make your council a Team!

HS08 Welcoming New Students With Leadership!

Are you looking for a way to build leadership and teamwork in your school? Are you looking for a way to welcome freshmen and new students to your building? Use leadership to welcome new students to your school community! Learn how to design and implement a "Freshman Leadership Challenge" in your school!

Both (Appropriate for either Middle or High School students)

B01 How to Improve You, According to POOH!

Spend time to focus on yourself for a change! Through the characters of Winnie the Pooh, learn what type of personality you are and how to handle situations based on that personality. Go on an adventure through the Hundred Acre Wood with Pooh and his friends to learn how to handle stress and live a happier life!

B02 Community Service

This workshop will teach delegates the elements of community service and will give them ideas on how to implement projects in their own community. Examples and opportunities of community service will be discussed in workshop along with the completion of an actual community service project for a local retirement home.

B03 Zumba Dance Party

Are you stressed out with school, work, and drama with friends? There is no better way to relieve yourself than with Zumba. Come join the fun by dancing around, having a good time, and also removing the stress from your life!"

B04 Safari Through Esteem

In this workshop, you will discover exciting and fun ways to raise positive thoughts about yourself, your friends, and your community. Lots of fun activities are in store as we go on a "safari" of esteem together!

B05 Gadgets and gizmos aplenty, Whoseits and whatsit galore!

This workshop will teach delegates the importance of good time management and organization in both student council and life. The workshop primarily utilizes the idea of the four quadrants in time management.