

Sonoma Middle School Workshop: February 10, 2012

**** (Students will be broken up into smaller groups to ensure that they are provided with more individualized attention. The workshop incorporates both small and large group activities to ensure that students can practice leadership in various settings.) ****

8:30-8:50 Registration/ Mixers (20)

-CASC Mixers are engaging group bonding activities that help all delegates break the ice and become comfortable with one another. These mixers will get students energized and ready for a day full of learning!

8:50-9:00 Welcome: Introductions, Overview of the day, CASC rules (10)

9:05- 9:45 Small Group: Council Session I (40):

- Name Game (5)
- Expectations/ Agreements (10)
- Personal Portrait (25): This activity enables students to reflect upon

9:50- 10:30 General Session: Ideal Leader (40)

-This first general session enables students to reflect upon the important qualities of leaders, and determine in which ways they may improve upon their own leadership skills.

10:30- 10:35 Snack Break (5)

10:35-11:20 Seminar Block (40)

Meeting Skills

Conflict Resolution

Swap Shop: Spirit & Fundraising

Community Service

-The delegates choose and attend whichever seminar block that interests them the most, and in small blocks, they get to share spirit, fundraising ideas from their own schools and take the new ideas back home to implement them locally.

11:25-12:10 Seminar Block II (40)

Meeting Skills (Continued)

Conflict Resolution

Swap Shop: Spirit & Fundraising

Community Service

12:10-12:45 Lunch-Outside (35)

12:50-1:35 Small Group II (45)

Presentation Skills (45)
-Basic Presentation Skills
-Successful Presenting
-Diads

-All leaders need to carry themselves with composure and self-confidence. Through our Presentation Skills session, delegates will gain invaluable public speaking skills, and discover the most effective ways to convey one's ideas. They will also have the opportunity to present speeches to the group.

1:40-2:20 Tower Building: General Session Room

*This exciting general session involves the advisors as well!

2:20-2:30 Closing/ Evaluations (10)