

Workshop Descriptions

B- Middle & High School Level

H- High School Level

M- Middle School Level

Level	Workshop Name	Description
B1	Achieving Managing a Council	We will be teaching everything that an Exec, Secretary or just an all around council devoted person should do! We will also be teaching how to prioritize correctly even if that is the rougher way to go! We hope to send members home with a new mindset and a better way to work efficiently.
B2	How to Plan a School Dance	We will teach how to fundraise for your dance including asking for food donations, decorations, etc. Also how to decide pricing on your tickets. Lastly, we will talk about all the things you need to have a successful school dance.
B3	Stressful Cooking	Leadership is like a cooking entree. It could be stressful and you need the right ingredients. This workshop will teach you how to use your ingredients to create leadership and how to identify sources of stress in your leadership.
B4	How to have STELLAR School Spirit	In this space adventurer, you will learn how to make your school spirit STELLAR! From planning spirit weeks to having pep rallies, this out of this world workshop has got you covered. You will leave the workshop with a better idea on how to have your school's spirit top notch. Let space exploration begin because the possibilities are endless.
B5	Following our Dreams: Diversity and Equity	This workshop will be all about how we can make people of all races, orientations, backgrounds, etc. comfortable in our councils and schools!! We will discuss many techniques that will help us become more inclusive and diverse. We will also discuss ways that our own councils can better embrace diversity, benefiting students all across the region as we bring our ideas home!
B6	Dream Big and Host your own Conference	Our workshop is focused on teaching students how to go about hosting a conference. We hope to get students eager and involved for upcoming years. As this is our first year hosting a conference, we want them to know that they can too, with confidence.
B7	Batter Up	The baking workshop concludes with simple baking materials such as pans and utensils. We will be showing why it is important to be cautious when baking, and helping with baking. Organization, attention to detail, coordination, patience under pressure and creativity are some of the factors of leadership while baking.
B8	We are all the same: Human	Our workshop is about what's going on in the world with regards to how we treat each other. We will show everyone that if we all work together no matter who we are, the world would be a much better place. We can all lead each other to greatness.

B9	Social Equality: Make a Change	During this workshop we will talk about how people of different ethnicities and identities are affected by societies. We will discuss how we can help our classmates feel important, included, and like they deserve to be here. (This topic does touch on sensitive topics like suicide and depression.)
B10	Starry Solutions: Ethical Decision Making and Problem Solving	Sometimes, situations may not have a designated "right" or "wrong" answer. Why may that be? You'll find out in this workshop! In our workshop, we will teach you about the importance of problem solving and how individuals respond to conflict based on their own ethical outlook.
B11	Layering the Foundations of Teamwork Using the Cake Method	Layering the foundations of teamwork is all about solving problems and being an engaged team member. In this workshop, you will learn how to apply the cake method to problems in your council and community.
B12	Get Locked-In to Council	In this workshop we will be learning about a student council event we hosted: A Lock In. We will be sharing ideas from the lock in as well as discussing new council activities that can be incorporated in team building at any council
B13	Turning Leadership Nightmares into Leadership Dreams	Our workshop is about reflecting your life / classes with your future dreams and goals. Council is a great way to get started
B14	Balancing Your Plate: The Ultimate Goal to Time Management	Do you struggle with juggling all of your tasks and activities? "Balancing Your Plate" will teach delegates how to effectively manage their time and workload in order to be healthy and stress-free! They will be able to understand the importance of time and task management through compelling discussions and fun interactive activities.
B15	Teamwork makes the dream work	Students will have to perform team building exercises. With these exercises they will learn how to work together with a new group of people. They will learn communication skills for planning events and school activities. With the skills that they learn from the activities, the groups will plan an event for their school.
H16	King of the Jungle	Take a quiz to see what kind of leader you would be in the animal kingdom. Then, team up with others who have the same results as you. You will see if your similar leadership styles clash or work well together.
H17	How to get involved with Student Council beyond High School	In this workshop we would have a guest college speaker Lindsay Griffiths President at Millersville university and vice chair of the BSGP Board of Student Government Presidents in a video talk about student council after high school and how to get involved and what roles they have for leadership in college councils. We will have handouts of universities with student councils or governments. Also have a PowerPoint on what it means to use and why we got involved in student council.

H18	Have a cup of positivity-tea	Workshop details how positivity can improve a group in how they work and act. You can apply what you learn in this workshop to improve your mindset and deal with negativity within a council or in general in your life. This workshop presents what positivity can do for your life and how it can change your aspect on things, which also can affect how you act or understand things.
H19	Cultural Cuisine Connections	The “Cultural Cuisine Connections” workshop engages delegates in an active, entertaining way to learn about developing connections within their council, those around them, and their student body. By listening and building connections with others, a council is able to represent and provide services and events for diverse groups of people in their school that may not be represented enough.
H20	A Little Bit of Spice: The Value of Diversity	In this workshop, delegates will learn about the value of diversity in their councils and all around them! They will come to appreciate the knowledge they have gained from their diverse surroundings. Meanwhile also learning how this diversity works to better them as a person and create a more effective group.
H21	Grow as We Go	Our workshop highlights each delegate's differences, but also shows how they are all going through similar experiences. We also talk about personal growth, and different ways to track it in yourself and in a larger council setting. The major goal of our workshop is to show students that nobody is going through something alone, and that someone could relate to you in one way or another.
H22	Dreaming Outside Your Comfort Zone	Our workshop was designed to help people step outside of their comfort zone. It will encourage students to share their ideas with the council with no fear of embarrassment. It will also help enhance council participation.
M23	Training Your Brain	In our workshop we will be talking about how you can trick your brain into staying focused and strong. We will also be talking about how your brain works at such high functions causing it to go off track sometimes and how to help you stay focused.
M24	The Importance of Staying Committed	Our workshop will focus on the importance of staying committed to any activity you start. Being driven and keeping your commitment to an activity is very important because whether it has to do with sports, extra curricular activities, or your everyday life you must stick with it until you have reached set expectations or goals.
M25	Leading you through Disney world	Leadership is everywhere, even in Disney movies! Some of our childhood favorites include moments in which someone took charge to keep others safe, or to execute a plan! We will show you these clips, as well as icebreakers, and other leadership activities to put your skills to the test!