

NSQ 2022
WORKSHOP
WORKSHOP
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Woohooo!

WORKSHOP WORKSHOP OUTLINE

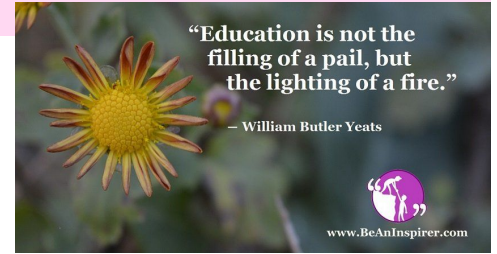
1. Fueling the Fire, not Filling the Bucket
 2. Workshop and Facilitation at Camp
 3. Learning Styles
 4. Approaches to Risk
 5. Workshop Structure
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1. QUICK REVIEW - WHAT DOES IT MEAN TO BE A MENTOR?

1. FUELING THE FIRE, NOT FILLING THE BUCKET

- Our goal is to inspire, not tell.
- Each camper is a unique individual. What they get out of a mini workshop might not necessarily be the exact same as another camper.
- Bottom line: We want the campers to form their own thoughts & ideas!

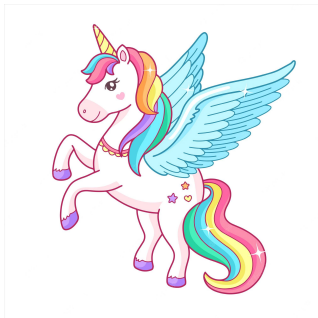


2. WORKSHOPS AND FACILITATION OPPORTUNITIES AT CAMP

- Cabin Circles
- Big Workshops
- Mini-workshops
- All the time!



WHAT ARE MINI WORKSHOPS?



A Day At North Star Quest Camp

8:00 Stretching at the Center Lawn

8:30 Breakfast

9:00 Morning Gathering

This time will be a quiet time of getting centered and reflecting on the day's topic. Journaling, Readings, Discussions. Topics Include: Who am I inside? Who am I with other people? Who am I in the big wide world?

10:00 Mini-workshops & Media Workshop

Short workshops on topics like health, nutrition, trust, communication, as well as a camp wide workshop on media literacy and critical thinking.

12:00 Lunch

1:00 Big Workshops (1½ hours)

Some workshops we've done before include: Belly Dancing, Printmaking, Boffer Sword Tournament, Songwriting, Self Defense.

2:30 Free Time

Swim in the River, Arts and Crafts, Snack

4:30 Big Workshops (1½ hours)

More hour and a half long workshops put on by local professionals

6:00 Dinner

WHAT ARE MINI WORKSHOPS?

Key Points

- From 10:00 am to 12:00 AM (in between lunch and breakfast)
- Led by counselors and staff
- Workshops build and reflect on themes of the day
- 4 groups with 1 adult each
- Same workshop is repeated 4x
- 25 minutes each

3. LEARNING STYLES

- How do you best learn?
- Incorporate multiple different learning styles into your Mini Workshop
- Use different tools to keep the campers engaged
- Bottom line: Switch it up!



4. RISK ASSESSMENT AND APPROACH

- Low, Medium, & High Risk - Jamboard Activity



4. RISK ASSESSMENT AND APPROACH

Low Risk	Medium Risk	High Risk
<ul style="list-style-type: none">• watching w/o doing• journaling for personal use (write or draw)• anonymous questions (spaghetti bowl)• big group games	<ul style="list-style-type: none">• participation in discussion• answering questions• singing in group• small group games• games with physical contact• writing or drawing w/ option to share	<ul style="list-style-type: none">• presentation or performance in front of group<ul style="list-style-type: none">○ role play○ singing○ reading○ dance• leading games or activities• sharing personal stories or feelings

5. MINI WORKSHOP STRUCTURE - 25 MINUTES!

- a. Opening game/ritual (BRIEF! < 3 minutes)
 - i. E.g., the “Sex”uality activity (for the sexuality & gender workshop),
Vagina chant (menstruation workshop)
- b. Introduce theme of workshop (< 2 minutes)
- c. Short explanation of Key Points (< 5 - 7 minutes)
 - i. What is the main message you are trying to get across
- d. Activity (< 5- 7 minutes)
 - i. Keep in mind different learning styles and risk level
- e. Closing ritual/checkout (quick < 5 minutes)
 - i. Important!

MINI - WORKSHOP CONCEPT REVIEW

- **Mini workshops: Concise, engaged workshops to empower and inspire campers!**
- When designing your workshop, keep in mind:
 - Using a multi-faceted approach to engage multiple types of learning styles
 - Understanding and incorporating risk assessment into your workshop
- **Workshop Schedule**
 - 25 minutes: Opening game, theme introduction, bulk of information/key points, activity, closing check-out
- **Logistics:**
 - Same workshop 4x
 - Two adults each, not with your co-counselor



LET'S CHOOSE SOME
WORKSHOPS!