

FACS to the Max - Workshop Options

Friday, April 25, 2025

GROUP #1 | 10:30 a.m. – 11:15 a.m. | 5 Workshop Choices

- 1. Financial Education: Navigating State Mandates and Approaches to Effective Teaching:**
This presentation will focus on preparing for the ongoing implementation of statewide mandatory financial education. While data and outcomes may not yet be available, the session will provide an opportunity to explore, discuss, and debrief potential challenges and trends. The session will explore strategies for engaging students in financial literacy, informed by broader trends in financial education. It will also highlight resources that support the development of financial knowledge and practical skills, empowering students to cultivate financial capability needed for long term financial success and well-being. (Jae Min Lee Ph.D., FCS MSU-Mankato Faculty)
- 2. Family Storytelling:** This interactive workshop will explore how family stories can serve to promote intergenerational connections, resilience, and cultural identity. Drawing from research, presenters will provide straight-forward tools for FACS educators to use storytelling in their classrooms. Attendees will engage in hands-on exercises designed to help them uncover and construct family narratives, creating opportunities for empathy and personal growth. This workshop will be a mix of interactive lecture, group discussions, and experiential exercises. It will be designed to be both informative and participatory, ensuring that attendees not only learn but also practice storytelling techniques within the workshop. (Dan Moen Ph.D., CFLE, LMFT MSU-Mankato Faculty, Olivia Hall B.S.(Candidate) and Undergraduate Researcher)
- 3. Integrating Work-Based Learning and School-Based Enterprises in FCS Programming:** In this session, we will explore the integration of Work-Based Learning (WBL) and School-Based Enterprises (SBE) within Family and Consumer Sciences (FCS) programs. Attendees will gain insights into how experiential learning and WBL opportunities—such as internships, job shadowing, and youth apprenticeships—can be seamlessly incorporated into FCS programming to provide students with real-world, hands-on experience. Additionally, we will discuss the foundational principles of SBEs, defining what qualifies as an SBE and how these programs, such as school-run cafés, allow students to apply their classroom knowledge in authentic, entrepreneurial settings. (Mary Berg, MDE Work-Based Learning Education Specialist, Julia Henderson, MDE FCS Education Specialist)
- 4. Make Your Class Everyone's Favorite with FCCLA:** Are you ready to unlock the potential within your students and have the vibrant FACS program you've always wanted? Family, Career, and Community Leaders of America may be for you! Featuring direct connections to career pathways and FACS frameworks, FCCLA engages students through professional development, personal growth, and social fun. Learn about the impact FCCLA has on students, ways to seamlessly leverage resources to enhance what you're already doing, and how to get a group started. (Patrick Mitchell, Minnesota FCCLA Executive Director & Student State Officers)
- 5. "Teens, Bugs, Guts & Food":** This presentation will review the current science on the gut microbiome specifically as it pertains to the developing guts of teens and will provide practical tips such as foods lab assignments that can incorporate the popular current topic of "gut health". (Shelly Brandenburger, Ph.D., MSU-Mankato Faculty)

GROUP #2 | 11:30 a.m. – 12:15 p.m. | 5 Workshop Choices

- 1. Teaching Young Adults, “Adulting!”:** At PLHS Maggie has transformed her *Independent Living* course into an “adulting” class countless students, families, and staff think should be a graduation requirement. We wish! Students deserve to know more about the nitty-gritty details of the adult world that no one typically teaches them until it's too late and their adult life is happening around them. Maggie will share how she teaches these rather bland and complex topics in a way that students can understand. Topics covered in her course are exploring post-high school options, resume and interviewing skills, money management and budgeting, credit scores and banking, filing taxes, understanding insurance, renting apartments and buying houses, buying a car, grocery buying, and little life hacks. Students deserve to have a leg up on their independent future before they graduate high school - and we can help! (Maggie D’Silva, FCS Teacher Prior Lake High School)
- 2. Elevating the Future for FCS Education:** Discover the exciting changes shaping the future of Family and Consumer Sciences (FCS) at the national level, including updates to the National Career Cluster Framework and their influence on revisions for Table C, Frameworks, and more. Hear the latest updates from MDE and explore strategies to elevate your programs and amplify the impact of FCS! (Julia Henderson, MDE FCS Education Specialist)
- 3. Exploring New Partnership Opportunities with MNVA: Engaging Students in Online Learning:** Join us for an insightful session focused on the exciting new opportunities for collaboration with Minnesota Virtual Academy (MNVA), a public K-12 online school that offers diverse learning pathways for students. We’ll explore how partnerships can enhance the educational experience, with a special focus on engaging students in online learning environments. Discover how MNVA’s flexible learning model supports a wide range of courses, including specialized family and consumer science classes. Learn how these courses can be seamlessly integrated into students' academic journeys, offering practical skills and real-world knowledge. This session will provide key information on how students can access and succeed in these essential classes, while also outlining partnership opportunities for schools, organizations, and educators to collaborate with MNVA in shaping a well-rounded virtual education.

Whether you're looking to support students in their online learning journey or partner with MNVA to expand your educational offerings, this session will provide the insights you need to take the next step. (Melissa Roggeman, FCS Teacher, Minnesota Virtual Academy)
- 4. "Plugged In: A Guide to Teen Media Habits":** Discover the ever-changing world of teen media use. Attendees will come to understand and explore the patterns, platforms, and preferences shaping the ways that teens interact with technology. Gain a deeper understanding of the impact of media on teens' development, communication, and decision-making. Learn how students navigate the digital world and how educators can support students in an increasingly connected community. (Heather VonBank, Ph.D. MSU-Mankato Faculty)
- 5. Sambuusa Creations:** Join us for a culinary adventure exploring the art of sambuusa-making! In this hands-on class, you'll learn to craft a variety of sambuusas, from sweet to savory and plant-based delights. Experiment with traditional and creative fillings. Perfectly fold, fill, and fry (or bake!) these crispy, golden parcels to create the ultimate snack or appetizer. Whether you're a sambuusa enthusiast or a first-timer, this class promises fun, flavor, and plenty of delicious bites! (Michael B, Jeana D, Jillian M, Rukayah J MSU- Mankato Food Production Mgmt. students, and Emma Smith, MS, RD, LD FCS MSU-Mankato Faculty)

GROUP #3 | 1:30 p.m. – 2:15 p.m. | 6 Workshop Choices

- 1. Brownie Experimentation: A Wholesome Twist on a Classic Treat:** Discover the art of reinventing brownies with creative, nutrient-rich substitutes! In this hands-on class, we'll explore six unique variations of this beloved dessert, each featuring a special ingredient that transforms texture, flavor, and nutrition.

 - **Date Brownies:** Infused with caramel-like sweetness and a chewy texture from nutrient-packed dates.
 - **Sweet Potato Brownies:** Soft and naturally sweet, these provide a wholesome twist and velvety consistency.
 - **Black Bean Brownies:** Rich and fudgy with added protein and moisture from black beans.
 - **Carrot Brownies:** Light and cake-like with a hint of natural sweetness from carrots.
 - **Chickpea Brownies:** Creamy and nutty, these protein-packed treats redefine indulgence.
 - **Zucchini Brownies:** Extra moist and tender, thanks to the subtle magic of zucchini.

Join us for a fun and flavorful journey that blends creativity with health-conscious baking! (Isiah V, Rachel A, Klair B- MSU - Mankato Food Production Mgmt. students, and Emma Smith, MS, RD, LD MSU-Mankato Asst. Professor)
- 2. Building Buzz: Making FACS the Most Popular Department in Your School:** We'll explore how to create a buzz around your classes, connect with students in meaningful ways, and leave a lasting impression that keeps them coming back year after year. **Getting Students Excited About FACS:** Learn how to market your classes as the ultimate "life skills" curriculum—offering practical knowledge that students will use every day after graduation. From cooking to sewing to budgeting, we'll show you how to highlight the real-world benefits of FACS. **Creating a Welcoming Environment:** Discover the power of being the "crazy" teachers who dress up for spirit days and build a relaxed, fun classroom atmosphere. We'll share how embracing this role not only fosters a strong teacher-student connection but also makes your classes feel like a safe and exciting space. **Supporting Students Every Day:** We'll explore ways to support students consistently and authentically, earning their trust and loyalty. A positive student-teacher relationship is the key to turning one-time FACS students into lifelong fans of your program. **Launching a Senior-Only Class:** Get inspired by our Adulting 101 course, a senior-only class designed to prepare students for life after high school. From changing a tire to reading a lease, students are already talking about this class as freshmen and counting down until they can take it. We'll share tips for designing a similar class in your program and building anticipation across grade levels. Join us for a session full of creative ideas, real-life examples, and practical tips that will transform your FACS department into the most popular spot on campus. (Michelle Rotter & Brenda Larson, FCS Teachers, Big Lake High School)
- 3. Creating Learning Through Play:** When we think about child development, kids' most important job is play. When teaching child development, it is just as important to incorporate play into your curriculum as our students learn about how kids develop. During this hands-on session, participants will have the opportunity to see how this in action. Ideas will be shared as to how to incorporate play into any child development course. (Kaylee Wiens, FCS Teacher, Faribault High School)
- 4. Creating a "Unified" Classroom Without Having the Title of a Unified Course:** Best practices when working with students with different abilities (foods classes in particular), center-based students, collaborating with support staff, and how we teach inclusion to and for all our students. (Erin Stencil and Amber Conlin, FCS teachers, Rosemount High School)
- 5. Learning Hands On: Hands on Activities for the FCS Classroom:** Activities for the FCS classroom to keep students engaged and learning. Get some easy fun ideas for daily and test review as well as fun ways to start your lessons. (Carmen Thompson, FCS Teacher Luverne MS/HS)
- 6. LifeSmarts: Consumer and Financial Education:** LifeSmarts provides FREE resources for educators on personal finance, consumer rights, health/safety, technology and the environment. Content includes videos, presentations, service projects, games, and more! LifeSmarts can complement any curriculum to help create consumer savvy young people who are well equipped for adult life in today's complex, global marketplace! This session will introduce educators to the FREE curriculum materials and the competition and scholarship opportunities for high school students. (Mary Hillmann, Program Coordinator, South Central Service Cooperative)