

## 2018 Middle Level Workshop Descriptions

Conference workshops have been scheduled for 50 minute sessions with a 10 minute break in between.

***Behind the Scenes Tour:*** Take a walking tour behind the scenes of Dover Downs Hotel as you learn the ins and outs of operating a hotel. Session will be limited to the first 20 participants. **(Registration Pre-function Lobby)** Sessions begin at 10 am, 11 am, 2 pm, and 3 pm.

***Internet Safety & Cyberbullying:*** The workshop is a compilation of power point, video and active discussion around the privilege of internet use. Topics to be discussed, directly germane to teens, include: digital citizenship, cyberbullying, permanency of posting, sexting, sending pics, usage of apps, and the future professional impact for a young adult. **(Chesapeake)** Sessions begin at 10 am, 11 am, 2 pm, and 4 pm.

***What's Your Name:*** The workshop will provide students the opportunity to identify their strengths and weaknesses and how they can use them to their advantage. They will also learn to express, identify, and understand the characteristics of a leader. Teamwork and strong communications skills (listening/feedback) will also be discussed in this session. **(Silver Lake)** Sessions begin at 10 am, 11 am, 2 pm, and 3 pm.

***Dream Bigger:*** The workshop will review the steps of setting goals using SMART; Specific, Measurable, Attainable, Realistic, and Time bound. Discussion on how SMART goals can benefit each student in education, work and life. Emphasize will be placed on not only setting the goals but searching for the motivation and discipline to achieve the goal. It is not only about the goal but the journey and growing as an individual each and every day. **(Delaware)** Sessions begin at 10 am, 11 am.

***Transition to High School:*** The workshop will provide tips for success as you enter your first year of high school. It will include insider tips and tricks for academic success, social stability, and career exploration. **(Sussex)** Sessions begin at 10 am, 11 am, 2 pm, and 3 pm.

***Veteran's Appreciation:*** The workshop will provide an opportunity for you to show your appreciation to veteran's in Delaware. You will be able to make thank-you cards and pictures to be delivered to the Delaware veteran's hospital and VFW posts statewide. **(Kent)** Sessions begin at 10 am, 11 am, 2 pm, and 3 pm.