

## **Concurrent Session I - Tuesday, October 10, 2017, 2:30pm – 3:20pm**

**CS 1 – Presenter:** Mark Blevins

**Title:** Leadership 101 For ESP Chapter Officers and Potential Chapter Leaders

Are you new to ESP or to your role as an officer in ESP? Welcome! This workshop will provide an introductory overview of the history, mission, and vision of Epsilon Sigma Phi. The structure of the organization and the relationship to the individual chapters will be discussed, including the types of membership, benefits of belonging to ESP, roles and functions of each ESP Committee and the progression of leadership within the organization. Learn more about the ESP Handbook, the ESP reporting system, where to locate material on the ESP website and the Calendar of Events. The session will include time for participants to ask questions and discuss issues of interest relative to ESP membership.

**CS 2 – Presenter:** Mike Knutz

**Title:** Communicating Extension's Value

The ebb and flow of funding has made communicating the impact and value of Extension a necessity. Learn how to engage clientele and volunteers to serve as powerful advocates. Participants will learn about communicating impact through stories, evaluations, and be challenged to deliver their own Extension elevator speech.

**CS 3 – Presenter:** John-Paul Chaisson-Cardenas

**Title:** 4-H Latino Advisory Committee: How to Establish One at the State and/or Locally

Many 4-H professionals readily admit they lack the knowledge, understanding and skills needed to effectively work with an increasing Latino youth population. The National 4-H Council Latino Advisory Committee was created to inform and advance Council's strategy in partnership with Cooperative Extension to engage more Latinos in 4-H Positive Youth Development. The Committee is currently represented by 10 states. There is a need to replicate similar advisory committees across the country that are represented by community Latino leaders if the Cooperative Extension's 10-year vision to reach millions more youth with a 4-H experience is to be accomplished. The members of these affinity-based program committees will have expert knowledge and cultural insights that will identify, develop, and scale culturally-relevant outreach and programming by and for Latino families. The skill set acquired from this workshop are Learning Strategies and Program Planning and Development core competencies.

**CS 4 – Presenter:** Paul Roback

**Title:** Nonprofit Collaborations: From Needs Assessment to Outcome Measurement

Through a multi-agency collaboration that included Extension, 90 nonprofits were surveyed to determine their fiscal health and educational needs. Results were used to design and implement nine workshops over three years. Over the same time period, direct organizational development programming was provided to 29 organizations. After this educational response, follow-up surveys indicated that organizations were strengthened, became more strategic in fulfilling their mission, and had an increased capacity to address community issues and opportunities. This session will provide insight on the process and tools used that achieved long-term outcomes and sparked a community conversation on nonprofit collaboration.

**CS 5 – Presenter:** Susan Busler  
**Title:** Plays Well with Others

Learn how these two Extension Professionals have learned to “play well with others” to expand their programs, garner additional dollars, expand volunteer opportunities and ultimately better serve their communities. They’ll share best practices and what they’ve learned from their mistakes. Learn how they’re using Inter-Agency Agreements and Memorandums of Understanding to clarify roles and define work plans. Find out how they’ve worked with neighborhood day camp programs, community gardens, fairgrounds agreements and youth employment programs. We’ll share what has worked for us, what hasn’t and you’ll have a chance to share what’s working for you in your community as well.

**CS 6 – Presenter:** Peggy Compton  
**Title:** Participatory evaluation of a volunteer stream monitoring program.

This statewide volunteer monitoring program is for citizens who want to learn about and improve the quality of streams and rivers in their state. The program is coordinated through a partnership between the state’s Department of Natural Resources (DNR) and the Cooperative Extension Service (CES). This presentation will provide results of the program’s evaluation, which was designed adopting a participatory approach involving the program leaders, DNR and CES stakeholders, and Extension Evaluation Specialists. Such a participatory approach to evaluation ensures that diverse perspectives are engaged in the decision making process. Decision makers (i.e. program administrators), were a part of the evaluation team from the early stages of this project and helped design the evaluation. This evaluation was conducted with two goals: (1) to inform decisions related to the sustainability of the program and, (2) to identify ways in which the monitoring program can provide better service to its volunteers. This evaluation employed qualitative methods such as interviews, to collect data. This presentation will demonstrate the important role of a collaborative effort to plan and design program evaluation.

The results of this evaluation will guide the program administrators as they make important decisions to ensure the future sustainability of the program, and will also increase the probability of the program achieving its objectives. Evaluation strategies similar to the ones presented here can be used by other organizations to inform decision making and improve programs.

## **Concurrent Session II - Tuesday, October 10, 2017, 3:45-4:35pm**

**CS 7 – Presenter:** Bob Ohlensehlen  
**Title:** ESP Online Membership Management System

The ESP National Board authorized a two year piloting of an online membership program. After evaluating the chosen system for the past two years, the National ESP Board has made the decision that all of the membership dues will be handled using the online system in the future beginning with the 2018 dues campaign. There are currently 16 of the 42 chapters that are using the online system. A number of challenges have been identified and this session will provide an opportunity for chapter leadership to gain an understanding of how the system works. It will provide an opportunity for chapters to ask questions and to see a demonstration of how the programs works. All of the membership records were moved to the online system in June and in preparation for the upcoming 2018 membership campaign it will be an opportunity to make sure the transition goes smoothly.

**CS 8 – Presenter:** Mark Platten

**Title:** Facilitating Difficult Situations for Positive Results

When contentious situations arise, Extension is often called upon to facilitate a process, whether formal or informal, because of our perceived expertise. These can be innocuous where a group needs an outside perspective to help them with a decision, or more heightened “wicked problems,” where there are multiple complexities and opposing values, which may result in perceived winners and losers.

This session will explore the three intervention modalities that can arise around a difficult situation and the tools for clear guidance on when you should say NO to facilitation. Finally, Mark will provide tools to deal with difficult, or disruptive, people in the facilitation process and demonstrate a pathway for success.

**CS 9 – Presenter:** Celina G. Wille

**Title:** Reaching out to Latinos with Extension Programs: Lessons learned in Cache County

Two Utah State University Extension Educators of differing personal profiles: An English Speaking Family and Consumer Science Cache County veteran and a recent-hire bilingual Nutrition Educator, share ideas and strategies used to reach Latinos in Cache County Utah, based on personal experience and practice. Those range from securing grant funding, using cultural guides and compiling materials to teach a four lesson series on financial literacy to pilot-testing culturally adapted Nutrition Education curriculum in Spanish, assessing pilot-test outcomes, carrying out curricular revisions and second pilot-test while documenting program outcomes and best practices for increased involvement of Latino families in nutrition education.

**CS 10 – Presenter:** Bill Million

**Title:** 4-H Teen Teachers Educating Young Consumers Through Farm to Fork

As a nation, we have reaped the benefits of a successful agriculture system. However, fewer farmers and larger yields has resulted in a society that understands very little about food and fiber production. This workshop will highlight impact Illinois 4-H Teen Teachers are having in narrowing the knowledge gap in young consumers about where their food and fiber come from, while gaining exposure to exciting career tracks in agriculture themselves.

**CS 11 – Presenter:** Kevin Gamble

**Title:** Working Out Loud Learning Circles

Working Out Loud is a relationship-based approach to sharing one’s efforts in ways that can help others inside Extension or external to the organization. Based on the book and 12 week group participation guides, Working Out Loud can engage Extension professionals across disciplines and across the country (or globe) in supporting one another to achieve their professional and personal goals in collaborative and innovative ways. Several Epsilon Sigma Phi members have benefited from this movement recently and they would like to share the benefits and basics with colleagues during the National ESP Conference.

**CS 12 – Presenter:** Cynthia Torppa

**Title:** The Slippery Slope of Informality: Tips for Protecting Your Professional Reputation

Failure to recognize the difference between “being informal” and “being unprofessional” can be harmful to both individuals’ and organizations’ reputations, but where is the line where casual becomes too casual? This presentation and interactive discussion highlights research and provides guidelines to help us demonstrate professionalism in many ambiguous situations.

## **Concurrent Session III - Wednesday, October 11, 2017, 11:15am – 12:05pm**

**CS 13 – Presenter:** Bob Ohlensehlen

**Title:** ESP Online Membership Management System

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**CS 14 – Presenter:** Professional Development Committee

**Title:** Writing a Quality Abstract

Writing a strong abstract is essential for communicating the value of your work to reviewers and is critical to attracting an audience, once your submission is accepted.

Members of the ESP Professional Development Committee will provide guidance on various types of abstracts, writing strong objectives targeting your intended audience, and understanding submission guidelines and how abstracts are evaluated and selected.

**CS 15 – Presenter:** Maria G. Fabregas Janeiro

**Title:** Evaluating Diversity and Inclusion Programs in Cooperative Extension

University of California- ANR is investing nearly \$2 million to design, implement, and evaluate the largest Cooperative Extension youth diversity and inclusion program in the U.S. Academics will share the comprehensive evaluation plan, including goals, indications, and tools designed to expand youth, families and communities involvement in Cooperative Extension.

**CS 16 – Presenter:** Susan Busler

**Title:** The 100 Best Travel Tips

Come to our class to learn about our top tips for safe, secure & memorable travel. We're sure you have lots of travel experiences as well; we'll be compiling your ideas to share. We'll gain from each other's experiences of how to have a successful and certainly a memorable travel experience.

Our checklists and top ten lists will help you to remember items that can make the difference between happy memories and nightmares of travel experiences. Being prepared and paying attention to detail can ensure you experience safe, secure, and memorable travel.

**CS 17 – Presenter:** Deb Warnock

**Title:** Productive Conversations in the Workplace

Interoffice communication is an important skill for all employees to work on! At one time or another, we all have to deal with difficult situations, and good communication can make the process go smoothly. We will discuss tips for developing your conversation skills and provide resources that will benefit every level of employee.

**CS 18 – Presenter:** Barbara Dunn Swanson

**Title:** Building Resilience In The Face of Adversity

Early adversity, especially in childhood has been linked to poor health outcomes. Early trauma has the potential to result in actual changes in brain development. Science and research indicates that the more adverse experiences one has the more likely they are to suffer mental and or physical health issues later in life. Participants will explore the Adverse Childhood Experiences (ACES) Research study and discuss how Extension programs have the potential to assist individuals build resilience in the face of adversity.

## **Concurrent Session IV - Wednesday, October 11, 2017, 1:45pm – 2:35pm**

**CS 19 – Presenter:** Mark Blevins

**Title:** Leadership 101 For ESP Chapter Officers and Potential Chapter Leaders

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**CS 20 – Presenter:** Karen Vines

**Title:** Engagement in Cooperative Extension

Extension has long heard calls to change to an engagement model of program delivery to increase relevance to the changing needs of society. This call is echoed in our institutions of higher education. Extension has a history of connecting institutions of higher education to their communities. This session will provide findings and implications from a recent study of local Extension professionals related to their operationalized definitions and use of engaged models of program delivery. Opportunities for increasing Extension engagement and for relationships associated with APLU's plan to convene a task force to work on "The New Engagement" will be introduced.

**CS 21 – Presenter:** Jeannette Rea Keywood

**Title:** Understanding People & Building Relationships for Program Success

Success in both our personal and professional lives depends on communicating effectively and building strong relationships. Extension Educators are constantly challenged with the task of bringing people together who have differing opinions and needs.

Using research and techniques on how to understand people and their needs from the book *The Power of Understanding People*, by Dave Mitchell, workshop participants will have the opportunity to explore four interactive styles (Experts, Masterminds, Romantics and Warriors) and learn how to improve communication and work more effectively with program clientele and community members to develop and foster collaborations and program success.

**CS 22 – Presenter:** Chengchu (Cathy) Liu

**Title:** Fuel Your Body and Power Your Brain

Eating seafood is a smart choice to get necessary omega 3 fatty acids required for brain development and a healthy heart. In this presentation, we will discuss the many factors for selecting and eating seafood to improve your diet and health. Regardless of the stage of life you are in, there are important factors to consider in selecting seafood. Come find out all about omega 3s, seafood, and the health benefits provided for you and your family. Our educational goal is to establish collaboration and team

efforts to support healthy eating patterns from home to school to work to communities, seeing how seafood plays a role along the way.

**CS 23 – Presenter:** Kelly Nix

**Title:** Developing Self Awareness with Yoga

This session will include studies and ideas about the importance of purpose and meaning, introduction to leadership and yoga and the correlation between the two as well as studies about the impacts of yoga and meditation on leadership. It will end with curriculum suggestions on how to infuse yoga practices into existing curriculum as well as a step by step lesson on teaching yoga for leadership of all ages. Whether you are leading a class, team, group or your life, this interactive session will empower you to look into your life story and develop the skills necessary to become a self-aware leader.

**CS 24 – Presenter:** Melinda Garcia

**Title:** The Impact of Learn Grow Eat and Go! Curriculum on At-Risk Minority Student

Learn Grow Eat and Go! Curriculum (LGEG) administered in a 4-H Chartered Club Afterschool Program, from 35 students at St. John Berchmans, a Catholic School in an urban food desert, in San Antonio, Texas, resulted in positive impacts on students'. The LGEG curriculum proved to be beneficial with lessons, gardening, and exercise. Continued exposure to vegetables via gardening, food demonstrations with collaboration with EFNEP, BLT, and healthy eating, along with continued agriculture exposure and lessons on the importance of eating healthy will serve as methods of combating childhood obesity for the at-risk minority teens.