**District 8 PASC 2015 Workshop Catalog**

**C01 – We’ve Got Spirit, How ‘bout You?**

Both HS & MS

Sarah Fling, Allison Ross (West York Area High School)

Is your school or council lacking creativity when it comes to pep, spirit, and other activities within the school? Learn great new spirit week and pep rally ideas to take to school and get your council roaring with spirit!

**C02 – You Can’t Spell Community without Unity**

Both HS & MS

Maddie Gable, Maddie Barron (Cedar Crest High School)

Turn your community into a family! Get your community to function as a unit in learning effective ways to invite everyone in, restore compassion, set up rewards, and open the door for new ideas.

**C03 – Mini Thon**

Both HS & MS

Maya Reed, Olivia Hains (Cedar Crest High School)

Mini Thon is a great fundraiser to raise money for the Four Diamonds Fund. Learn how to “Mini Thon” for a great cause and be prepared to get the most out of yours with this workshop!

**C04 – Reach for the Stars**

Both HS & MS

Lexie Eberly, Cece Fiorentiono (Cedar Crest High School)

Motivation is key to a happy and healthy life. If you’re in a slump or just looking for new and effective ways to stay motivated, come to this workshop and learn what motivation is really all about to take back to your council and self!

**C05 – Decorations? Check.**

Both HS & MS

Nhat Dang (Cedar Crest High School)

More often than not, there comes a time when you are caught and overwhelmed with decorations for an upcoming event in your council. If this is the case, it’s time to learn how to manage and lead a successful decorations crew and leave them all wondering how you did it so well.

**C06 – The Skills & Thrills of Communication**

Both HS & MS

Brianna Shay, Zoe Shay (Cedar Crest High School)

This is a period of food, friends, and fun to better your communication. After our workshop you will be a star communicator!

**C07 – Managing Your Plate**

Both HS & MS

Emily Binkley, Gracen Donmoyer (Cedar Crest High School)

We know that as an active member in your community, your plate is always full. This workshop is set on helping all student council members’ de-stress. We have the tips to balance your school and student council responsibilities.

**C08 – Communication is Key**

Both HS & MS

Tiana Menser, Sofie Madsen (Cedar Crest High School)

Attend this workshop to learn about the true meaning of teamwork, how to use it in your everyday life, and how to spread it throughout your school. Put your heads together with other student council members to learn about their teamwork and engage in fun group activities.

**C09 – The Best Nest**

Both HS & MS

Margaret Zug, Riley Blatt (Cedar Crest High School)

In this workshop, learn how to set up and run a successful store that will be the talk of the school. Running a school store is no small task but this workshop will cover all you need to know in designing, selling, and managing a successful shop.

**C10 – Challenge Day**

Both HS & MS

Gian Luca Gross, Titi Tran (Cedar Crest High School)

Do you want to improve interaction with the special-needs kids in your community? Learn how to how successfully host a “special Olympics-type” event that will get your community involved in a day that is fun for everyone.

**C11 – The Fear of Public Speaking**

Both HS & MS

Hayley Sholansky (Cedar Crest High School)

Do you experience a bit of nervousness or even sheer terror when you have to talk in front of a group of people? Come to this workshop to learn how to conquer this common fear and become a better public speaker and leader.

**C12 – Fairs, Fundraising, and Fun**

Both HS & MS

Maddie Fortna, Alex Rich (Cedar Crest High School)

Learn how to raise money for your student council as well as other clubs within the school community by holding a “fair” that will effectively bring your school together and help your clubs raise money in a successful way.

**C13 – Student Council C.A.R.E.S. About School Spirit**

Both HS & MS

Sarah Dacko, Tatyana Golub (Cedar Crest High School)

School spirit, come on let’s hear it! If you are looking for new and effective ideas to boost the spirit in your school, come to this workshop to learn how to amp-up your school’s spirit week!

**C14 – Spirit Initiative Group**

Both HS & MS

Jess Brown (Cedar Crest High School)

Learn how to set up a spirit initiative group in which your council unites the school. See how when many work together as one, your school becomes energized and revitalized!

**C15 – "Presidents Council"**

Both HS & MS – Open to all Presidents and Vice Presidents only

Halifax Council

Open to all Presidents and Vice Presidents only.  Meet and greet with your new Region Rep., Andrew Philippi, and the District Director, Dwayne Lahr.  Chat with us on how we as PASC can work for you, and how you can help PASC.  New State President Michaela Lynch will also be there for you to have some one-on-one time!  We will laugh as we open lines of communication to and from the heart of PASC.

**C16 – Put the U in Community**

Both HS & MS

Kiersten Davis (Cedar Crest High School)

Come learn new and fun ways to serve your school and community. Community service is important so come on down to learn how to make service exciting for everyone!

**C17 – Aevidum**

Both HS & MS

Katie Whitman, Kayla Lewis (Cedar Crest High School)

Aevidum means we’ve got your back. Come learn about Aevidum and its goal to create a positive mental health environment where all students feel accepted, appreciated, acknowledged, and cared for in schools and communities across the nation to bring back to your school.

**HS01 – King of Hearts**

High School

Emily Dacko (Cedar Crest High School)

Are you a King or Queen of Hearts? There’s only one way to find out! Come to this workshop to discover the importance of involving your student council and school in the community through this beneficial fundraiser that raises money for the American Heart Association.

**HS02 – Public Speaking**

High School

Sasha Carpenter (Cedar Crest High School)

Do you desire to improve your public speaking skills? Come to this workshop and learn how to write and present your own speeches with confidence!

**HS03 – Avengers Teambuilding**

High School

Chad Koontz, Andrew Slater (South Western High School)

The Avengers Teambuilding Workshop will help you find your own personal leadership style and learn about the others around you to help your council come together as a team.

**HS04 – Rock Your Leader Side**

High School

Grace Nale, Elizabeth Gable (Red Lion High School)

Leadership is action, not position. Have fun and be able to identify the different leadership styles that members of your student council may possess in order to help your council grow.

**HS05 – Leadership – The Good, The Bad, and You**

High School

Emily Peters, Autum Miller (Cedar Crest High School)

Rise up and become a stronger leader in your school with the skills that will be learned in this workshop. Explore the many aspects that make a good leader and emerge as one.

**HS06 – Spirit and Success**

High School

Chase Galbraith (Cedar Crest High School)

Having trouble with school spirit and participation at your school? Come to this workshop and learn about ways to get students involved at your school to boost participation and energy! With spirit, achievement is endless.

**HS07 – Comfort Zoned**

High School

Michael Bracey, Katie Goody (Kennard-Dale High School)

This workshop makes you take a step outside your comfort zone through fun games and group discussion. This workshop is designed to help you find out where your comfort zone lies, and push those boundaries to help you reach your full potential as a student council representative.

**MS01– Clash of Copper**

Middle School

Connor Atken, Zach Bare, Timothy Shefield, Chandler Walburg (Cedar Crest Middle School)

Compete against different homerooms with Penny Wars! This fundraiser is an exciting fight to

raise money.

**MS02– When You Wish Upon a Star**

Middle School

Lauren Meisenhelter, Sydney Rauch, Ashlyn Rhodes (Cedar Crest Middle School)

Spread joy by making wishes come true with a wish week at your school. Student Council grants student and staff’s treasured wishes in many ways.

**MS03– What Would You Do?**

Middle School

Hope Fischer, Victoria Echternach (Cedar Crest Middle School)  
This workshop will examine how students react to situations that occur in life.

**MS04–We’ve Got Spirit! How About You?**

Middle School

Krysta Weik, Olivia Harnish (Cedar Crest Middle School)

Is your school dull and boring? Do you go to class every day with a frown on your face? This invigorating workshop will brighten up your day AND your school with spirit! It will leave you feeling great and enthusiastic to continue the rest of your school year with a smile on your face.

**MS05– A Stress Free (And More Confident) Me!**

Middle School

Myah Chapman, Morgan Menser, Kirah Carpenter (Cedar Crest Middle School)

This workshop will provide students with fun ways (like yoga!) to relieve stress and boost your confidence. By the time you leave you will be stress free and confident in yourself.

**MS06– Crazy Communication**

Middle School

Brady Miller, Lainey Muldoon (Cedar Crest Middle School)

Do you have good communication in your Student Council? For great communication techniques come to this workshop. There will be plenty of communication examples to include in your school!

**MS07–Dare to CARE**

Middle School

Gabby Williams, Cyja Hepler, Elizabeth Knapp (Cedar Crest Middle School)

Help fellow students in middle school get through rough times. There are many supportive organizations that are available in schools that show fellow students that people CARE.

**MS08– FUN-rai$ing**

Middle School

Dylan Tull, Neal Keller (Cedar Crest Middle School)

Do you have fundraising in school? Come to this workshop to see the best fundraisers that will help your community in various ways.

**MS09– Break the Ice**

Middle School

Desi Leffler, Ryan Bonin (Cedar Crest Middle School)

Learn how to break the ice with your student council. Learn a variety of icebreakers!

**MS10– “Sorry, but I have a meeting to attend.”**

Middle School

Sam Gerhart, Hanna Kern (Cedar Crest Middle School)

This fun workshop will teach you how to run a good meeting with your student council. Learn how to take charge, brainstorm, discuss ideas, and come together as one!