

WORKSHOP AND PANEL DESCRIPTIONS

WORKSHOP DESCRIPTIONS	
BOARD MEMBER SKILL BUILDING:	
USING SOCIAL MEDIA AND ONLINE TOOLS	Become an expert User of social media and online tools with this workshop! Learn how to manipulate different social media networks to publicize Circle K or to further your personal career.
WORKING WITH YOUR UNIVERSITY	Although many of us know how to interact with other Kiwanis-branch clubs, your home university is also a great resource. Learn how to handle University policies and paperwork to maximize your performance!
TALKING TO BUSINESSES AND EXTERNAL ORGANIZATIONS	Ever feel like you're speaking in code? Never had a sponsor or written a donation letter? Learn tips on how to communicate with external businesses and organizations to build professional relationships and obtain event sponsors.
CHEER WRITING AND SPIRIT STUDIO	Need inspiration for cheers? Find it hard to meet up with other members of your division? Come here to brainstorm and execute cheers with Cal-Nev-Ha's elite minds. Think fast and process those cheers to take your club spirit to a whole new level!
KIWANIS TAKEOVER SIMULATION	Never forget your family! Kiwanis family is always there to support Circle K, specifically Kiwanians. In this workshop, prepare to be taken over as this Kiwanis Takeover demonstration prepare for Kiwanis Family relations and fun.
KEY TO COLLEGE SIMULATION	Step into the world of virtual reality as we simulate one of the most important CKI-Key Club events of the year. Help high schoolers with their journey towards college.
GETTING CREATIVE WITH HISTORIANS	Lights! Camera! Snap! Preserve the legacy of Circle K with increasingly innovative ways. Learn what other historians have done to expand their position in the club, from yearbook to improved slideshows to photo contests.

WORKSHOP DESCRIPTIONS

PERSONAL SKILL BUILDING:

BALANCING CKI AND SCHOOL	Balancing CKI with school, a job, friends, family, and other extracurricular activities can seem impossible! Learn how to juggle your responsibilities at this workshop. Possible topics include how to set realistic goals, staying sane through the inevitable stress and how to deal with friends/family.
FIGHTING PROCRASTINATION	Permanently erase procrastination! This workshop will show you how to get things done, even on your laziest days. Come here for tips on how to stay motivated and active.
PUBLIC SPEAKING	Discover your inner voice to overcome stuttering, sweating, and whispering when speaking in front of a crowd. During this workshop, you'll figure out strategies to help you fight stage fright, improve your impromptu speaking and make interesting and interactive presentations.
PERSONAL FINANCE	What better way to prepare for the future than to budget like pro? This workshop will teach you to manage your debts, invest wisely and personal spending through smarter money management!
STAYING HEALTHY IN COLLEGE	Ready to get rid of that Freshman 15? Figure out how to stay fit and healthy at this workshop! Potential topics include healthy eating/cooking on a college budget, making a workout schedule, and how to fight off bad habits!

ADVISOR ACTIVITIES:

MEET YOUR ADVISORS	Socialize with the most advanced members of the Circle K organization: your advisors. Whether you're meeting them for the first time, making plans for the upcoming year or you're dropping by to say hi to an old friend, come here to make your connection!
---------------------------	---

WORKSHOP DESCRIPTIONS

FUN ACTIVITIES/WORKSHOPS:

PHOTOGRAPHY WITH LIGHT PAINTING	Create electrifying images with light painting photography! Bring a digital camera to this workshop and prepare your virtual paintbrushes!
GLOW IN THE DARK MEMBER MIXER	Forget dining in the dark! Meet new friends as you mix and mingle at this lights-out member mixer. Socialize, play games, and sign t-shirts with glow in the dark paint!
ZUMBA AND OTHER FITNESS DANCES	Exhausted with school and need to recharge? Log in to this energizing dance workout! Wear a spare pair of workout clothes as you'll work up a sweat!
SCIENCE PROJECT	Can't get enough science? Come to this workshop and conduct your own experiment! Learn how to make ice cream or electricity--no experiment is off the grid! (Host decides experiment, with committee/chair approval.)

Although these topics have been listed as traditional workshops, all of them can be adapted to panel format. If you are interested in doing this, please write the workshop name in the "Other" field on the **panel host application.

PANEL DESCRIPTIONS

LEADERSHIP AND LIFE SKILLS:

Panels consist of a table of speakers that discuss the workshop subject. It allows audiences to give Q&A, but also gives speakers chances to delve in the subject and offer advice in how to be involved in these areas. Please refer to the Panel Host Application for a more detailed explanation of the host duties.

BUILDING UP SMALL CLUBS	The new year is a great time to reboot and make upgrades to build a stronger club! Speakers from this panel discuss the secret code to foster growth in smaller Circle K clubs, how to win the awards you deserve, and how to network with the other clubs in your district.
JOINING KIWANIS	Can't get enough of the Kiwanis Family? Enter the next level with Kiwanis to create a legacy of service! Learn about the benefits of joining Kiwanis straight from the source: CKI alumni, Kiwanians and CAYP members.
SUCCESSFUL FUNDRAISING	Rev up your engines because we're about to bring home the bacon with this panel! Talk to CNH's greatest fundraising masterminds to figure out what fundraisers you might be hosting next!
AFTER GRADUATION	Don't have a blueprint for life after college? Explore all options, from graduate school to job hunting to volunteer service, at this panel. Possible guests include CKI alumni currently seeking jobs, Peace Corps recruiters, and local businesses looking to hire!
TRANSFERRING SCHOOLS	Living on-campus or off-campus? Meeting new friends? Adjusting to a new Circle K community? Figure out the ins and outs of transferring universities! Potential guests might include student who have completed their transfers, transfer student mentors or school counselors.
HEADING A COMMITTEE OR A BOARD	Never managed a board? Find it difficult to keep track of all your assignments? Struggle to deal with interpersonal conflicts? Learn the tricks of the trade from some of CNH's most effective leaders!

PANEL DESCRIPTIONS

SERVICE PANELS:

Service panels are designed to expose Circle K members to the many different facets of service: poverty & hunger, human rights, public health, and arts & music. These panels are designed to expose both club and board members to relevant issues in communities, the variety of different organizations they could potentially partner with, and the sort of projects that could be planned.

POVERTY AND HUNGER	In the current economic situation, poverty and hunger is an increasingly pressing issue. Learn what you can do to help the needy by talking to representatives from Food Banks, shelters and other poverty-relief organizations!
HUMAN RIGHTS	Interested in universal human rights? Learn about the broad spectrum of human rights issues (gender equality, LGBT issues, refugee/immigration support... etc.) at this panel and discuss what you can do to show your support!
PUBLIC HEALTH	Not sure how to promote better health in your local community? Representatives from local clinics and health organizations discuss what your club could do to help: medical screenings, hosting blood drives, being a companion for the elderly... and more!
ARTS AND MUSIC	The arts and music are often considered fundamental to the 'human experience.' From painting murals to beautifying schools or volunteering at local arts festivals, learn what you can do to help support arts and music in your community.

Although these topics have been listed as panels, all of them can be adapted to a traditional workshop format. If you are interested in doing this, please write the panel name in the "Other" field on the **workshop host application.