

# **FACS to the Max 2026 Workshop Options**

## **GROUP #2**

**11:30 a.m. – 12:15 p.m.**

### **Food Innovations:**

Hands-on lab in our culinary kitchen with MSU, Mankato students. Specific topic details will be released closer to the date. (Emma Smith, Nutrition & Dietetics Professor at MSU, Mankato)

### **15-Minute Fast Talk Sessions:**

- FCS Concurrent Enrollment through MSU, Mankato Certification process and course alignment (FCS 150 & FCS 270) (Rachelle Hoffman, HS FCS Teacher, New Prague Public Schools)
- The Power of Question of the Day: Learn how taking ten minutes to ask a simple question of the day can transform your classroom culture. I'll share how I use daily questions that are silly icebreakers all the way to thought-provoking questions to spark conversations, build relationships, and create a positive, welcoming environment. The goal is to have listeners leave with ready-to-use examples and tips for making this small routine a big part of building connection in your classroom. (Taylor Drewes, former fourth grade teacher turned FACS teacher. Seven years of expertise: Frazee High School)
- How We Used the Human Slot Machine to Teach Youth About Aging. We have been using the Human Slot Machine as an intergenerational activity with FCCLA Members and Senior Citizens this year. We are also using the slot machine as an educational tool at the FCCLA Fall Summit and State Conference. (Eli Jewell, HS Student and FCCLA Member)

### **Inspiring Future Teachers through FCS and Leadership:**

This session equips teachers with strategies to encourage students to explore teaching as a meaningful and rewarding career. Participants will learn how to introduce students to the profession early, showcase the impact and purpose of educators, and connect classroom experiences— in FCS and leadership courses—to real-world teaching opportunities. The session also provides practical ways to promote these courses, highlight skills that prepare students for education careers, and create supportive environments that motivate students to consider teaching. By applying these approaches, teachers can help develop the next generation of passionate, skilled, and well-prepared educators. (Mia Battistone, CFCS, FCS Teacher at Eastview High School)

### **Hidden Losses: Supporting Students Through Complex Grief:**

Your students may be grieving, and you might not know it. Middle and high school students often face hidden losses from family changes, divorce, moving schools, bullying, illness, or cultural disconnection. FACS teachers can notice these experiences and respond effectively. This workshop helps educators recognize different types of grief, understand how developmental stage and culture shape students' reactions, and apply practical strategies to support them. Through case examples, classroom scenarios, and reflection, participants will leave with tools to create supportive learning environments that honor students' hidden losses. By the end of this workshop, participants will be able to: Identify hidden forms of grief in adolescents, explain how developmental and cultural factors affect grief expression, and apply practical strategies to support students experiencing complex loss. (Dan Moen, Child Development & Family Studies Professor at MSU, Mankato and Clinician for 20 years)

## Financial Resilience: Advancing Financial Education & Life Satisfaction in Personal Finance:

This session introduces the emerging concept of financial resilience as an essential dimension of personal finance. While financial literacy has traditionally emphasized knowledge and skills, resilience highlights the ability to navigate uncertainty and maintain stability in the face of financial shocks, uncertainty, and life transitions. Participants will explore how resilience relates to financial literacy and life satisfaction, and how it can be strengthened through financial education, practical strategies, and supportive systems. This session also discusses how financial resilience contributes to overall life satisfaction. (Jae Min, Professor of Consumer Studies at MSU, Mankato)