



GET COURAGEOUS!



We are excited to present workshops that truly embody inclusion, community, and challenge within experiential education. Presenters have joined us from throughout the Heartland Region. Please choose one workshop to attend during each session.

Session 1 Saturday, 11:00-12:30

Title & Summary

Presenter Bio(s)

Orienteering In Schools

Orienteering education is a physically active learning experience that develops map reading and map navigation skills. While orienteering is traditionally done in the forest or wilderness, in collaboration with school teachers, Navigation Games has created orienteering-based curricula that can be used everywhere, including in urban schools. Through our orienteering lessons, students gain confidence navigating in both familiar and new places. In this workshop, we will play an outdoor team orienteering game using a map of the campus. We will discuss how to create orienteering-based learning in your programs. Come dressed to spend time outdoors.

Barb Bryant is the President of Navigation Games and has been working with teachers to bring orienteering-based education to schools since 2004. A former Vice President for Youth Development of Orienteering USA (OUSA), Barbara currently leads the OUSA Youth Mapping Program and is active with the New England Orienteering Club.

Moving Toward Community: Intentionally Facilitating for Group Growth

Sometimes facilitators provide team-building activities as singular or independent experiences. That format may well have the desired effect of bringing the group together as a team or community. However, the development of real, authentic, and supportive communities can be more likely developed if the activities are presented in an intentionally planned sequence that includes debriefing conversations.

Cindy Kuhrasch is a Distinguished Teaching Faculty IV in the Department of Kinesiology where she has served for over 20 years. She also serves as the Program Coordinator for the Physical Education Teacher Education program.
Haley Rohloff is a physical education and health teacher at Sun Prairie East High School.
Becky Panuska is a physical and health educator at Antigo High School. She currently teaches adventure education, team fitness, healthy living, and general PE courses.
Danny Harmsen is an elementary physical education teacher at School for Environmental and Agricultural Studies. (SAGES)
*These presenters are part of the UW-LaCrosse in Experiential Education Masters Degree program.

The Art of Foraging: Building Intentional Relationships Through Creative Arts, Reflection, and Foraging

Foraging for wild food and medicine strengthens the connection to the natural world. When we integrate creative arts and reflection into foraging practices, we deepen this relationship, promoting opportunities for self-reflection and personal growth. This workshop will introduce participants to the concept of foraging natural materials that can be utilized to make art supplies. We will discuss the materials and techniques needed for creating a black walnut ink and feather quill pen, and how to address fears that occur for students new to foraging, as well as how foraging gives an opportunity to increase environmental and personal awareness, enhancing ecological and personal relationships through reflective exercises. Case examples of successful implementation of a program at the Midwest Wild Harvest Festival will be presented and techniques discussed to engage learners in experiences across the lifespan.

Crystal Brown, of Inspired North, is an ethnobotanist, bio-regional herbalist, writer, and registered nurse, with a background in psychiatric mental health nursing across the lifespan. She educates individuals and groups of all ages about wild edible food and medicinal plants and fungi.
Will Dickinson, of Wild Terrain Navigation, is an outdoor adventure educator and professional artist. He coordinates orienteering events in Montana and Wisconsin, engaging and educating youth and adults. He has extensive experience in mapping and GIS.



Session 2
Saturday, 2:00-3:30

Title & Summary	Presenter Bio(s)
<p align="center">Can'gleska Etima Wiconi (Life Within the Circle)</p> <p>In an era of land acknowledgments by institutions and individuals being in vogue, an attraction to everything indigenous, there exists the ever-increasing need for both the voice and presence of authentic indigenous educators. Experiential Education has long been inspired by the influence of indigenous peoples as they become ever more aware of the lands upon which they work being the ancestral lands of indigenous peoples. However, the voices and perspectives of those very indigenous peoples is rarely sought and therefore not respected nor acknowledged.</p> <p>The risk of exploitation and misappropriation of indigenous ways of being is high. These same risks also apply to indigenous knowledge systems and even to indigenous peoples themselves. Conversely, the field can also be taken advantage of by those who misrepresent themselves as indigenous or exploit the teachings. We will seek the use of indigenous experience and participant insights to address areas of concern.</p>	<p>Mr. Lynn LaPointe is Sicangu Lakota Oyate and an enrolled member of the Rosebud Sioux Tribe of South Dakota. He is a Service-Learning and Experiential Education practitioner and incorporates these teachings into indigenous ways of being and has interwoven them into pre-existing indigenous knowledge systems. He also served in supporting the design and facilitation of the NAALA (Natives, Africans, Asians, Latinos & Allies) professional affiliation group of AEE. NAALA members facilitated a 5-year conference commitment on American Indian reservations in SD and MN. He currently serves with the Indigenous Education Initiative of the Michigan Department of Education.</p>
<p align="center">Murder Mysteries and Learning Celebrations: Using Experiential Education to Assess Student Learning</p> <p>Learning falls short if we teach to a test or provide right and wrong assessments. Learning should not be pigeon holed, but rather expansive and differentiated based on the learning levels and styles of our students. Join us in exploring new ways to assess student learning while gaining a fun and mysterious learning experience.</p>	<p>Robbie Sobczak is a high school Social Studies teacher in Caledonia, MN.</p> <p>Aidan Murphy is a high school Forensics Science teacher at Vel Philips Memorial High School in Madison, WI.</p> <p>*These presenters are part of the UW-LaCrosse in Experiential Education Masters Degree program.</p>
<p align="center">Incorporating Dogs into Experiential Programming</p> <p>How can the training of dogs be utilized as a transformational tool or an experiential activity that results in personal growth? Are you interested in incorporating dogs into a program? This workshop will delve into how skilled facilitation between [appropriate] dogs and participants can create opportunities for valuable life skills development in different populations such as youth at-risk, inmates, veterans, University students and others. This will be an opportunity to consider practical – as well as ethical – considerations for both humans AND canines when partnering with dogs in an experiential manner.</p>	<p>Linda Ball created a nonprofit, Pawsitive Perspectives Assistance Dogs (PawPADs) whose mission is to facilitate the power of the human-canine bond and enhance the lives of others, through the PROCESS of training assistance dogs and the outcome of placing them with people with disabilities.</p> <p>Lauren Schmitt graduated from the University of Wisconsin-River Falls with an Animal Science degree and works as a Program Manager for Pawsitive Perspectives Assistance Dogs (PawPADs)</p>



Session 3
Saturday, 3:45-5:15

Title & Summary**Presenter Bio(s)**

**Explore Active Thinking Strategies to
Enhance Experiential Learning**

How do you teach thinking skills and use these same skills to engage, assess, and hear from more of your participants? Discover Visual Thinking and use Active Thinking Techniques to increase engagement, inclusion, and foster new perspectives.

Kate Vinson has taught students of all ages in experiential programming such as: Ropes Courses, Sea Kayaking, Elderhostel, Yoga, and Outdoor Education. She has M.S. in Experiential Education and K-12 Art License. She has taught in Art Education settings such as: Museum Education, Adult Day Care Programs, and K-12 Schools. She currently teaches 11th and 12th graders at Perpich Arts High School.

Cultivating a Community

We will be facilitating a variety of activities that model the four different stages of building community. The workshop group will be participating in different activities that align with each of Laurie Frank's stages of community--cooperation, trust, problem solving, and challenge.

Kaitlin Fisher is currently a sixth-year high school mathematics and physics teacher in Michigan. Prior to teaching, she spent five years as a team-building facilitator prior to teaching.

Kaite Ryan has been a part of Camp Courageous since 2017 where she resides with her family. she leads the trainings of all camp program staff members through the process of experiential education throughout the year.

Sasha Jabson is a 2nd-grade teacher at a Title 1 school in Madison, WI for five years now.

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**Take a Risk & Join the Chorus:
Group Music Activities for Building Confidence**

Music is a language that crosses all disciplines and can be an attractive and engaging tool to build confidence that can transfer to all areas of life. Using simple repeated patterns, attendees will engage in creating music together at a zero-risk level and collaboratively stretch their barriers and grow their confidence. Music making can be integrated into the experiential group process in a playful and engaging way. No prior music experience is needed. Participate in a group activity and take away many techniques that will apply to any content area.

Anna Lussier teaches band and choir in Waupaca, WI. Prior to teaching in Waupaca, she taught elementary music and beginning band in southern Wisconsin. She earned her Bachelor's Degree in Music Education from UW Oshkosh with certification in Choral, General, and Instrumental Education.

Nancy Kurr teaches Orchestra in Middleton, WI, and holds a degree in Viola Performance from UW Madison and certifications in both Early Childhood Education and Instrumental Music Education.

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Session 4
Sunday, 9:00-9:45

Title & Summary**Presenter Bio(s)****Ballooning (NSTE-HABIT)**

High-altitude ballooning (HAB) is the platform to perform near-space experiments (NSEs, up to 30 km). NSEs are student-generated experiments that allows students opportunities to conceive, develop, build, and conduct experiments based on their own perspectives about our world. NSEs are developed using science and engineering practices found in educational and professional settings and foster students' curiosities, discovery, and self-expression. An example of HAB NSE application will be NASA's Nationwide Eclipse Ballooning Project. This workshop will highlight instructional and experiential practices, tools, and products to achieve successful NSEs.

Dr. Derrick A. Nero is the Assistant Professor of Engineering Education at the University of Nebraska at Omaha College of Education, Health, and Human Sciences. His research interests include Engineering Education pedagogy, authentic experiential learning, engaging historically underrepresented groups, and near-space experiments using high-altitude balloons. He provides experiential learning opportunities for undergraduates through grants from the NASA Nebraska Space Grant and the NASA Nationwide Eclipse Ballooning Project and for secondary students through Girls' Inc./UNO EUREKA! and Project HALON (High Altitude Learning Over Nebraska). He teaches Science Experimentation & Engineering Design, Engineering Education Externship, and Invention & Innovation in Engineering Education.

Quiet Classroom

In this workshop we will focus on hands-on strategies and activities that calm students down and get them thinking and learning without talking so that you can see these activities in action before trying them out for yourself. We will cover multiple different ways to quickly quiet a classroom, and activities you can do to calm your students minds while still having them actively engaged and participating as a group. Our classroom techniques consist of research and evidence based practices designed to create safe, joyful and engaging classrooms for both students and teachers. We will focus on how to provide an environment that can help de-escalate when necessary to maintain a calm mind and calm classroom. You will walk away with strategies and activities you can immediately implement.

Kelly Nestingen has over 11 years of experience in early childhood (birth thru age 8). She is currently a substitute teacher for the School District of Holman teaching students up to 5th grade.

Mary Domack is a healthcare professional who has transitioned into adult academic education.

Tricia Price is a ninth year of teaching visual art in a rural school district in central Wisconsin, and also has experience working in the inner city schools of the Milwaukee area where she is originally from.

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Session 5
Sunday, 10:00-10:45

Title & Summary

Presenter Bio(s)

**Culturally Responsive Teaching:
An Experiential Lens**

This workshop will focus on culturally responsive teaching, and how CRT overlaps and continues experiential education.. Whether we teach preschool, elementary-level literacy, or high school sciences and beyond, it is necessary to meet the diverse needs of our learners. We will be discussing how culture and community influence the classroom environment and lead to a greater understanding of the material among students, as well as practicing how to minimize our biases and negative reactions to classroom behavior.

Maya Grey is an early childhood educator passionate about teaching through child-led experiences in the natural environment. Maya is excited to share the knowledge she has gained through her diverse teaching roles, including Environmental Educator for the San Francisco Parks Dept, Nonprofit Literacy Site Coordinator, and Outdoor Education Curriculum Developer in Nanjing, China.

Tim Gatti is an elementary educator teaching 4th grade in Madison, WI. He discovered education after studying history and geography at the University of Minnesota-Twin Cities. Tim has worked at Thoreau Elementary School for 12 years, first with the Schools of Hope AmeriCorps Project, also as a paraprofessional aide, and for the past five years as a 4th grade teacher.

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**Use Your Props Wisely:
Workshop with a Deck of Cards**

Inspired by Michelle Cummings book, "Playing with a Full Deck", this workshop will allow participants to put on their "participant hats" as they engage in a variety of activities using only one prop: a deck of playing cards. We will discuss how to use props in creative and intentional ways that help YOU grow as a facilitator while designing engaging programming for your participants!

Emily Wentorf (she/her) is currently a Secondary Education Master's student at UW Madison. Since the fall of 2018, she has been a facilitator for Adventure Learning Programs (ALPs) where she developed an interest in and love of experiential education.