WORK LIFE BALANCE
4/13@4PM

Shari Lighthall
Agricultural Education & Outreach
Cornell University

slighthall@cornell.edu
315-346-1222
Do You Know Where your Children Are? We bring our children to our Annual Professional Development Conference!
Place Mat- Children create a place mat to mark their spot at the children's dining table.

Beaver's, Bug's, Biology, Oh My- Children hike facilities searching for signs of beavers, tip over stones to find interesting insects, and look to the trees to identify song birds.

Hay Ride- Children enjoy a hay ride around camp. Includes camp songs and scenic views.

Rocket Building- Children create a foam rocket individually or with a partner.

Team T-shirt- Children create a t-shirt to help cheer on their favorite team in the teachers team challenge.

Beach Play- Children build sand sculptures on the beach. Older children canoe or kayak on the pond.

Ag-citing Games- Children enjoy agriculture games

Cheer Section - Children change into their team T-shirt, make posters, and have their face painted.

Spectators- Children watch their parents compete in the team challenges and cheer from the bleachers!
Lizards, Frogs and Pollywogs- Children catch frogs and pollywogs at the waters edge.
Hide and Seek, Mother May I, and Red Rover Red Rover- Children play these games and many more.
Nature Hike- We hike on the pond trail and explore as we go.
Scavenger Hunt- We hunt for natural items through main camp... pinecones, maple leaves, and beaver chewed sticks will all be on the list and much more!
Create a Chalk Board- Each child paints, creates, and personalizes their own small wooden chalk board
Campfire- Children roast hot dogs and enjoy an outside dinner. Dessert is s'mores of course! Campfire is followed by a children's movie.
Sun Catchers and Wind Catchers- Children paint and build these decorations to brighten up a window at home.
Horse Play- Children meet one of the summer camp horses. Help feed, brush, and care for this lucky horse.
Costs/Resources Needed
Advice to Others
The children form friendships that they will have for many years to come!
Professional Development
Retention Strategies

Goal- Prevent Burnout, and keep our teachers Burning BRIGHT!
Your Fire for Agricultural Education: Burning Bright or Burned Out?

Amy Smith, Assistant Professor of Agricultural Education, University of Minnesota
According to Byron Greenberg, "Classroom teachers are often 'on fire' for the job when they start...and anything on fire can burn out." Certainly, this is true for agricultural educators! Expectations placed on agricultural educators - at any and all career stages - can overwhelm even the most passionate, committed individuals. This presentation will challenge attendees to reflect upon their own journey in agricultural education - and consider how to avoid, or recover from, job burnout. The session will provide an open forum for sharing research, best practices, and conversation related to personal and professional wellbeing, work/life balance, job stress and burnout. Strategies will be shared that will help keep attendees "on fire" rather than "burned out". Each attendee will complete a personalized assessment identifying burnout indicators and create a customized plan designed to increase wellbeing and balance, while minimizing job stress and burnout.
Shari Lighthall
Agricultural Education & Outreach
Cornell University
slighthall@cornell.edu
315-346-1222