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CESTA/1890 Land Grant Programs at CSU



1890 Land-Grant Institution

An illustration of three women in various dance poses. The woman on the left is in a dynamic pose with one leg forward and arms extended. The woman in the center is in a ballet-like pose with one leg raised and arms outstretched. The woman on the right is in a modern dance pose with one leg forward and arms raised. The background is a solid brown color.

Mindful Movement

Stand Up

Create your Bubble/Space

DANCE!! - [Cupid Shuffle](#)



Who am I?

Background

- Hometown - Toledo, Ohio
- Springfield High School; Basketball & Track
- College - Central State University
- B.S. in Exercise Science; Ran Track & Long Jumped



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Now

- CSUE Educator
- Part time @ The Onyx Café
 - New Homeowner
 - High School Coach
 - 1 year old son – Raiden
 - 2 Dogs – Mocha & Kali



Academic Excellence



What is a *Land Grant* Institution?

As an 1890 Land-Grant Institution, Central State University is expanding Science, Technology, Engineering, Mathematics, and Agriculture (STEM-Ag) academic programming, research, and education; developing partnerships within Ohio's agricultural industry; and engaging local communities.

Central State University, an 1890 Land-Grant Institution, is committed to the full inclusion of all people, and does not discriminate on the basis of age, ancestry, race, color, disability, gender identity or expression, genetic information, HIV/AIDS status marital or family status, military status, national origin, political beliefs, religion, sex, sexual orientation, or veteran status. If reasonable accommodations are needed, please contact the Department of Human Resources at 937-376-6540. Affirmative Action/Equal Opportunity Institution.

A CESTA 1890 Land-Grant Programs at CSU

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What We Do

Agriculture & Natural Resources	Community & Economic Development	Family & Consumer Science	4-H & Youth Development
Improving Sustainable Agriculture	Developing Sustainable Communities	Building Families & Communities	Empowering Youth through 4H
Focus on small scale farms, wetlands development, urban farming, community aquaculture, and agriculture education through field days, seminars and more.	Offers technical assistance and capacity building to individuals, small businesses, communities, as well as non-profit organizations.	Offers programs in health/nutrition, childhood obesity, family relations, and financial literacy to impart knowledge and provide practical applications to build stronger families and communities.	Empowering youth through 4-H Provides positive youth development for youth and creates a pathway for Ohio youth to grow and bloom into responsible citizens and caring adults.



4 – H Youth Development

- Hannah Albers – halbers@centralstate.edu

Let 4-H make a difference in your life!

Central State University Extension (CSUE) 4-H Youth Development offers young people between the ages of 5 to 19 programs that empower youth to reach their full potential by working in partnership with caring adults.

CSU Extension 4-H programs promote skills in the following areas:

- Citizenship
- Healthy living
- Leadership
- Volunteerism
- Critical thinking



Empowering Youth Through 4-H

Central State University Extension (CSUE) 4-H provides positive youth development programs for youth K to 12 and creates a pathway for Ohio youth to grow and bloom into responsible citizens and caring adults. *Signature programs include after-school programs and summer camps:*

4-H S.T.E.A.M Youth Development—In-School & After-School Program: (Grades 6 to 8) Fosters positive youth development that is based on the needs and strengths of youth, their families, and communities.

Discovery Day Camp: (K to Grade 5) Introduces kids to science and agriculture with fun activities.

Seed To Bloom Ag-STEM Institute/Camp: (Grades 6 to 8) Addresses the importance of agriculture and the role it plays to provide food and fiber.

Research and Extension Apprentice Program (REAP)/Camp: (Grades 9 to 12) Engages youth by sharing the latest technological advances in agriculture, life sciences, family and consumer science and human development.

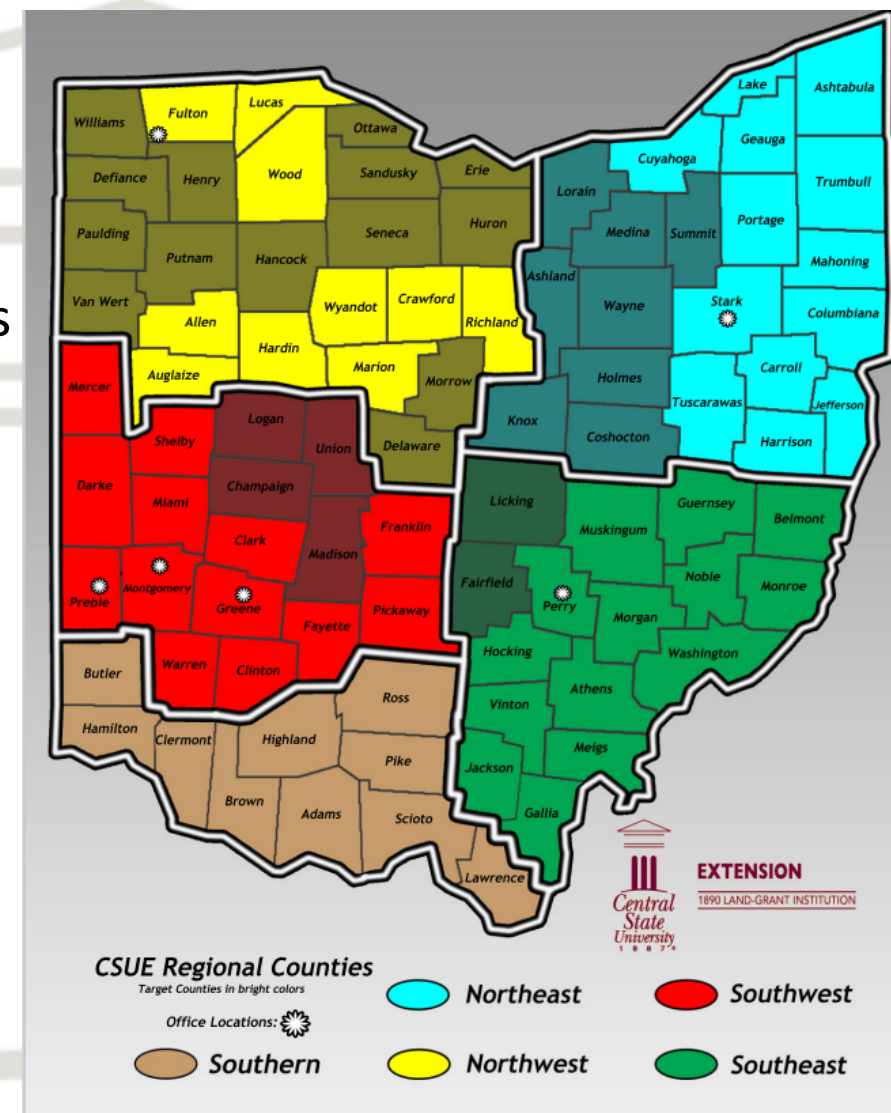


Family & Consumer Science

- Improve Lives Through Education
- Meet the needs of all participants and partnering organizations.
 - Single class or Series of classes designed to address specific needs issue.
- All programs are **FREE!!**

Program Topics

- ☐ Health & Wellness
- ☐ Mental Health
- ☐ Healthy Eating for Life
- ☐ Parenting
- ☐ Food Preservation/Value – Added Foods
- ☐ Food Safety & Sanitation Training
- ☐ Financial Literacy





Our FCS Programs

Improving Lives Through Education

HEALTH AND WELLNESS

Diabetes Empowerment Education Program

DEEP™ topics include diabetes risk factors, diabetes complications, foot care, meal planning and healthy eating, as well as stress management techniques such as physical activity, medications and self-monitoring of health.

Freedom from Smoking (Adults)

Freedom From Smoking® program focuses on setting a quit date with a quit plan to become tobacco-free.

Not on Tobacco (N-O-T) (Youth)

Smoking cessation program designed for youth and teens to develop/maintain positive behaviors.

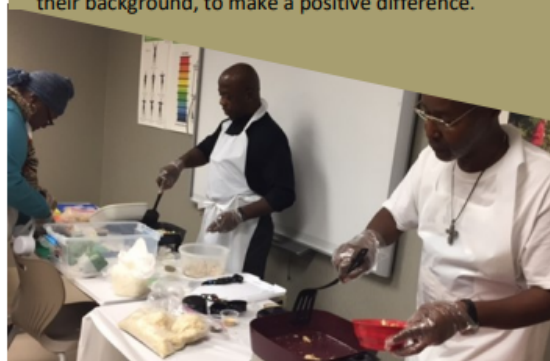
GenRX

Focuses on safe medication practices and prescription drug safety for all ages.

MENTAL HEALTH

QPR---Questions, Persuade and Refer

Reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. Quality education empowers all people, regardless of their background, to make a positive difference.



HEALTHY EATING FOR LIFE

"Let's Get Turned Up and Turn it Around"

Educates youth on childhood obesity, focusing on kid-friendly cooking as well as dancing for fitness and fun.

Nutrition Education for Older Adults

Four-session program promoting eating/physical activity to improve health focusing on goal setting and addressing real and potential barriers.

Families Eating Smart, Moving More

Hands-on nutrition program teaching new skills---shopping, cooking and daily physical activity.

Teen Cuisine

Learn concepts about nutrition, food prep, cooking, safety and physical activity to enhance learning/behavior among teens.

PARENTING

Chicago Parent Program

Twelve-session evidence-based parenting program created for parents of young children (2-5 years old) designed to meet the needs of a culturally/economically diverse audience.

Strengthening Families

Evidence-based parent/youth/family skills-building program focusing on preventing substance abuse, behavior issues and increasing communication skills leading to academic success.



The percent of Ohio adults reporting no physical activity increased from 25.2 percent in 2012 to 29.6 percent in 2017.

State Health Assessment Ohio 2019

FOOD PRESERVATION/VALUE-ADDED FOODS

Programs focus on home food preservation, food safety and storage including freezing; canning; both low- and high-acid foods dehydrating; jams and jellies; and pressure canner gauge testing. Value-added food programs address cottage foods and commercial canning for increased economic well-being.

FOOD SAFETY AND SANITATION TRAINING

In addition to home food safety, Food Safety and Sanitation programs are designed for those preparing food for public consumption. Person-in-Charge and Manager Certificates are provided.

FINANCIAL LITERACY

FDIC Money Smart

Programs for youth, young adults, adults and seniors help manage financial resources throughout the life span.

Mastering "Adulting" After Moving Out

Teaches lessons preparing young adults for independence. This four-week series covers topics such as the apartment hunting process; home maintenance; what to do in emergency situations; financial literacy (loans, credit reports, choosing a bank, etc.); maintaining relationships; and time/stress management and more.



A large pile of cardboard boxes of various sizes is stacked in a room with a white brick wall and a window on the left. The boxes are brown and some have their flaps open. The scene is dimly lit, with light coming from the window.

Creating & Using a Break Box for Your Space

Becoming a Limitless You!



Wellbeing Check In – How do you feel today?

On a scale of 1 – 10??



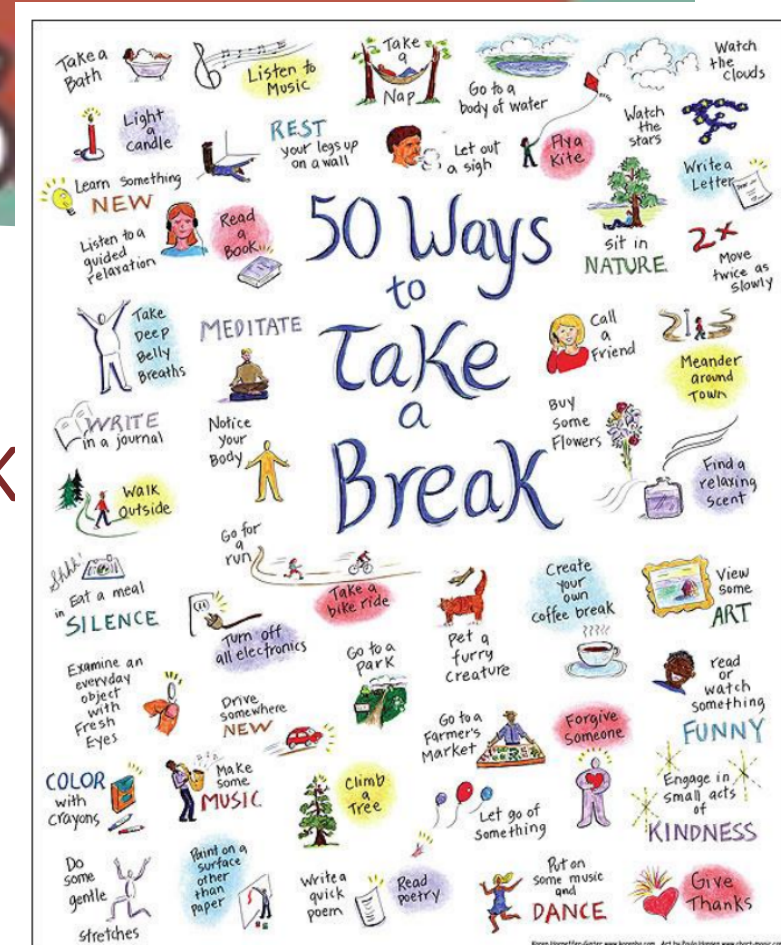


How Can We
Manage The
Stress??



How Can We Manage The Stress??

- Give yourself GRACE & a BREAK
- Circle your top 10 to 15





READ to REST – at
least 6 mins a day!

Limitless – Jim Kwik

PART 2

LIMITLESS MINDSET INITIATION

DISPELLING THE 7 LIES OF LEARNING

1. Intelligence is fixed
2. We only use 10% of our brains
3. Mistakes are failures
4. Knowledge is power
5. Learning new things is difficult
6. The criticism of other people matters
7. Genius is born, not made

PART 3

LIMITLESS MOTIVATION REVELATION

PURPOSE ENERGY SMALL SIMPLE STEPS FLOW

PART 4

LIMITLESS METHODS TRANSFORMATION

FOCUS

Calm Your Mind
Breathing
Schedule Time for Distractions

MEMORY

Visualization
Association
Emotion
Location

STUDY

Active Recall
Manage the State You're In
Music for the Mind
Take Note of Taking Notes

SPEED READING

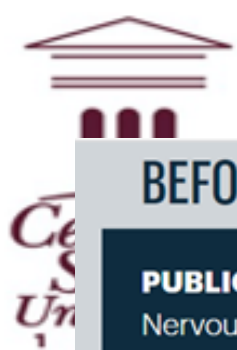
Visual Pacer
Peripheral Vision
Comprehension

THINKING

The Thinking Hats
How Are You Smart?
Your Learning Style
Mental Models
Thinking Exponentially

LIMITLESS YOU

THE REWARD & RETURN



READ to REST – at least 6 mins a day!

Limitless – Jim Kwik

BEFORE

PUBLIC SPEAKING

Nervously trying to remember speaking points and writing bullets on your hand. Clumsy delivery.

STUDYING

Cramming the night before the big exam, only to receive poor scores.

NETWORKING

Going to an event and failing to remember people's names, even after you've just met them.

READING

Struggling to finish books, feeling overwhelmed, and not recalling what you read.

AFTER

PUBLIC SPEAKING

Access large chunks of information without referring to notes. Your speeches & reports seem natural.

STUDYING

Understanding how your brain learns best so you break your studying into chunks where you easily retain info.

NETWORKING

How to direct your full attention when meeting people so you recall names and faces long after.

READING

Exponentially increasing your reading speed and ability to remember and apply what you read. Go from reading a book a year to a book a week.

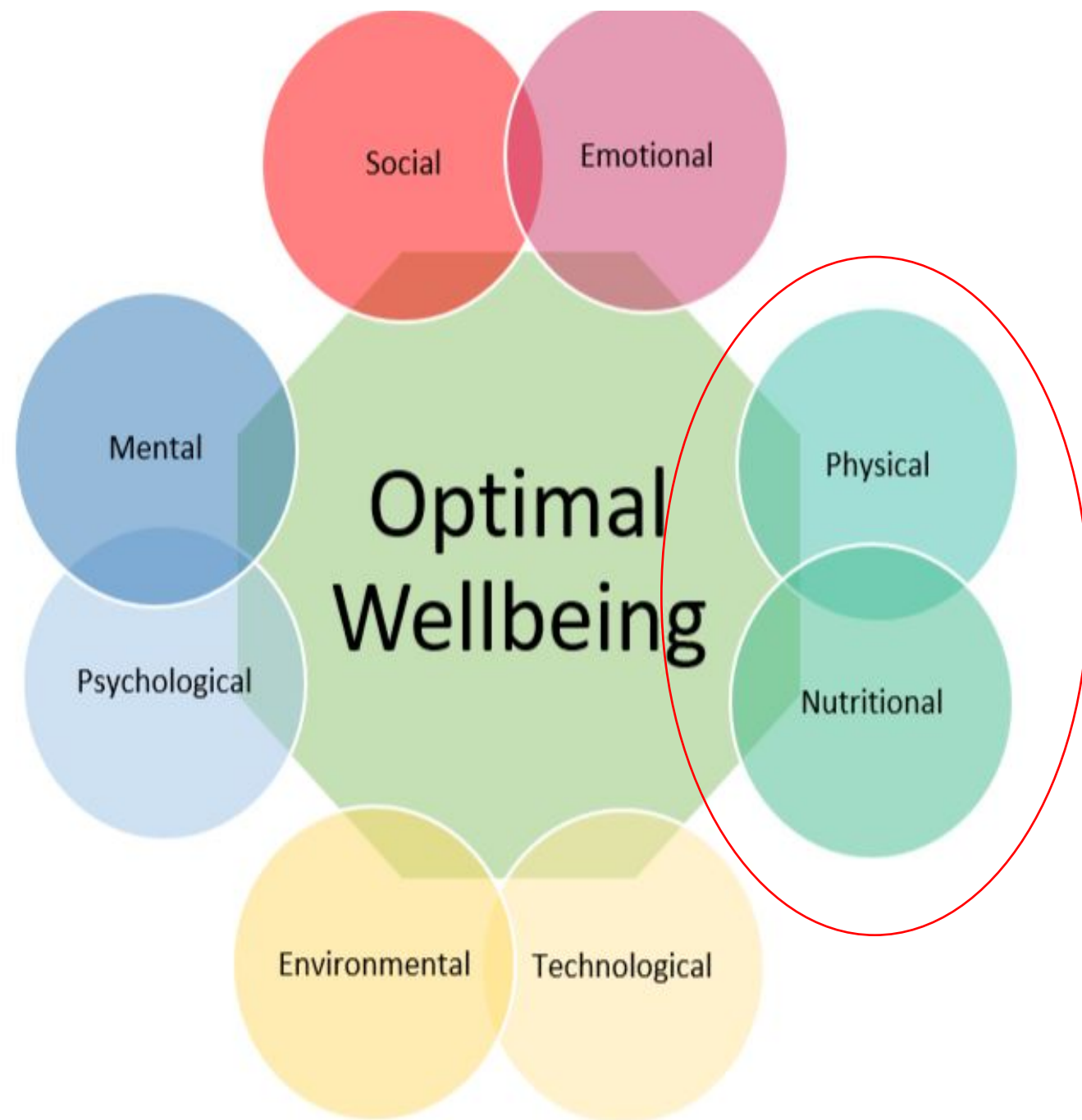


1. Limit Screen Time
2. Use Technology to Your Advantage
3. Listen to your favorite song/album or Making music
4. Enjoy Nature/Get Vitamin D
5. Aromatherapy/Essential Oils



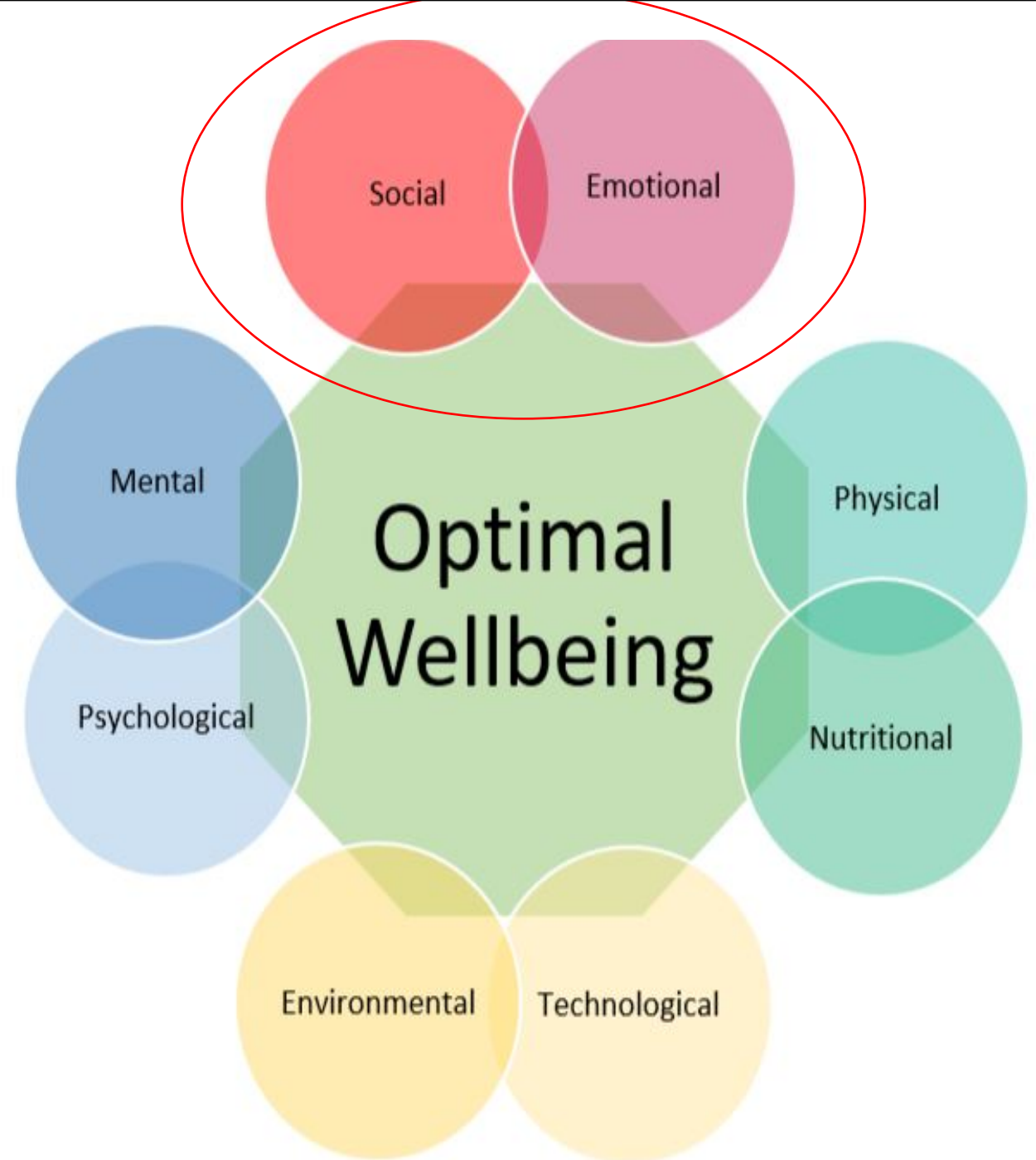


1. Brain Foods & Simple Snacks
2. Take a shower (Cold/Hot) /get dressed
3. Move your body
 - Dance
 - Exercise





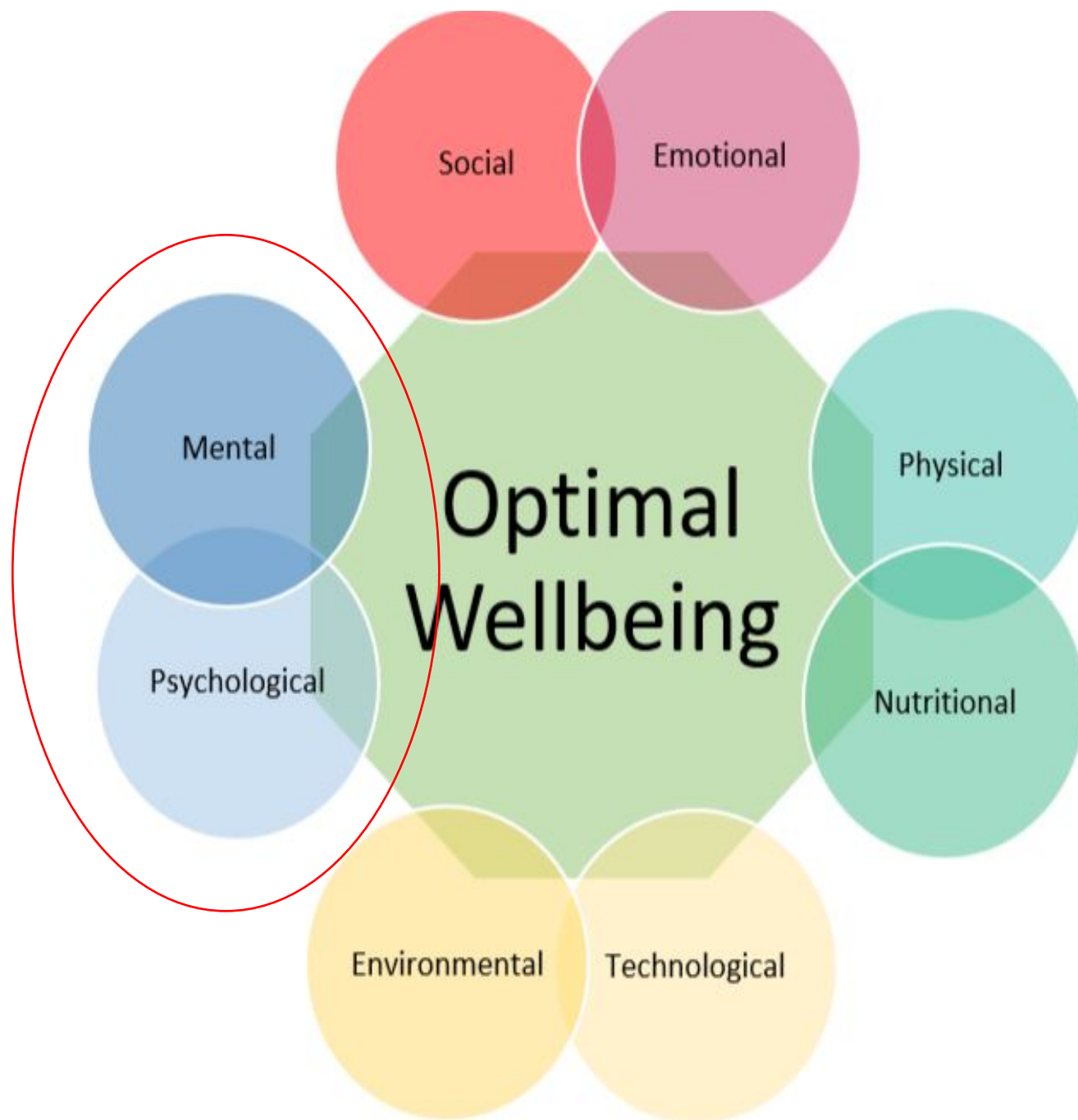
1. Journal or Write & Rip
2. Stress Ball/Bounce Ball/Fidgets
3. Draw/Paint/Pictures/Dance Ect.
W/ Friends
4. Friends or Furry Friends
5. Read/Scrapbook/Poetry
6. Nap/Moment to Self





1. Be Present/Mindful/Positive Affirmations
2. Breathe/5 Senses Exercise
3. S.M.A.R.T. Goals for your H.E.A.R.T.
4. 4 G's to Genius
 - Growth
 - Giving
 - Gratitude & Grit

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Ask Yourself:

What, **When**, **Why** & **How**

- What – **Activity** are you going to try to optimize your wellbeing?
- When – **Will I finish this activity to help reduce my stress?**
- Why – **Do I feel this way or need this activity?**
- How – **Is this activity helping/changing my wellbeing in a positive?**





Would anyone like to share a positive word, quote, or phrase?



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.

Nelson Mandela

QUESTIONS?

COMMENTS.

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CONCERNS!!



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Participant Feedback Sheet -
Teacher In-service



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