

WORKSHOPS - Thursday, April 4, 2019

7:00 – 8:45 p.m.

“Farm to Table A Culinary Experience” – Chef Kevin Sullivan, PAL Hotel - Salon C/D

Join Chef Sullivan as he shares some of his best farm to table culinary secrets. Chef Sullivan is well known and very respected as an outstanding chef here in Springfield. His wealth of culinary expertise will amaze you. This session will include a culinary demonstration.

8:00 – 8:45 p.m.

“The Future is Now: Social, Digital, and New Media Marketing”

Julie Imfeld, Fashion Institute of Design & Merchandising, PAL Hotel – Gov. Altgeld

Did you know that nearly 90% of jobs in the upcoming year will demand social media skills? Social Media isn't just something you do in your spare time, it is a viable career path amounting to approximately \$1.3 trillion to our economy. In this interactive presentation, students will learn the importance of social, digital, and new media marketing, the impact it has across numerous industries, and the skills required to work in this field. Students will learn how brands develop social media marketing campaigns and then put their knowledge to the test by developing their own campaign.

8:00 – 8:45 p.m.

“Relationships and Dating 101”

Ashley Kennedy, New Life Pregnancy Center, Decatur, IL PAL Hotel – Ottawa A & B

Want to know more about what to do in difficult relationship situations? Need help in identifying red flags in a dating relationship? This workshop will provide students with information on healthy and unhealthy relationships characteristics and how to build a strong foundation in both friendships and dating relationships.

WORKSHOPS - Friday, April 5, 2019

9:30 a.m.

“What You Need to Know About Car Insurance?”

Melanie Schelling, State Farm Insurance, Wyndham – Plaza 1

What is “full” coverage and liability? Why is insurance so high for teen drivers? Are discounts available? How can I lower my price? Come to learn the basics and get all of your questions answered. Join Melanie for an interactive conversation discussing the ins and outs of insurance.

“#goals: high school and beyond”

Ashley Kennedy, New Life Pregnancy Center, Decatur, IL Wyndham Hotel – Capitol Room

Stuck in a rut? Do you have ideas of things you want to accomplish but can't figure out how to achieve them? This workshop will provide information on identifying and setting SMART goals to help you positively influence your future.

“The Art of Cake Decorating”

Chef Brittney McLawhorn, Johnson & Wales University, Wyndham – Rendezvous Room

Have you ever wondered how to decorate a cupcake or cake that you see on TV? Come learn the basics of cake decorating...from how to fill a pastry bag to how to create a beautiful rose. You may even have a chance to practice on your own cupcake!

WORKSHOPS - Friday, April 5, 2019

10:30 a.m.

“What You Need to Know About Car Insurance?”

Melanie Schelling, State Farm Insurance, Wyndham – Plaza 1

This is a repeat of the 9:30 a.m. session

“Relationships and Dating 101” –

Ashley Kennedy, New Life Pregnancy Center, Wyndham – Capitol Room

This is a repeat of the Thursday night session

“Fashion Merchandising and Design”

Dr. Katherine Shaw, Eastern Illinois University, Wyndham – Conference Center 4

What is the future of the world of fashion? During this presentation we will forecast the developing issues and trends in today’s fashion field. Participants will foster their fashion forecasting skills during this hands-on session using social media and other news and industry outlets.

1:00 p.m.

“Fashion Merchandising and Design”

Dr. Katherine Shaw, Eastern Illinois University, Wyndham – Conference Center 4

This is a repeat of the 10:30 a.m. session

“Farm to Table A Culinary Experience” – Chef Kevin Sullivan, Wyndham – Capitol Room

Join Chef Sullivan as he shares some of his best farm to table culinary secrets. Chef Sullivan is well known and very respected as an outstanding chef here in Springfield. His wealth of culinary expertise will amaze you. This session will include a culinary demonstration.

“#leadership”

Tori Layman, Elyse Travis and Zane Gardner, Wyndham - Rendezvous Room

This fun and interactive session will focus on defining what leadership is all about and how to be an effective team player. Join three strong leaders who know the importance of leadership and teamwork!

2:00 p.m.

“#leadership”

Tori Layman, Elyse Travis and Zane Gardner, Wyndham - Rendezvous Room

This is a repeat of the 1:00 p.m. session

“Living” the International Experience – Kaho Miyahara, Alton High School

**Japanese Exchange Program Participant and Regina Birch (host mom and FCCLA Adviser),
Wyndham – Capitol Room**

Have you ever wanted to travel to Japan? Or maybe just learn more about their culture? Come to this workshop and meet one of the students who is part of the National FCCLA Japanese Exchange Program. You can learn about the cultural differences between Japan and the United States along with how you can host an exchange student or become part of a future team of FCCLA members who travel to Japan.