



# SYNERGY 2008

WELCOME TO THE WORLD OF AFTERSCHOOL: YOUR PASSPORT TO SUCCESS



**NORTH CAROLINA CENTER  
FOR AFTERSCHOOL PROGRAMS**



## An Overview

*SYNERGY features over 50 workshops, 30 vendors, networking receptions, and a special Pre-Conference opportunity on afterschool funding, sustainability, and quality enhancement. NC CAP developed SYNERGY to:*

- Bring together a broad spectrum of community and school-based afterschool providers for training, networking, and sharing of effective practices
- Address current challenges in the field and connect those working in, partnering with, or advocating for afterschool programs with the most recent research and tools
- Connect practitioners with policymakers, potential partners, and leaders in their communities
- Build public awareness of the potential offered by afterschool programs and the urgent need to develop more access to high-quality programs
- Honor those who are making a difference in the afterschool field

## Conference Strands: Getting Packed for the Journey

**CAPACITY BUILDING** - parent/family engagement; faith-based, school, and community partnerships; volunteers, sustainability, grant writing, advocacy

**THE GREAT OUTDOORS** - purposeful recreation, field trips

**DIVERSITY** - economic, geographic, cultural, racial, behavioral, physical, gender

**THE WEARY TRAVELER** - stress management, games

**TECHNOLOGY** - media literacy, virtual learning, GIS/GPS NC CAP mapping project

**EVALUATION** - data collection, reporting, standards, developing measurable objectives

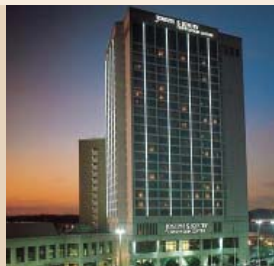
**TOOLS FOR SUCCESS** - staffing, licensure, policy development, facility management

**STUDENT ACHIEVEMENT AND WELL-BEING** - academics, creativity, life skills, health, character, service learning, mentoring, career development, literacy training

## Accommodations

Rooms are available at the Koury Center/Sheraton Four Seasons at a discounted rate of \$118. The rooms can accommodate up to four people at this special rate. If you have not yet booked your room, please do so as soon as possible – rooms are filling fast. Call (800) 242-6556, or visit [WWW.KOURYCENTER.COM](http://WWW.KOURYCENTER.COM) to reserve your room. Be sure to mention “NC CAP” to receive the low rate. Hotel reservations must be booked by **FEBRUARY 1**.

Sheraton Four Seasons/  
Koury Center Hotel  
3121 High Point Road  
Greensboro, NC 27407  
1-800-242-6556  
[WWW.KOURYCENTER.COM](http://WWW.KOURYCENTER.COM)

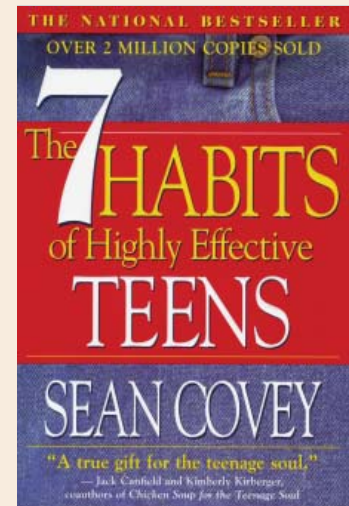


Experience award-winning convenience and comfort. Beautifully decorated guest rooms feature conveniences such as free high-speed Internet access, cable televisions with remote, computerized card locks, and two-line telephones with voice mail and data ports. Within the hotel, you will have access to a full-scale business center, complete cardiovascular health club, indoor/outdoor pool, whirlpool, sauna, and racquetball court.

## Keynote Gary McGuey



Gary McGuey was instrumental in developing The 7 Habits of Highly Effective Teens® workshop from Franklin Covey, based on the No. 1 best-selling business book *The 7 Habits of Highly Effective People*. Gary has shared his award-winning message with audiences ranging from Fortune 500 businesses to local and federal government education agencies. A dynamic, energetic speaker, Gary brings a keen sense of humor and extensive experience as an educator in both the public and private sectors in the U.S. and Canada. He is passionate about both improving work environments and empowering people to govern their personal lives more harmoniously.



*“You’ll be amazed at the results a few small changes can bring. Gradually, you’ll increase in confidence, you’ll feel happier, you’ll get high ‘naturally,’ your goals will become realities, your relationships will improve, and you’ll feel at peace. It all begins with a single step.”*

*Sean Covey  
The Seven Habits of Highly Effective Teens*

### TIMELESS TRAINING FOR THE TEENAGE YEARS

Life for teens today is no longer a playground. It’s a jungle out there, with tough choices, peer pressure, personal insecurities, and anxiety about what others think. Then consider feelings of depression, inferiority, and jealousy of others’ successes, plus self-destructive behaviors such as drugs, vandalism, and gangs. Gary McGuey’s The 7 Habits of Highly Effective Teens® program gives young people a set of proven tools to deal successfully with real life. Through both general session and workshop opportunities, McGuey will share a step-by-step framework for boosting self-image, building friendships, resisting peer pressure, achieving goals, improving communication and relationships with parents, and much more. The program is a means for educators, administrators, and superintendents to help improve student performance; reduce conflicts, disciplinary problems, and truancy; and to enhance cooperation and teamwork among parents, teens, and teachers. Whether you are serving younger children or teens, you will walk away from Gary’s inspiring program equipped with resources and tips to incorporate into both your afterschool program and daily life.

#### **HABIT 1: Be Proactive®**

Take responsibility for your life.

#### **HABIT 2: Begin with the End in Mind®**

Define your mission and goals in life.

#### **HABIT 3: Put First Things First®**

Prioritize, and do the most important things first.

#### **HABIT 4: Think Win-Win®**

Have an “everyone-can-win” attitude.

#### **HABIT 5: Seek First to Understand, Then to Be Understood®**

Listen to people sincerely.

#### **HABIT 6: Synergize®**

Work together to achieve more.

#### **HABIT 7: Sharpen the Saw®**

Renew yourself regularly.

## Pre-Conference: Starting and Sustaining Afterschool Programs

Are you interested in starting an afterschool program, but are not sure where to begin? Or, are you an afterschool professional interested in program sustainability or a refresher course on how the afterschool landscape in North Carolina has changed over the years? If so, NC CAP invites you to a special Pre-Conference session with **ALL of the major state funding and quality-enhancement agencies** for an insider's glance at these answers and more!

Pre-Conference will equip you with the know-how to start an afterschool program, or sustain an existing program. All of the major state funders of afterschool will be there to introduce their services and funding guidelines, share tips and strategies for the RFP

process, and field your questions. Through panels, workshops, and a special evening reception, participants will leave with the latest resources on funding a high-quality afterschool program in North Carolina.

Pre-Conference begins at 1:00 p.m. on March 3. Our day includes an afterschool panel and information sessions and concludes with a "Getting to Know You" reception from 5-7 p.m., featuring heavy hors d'oeuvres, youth entertainment, a chance to network with the speakers from the panel, prizes, and more!

Register for the Pre-Conference by February 4, 2008, for a chance to win prizes!

### WHO SHOULD ATTEND PRE-CONFERENCE?

- Afterschool professionals, directors, administrators
- School personnel – teachers, principals, central office staff, superintendents
- Faith-based and community-based organizations interested in learning more about afterschool and how to start a program
- PTA Members
- Home School Association Members

### CAN I ATTEND THE MARCH 3 PRE-CONFERENCE WITHOUT ATTENDING THE FULL CONFERENCE ON MARCH 4-5?

Yes, although we strongly encourage you to stay for the full conference, featuring keynote speaker Gary McGuey of Franklin Covey's 7 Habits of Highly Effective Teens, over 50 workshops, and 30 vendors!

**A LIMITED NUMBER OF SPACES ARE AVAILABLE FOR THIS SPECIAL OPPORTUNITY, SO REGISTER TODAY!**



## Sample Workshops

Over 50 workshops will be offered at SYNERGY. Workshops are designed for providers working with children and teens.



### **MOTIVATING THE UNMOTIVATED STATE OF MIND**

*Ken Babineaux, North Carolina Department of Public Instruction*

All students display a sense of motivation based on their personal interests. However, an unmotivated state of mind may be the creature causing many students to disengage from participation in academic processes—at school, in after-school programs, and during completion of homework. This could lead to students failing academically and dropping out of school physically, mentally, or emotionally. This interactive session will address fueling the unmotivated state of mind. The importance of extrinsic and intrinsic motivation techniques will be explored. These techniques, combined with maximizing student learning styles and student perception, may be the solution to stimulating students.

### **HIP-HOPE FOR EDUCATORS: HELPING TEACHERS RELATE TO A NEW CULTURE**

*W. Bernard Cook, HIP-HOPE Program*

Take a look around the world today, and you will be hard-pressed to find any aspect of our youth's lives that is not influenced by the hip-hop culture. Some of it is positive, and some of it is negative,

but the majority of it is under-utilized as a tool for enrichment and development. That is where HIP-HOPE comes in – a fun and exciting enrichment process that is based around character development, teaching basic and advanced technical skills, and strengthening participants' academic proficiency in math, science, reading, and writing.

### **BUILDING FAMILY AND COMMUNITY INVOLVEMENT THAT ENHANCES SUSTAINABILITY**

*Dr. Bricca Prestridge Sweet, Executive Director, Ed-LBEX, Inc.*

You will learn about the seven factors that build high levels of family involvement and strong community partnerships in engaging afterschool enrichment programs and practice developing those factors with techniques that you can take home and put to use in your own program. This interactive session will help you develop innovative youth engagement and problem-solving strategies that promote sustainability.

### **LICENSING REQUIREMENTS FOR AFTERSCHOOL PROGRAMS**

*Laura Hewitt, NC Division of Child Development*

This workshop will answer your questions about state-licensing

requirements and afterschool programs. New requirements, major current requirements, and the difference between afterschool programs operated by public schools versus programs offered by others will be covered in the session. Participants will also have an opportunity to synthesize selected components of SACERS and NC CAP's Established Standards of Excellence Self-Assessment Tool to give input in the school-age chapter of the Child Care Handbook.

### **INTERNET SAFETY: CHILD PREDATORS ONLINE**

*Lindsey L. Deere, North Carolina Department of Justice*

Computers and the Internet (and networking sites like MySpace®) play an important role in the lives of many young people. Technology provides great benefits and opportunities, but it can also leave children vulnerable to serious dangers. This presentation is designed to help adult caregivers understand online safety issues and provide practical information to assist them in keeping children safe on the Internet. Resources will be provided from the North Carolina Department of Justice in partnership with the National Center for Missing & Exploited Children.

# Summit Schedule

<b>Monday, March 3</b>	<p>NOON–1 P.M. Pre-Conference Registration</p> <p>1–2:15 P.M. Pre-Conference Panel</p> <p>2:15–5:15 P.M. Rotating, Concurrent Breakout Sessions</p> <p>5:15–7:15 P.M. “Getting to Know You” Reception</p> <p>7:15–9 P.M. Conference Registration</p>
<b>Tuesday, March 4</b>	<p>7:30–8 A.M. Conference Registration</p> <p>8–9 A.M. Breakfast: World Café</p> <p>9–10:15 A.M. Breakout Session 1 (8 Concurrent Sessions)</p> <p>10:30–11:45 A.M. Breakout Session 2 (8 Concurrent Sessions)</p> <p>NOON–1 P.M. Lunch, featuring keynote speaker Gary McGuey</p> <p>1–1:30 P.M. Vendor Visitation</p> <p>1:30–2:45 P.M. Breakout Session 3 (8 Concurrent Sessions)</p> <p>3–4:15 P.M. Breakout Session 4 (8 Concurrent Sessions)</p> <p>4:15–6:15 P.M. Vendor Reception &amp; Raffle Drawing</p>
<b>Wednesday, March 5</b>	<p>8–9 A.M. Breakfast: World Café</p> <p>9–10:15 A.M. Breakout Session 1 (6 Concurrent Sessions)</p> <p>10:30–11:45 A.M. Breakout Session 2 (6 Concurrent Sessions)</p>

## Helpful Hints

*When do I need to arrive?*

**Pre-Conference** begins at 1:00 P.M. on March 3 to allow time for participants to drive in from across the state. Expect to arrive between Noon–1 P.M. for registration.

**All other participants** should arrive on the evening of March 3 or by 8 A.M. on March 4.

*Who Should Attend SYNERGY?*

Afterschool staff, directors, administrators, trainers, funders, school administrators, statewide network staff and supporters, youth workers, program volunteers, community leaders, advocates, parents, persons interested in starting an afterschool program, and others.

*Can I earn DPI or DCD training credits? Yes!*

## Exhibits

Need activities, curricula, materials? Want to have fun with your program? Visit our over 30 vendors for ideas, product demonstrations, and more. SYNERGY features vendor workshops, door prizes, giveaways, and raffles to maximize your conference experience!

## Registration Information

Conference Registration: **\$135**

Pre-Conference: **\$35**

*Pre-Conference space is filling fast! Register today to secure a reservation.*

Group Discounts:

Register 4 attendees, and receive free registration for the 5th.

### To Send Registration Information:

Online at: [www.nccap.net](http://www.nccap.net)

By fax: NC CAP, Attn: Rachel, at (919) 781-6527.

By phone: Call Rachel at (919) 781- 6833, ext. 132, or Jamie at ext. 115

By mail: NC CAP SYNERGY Summit  
3739 National Drive, Ste. 100  
Raleigh, NC 27612

REGISTER  
TODAY TO BE  
ENTERED IN A  
DRAWING FOR  
PRIZES!

# Registration Form



North Carolina Center for Afterschool Programs  
Annual Statewide Summit, March 3-5, 2008

Joseph S. Koury Convention Center  
Greensboro, NC

**GENERAL INFORMATION:** Please type or print all of the requested information. One form per person, please.  
To register online, visit [www.nccap.net](http://www.nccap.net).

Name (Dr./Mrs./Ms./Mr.) \_\_\_\_\_

Position \_\_\_\_\_

Organization \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work phone # \_\_\_\_\_

Alternative phone # \_\_\_\_\_ Fax # \_\_\_\_\_

County \_\_\_\_\_ Email address \_\_\_\_\_

## SYNERGY REGISTRATION FEE:

- Pre-Conference \$35
- Regular Conference registration \$135

After February 26, no registrations will be processed.  
On-site registration (\$150) begins March 3 and continues through the morning of March 4.

## MEAL SELECTIONS/SPECIAL REQUESTS (INCLUDED):

*Check only those that you plan to attend.*

- March 3 Reception (Pre-Conference participants only)
- March 4 Breakfast
- March 4 Lunch
- March 5 Breakfast

## Dietary Restrictions:

\_\_\_\_\_

**Services Needed** (e.g., sign-language interpreter):

\_\_\_\_\_

**PAYMENT INFORMATION:** A check (made payable to NC CAP), money order, purchase order, or credit card number must accompany this registration form. You can mail or fax your registration form or register online at [WWW.NCCAP.NET](http://WWW.NCCAP.NET).

## FORM OF PAYMENT

- MasterCard  Visa Expiration date \_\_\_\_\_
- Card # \_\_\_\_\_
- Name on card \_\_\_\_\_
- Signature \_\_\_\_\_
- Check # \_\_\_\_\_
- Organization issuing payment \_\_\_\_\_

Address of org. paying \_\_\_\_\_

\_\_\_\_\_

Check box (in order to waive payment)

- Presenter/Panelist  Other \_\_\_\_\_

**Cancellation Policy:** Cancellations received in writing at Conference Office prior to 2/1/08 will be refunded by check after March 30, less a 20% administrative fee. No refunds will be made for cancellations after February 1, 2008. (Substitutions may be made at any time by calling the NC CAP office.)

The federal ID number for NC CAP is 58-1654064.

## Check all that apply:

- I do NOT want my contact information shared in the participant list.
- I am interested in volunteering (please circle one) as a *room host* or at the *registration table*.

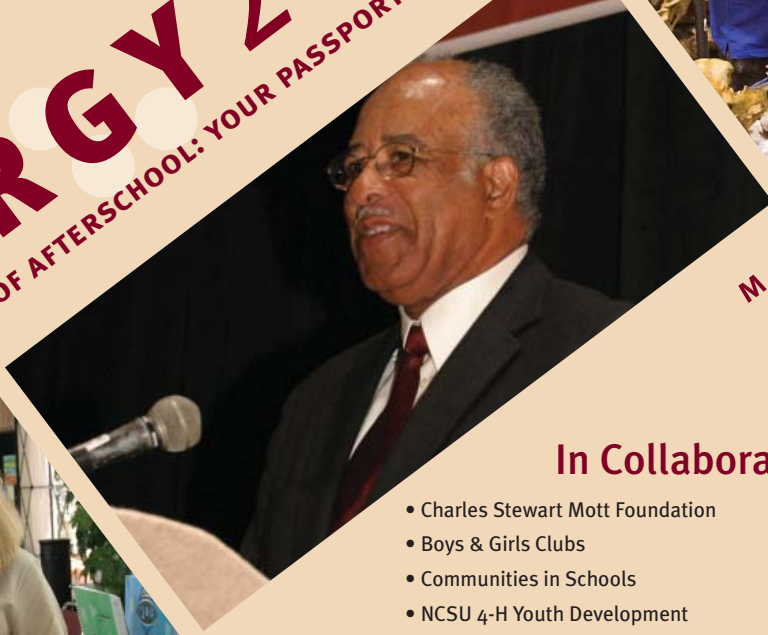
**Please mail or fax this form to:** NC CAP SYNERGY Summit 3739 National Drive, Suite 100 Raleigh, NC 27612  
Fax: (919) 781-6527 Attn: Rachel Chapin • Phone (919) 781-6833, ext. 132 • Email: [info@ncforum.org](mailto:info@ncforum.org)

*Please note that hotel rooms must be booked by FEBRUARY 1. Call 1-800-242-6556 for reservations.*

# SYNERGY 2008

WELCOME TO THE WORLD OF AFTERSCHOOL: YOUR PASSPORT TO SUCCESS

MARCH 3-5, 2008



## In Collaboration with

- Charles Stewart Mott Foundation
- Boys & Girls Clubs
- Communities in Schools
- NCSU 4-H Youth Development
- NC Center for Afterschool Programs
- NC Dept. of Public Instruction
- NC Dept. of Health and Human Services
- NC DJJDP Support Our Students

Sponsored By:

**Public Schools of North Carolina**

State Board of Education | Department of Public Instruction



Public School Forum of North Carolina  
NC Center for Afterschool Programs  
Glenwood Place, Cumberland Building  
3739 National Drive, Suite 100  
Raleigh, NC 27612

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