

CITY OF WOODLAND PRESENTS

# ADULTING 101

## LIFE SKILLS FOR TEENS

HOW TO ADULT & BE SUCCESSFUL IN LIFE

Are you a local business, non-profit organization, government agency or individual professional seeking to share your talents, expertise, and knowledge to make a positive impact on the youth in your community? If you answered yes, we need you for our Second Annual Adulthood 101: Life Skills for Teens on September 26, 2020!

Adulthood 101 is a free one-day conference for middle school and high school teens, ages 13-18, hosted by the City of Woodland Public Library's Teen Advisory Board and held at the Community and Senior Services Center in Woodland. It is an event where teens can learn life skills to become capable, successful adults.

150 teens attended the first Adulthood 101 with over 80% of survey responses stating that they felt more confident and intended to apply what they had just learned. One teen wrote, "I need to prepare to be on my own after high school."

We are seeking proposals for 50-minute interactive beginner's level, "How-to" workshops designed to teach basic life skills for youth to help teens be independent and prepared!

The workshop should have an interactive element (NOT sitting the entire class and listening to a lecture presentation) to engage and prepare youth for the future. You can submit a new proposal idea or a proposal idea that the Teen Advisory Board has specifically requested:

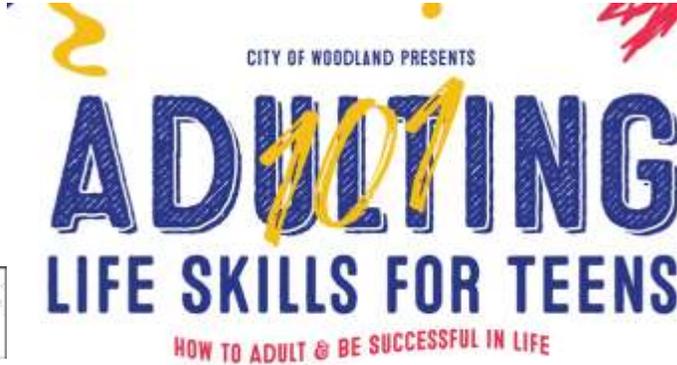
- **Career and Employment:** How to apply for your first job, resumes, cover letters, interview skills, how to be a good employee, how to quit a job, negotiating benefits and salary, make your passion a career, etc.
- **Civic Engagement and Leadership:** How to vote, legal rights of minors, how to get in touch with elected officials, city council meetings, school board meetings, how to get involved in your community and local government, volunteering, etc.
- **Communication:** public speaking skills, conflict resolution, active listening, how to have difficult conversations with parents, teachers or friends, social media etiquette, how to manage email accounts, how to make a phone call, how to write a thank you letter, how to identify trustworthy news, fake news, etc.
- **Creative Arts:** How to paint, how to draw, how to sew and make basic repairs, knitting, crocheting, creating a vision board, how to make flower arrangements, fashion on a budget, styling tips, etc.

- **Education:** How to take notes, research skills, how to get into college and finance it, deciding on a college major, bachelors, masters, or doctoral degrees, transitioning from middle school to high school, transitioning from high school to college, study tips, organization and time management, etc.
- **Financial Literacy:** How to open a checking account, pay bills, budget, save money, build credit, take out loans (credit cards, buying a car, mortgages), plan for retirement, investing, etc.
- **Healthcare:** How to find a dentist, doctor, etc., how to choose a health insurance plan, where to find health insurance when you turn 18, etc.
- **Health and Wellness:** stress management, how to identify burnout, mental health, self-care, positive self-image, sex education, personal hygiene, daily skin care routine, how to care for curly hair, how to put on makeup, yoga, exercise class, etc.
- **Housing and Housework:** How to find an apartment, living with roommates, how to thrift shop for furniture, affordable housing, pay rent, buy a house, how to do laundry, iron clothes, cleaning essentials, etc.
- **Nutrition:** How to grocery shop, healthy cooking on a budget, basic cooking skills, how to read a nutrition label, diet fads, is vegetarianism right for you, etc.
- **Personal Safety:** How to render first aid and CPR, medical safety, how to read a medication label, how to use a fire extinguisher, self-defense, etc.
- **Relationships:** How to overcome shyness and make friends, how to identify toxic relationships, how to break up with a friend or significant other, maintaining healthy boundaries, having a loving relationship with yourself, etc.
- **Sustainability:** How to be earth-friendly, recycle, compost, reduce consumption, minimalistic lifestyle, reuse and repurpose items, grow a garden, save resources, how to do basic repairs, help endangered animals, etc.
- **Taxes:** How to fill out a W-2, W-4s, how to file your taxes, refunds, etc.
- **Transportation:** How to ride a bus, bicycling safety, how to get your license, purchasing a reliable and safe car, car maintenance, how to change a tire, check fluids, oil change, etc.
- **Traveling:** how to travel on a budget, staying safe abroad, packing for a trip, staying healthy while traveling, wilderness survival skills, how to make a campfire, etc.

If you are a qualified expert in one or more of these topics and you have the patience and passion to work with youth, please fill out the **Adulthood 101 Call for Workshop Proposals form [online](#)** or attached and submit it by Friday March 20, 2020 to Woodland Public Library's teen librarian, Rhea Gardner at [rhea.gardner@cityofwoodland.org](mailto:rhea.gardner@cityofwoodland.org).

The Teen Advisory Board, guided by the teen librarian, will be selecting the proposals and notifying participants in April. Adulthood 101 is made possible through Measure J and Friends of the Woodland Public Library. We are excited for the second Adulthood 101 and look forward to your involvement in helping youth!

# Call for Workshop Proposals



**Saturday, September 26, 2020**  
Woodland Community & Senior Center  
2001 East St, Woodland, CA 95776

Name of Company or Organization:

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What is the title of your workshop?

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Name of person(s) who will be facilitating the workshop:

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What are your qualifications? Degrees, certifications, experience, etc.

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Best Contact information for presenters:

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Provide a detailed summary about your workshop. How will your workshop teach teens, 13-18, life skills to better prepare them for the future?

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Each workshop should be 50 minutes and include an interactive portion. How will you incorporate interaction to make this presentation engaging for high school and middle school teens for the full 50 minutes? How many teens are you able to accommodate? Giveaways, PowerPoints, music, etc. highly encouraged!

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What will you need to make your workshop successful? The community center has meeting rooms with tables and chairs that sit up to 30 people comfortably, projectors, screens, laptops, commercial kitchen, gym, and outdoor space available.

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This event is on a volunteer basis. Would your organization be willing to make a monetary or in-kind donation to help support Adulting 101 and continue to make it free for teens to attend? Checks can be made to Friends of Woodland Public Library with "Adulting 101" in the memo and sent to 250 First Street, Woodland, CA 95695. If your support is in-kind, please describe what you would like to donate. Example: pencils, water bottles, candy, snacks, etc.

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Number the workshop rotation that you can present with #1 being your first choice and #4 being your last choice:

- Workshop Rotation 1: 9:30 am-10:30 am**
- Workshop Rotation 2: 10:40 am-11:40 pm**
- Workshop Rotation 3: 12:30 pm- 1:30 pm**
- Workshop Rotation 4: 1:40 pm- 2:40 pm**

Please submit this form to [Rhea.Gardner@cityofwoodland.org](mailto:Rhea.Gardner@cityofwoodland.org) by Friday March 20, 2020. The Teen Advisory Board will be reviewing proposals and contacting participants by end of April 2020. Thank you!