National Federation of the Blind National Association of Blind Students

2024 Rocky Mountain Student Seminar

*“Climbing Higher Together!”*

Agenda

The Colorado Center for the Blind

2233 W Shepperd Ave

Littleton, CO 80120

**Friday, May 17, 2024**

EVENING SESSION: Teamwork & Creativity

6:00 PM – Breaking the Ice (Activity) | Conference Space

• Students foster new and old relationships as well as practice their networking skills through a variety of interactive activities meant to create conversation and get them acclimated with other seminar participants.

7:00 PM – A Slice of Socialization (Activity) | Dining Space

• A pizza dinner is served, granting students the opportunity to network with other regional leaders. (Expense included in registration fee.)

8:30 PM – Life After School: A Career Field Exploration (Presentation) | Conference Space

• Students hear about a variety of career opportunities from professionals in the fields as well as an honest perspective on what tools and skills are needed to excel non-visually.

9:00 PM – Stand Up & Speak Up (Activity) | Conference Space

• Students practice their skills of advocacy through short skits that they will plan and perform in small groups. Examples of scenarios include how to talk to a professor about accessible materials and how to talk to your employer about needing accommodations.

9:30 PM – Disclosure Life-Hacks (Presentation) | Conference Space

• Students participate in a discussion on how to disclose your disability in a variety of settings, and learn from other students about strategies on how to do so successfully.

10:00 PM – Adjourn

**Saturday, May 18, 2024**

7:30 AM – Breakfast | Dining Space

• Students gather and energize for the day’s programming. (Expense included in hotel fee.)

MORNING SESSION: Professionalism & Job Readiness

9:00 AM – Welcoming Remarks & Overview (Presentation) | Conference Space

• Students are greeted by leaders from NABS, NFBCO, and the Colorado Center for the Blind staff and receive any/all relevant information on protocols and practices for the weekend.

9:15 AM – Professional Communication 101 (Activity) | Conference Space

• Small groups work together to craft formal presentations on various communication styles, including written, verbal, etc. This goal-oriented activity targets public speaking skills both in academic settings and in employment opportunities. Feedback will be provided to facilitate future improvement.

10:00 AM – The 4-1-1 on Vocational Rehabilitation (Presentation) | Conference Space

• Students review their rights and responsibilities as a VR client as well as how to identify/accept services. At the core of this presentation is the idea that the line of communication with a counselor is strongest when two-sided.

10:30 AM – Dealing with DSS (Presentation) | Conference Space

• Students learn about effective communication with their school’s disability services office. An emphasis on proactivity and communication is given as well as a discussion on what types of accommodations are available.

10:45 AM – The Employed Student (Panel) | Conference Space

• This panel, featuring students at all ages and stages of life, highlights a plethora of experiences surrounding student employment. The goal of this activity is to not only show students the variety of part-time and full-time employment opportunities available to them, but also give them a safe space to ask questions.

11:30 AM – Navigating a Business Lunch (Presentation) | Conference Space

• Students are equipped with information on professional dining etiquette, with an emphasis on non-visual strategies, which they get to tangibly practice at the following meal.

11:45 AM – Break for Lunch

12:00 PM – Lunch & Learn (Activity) | Dining Space

• Students put their professionalism skills to the test with the support of NABS and NFBI leaders as they enjoy a delicious meal. (Expense included in registration fee.)

AFTERNOON SESSION: Independence & Advocacy

1:00 PM – Lunch & Learn Debriefing (Discussion) | Conference Space

• Students reflect on their dining experience, identifying points of difficulty, celebrating successes, and asking questions.

1:15 PM – Getting Comfortable with the Uncomfortable (Panel) | Conference Space

• Student leaders share their experiences on how to use vulnerability as a leader to maximize their impact without compromising their authority. Panelists will share their suggestions on how to prevent letting honesty detract from accomplishments and how to ask for help when needed.

2:00 PM – Building Independence Through Training (Presentation) | Conference Space

• Students hear personal stories from others who have undergone formal training to enhance skills in Braille literacy, assistive technology, cane travel, home management, etc. This presentation strives to show students that investing in skills of independence can allow them increased access to academia and employment opportunities in the future.

2:30 PM – Skills Fair (Activity) | Conference Space

• Students learn tangible skills, network, and ask questions pertaining to various topics that they may never have felt comfortable asking during this interactive fair. Additionally, many of these topics encourage skills in independence that can greatly benefit future leaders, role-models, and employees. Topics include:

- First Aid

-Tie Tying

-Money Folding

-Cooking Gadgets

-Cane Travel

-Guide Dogs for the Blind

-Assistive Technology

3:15 PM – Navigating & Networking (Panel) | Conference Space

• Networking events can be stressful for everyone. How do you enter into conversations? How do you exit conversations? How do you hold your cane when shaking someone’s hand? All this and more will be revealed!

4:00 PM – Crossing the Line (Activity) | Conference Space

• Students are tasked with being their own advocates by taking a stance on difficult blindness philosophy questions. This activity strives to empower students and stimulate thought-provoking conversations before the upcoming networking hour.

4:45 PM – Announcements & Helpful Information (Presentation) | Conference Space

• NABS leaders pass along any/all pertinent information/updates from the hotel regarding evening events.

5:00 PM – Adjourn

6:00 PM – Networking Reception (Activity) | Conference Space

• Students network with all conference attendees in an informal setting, ideally engaging in reflective conversations and building connections for future interaction with other state student divisions, state affiliates, and/or NABS.

7:00 PM – Formal Banquet (Presentation) | Dining Space

• Attendees hear from an NFBI leader, who will share their blindness/Federation story to motivate, encourage, and entertain in a relatable manner that shows students they are not alone. (Expense included in registration fee.)

EVENING SESSION: Teamwork & Collaboration

9:00 PM – Federation Family Feud (Activity) | Conference Space

• Attendees participate in an educational and fun competition to not only show off their knowledge, but also participate in a final social activity with their peers.

10:30 PM – Adjourn

**Sunday, May 19, 2024**

7:30 AM – Breakfast | Dining Space

• Students gather and energize for the day’s programming. (Expense included in hotel fee.)

MORNING SESSION: Opportunity & Action

9:00 AM – Blindness Myth Busters (Discussion) | Conference Space

• Attendees hear audio clips of blind people sharing experiences, interactions, and situations they’ve encountered throughout their lives. Students then get to decide if the story is factual or fictional before sharing their thoughts and reactions to the personal anecdotes.

9:30 AM – Braving the Real World (Panel) | Conference Space

• Participants hear from individuals who have had experiential learning opportunities, such as student teaching, completing an internship, and/or studying abroad. They will then have the chance to ask any questions on their minds.

10:00 AM – Finding Your Footing in the Federation’s Foundation (Presentation) | Conference Space

• Attendees hear from affiliate and NABS leaders regarding how they can apply what they’ve learned throughout the weekend to their state student divisions and personal lives. While this will be given by a Federation leader, the intention of this presentation is to share knowledge on how independence, advocacy, and opportunity can benefit students in or outside of the NFB.

10:30 AM – Shark Tank (Activity) | Conference Space

• Groups compile presentations for a fictional in-person event that could occur in their home states, either at a Federation event or on their school campuses. These presentations, delivered to a panel of “sharks,” can feature interactive activities, creative presentations, or anything else they can brainstorm that share some of the themes explored throughout the weekend.

11:15 AM – Keeping the Connections Alive (Presentation) | Conference Space

• Leaders discuss how to keep relationships that were formed over the weekend alive and growing throughout the year. The COVID-19 Pandemic has made isolation a reality for many, and this presentation will identify ways that students can maintain their involvement with one another as well as with NABS.

11:30 AM – What Did I Learn? (Discussion) | Conference Space

• This reflection period asks students to share what segments of the weekend they most enjoyed and/or benefited from. Additionally, points of improvement can be noted for future seminars.

12:00 PM – Adjourn