

School Name	Title of Lab	Description	Presenters
Battlefield High School	Starting a Cultural Club	Learn about the specific aspects and events that Battlefield's Black Student Union, Asian Student Association, and Muslim Student Association do to bring diversity into the school's environment and how to include and be aware of people from different backgrounds. Additionally, attendees will learn tips on how to start their own cultural club and the importance of having one.	Phoebe Yoon, Diamond Ball & Eliza Mahmood
Battlefield High School	Starting your own Mini-THON	During this Learning Lab, participants will be shown the steps to starting a Mini-THON club at their school and getting students involved in raising money to cure childhood cancer. Mini-THON not only raises school spirit, but it raises funds to help families around the nation dealing with pediatric cancer.	Alex Williams & Emma Thomas
Franklin County High School	School Spirit in the County!	During this learning lab session, we will detail how we promote a positive school environment and improve morale. We'll include strategies specific for rural areas or school districts that span a large area.	Caroline Horne & Kobe Levisy
Hickory High School	Leading a Legacy	This learning lab goes over how to create activities that reach a broader range of students and create a memorable school and community experience that leaves a legacy.	Delaney Reper & Ashlyn Brinn
Hickory High School	Student Inclusivity	A fun-filled presentation that expresses how to incorporate students inside the classroom as well as creating a positive school climate.	
Mechanicsville Highschool	5 Qualities of Effective Leaders	In this lab we will go over the 5 qualities that are correlated with effective leadership and discuss how to improve on those qualities.	Kayla Richardson & Evie Dean
Oscar Smith High School	Stellar Staff Appreciation	Learn to make your Staff Appreciation Week as special as the people you're celebrating. Join us to deep dive and discuss unique activities for your staff during their special week and walk through an example schedule that provides each step in planning the perfect week for your staff. Additionally, learn how we raised more than \$400 for our staff appreciation week and how you can too.	Maggie Bonner & Abby Bonner
Oscar Smith High School	Creating Promotional Videos	Looking for new, engaging things to post on social media and promote your SCA events? Promotional videos are a great way to enhance how you spread your information. In the Creating Promotional Videos Learning Lab you will learn about the background, making, and releasing of promotional videos.	Ada Hardy
#ICANHELP	Hustle Culture	As Tiktok has taken over the social media scene, so has the idea of "Hustle Culture." This concept is rooted in the idea that in order to live a fulfilling life, you must be productive constantly, always feeling your best. Why is this toxic? Because it is unrealistic. Rest days are okay, as being productive constantly can lead to burn out. This workshop will focus on the ways in which the concept of "hustle culture" is toxic and unrealistic. Additionally, we will focus on the ways in which you can advocate for the importance of rest days and self care to your students, both of which have been proven to reduce both physical and mental burnout.	Sehaj Singh, Content Creation Intern

Battlefield High School	Breaking Boundaries, Building Bridges	The lab will help teach students that people are all different and all have different things they are good at, but we have similarities too! It focuses on the importance of being accepting, patient, and kind to all people and why Buddy Club and the Bobcat Café are so important to the special education students at Battlefield.	Delaney Sedgley
Battlefield High School	Setting Sail Towards Change	Learn about different ways to spark change in your community in response to the needs and concerns of students at your school. Attendees will gain a valuable system to help guide positive changes in their school and community.	Brian Di Bassinga
Freedom High School	"Making a Big School Small"	This learning lab outlines the strategies Freedom High School uses to help its almost 2,500 students and staff feel connected. Especially coming back from the COVID era, many students feel uncomfortable and often have a hard time making friends in a large school with people they have never met or spoken with. Learn about new initiatives like "Cupcakes and Conversations," "How to be a helper," and "Friday Healthy Habits Instagram." Come to this learning lab to find effective ways for students in your school to have strangers turn into friends.	Kaurvaki Bajpai, Reyhan Haider & Carly Roberts
Grassfield High School	Cooking Up Livelier Lunches	Are your lunchtimes a little too bland? Do you leave lunch with a bitter taste in your mouth? Then this learning lab is for you! We'll show you how to spice up your lunchtime through entertaining activities, competitions, and games. Stop by to learn the recipe for a successful lunchtime.	Ethan Clarke & Kylie Bennett
Massaponax High School	Your Opinion Matters: Using Google Forms in Your Virtual SCA	Are you looking to get feedback from your student body? Do you want to save time and make your Homecoming Court voting electronic? Do you want to make staff appreciation virtual friendly? Learn about how schools that use Google effectively use Google Forms in the SCA.	Avery Rau & Grace Burner
Oscar Smith High School	Soaring School Spirit: Decorating Edition	What's one of the first steps to increase student engagement? School-spirit decorations! You will learn how to improve your school-wide decorating skills. In addition, you will learn about the essential supplies that every SCA needs to decorate for any event, such as Homecoming. From ideas to execution, discover how to make your school overflow with school spirit!	Camille Marcano Soto & Ada Hardy
South Lakes High School	How to HOCO: Strategies for	Through the recent years of despondence and fear, Homecomings need a new pep in their step to bring to light the incredible spirits of students. How to HOCO: Strategies for Success will highlight fun, interactive, and fulfilling methods to take your Homecoming to the next level with promotion, unconventional ideas, and tips to increase the success of your own team with strong leadership.	Mia Sande & Krishan Shah

#ICANHELP	Students Are the Solution	Student anxiety, depression and suicide have increased 37% since smartphones entered the scene (PEW Research). We must train students to control their devices instead of devices controlling them. How? Peer-to-peer leadership and inspiration are powerful tools to show students how they can use digital for good. #ICANHELP's annual student leadership summit, Digital4Good, celebrates students who are using digital technology to make a positive impact in their communities. We're shining a spotlight on student innovation and leadership to show the world just what kids and teens can do with the right tools, education, and encouragement. Host a watch party and participate in our student-focused campaigns and activities to get your students engaged and inspired.	Sehaj Singh, Content Creation Intern
Buffalo Gap High School	Service with a Purpose	Struggling to find ideas for service projects? We got you covered! No matter grade level or size of the school anyone can use these awesome service projects.	Laurel Graham, Gabe Ost & Blaine Adkins
Courtland High School	Ice-Ice-Icebreakers	This Learning Lab includes multiple new and fun ways to break the ice and get members talking! The Learning Lab has countless creative icebreaker activities that can be used later in meetings, spirit days, and even leadership training.	Meredith Stapleton & Lana Fayad
Freedom High School	Insta-Goals! (Utilizing Your Social Media for Event Promotion)	Do you want to bridge your student body over a sea of disconnection? Attend Insta-Goals to discover how Instagram is vital in increasing outreach for your SCA events with both promotional reveal videos and posts. Insta-Goals also reviews how to create engaging campaign material for SCA elections with successful examples. Actively engage with this learning lab to master strategies about Instagram outreach and dive into a world of connection!	Rashmi Admala & Prisha Singh
University of Virginia (graduate)	Student Government beyond High School	Kyle Woodson and Karina Reynolds are VSCA Advisory Committee and Battlefield HS Alumni (Class of 2020) who now are serving in their second term as Class President and Vice President at the University of Virginia. Kyle also served a term as First Year Representative on the Student Council Representative Body. They are returning to the annual VSCA Convention to share some insights about what student government is like at the college/university level and will outline the UVA Student Self-Governance system. and Ample time for group discussion and a Q&A session is planned.	Kyle Woodson & Karina Reynolds