

# 2023 Homeschool Iowa Conference

## Workshop Descriptions

### THURSDAY, JUNE 8, 2023

#### 7:00-8:30pm – Homeschooling 101

##### **Homeschooling 101 – Homeschool Iowa Regional Representatives**

*(This session is open to the public, with no admission fee.)*

Considering homeschooling? Not sure where to begin? This workshop will cover the basics on how to start homeschooling in Iowa. We'll offer a brief presentation of the Iowa homeschool legal options and a comprehensive overview of the essentials of home education. There will be a time for interaction and questions at the end.

### FRIDAY, JUNE 9, 2023

#### 8:15-9:45am – Conference Opening & Keynote Address

##### **Identity: Who Do Your Children Think They Are and Why Does It Matter? – Dr. Kathy Koch**

Identity – how children define themselves – is extremely important. How they see themselves controls their behavior. Therefore, identity influences their academics, relationships, future, hopes, and so much more. Why is it complex today? Why are so many children confused? Learn how to parent so children will have a healthy identity and believe the most important identities of all.

#### 8:15-11:00am – Starting Homeschool Special Track

##### **Iowa Homeschool Legal Requirements – Scott Woodruff – 8:15-9:00am**

This session covers everything you need to know about Iowa's homeschool law so you can homeschool with confidence. It includes a thorough presentation of the basics with plenty of time for questions.

##### **Homeschooling for Beginners – Homeschool Iowa Regional Representatives – 9:00-9:45am**

Our Homeschool Iowa Regional Representatives, seasoned homeschooling moms with lots of experience, will give the "real-life" version of how to home educate. Insider tips and helpful resources will be included.

##### **Exploring Homeschooling Methods – Nancy Bjorkman – 10:00-11:00am**

This engaging workshop will review several different teaching approaches found in homeschooling, and then help attendees identify resources and curricula to fit their family's particular style. Just getting started in homeschooling? Needing to refocus and redefine what homeschooling could look like for your family? Come benefit from Nancy's over 30 years of experience and enjoy her dynamic style.

*This workshop is also listed below, in Workshop Session I, as it is open to all attendees.*

## **8:45-9:45am – Teen Track Session**

### **TEEN TRACK: Self Defense – Amy Ratekin**

Amy will lead participants in gaining empowering life-saving skills. Teens will learn. How to identify and respond to a threat, as well as what to do and why. The workshop will offer physical techniques that can be used against an adult attacker and how to verbalize in a threatening situation. Amy will share abduction prevention skills and help participants rehearse 911 scenarios.

## **10:00-11:00am – Workshop Session I**

### **Get REAL! – Todd Wilson**

Are you convinced that every homeschooling family except yours is great? Do you believe the lie that others are more organized, better prepared, have smarter kids, are wiser parents, and have a child in the national spelling bee? Well, let me set the record straight...that's not the way it is! The truth is most moms feel inadequate. Homeschooling moms fear that they're letting their kids down in their education and in example. They feel like their house is out of control, their children are beasts, and the sizzle has left their marriages. Join us as we unleash the power in being REAL. You'll never be the same again.

### **SPECIAL TRACK: STARTING HOMESCHOOL (*Open to All Attendees*)**

#### **Exploring Homeschooling Methods – Nancy Bjorkman**

This engaging workshop will review several different teaching approaches found in homeschooling, and then help attendees identify resources and curricula to fit their family's particular style. Just getting started in homeschooling? Needing to refocus and redefine what homeschooling could look like for your family? Come benefit from Nancy's over 30 years of experience and enjoy her dynamic style.

#### **Confusing Times, Confused Neighbors – Mike Schutt**

We can all agree that we are currently living in confusing times. Who can tell the difference these days between what is real and fake? Who is right and who is wrong? Who can we trust? People are very confused, trying to answer the big questions about what it means to live the good life, what their purpose is, and how they know what is true. This session will address some of the root causes of our confused age and suggest some ways we can help ourselves and our neighbors think more clearly about the world around us.

### **MAKE & TAKE WORKSHOP (*Advance Registration Required*)**

#### **Toddler Busy Bags – Crystal Wieland**

Busy bags are a fun way to keep preschoolers engaged in creative learning play. Come learn about using and creating Busy Bags with components that may be reconfigured to create new ways to learn and play. You will leave with five busy bags and ideas on how to use them in different ways.

## **10:00-Noon – COLLEGE & CAREER FAIR**

## **11:15am-12:15pm – Exhibitor Workshops**

### **Moms Encouragement Tea Party – BJU Press**

Come fill your cup with a warm cup of tea and fill your heart with encouragement. Enjoy working through activities that will encourage you on your homeschool journey.

### **Supernatural Selection – Master Books**

Hear how even creationists have not truly defined natural selection correctly. New evidence in epigenetics is blowing evolution out of the water and revealing how natural selection is a form of idle worship.

### **Why Is My Child Struggling with Reading? – Aspire Academy**

Have a child who is struggling to read, write and spell while your other children did not? Want to learn the signs of dyslexia in preschool, elementary, middle, and high school? It is never too late to identify it because all children who struggle with it can be brought to grade-level reading or have reading struggles prevented. Heidi Kroner will present what dyslexia is, why it occurs, how to help a child with the signs of dyslexia become a more fluent reader, writer, and speller, and how to identify it at any age.

## **12:30-1:30pm – Workshop Session II**

### **Five Flavors of Homeschooling – Sonya Shafer**

The world of homeschooling is a lot like the world of food. You know that you want to provide nutritious meals for your children's minds, but there are so many possibilities for what that food could look like and taste like. Join Sonya for a simple overview of five main flavors of homeschooling: traditional, classical, Charlotte Mason, unit studies, unschooling. Find your preferred flavor and learn how to shop for a successful homeschool menu.

### **Every Dad, a Homeschooling Dad! – Todd Wilson**

You may not crack open a book, work through a curriculum, or call it school, but it's your job to train your children. Join me as we look at the trials, triumphs, and tribulations of training our children. Now don't worry, I won't make you feel guilty or give you a forty-six-point outline, but I promise to tell it straight and to encourage you in the best job there is: fathering.

### **HIGH SCHOOL & BEYOND SPECIAL TRACK**

#### **Homeschool Through High School with Confidence – Kristin Lackie**

Homeschooling through high school might seem intimidating but be encouraged! These can be the most enjoyable and influential years you have with your teens. This workshop takes the guess work out of what academics you should build into your 7-12th grade plan and helps you explore electives and activities that can customize your students' high school years to meet their graduation goals. Teens are encouraged to attend with you.

#### **Understanding Dyslexia – Elizabeth Hoksbergen**

Now, that you understand the science, this session provides you with a road map to help your child overcome learning challenges caused by dyslexia. We will outline the different options for identification (from online to informal screening to full psycho-educational evaluations) as well as guiding principles for selecting effective intervention. Additionally, we will discuss critical accommodations and highly effective strategies to infuse throughout daily learning activities. All the essentials to ensure your child succeeds will be provided in a customizable road map.

### **TEEN TRACK: Government Involvement – Tressa Teel**

This workshop will cover the basics of how Iowa's legislature works in an exciting and interactive way! Learn how a bill becomes a law in Iowa, participate in mock committees, and more. This teaching is designed for those wanting to learn more about Iowa's political process and how they can be involved

## **2:00-3:00pm – Workshop Session III**

### **8 Great Smarts: All Children Are Smart—Help Them Believe It! – Dr. Kathy Koch**

All children are smart and probably smarter than they realize. Knowing they're smart empowers them to believe in their todays and tomorrows, to expect some learning to be easy, and to study when something isn't. The eight intelligences are relevant for our teaching and reteaching. In addition to learning, they're also relevant to our children's spiritual growth, behavior, relationships, and career choice. Asking "How am I smart?" instead of "Am I smart?" can change everything!

### **Time and Home Management – Nancy Bjorkman**

Time must be budgeted just like money. We must determine the difference between the fixed – what we must do, and the discretionary – what we would like to do, and set our priorities. This workshop will be filled with practical tips and encouragement for everyday living as a homeschool family. Areas covered include understanding your calling, relationships, schooling, meals, household clutter and cleaning, and general household management. Attendees will leave with practical and applicable tips.

### **HIGH SCHOOL & BEYOND SPECIAL TRACK**

#### **Simple Transcripts and Recordkeeping – Kristin Lackie**

Transcripts are not just for college – every student needs one. How should you begin? What should you include? Understand the essentials of record keeping, the important records to keep, how to grade, evaluate credits, and prepare a professional looking high school transcript. Teens are invited to attend with you.

#### **The Roots of Order – Mike Schutt**

This lecture introduces students to the foundations of law and justice, including the source of law, the definition of liberty, and the principle of jurisdiction based on God's delegated authority to separate and interdependent human governments—state, church, and family.

#### **Handwriting Fluency Plus Reading Fluency Equals Success – Cathy Angel & Ali Roemhild**

Teach handwriting explicitly and effortlessly. Students need to learn the basic handwriting forms that we call "Squiggles." These Squiggles will enable your children to write all the letters of the alphabet effortlessly. We will also address the importance of teaching cursive!

## **3:30-4:30pm – Workshop Session IV**

### **An Unbeatable Home Team – Todd Wilson**

Marriage is hard...in fact, it's real hard! Yet when it is right and good, it can withstand anything. It doesn't matter what the economy does, the status of your bank account, the condition of your home or vehicles, or what your children dish out...because when a husband and wife are right, they're unbeatable. On the flip side, when a husband and wife feel distant or apathetic, it only takes the slightest breeze to ruffle a bunch of feathers. The truth is a mediocre marriage sucks the joy right out of life and your homeschool. The economy can swing up, your checking account can be healthy, your home and vehicles can purr like kittens, and the kids can behave like angels, and life still...stinks. That's because marriage matters. Join Todd Wilson, The Familyman, for a time of laughter and encouragement as he shares real life stories, problems, and frustrations along with practical, simple solutions to having a marriage that can't be beat!

### **Reaching Your Child's Heart – Sonya Shafer**

A mommy-to-mommy challenge about priorities in your home school. Sonya shares six ways to reach your child's heart—taken from Elizabeth's example in Luke 1—and four obstacles that can keep us from reaching the heart. This workshop puts the emphasis on the things that are not seen. It reminds parents of the importance of focusing on our children's hearts and gives practical ways to do that: being available and approachable, being Spirit-led, giving affirming words, setting aside our own agendas, pointing out how God is at work, and encouraging our children to take God at His Word.

### **HIGH SCHOOL & BEYOND SPECIAL TRACK**

#### **Laying the Foundation for Life after Graduation – Dana Blomberg**

As homeschooling parents, it is imperative that we focus on providing a quality education for our kids. But more importantly than meeting the educational needs for our students, the bigger responsibility is to prepare them spiritually for life beyond high school AND college. We will look at the most crucial foundations that need to be laid as we train our children:

- Foundation of Embracing the Gospel
- Foundation of Applying the Gospel to Everyday
- Foundation of a Biblical Worldview
- Foundation of Critical Thinking

#### **Top 10 Strategies to Engage Your Learner – Elizabeth Hoksbergen**

Well, the title of the session says it all! Learn about the best strategies to promote your child's interest and engagement while minimizing frustration, shutdown, and avoidance tactics. From ways to enhance memory function to leveraging your child's cognitive strengths to tapping into the motivational power of interactive calendars, this session is fun and has something for every child. Whether your learners love to learn most of the time or struggle significantly, this session will enable you to take your homeschooling savvy to the next level.

#### **MAKE & TAKE WORKSHOP (*Advance Registration Required*)**

##### **Personalized Journal – Lori Heschke**

Together we'll be personalizing journal covers with flower-embellished monograms using watercolor pencils and pens. Compiled over time as a keepsake or given as a gift, this unlined journal is designed to be filled with hand-lettered verses, nature-inspired sketches and/or mixed media collage - whatever cultivates wonder and attentiveness for you. All skill-levels are welcome; you will be guided through the process and can make your journal as intricate or simple as you desire.

## **5:15-6:15pm – Exhibitor Workshops**

### **5 Tools to Help Your Children Think Well – Classical Conversations**

Come hear about the tools that teach your children how to think well and develop understanding of any subject, topic, or trade. Using the pyramids as a springboard, we will model these tools allowing you to experience them yourself!

### **Earn a Bachelor's Degree During High School – Dual Credits at Home**

Earning an accredited degree during high school can save your family years of time and thousands of dollars. In this informative session, Stephen will show you how to replace high school-level studies with college-level studies, using the tried and true credit-by-exam method that every family can follow.

### **Homeschooling with Dyslexia – Tutorburg**

As home educators we know the importance of teaching the 3R's Reading, Writing, and Arithmetic. But what do we do when our child gets stuck in reading and writing? This session will offer information a brief overview of dyslexia and dysgraphia and focus on the importance of early intervention, the use of structured literacy, and how to select curriculum. Recommendations for at home accommodation along with encouragement for survival when the days seem long, and the years seem short. Training today, preparing for tomorrow.

### **Integrating Bible Study into Your Homeschool Routine – Emmaus Worldwide**

Each homeschool day is packed with activities. Unfortunately, it seems that if anything is going to be sacrificed for the sake of time, it is Bible Study. While it isn't required in curriculum, Bible Study is necessary for your child's spiritual growth. We will discuss several ways to make sure this important part does not get left behind.

## **7:30-8:30pm – The Amazing Chemistry Show – Josh Denhart**

*The Amazing Chemistry Show* will engage and inspire your family with an incredible fast-paced science stage production. This exciting family experience includes explosions, colored foam, liquid nitrogen, and glow-in-the-dark solutions! Your children will be captivated by the impressive demonstrations of science in action.

# **SATURDAY, JUNE 10, 2022**

## **8:00-9:00am – Workshop Session V**

### **Laying Down the Rails: The Power of Good Habits – Sonya Shafer**

Discover the secret to smooth and easy days: habit training. Learn how to instill good habits, which habits Charlotte Mason encouraged parents to cultivate in their children, and practical tips for cultivating the Top Three. Sonya will use lots of stories and examples to communicate the general principles for forming any habit and some practical tips for cultivating the top three: obedience, attention, truthfulness.

### **Technology's Influence Over Kids' Beliefs and Behaviors – Dr. Kathy Koch**

Could technology be the root of some of your biggest concerns about your children's behavior? Yes! Are they complaining and arguing, self-centered, prideful, angry, and unsure what to do after graduation? You're not alone! Dr. Kathy will help you understand the role of technology and practical things to do so children mature even as they keep using technology.

### **How to Homeschool Your Teenage Son – Shawn Sandersfeld**

Parenting a teenage son can be challenging enough—what happens when you're homeschooling him, too? Homeschooling dad, Shawn Sandersfeld, will present some real-life examples of the strategies and approaches that have worked with his seven sons.

### **From Games to Reading – Cathy Angel**

Change your laborious reading instruction into a class that both you and your child will look forward to every day! Find out how easy it is to make reading time engaging and fun!

### **Is It a Learning Difference or Defiance? – Elizabeth Hoksbergen**

Dyscalculia often causes parents and children alike to want to run for the hills anytime math is even mentioned. This session will clarify what causes dyscalculia, how it presents in the learning environment, and key strategies to navigate learning and apply math skills successfully. If your child struggles with quantitative reasoning, math concepts, calculation, and math fact automaticity, this session will empower you with effective strategies to help your struggling student learn (and maybe even like) math.

### **MAKE & TAKE WORKSHOP (*Advance Registration Required*)**

#### **Welcome Home Signs – Mandy Berkley**

In this workshop you will stain/paint your base sign and frame, choose a "Welcome Home" stencil, trace out your design and paint it, followed by assembling your sign with an air nail gun. No experience needed. You will walk away with an adorable 9x12 sign that can be hung on a wall or used as a shelf sitter.

## **9:30-10:30am – Workshop Session VI**

### **The Four Homeschool Temperaments – Todd Wilson**

Frustrated by the fact that what works for your homeschooling friends doesn't seem to work for you or what works for one of your children doesn't work for all your children? For the first time ever discover the FOUR homeschool Temperaments. You'll discover if you're a Falcon, Owl, Swan, or Sand Piper and how to homeschool in light of those traits. You'll laugh, nod your head in agreement and find yourself saying, "That finally makes sense." During our time together we'll discuss tips for each temperament, how to teach your children who may NOT be your temperament, and what types of homeschool curriculum works best for your temperament. This is going to be fun as you discover your homeschool temperament!!

### **Meal Management in the Age of Fast Food – Nancy Bjorkman**

Explore many ideas for managing the daily chore of feeding your family, including the benefits and methods for bulk cooking and several strategies for meal planning and preparation. Nancy will teach about the savings seen in time, energy, money, and stress levels, as well as the increased nutrition and enjoyment in sharing hospitality with others. We will then look at the how-to's for getting it done and some of the resources available to get people on their way. Once you've tried it, you'll wonder why you waited.

### **Truth – Mike Schutt**

An introduction to epistemology. Truth is revealed, and truth is a person. Discipleship is a practical outgrowth of the pursuit of truth. We discuss the source of truth, how we know what we know, and the means through which God reveals Himself. In this lecture, Mike spends a few minutes exploring potential conflicting views of revelation, particularly as they relate to the scientific method and scientism. We also examine the nature of discipleship and its relationship to one's view of truth.

### **Is Our Marriage Ready for Them to Leave the Nest? – Dana Blomberg**

From the moment our babies enter our lives until their graduation day (and sometimes longer) they require an incredible amount of attention, affirmation, and training and ultimately TIME. At the same time, marriage needs a constant effort toward the goal. It is hard to keep those two in balance. But by the grace of God, and by His strength, He gives us the tools to maintain and grow a marriage through the trials and triumphs of kids in the home. Then one day, when the youngest leaves the nest, you aren't looking at each other as strangers. God has a plan for your marriage to thrive THROUGH and BEYOND your years of homeschooling. We will look to the Bible for practical, foundational ways to pour into your marriage while you pour into your kids.

### **Getting Through the Toughest Day of Your Life: Life's Lessons from the Book of Job – Scott Woodruff**

Sooner or later, we all have it: the most absolutely horrendous day of our lives. Maybe it's a whole week! You know the story: Job goes through terrible suffering, God responds, and Job's fortunes are restored. But there's more to the story. In this session, Scott reveals the powerful, hidden tools within Job's story that can help you not just survive, but overcome, when your day of testing comes. It could turn out to be your finest hour.

### **TEEN TRACK: Financial Freedom for Teens – Larry Hanthorn**

Come and participate in this fast-paced, fun, and informational workshop. We will explore Biblical principles together and learn practical ways to give generously, save and invest regularly, and spend wisely, which will lead you from financial stress and into a lifetime of financial freedom.



## **11:00-Noon – Workshop Session VII**

### **Change: Teach Them, Don't Tell Them – Dr. Kathy Koch**

Are you frustrated because your children aren't changing in ways you want them to? Learn subtle attitudes and habits that make change difficult so you can decrease their effects. Then learn strategies, relevant Scripture, and a change process that will work!

### **When More Is Less: A Call to Simplicity – Sonya Shafer**

It's easy to get caught up in the mentality that we've got to add more: we must do more, we must get more, and our children must study more. More, more, more! But the funny thing is that when we keep adding more, we usually end up with less of what really matters. Discover the richness that simplicity can bring to your schedule, your home, and your children's education.

### **The Cultural War on Health – Dr. Dusty & Rae Hess**

Today, more than ever, it's important to understand the significance of the relationship we, and our kids, have with food, movement, relationships, self-responsibility, and technology. In this workshop we bring awareness to how current culture might not have the next generation's best interest in mind and how to be proactive in your family's relationship in living a healthy lifestyle.

### **SPECIAL PANEL – Homeschool Graduates**

Are you just starting your homeschool adventure or perhaps completing the early stages of your homeschool journey? Do you sometimes wonder if homeschooling can bring the results you hope to achieve? Meet our panel of homeschool graduates and hear them share how their home education experience prepared them for their futures and launched them successfully into adulthood.

### **Handwriting: A Nemesis or a Hero? – Cathy Angel & Ali Roemhild**

Teach handwriting explicitly and effortlessly. Students need to learn the basic handwriting forms that we call "Squiggles". These Squiggles will enable your children to write all the letters of the alphabet effortlessly. We will also address the importance of teaching cursive!

### **TEEN TRACK: But, Mom, How Do I Study? – Kristin Lackie**

Students are often expected to have strong study and organizational skills, but they are rarely taught what that means. This workshop includes practical information geared toward developing effective study habits like setting goals, managing time, organizing spaces, improving reading comprehension, taking notes, taking tests, and finding balance. You will be prepared to help your middle and high school students succeed in academics, in employment, and in life. Teens are encouraged to attend with you.

## **12:15am-1:15pm – Exhibitor Workshops**

### **Multi-Age, Multi-Grade – BiblioPlan**

Are you longing to find ways in your day to bring all your children together around the table? Do you need refreshing tips that show you how to combine subjects in a way that meets the needs of all your children – on their levels and in their styles of learning? Are you wondering which subjects you can do together? Are you weary of juggling different grade levels? Spend some time with Teresa Jones from BiblioPlan as she shares numerous practical helps for teaching history, literature, writing, Bible, geography, art, science and more across multi-age levels drawing from both a classical style and a Charlotte Mason approach.

## **Fulfilling the Great Commission Through Fiction – Imagination Investigation**

Many Christians are familiar with Jesus' Great Commission found in Matthew 28:18-20. There Jesus instructs His followers to go and make disciples. Often this brings to mind street evangelism, mission trips, and gospel conversations. All those are good and should be done, but they are not the only methods open to us. Therefore, this class will explore one of those other options: how we can use fiction to fulfill different aspects of the Great Commission with our families, our friends, and even ourselves.

### **Math with Mrs. Brown – Math with Mrs. Brown**

It is not often you hear "God" and "math" spoken in the same sentence. This free online curriculum includes personal video lessons and video solutions to help your child learn mathematics the way God designed it. These free guided notes and practice problems are also printable and downloadable so your child can work at their own pace. Included throughout are experiments, art projects, and the history of mathematics.

### **Playing-Based Music Lessons – Passion Studios**

"I've always wanted to play that instrument..." Does this sound like you? Over 270 students at Passion Studios learn fantastic sounding music right away from their first lessons, playing 30-50 classical, contemporary, jazz, blues, and accompaniment songs in their first year, as well building improvisation and composition skills through the *Simply Music* method. Attend this one-hour session to learn more about the multi-sensory Simply Music approach, what sets Simply Music apart from other traditional learning methods, and see a sample lesson in action. You'll also learn about Passion Studios history, meet an instructor, hear their personal story, and get answers for any questions you may have.

### **So, You Want to Be an Author? – Daughter of the Wilds**

Have you had a story burning inside your head for years and just don't know what to do with it? Do you love to write, but the idea of publishing a book terrifies you? This session will help you learn basic knowledge and skills of where to start with your writing dream.

## **1:30-2:30pm – Workshop Session VIII**

### **Keep It Simple: Teach Your Whole Family Together – Sonya Shafer**

Save time and money by teaching most school subjects to all of your students together. Join Sonya for practical strategies to lower your stress level, provide a well-rounded education, and help you and your children build sweet memories. Learn how to keep it simple by teaching your whole family together with Charlotte Mason methods.

### **The Right Parent for Your Child: You – Scott Woodruff**

Parenting can bring out the worst in us. Every unresolved conflict and unhealed wound threatens to destroy us as soon as we enter on the perilous path of parenting. So why in the world could you possibly think you could adequately parent your child? Because a shocking, miraculous divine grace has chosen you. God knows every one of your failures and flaws, and He still picked you to be the parent of your child! In this session, Scott presents God's plan of redemption as it is worked out through broken parents rearing chosen children. Parents who have bought into the pessimism of our age and are ready to give up will leave this session with powerful reason for hope, excitement, and confidence.

### **Healthy Cultures Start with Healthy Families – Dr. Dusty & Rae Hess**

Are you interested in learning simple ways to equip your family on how to apply health on a daily basis? This workshop is focused on empowering the family, wherever they are at in their health journey, to maximize their time by investing in areas that will create life changing results.

### **Unlock Your Beginning and/or Struggling Reader's Potential – Cathy Angel**

If you aren't teaching the Six Types of Syllables to your child, you are missing a huge support for decoding and spelling! Come see how easy it is to teach and apply this learning!

### **Cogni-Strong: The Neuroscience of Play and Learning – Dr. Joe O'Tool**

Can you train your brain? Can physical activity improve the academic achievement of your students? Can movement enhance general health and wellbeing? Can exercise decrease stress, anxiety, depression, and other symptoms such as ADHD in an individual? Just 50 years ago the idea that the adult brain can change in any way was considered nonsense. Researchers accepted that the immature brain is malleable, but also believed that it gradually hardens into a permanent structure by the end of childhood. Also, it was generally accepted that humans were born with a finite number of brain cells, and that the brain was incapable of regenerating itself. Damage or injuries could never be fixed. Nothing could be further from the truth! The brain's ability to change is called neuroplasticity. Neuroplasticity is essential in learning. Dr. Joe O'Tool will give a scientific understanding of the brain, the role of exercise in learning, and specific actions you can take with each individual student to maximize learning and minimize stress!

### **Vocation – Mike Schutt**

This lecture presents the basics of the Christian view of “calling” in all areas of life—family, church, work, and country. What does it mean to be “called” to a job or to a role in one’s family, and how does it help to think about life through the lens of calling? The discussion answers the questions “how do I know my calling?” and “are some jobs more “Christian” than others”?

## **3:00-4:00pm – Workshop Session IX**

### **Resiliency: Help Children Embrace Life with Confidence – Dr. Kathy Koch**

Are your children easily frustrated by their mistakes? Do they give up quickly or resist taking risks? Do they complain that things are too hard? They need to be resilient so they can bounce back quickly from difficulties and disappointments. Resilient children have healthier mental health, are problem solvers, and aren't afraid of using effort. Dr. Kathy's practical techniques work, and you will be able to parent so resiliency is more likely.

### **Protecting Homeschool Freedom – Jeremy Vos**

Hear from our Homeschool Iowa Lobbyist, Jeremy Vos, about our efforts to keep homeschooling rights secure. Find out about proposed legislation and learn how you can be a partner.

### **Post-High School Menu: Apprenticeships & Career Appetizers – Shawn Sandersfeld**

This workshop will address ways to discover the gifts and talents of your child and merge them into opportunities as they complete high school and beyond.

### **Jumpstart College with CLEP – Kristin Lackie**

Cut the cost of college tuition in half! This popular workshop will share how to accelerate the first two years of college by earning credit for subjects your student may already be studying in high school. The College Board's College Level Examination Program (CLEP) along with Prometric's DSST program are nationally recognized credit- by-exam programs that offer over 70 different exams, allowing students to test out of courses generally taken the first two years of college. Whether your student is gifted, motivated, or looking for purpose, this workshop will help save time and money earning a college degree. Teens are encouraged to attend with you.

## **Understanding Your Child’s Unique Cognitive Profile: How Reasoning Abilities, Oral Language, Processing Speed, and Memory Function Impact Learning – Elizabeth Hoksbergen**

If you have ever wanted a deeper understanding of your child’s cognitive profile and what makes learning difficult or easy for him or her, this is for you. We will take a quick, yet deep dive into the science of learning, various cognitive abilities, indicators for high or low function in each area, and basic strategies to strengthen areas of weakness. This session will help you better understand your child’s God-given constellation of strengths and weaknesses.

### **MAKE & TAKE WORKSHOP (*Advance Registration Required*)**

#### **Sourdough Bread – Donna Owen**

Come and learn to make beautiful, nourishing sourdough bread. Return home with a starter, notes, and encouragement! “Breadmaking cultivates both patience and expectation, a tension that requires us to slow down and pay attention. The bubbles. The rise. The folds. Each stage invites us to pause, to notice, to listen.”  
~Bethany Douglass

## **4:15-5:15pm – Keynote Address**

### **Choose the Hard Things (or How to Keep Going When You Feel Like Giving Up) – Todd Wilson**

Homeschooling is hard, parenting is hard, and marriage...well, that’s way hard. And that’s OK and even normal. Trouble is we don’t like hard. We want easy, fast, and cheap, and at the same time we want successful results. But the truth is that good things are hard and hard things are good, and they go hand in hand. Sadly, most people don’t ever experience the good because they can’t handle the hard. They put the hard thing off, hoping it will get easier, or they avoid it all together, and all they end up with is a pile of regrets.

Here’s the good news: you can handle the hard. In fact, if you’re faced with two choices, pick ‘HARD.’

Bring your conference experience to a climatic close, soaking in Todd’s humor-filled inspiration as he shares how to embrace the hardness, keep your eyes on the joy, and experience God’s best for you.