

Why attend the Youth Involvement Conference?

- It's FREE!
- You will earn six community service hours
- Continental breakfast and lunch provided
Please call 425-452-2846 for any dietary restrictions.
- Attend exciting workshops
- Laugh with our Inspirational Key Note Comedian, Dr. Matt Bellace
- Share your ideas on how to make your community a better place for teens!
- This is an excused absence for Bellevue students! Take the day off from school and join us for a day full of fun.

Please review this list of workshops that will be available at the conference. Choose the 3 that interest you most, and register for them on the attached registration form. Pre-arranged absense is required.

YIC 2008 - WORKSHOP TOPICS AND DESCRIPTIONS

- **Tech Talk**
Microsoft is showcasing the future operating system as well as highlighting the outlook of games, toys & tools to make our lives more entertaining yet practical for the future.
- **Don't Worry...Be Healthy**
Learn about sound nutrition for every meal, exercise techniques that could be done both in and out of the gym, and how to stay away from unhealthy lifestyles.
- **b(ECO)me Green**
Find out what the City is doing environmentally and what you can do at home by doing your part for our local environment. Go beyond recycling and experience green.
- **Dive Into Independence - College Life 101 questions & answers**
Hear from current college students who lived through all of the questions you could ask. This workshop will help you become more comfortable with the next step of your education.
- **OMG! High School! – High School Life 101 questions & answers**
This discussion is for middle school students to ask their high school peers about the life of a high school student. Become more comfortable with the transition to high school.

- **Don't Waste Time**
As our lives become busier, our time becomes less available. Learn time management techniques that will benefit not only your personal life, but your business and play time as well.
- **Spill the Beans**
This workshop allows a question and answer forum to ask relationship questions pertaining to friends, parents, teachers, supervisors, boy friend / girl friend, bosses, etc.
- **Turn That Frown Upside Down**
Whether you are experiencing a down period in your life, or want to help someone close to you that you feel is having some depression concerns, this workshop is for you.
- **Money in Da Bank**
Its your money, now what to do with it? Learn about savings, checking, investments, stocks, bonds, credit cards, bonds, IRA's, and an overview of the economy. Maximize your dollar.
- **Get a Job!**
Starbucks trainers and hiring managers will be on hand to assist you in perfecting your interview skills for your first or next job. Become polished & confident with some simple techniques that will place you on top of the pack.
- **Think Locally, Act Globally**
Discuss ways in which you can identify poverty in your local neighborhood, and how by taking proactive steps you can make a difference in our global community. Hosted by student presenter.
- **Synergizer**
Getting what you want is learning the fine art of compromise and negotiation. Learn skills to become a better negotiator at home, school, or with friends.
- **Cruisin, not Losin**
Learn about the maintenance, gas, daily upkeep, insurance, and traffic ticket expenses related to car ownership / use. Learn what it takes to have fun while not losin your wallet.

QUESTIONS? 425-452-2846 or 425-452-6129

For more information: www.youthlink.com or www.bellevuewa.gov

REGISTRATION FORM

- REGISTRATION CLOSSES AT 5:00 PM ON MARCH 14 – register early - space is limited to 400
- Register early for best workshop selection. If a session fills, you may be transferred into the next available workshop offering.

- REGISTER ONLINE (preferred): www.myparksandrecreation.com
- REGISTER BY MAIL: Bellevue Parks & Community Services

Youth Link / YIC
PO Box 90012
Bellevue, WA 98009-9012



Name: _____ School / Organization: _____ Grade: _____
 Address: _____ City: _____ Zip: _____
 Phone: _____ Email: _____ Daytime phone: (____) _____
 Parent / Guardian name: _____ Emergency phone: _____

Select one (1) from each track

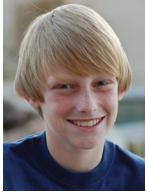
	Track 1 (9:30–10:10 am)	Track 2 (10:15–10:55 am)	Track 3 (11–11:40 am)
<input type="checkbox"/> Tech Talk	<input type="checkbox"/> Tech Talk	<input type="checkbox"/> Tech Talk	<input type="checkbox"/> Tech Talk
<input type="checkbox"/> Don't Worry...Be Healthy	<input type="checkbox"/> Don't Worry...Be Healthy	<input type="checkbox"/> Don't Worry...Be Healthy	<input type="checkbox"/> b(ECO)me Green
<input type="checkbox"/> Dive into Independence (College Life Q&A 101)	<input type="checkbox"/> OMG! High School! (Panel on High School 101)	<input type="checkbox"/> OMG! High School! (Panel on High School 101)	<input type="checkbox"/> Don't Waste Time...
<input type="checkbox"/> Spill the Beans	<input type="checkbox"/> Spill the Beans	<input type="checkbox"/> Spill the Beans	<input type="checkbox"/> Turn That Frown Upside Down
<input type="checkbox"/> Get a Job	<input type="checkbox"/> Money in Da Bank	<input type="checkbox"/> Money in Da Bank	<input type="checkbox"/> Money in Da Bank
<input type="checkbox"/> Think Locally, Act Globally (Poverty eradication)	<input type="checkbox"/> Synergizer	<input type="checkbox"/> Synergizer	<input type="checkbox"/> Cruisin, not Losin

Special guest(s)

- **Matt Bellace** – As a regular comedy act in New York, Dr. Bellace also holds a degree in Clinical Psychology that he received in 2005. His presentation will focus on natural highs and four things that are necessary to lead a naturally high life. The four ways to be a healthy L.E.A.D.er include: Look to the Positive in Your Life, Explore Your Motivation, Achieve Natural Highs, and Don't Forget the Negative Consequences of Substance Abuse.



- **Austin Gutwein** – This dynamic 14 year old will speak at the Conference and highlight his foundation, Hoops of Hope. Austin started this foundation to assist youth in Africa who have become orphaned due to their parents having died from AIDS. He will present his efforts and convey to participants that youth have the ability and power to make a worldwide difference.



Who is invited to attend?

All students, parents, teachers, youth workers, and adults who care about teens may attend. Teacher and youth group leaders, bring your classes and learn together! Groups of ten or more students must be accompanied by an adult who attends the conference the entire day.

Attendance guidelines

Students will not be allowed to leave early, there will be no in / out privileges and the school attendance office will be notified of your conference attendance – all absences must be pre-arranged through your individual school's attendance office.

Parking / Transportation at Meydenbauer Center

Parking at the Meydenbauer Center is approximately \$10 per vehicle, is non-reimbursable, and no passes will be given. Cost will be the responsibility of adult and student participants. You may car pool or take the bus, the Bellevue Transit Center is across the street from the Meydenbauer Center.

March
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Bellevue Youth Link is a partnership of the City of Bellevue and Bellevue Public Schools

425-452-2846 (phone)
www.youthlink.com

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Youth Involvement Conference 2008
Bellevue Parks & Community Services
Teen Services
PO Box 90012
Bellevue, WA 98009-9012



Youth Involvement Conference 2008

Friday, March 21, 2008
8:30 am to 2:30 pm

Meydenbauer Center
11100 NE 6th St.