

Schedule and Inventory

March 30, 2020 Update: A guide to planning and implementing remote service and training hours. New information is underlined.

So you and your community mates have been advised to stay home from your service sites. Some of you may be able to continue to do the activities in your position description remotely. Cool! Some of you may be able to continue to do other service activities – either for your service site or for the larger community. Great news – please collaborate with your site supervisor (and let us know via that Remote Service Planning Form) to make it happen! For those of you are *not* able to identify any service activities, let's develop a plan to for some AmeriCorps-approved training hours.

Schedule

- Day 1. Plan to serve remotely at service site (if open): Work with community mates to complete **Inventory**. Complete **Remote Service Planning form** individually. Establish preferred line of communication with Ben regarding remote service planning and execution.
- Day 2. Develop a ten-minute presentation on service site and service project(s) for an interested community group; practice presentation to community mates.
- Day 3. Review and respond to staff feedback; prioritize training activities identified in **Inventory**.
- Day 4. onward. Dig into content based on **Inventory** and staff feedback.

Inventory

Assess what is available to you in your home. An example tracking sheet for this information is follows.

1. List books and other media are available in your home. For each, name what you hope to learn from them.
2. What knowledge, tools, and resources do people in your community hold and what could you learn from them? (i.e. do you have internet access at home? Do you have a mate who conducted a research on the intertidal zone while in college? Is a musician? Has a huge stash of collage-making supplies? Other experience, skill, expertise, or resources?)
3. Using tools and information previously provided by JVC Northwest and other sources, determine what emergency preparedness and preparatory supplies your community has and what is missing.

* Have you completed the telecommuting inventory? If not, go here:

https://docs.google.com/forms/d/1UN_DicUeENiyyXgM1SZ7JJHethj0jUUAb-zkKd2xUYM/viewform?ts=5e6bd5bb&edit_requested=true

Example Tracking Tables

Create your own tracking tools using these examples.

Type of Resource (community member skill, location specific resource, supplies, etc.)	Value Connection	<u>Service or</u> Learning Goals

<u>Emergency prep supply/item</u>	Present	Needed	Notes

Online Training Resources

For those with internet access, URLs and reflection questions for online training resources.

Ted Talks

For those working with people who are living on the margins:

Brene Brown: The Power of Vulnerability

https://www.ted.com/talks/brene_brown_on_vulnerability?language=en

It is necessary when working with people who are experiencing poverty and those in need of support and help to understand the power of the shame cycle, which Brown addresses in her talk. An overall uplifting and inspiring talk.

Reflection questions:

- What are your barriers to letting go of who you think you should be? Where does this show up in your life?
- What do you do to numb vulnerability?
- What would it look like to be vulnerable to people in your life?
- How might this help you in your role as a JV?

Ernesto Sirolli: Want to Help Someone? Shut Up and Listen!

https://www.ted.com/talks/ernesto_sirolli_want_to_help_someone_shut_up_and_listen?language=en

Listening is a skill that must be done intentionally and with great care. Being an empathetic listener allows greater access into the stories and lives that are being shared with them.

Reflection questions:

- Have you seen examples of nonprofits or other public organizations utilizing their client's expertise to develop or change practices, policies or procedures?
- Can you imagine how client's voices can be utilized to influence nonprofit interventions?
- What questions could you ask the clients/stakeholders that you serve?

- How does this talk relate to being a successful social entrepreneur?

Becky Blanton: The Year I Was Homeless

https://www.ted.com/talks/becky_blanton_the_year_i_was_homeless?language=en

Blanton's personal story is both heart wrenching to hear and incredibly inspiring at the same time. Case workers will gain insight into the growing population of Americans who are "working homeless" those who have fallen on difficult times. Blanton's struggle and ultimate escape from homelessness offers a deeply personal look into an all too common problem.

Reflection questions:

Blanton discusses her competing identities as a writer and as someone experiencing homelessness.

- What are some of your coexisting identities?
- Did this talk change how you perceive homelessness or give you any tools to interact with the homeless community? If not, what other thoughts would you share with your fellow JV's?

Emily Pilloton: Teaching Design for Change

http://www.ted.com/talks/emily_pilloton_teaching_design_for_change?language=en

Pilloton used her design background to bring change and inspiration to a community living in poverty in North Carolina. Case workers working in an educational or community setting understand the power of the public school system on a community and its members. Providing opportunities and a glimpse into the possibilities of a poverty free life worked wonders for the students involved in the project.

Reflection questions:

- Do community needs assessments exist for the community that you serve?
- How does your communities' current design either help or hinder the community that you serve?
- How does the community you serve utilize youth as an asset? How could this be improved?

Eleanor Longden, The Voices in My Head

https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head?language=en

To all appearances, Eleanor Longden was just like every other student, heading to college full of promise and without a care in the world. That was until the voices in her head started talking. Initially innocuous, these internal narrators became increasingly antagonistic and dictatorial, turning her life into a living nightmare. Diagnosed with schizophrenia, hospitalized, and drugged, Longden was discarded by a system that didn't know how to help her. Longden tells the moving tale of her years-long journey back

to mental health, and makes the case that it was through learning to listen to her voices that she was able to survive.

Reflection questions:

- Most people's minds conjure up thoughts that provoke anxiety and depression. Do you have such moments? If so, what have those moments taught you about yourself?
- Eleanor's doctor once told her, "Don't tell me about what other people have told you about yourself, tell me about you." External/assigned narratives can be quite powerful. Have you had to differentiate between someone's ideas about you versus your own truth?
- How can you bring the idea of "sharing the burden of someone's suffering and to hold the hope of their recovery into your role as a JV?"

Andrew Soloman: Depression, the Secret We All Share

https://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share?language=en

"The opposite of depression is not happiness, but vitality, and it was vitality that seemed to seep away from me in that moment." In a talk equal parts eloquent and devastating, writer Andrew Solomon takes you to the darkest corners of his mind during the years he battled depression. That led him to an eye-opening journey across the world to interview others with depression — only to discover that, to his surprise, the more he talked, the more people wanted to tell their own stories.

Reflection questions:

- Have you or someone you know struggled with depression and/or anxiety?
- If so, what did you learn about yourself or someone you know from this event?
- What did you learn about your and/or their mechanisms of resilience?

Bryan Stevenson: We Need to Talk About an Injustice

https://www.ted.com/talks/bryan_stevenson_we_need_to_talk_about_an_injustice?language=en

Bryan Stevenson, founder and executive director of the [Equal Justice Initiative](#), addresses the poverty distortion and racial inequalities that are rampant in the United States today. Discussing controversial issues such as the death penalty and life in prison without parole for children, Stevenson encourages us to talk about our uncomfortable past and present in order to solve the problems facing our society

Reflection questions:

- Do you know the rates of incarceration in the general population and by race in your home state and the state that you serve? Please research and share these with your housemates.

- What has your current service experience taught you about the difficulty or lack thereof of your personal “willingness to be in a hopeless place and be a witness?”
- Why do you think are your obstacles to “keeping your eye on the prize?”

Wes Moore: How to Talk to Veterans About the War

[https://www.ted.com/talks/wes moore how to talk to veterans about the war?language=en](https://www.ted.com/talks/wes_moore_how_to_talk_to_veterans_about_the_war?language=en)

Wes Moore joined the US Army to pay for college, but the experience became core to who he is. In this heartfelt talk, the paratrooper and captain—who went on to write "The Other Wes Moore"—explains the shock of returning home from Afghanistan. He shares the single phrase he heard from civilians on repeat, and shows why it's just not sufficient. It's a call for all of us to ask veterans to tell their stories — and listen.

Reflection questions:

- What questions do you feel comfortable asking the next veteran you are able to have a conversation with?
- What might be some everyday occurrences that could be experience through a different lens by a veteran?

Rita Pierson: Every Kid Needs a Champion

[https://www.ted.com/talks/rita pierson every kid needs a champion?language=en](https://www.ted.com/talks/rita_pierson_every_kid_needs_a_champion?language=en)

Rita Pierson is one of the most inspiring speakers we have ever heard. She discusses the importance of connections and relationships in education, and how every child deserves to have someone believe in them completely.

Reflection questions:

- How can you change your own perspective/language to project a more positive outlook/narrative for clients?
- Who was your champion? What criteria did you use to decide that this person was your champion? How can you utilize this model to do this for someone else?

Chimamanda Ngozi Adichie: The Danger of a Single Story

[https://www.ted.com/talks/chimamanda adichie the danger of a single story?language=en](https://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story?language=en)

Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice — and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.

Reflection questions:

- What are some of the stories that are typical for the populations you serve? What was your story for them before you started your service experience?
- What details need to be added to these stories?
- What are the societal consequences of the differences between the single story and the own that you have come to understand?

Ted Self-Care Related Talks:

[Nigel Marsh: How to Make Work-Life Balance Work](https://www.ted.com/talks/nigel_marsh_how_to_make_work_life_balance_work?language=en)

https://www.ted.com/talks/nigel_marsh_how_to_make_work_life_balance_work?language=en

Case workers are known for bringing their work home with them. Often highly emotional in nature, the interpersonal connections made and difficult situations witnessed are difficult to simply leave at the office. Marsh gives some realistic ideas to balance work and life so all areas of your life can be thriving.

Reflection questions:

- What specifically does work/life balance look and feel like to you?
- What intentional boundaries will you need to plan in your life in order to realize this work/life balance?
- What small investments can you make with your time this week in order to have a more balanced life?

Guy Winch: Why We All Need to Practice Emotional First Aid

https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?language=en

We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.

Reflection questions:

- Have you had the experience of being lonely despite being surrounded by people? What did you do? What do you wish you had done?
- Are you guilty of ruminating from time to time? What could you do for two minutes to break the pattern?

Kelly McGonigal: How to Make Stress Your Friend

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

Reflection questions:

- How do you view stress?
- How successful are you at reaching out to others when you are stressed and/or when others need help?
- What goals would you like to set for yourself to help your body interpret stress in a positive way?

Other online resources:

A lot of online learning happens these days through MOOCs, Massively Open Online Courses. Free, many courses offered through universities, with lectures, homework, discussion forums, and everything.

Online learning sites:

- **Iverson** <https://iversity.org>

Options include:

Spanish for beginners

<https://iversity.org/en/courses/spanish-for-beginners>

- **Coursera** <https://www.coursera.org/>

Options include:

Social psychology

<https://www.coursera.org/course/socialpsychology>

Ever wonder why people do what they do? This course offers some answers based on the latest research from social psychology.

Each of us is dealt a different hand in life, but we all face similar questions when it comes to human behavior: What leads us to like one person and dislike another? How do conflicts and prejudices develop, and how can they be reduced? Can psychological research help protect the environment, and if so, how? This course offers an introduction to classic and contemporary social psychology, covering topics such as decision making, persuasion, group behavior, personal attraction, and factors that promote health and well-being.

Also, this is a course on public speaking: <https://www.coursera.org/learn/public-speaking>

➤ **Stanford Open EdX** <http://online.stanford.edu/openedx>

Options include:

The Future of Food <http://online.stanford.edu/course/future-food-scenario-planning-training>

This unique course combines hands-on training in the scenario planning methodology with a deep exploration of the environmental, economic and social uncertainties that will shape the future of what we eat, where our food comes from, and whether we will be able to count on its supply and safety in the coming decades.