



TrainingFocus

Training / TA / Disability Inclusion

JANUARY 2014

The monthly *TrainingFocus* provides Nebraska National Service leadership with informational tips and resources on topics pertaining to training, professional development, technical assistance and disability inclusion.

Programs are encouraged to submit training tips, resources, links and ideas for monthly features. Send to: Kimberle Hall, ServeNebraska Training Officer, kim.hall@nebraska.gov.

10 Facts on Youth Volunteering

1. Between 20% and 55% of all young people volunteer.
2. Young people are more likely to volunteer when engaged through schools, youth organizations, or religious groups.
3. Having family and friends who volunteer makes it much more likely that a young person will volunteer themselves.
4. Young people *under age 25* make up 1/3 of the population in the United States and 1/2 of the world's population.
5. Young people are uniquely suited to solve problems through service.
6. High quality *service-learning* leads to increased academic engagement success.
7. Volunteering improves career and workforce readiness.
8. Service is a "gateway asset" that can lead to increased positive youth development outcomes.
9. People who volunteer when they are young donate more to philanthropic causes when they are older. *(They are also more likely to volunteer and to vote as adults.)*
10. Volunteering can help improve your health.

(To read the full report, visit **Youth Service America**, http://www.ysa.org/facts_on_youth_volunteering.)

TRAINING SPOTLIGHT...

January 20, 2014 will mark the Rev. Dr. Martin Luther King, Jr. federal holiday. This milestone is a perfect opportunity for Americans to honor Dr. King's legacy through service. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a beloved community.

Therefore, this month's spotlight is on **Active Citizenship**. The training exercise offered, "**What is a Citizen**" is designed to help all National Service members to gain a broad understanding about how they can be active and effective citizens serving within their communities. (Source: *Active Citizens 101*, CNCS and *Constitutional Rights Foundation*)

Active Citizenship:

In AmeriCorps, citizenship can mean much more than memorizing names and dates from a history book or spending a Saturday cleaning up a vacant lot. What is citizenship *really* about, and how can it help you make a real lasting difference in your own life and the life of your community?

AmeriCorps and all National Service streams encourage its members, and indeed all of America, to embrace a renewal and expansion of the idea of citizenship. At a basic level, citizenship means voting, obeying the law, and serving on juries. On another level, it means much more. Citizenship also means:

- Becoming informed about the critical issues facing our nation and communities.
- Making a commitment to personal responsibility for the welfare of ourselves, our families, and our neighbors.
- Getting involved at the grassroots level to solve problems and build a better future for everyone.

To Access the Citizenship Exercise go to:

http://www.serve.nebraska.gov/training/training_focus.html.

- **What is a Citizen** – Resources included:
 - Facilitator Instructions
 - Member Instructions
 - Handout – What is a Citizen?
 - Handout – Kinds of Citizens

Additional Member Training & Development Resources:

For more information and resources on Member Training and Development, visit, <https://www.nationalserviceresources.gov/about>.



TrainingFocus

Training / TA / Disability Inclusion

JANUARY 2014

MEMBER CORNER

Martin Luther King, Jr.
Day of Service
January 20, 2014

"Make it a Day On, Not a Day Off"



For the upcoming Martin Luther King, Jr. holiday use an image of Dr. King and thought provoking questions to prompt a discussion during an activity or meeting about the National Day of Service.

Providing a tangible image and questions upon which participants can attach their thoughts helps give their ideas substance and shape in more profound depth.

1. What is the cause you believe in?
2. What human right would you participate in a march to show your support?

Ideas for Use:

This discussion tool is useful for introductory activities such as an ice breaker exchange, or journaling for processing a specific experience. It can be used in many different ways and is appropriate for all age groups.

For additional resources for MLK Jr Day of Service 2014, visit: <http://mlkday.gov/>.

TA-TECHNICAL ASSISTANCE...

- **Introducing: Grants Management Basics in bite-sized pieces!**
[Lesson #1: Grant Overview](#) MyFedTrainer.com is the provider of a seven lesson FREE multi-media series to assist Grants Professionals in recognizing and avoiding the most common areas of non-compliance and audit findings. Each lesson in the seven part series contains a lesson, short video and your own Quick Reference Guide for the topic. Start with Lesson 1 that will give you a solid foundation on grants as a whole.
- **Grantee Central** – ServeNebraska has consolidated resources to help you manage your program, <http://www.serve.nebraska.gov/grantee/grantee.htm>.

CHECK IT OUT...

- **Nebraska Volunteer Ranking Rises to Top 5 Nationally** – The annual Volunteering and Civic Life in America Report found that 36 percent of Nebraskans volunteered in 2012. In total, more than 494,000 volunteers gave 50.8 million hours of service worth an estimated \$870 billion. The full report and customizable data sets can be found at www.volunteeringinamerica.gov.
- **AmeriCorps20 Toolkit: Get Involved!**
<http://www.nationalservice.gov/programs/ameriCorps/ameriCorps20/resources/engagement-toolkit> The AmeriCorps 20th Anniversary Toolkit: Get Involved is a resource for AmeriCorps state commissions, grantees, and project sponsors that can be used to equip AmeriCorps members, alumni, community organizations, and leaders to highlight the past and future impact of AmeriCorps during the yearlong celebration.
- **Teaming Up to Serve Veterans and Military Families Toolkit** – This toolkit is designed to help State Commissions tap into the time, talents, and energies of veterans and to partner with organizations that serve veterans and military families.
<https://www.nationalserviceresources.gov/teaming-serve-veterans-and-military-families>

TRAINING IDEAS FROM OUR PROGRAMS...

- **Deb Buckman, Youth on the Move Program Leader** shares a Member Development resource called *Mind Tools* that offers essential career skills and resources to enhance member trainings. To check it out visit, <http://www.mindtools.com/>.

UPCOMING EVENTS...

- **First Lady's Outstanding Community Service Awards – Call for Nominations November 18, 2013 through February 15, 2014** - to download a nomination form visit: http://www.serve.nebraska.gov/awards/awards_first_lady.htm
- **Governor's Points of Light Nomination Deadline – March 15** – to download a nomination form visit: http://www.serve.nebraska.gov/awards/awards_governor.htm
- **Global Youth Service Day (April 11-13)**
- **ServeNebraska Week (April 20-26)**