



# TrainingFocus

## Training / TA / Disability Inclusion

**MARCH 2013**

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.



### DEBRIEFING & PROCESSING SKILLS

Here are a few ideas to assist you in your training debriefing and processing skills.

- Allowing group members to pass during processing discussions empowers participants to have control over their learning and practice reflective feedback at their own pace.
- Creating a safe and positive learning environment is key. It is risky for people to share their ideas, reactions, and opinions in any environment where they feel exposed or unsafe.
- Allow for some superficial answers and/or comments during reflection activities. Remember this is a practice.
- Silences are okay, even necessary. Allow time for group members to think and formulate their ideas.
- Be prepared for the group to take reflection somewhere different than what you had in mind – you might learn something new!
- Leave time for processing. Be patient.

(Source: [www.training-wheels.com](http://www.training-wheels.com))

### TRAINING SPOTLIGHT...

This month's spotlight is on **Life After National Service**. AmeriCorps and VISTA participants learn how to plan for transitions after their service term. How do they plan for what comes next in their post-service lives, going to school, establishing a career or continuing in service? Remember, whatever decisions they face, it's important to help them gather information, consider the pros and cons of each option and get feedback from others whose opinions are respected.

#### Training Offering:

The online course **What's Next: Life After Your Service** is offered free through EnCorps Resources, a subsite of the Corporation for National and Community Service (CNCS). EnCorps Resources carry a "field stamp of approval"; veteran program staff reviewed and recommended.

#### Why Take This Tutorial?

This tutorial provides resources for AmeriCorps and VISTA participants to think and plan ahead for the future. Think of this tutorial as a tool used to:

- Plan your transition
- Reflect on your service and you and the personal and professional growth you've experienced as a result of your AmeriCorps or VISTA service
- Relate your service experience to others by assessing your skills and accomplishments
- Make wise decisions and weigh your choices for what comes next
- Take action and identify resources and strategies to help you take the next steps
- Plan for a lifetime of service

#### To Access the Tutorial:

1. To access the **What's Next: Life After Your Service** tutorial click on this link <http://encorps.nationalserviceresources.org/whatsnext/index.shtml>

#### Additional Resource – Journaling

Journaling is an excellent tool for keeping your thoughts and accomplishments organized when planning for your future. When this graphic appears in the tutorial, it indicates a journaling activity designed to help you with your planning. Feel free to use a traditional notebook or online "blog" journal of your choice! [How to set up a free online journal.](#)



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### INTEGRATING COMMUNITY INTO TRAINING

Community involvement and partnership are key to the success of National Service programs. The best way to show members – and the community – the importance of working with the community is to incorporate the community into every aspect of your program, including your training – from pre-service training and continuing through in-service and close-of-service activities.

#### Invite guest trainers from the community.

Always look first to local experts – agency staff, community volunteers, community residents, etc. – who have relevant knowledge and experience to provide skills training for your members.

#### Involve community resource people.

For each training topic provide a list of local experts to serve as “resource people.” Throughout the year they can serve as role models.

#### Incorporate the community into training activities.

Use community-based examples for general skills topics (e.g., group problem solving, professionalism) as examples.

#### Move training into the community.

Rotate training to different community agencies and sites to acquaint members with different environments within the community.

#### Train members to be effective with the community.

During the year, build in regular opportunities for members to discuss their community involvement activities and share ideas.

(Source: [www.mosaica.org](http://www.mosaica.org))

### TA-TECHNICAL ASSISTANCE...

- **Segal Education Award** – <http://edaward.org/>: A comprehensive guide to all aspects of the Segal Education Award national service participants earn at the successful conclusion of their service.
- **EnCorps – Life After AmeriCorps Resources**: A thorough listing of resources and training ideas to smooth the transition to life after service.
- **Grantee Central** – ServeNebraska has consolidated resources to help you manage your program, <http://www.serve.nebraska.gov/grantee/grantee.htm>.

### INTRODUCING...

- **The AmeriCorps Nebraska Blog**, <http://americorpsnebraska.wordpress.com/2013/03/13/welcome-to-the-ameri-corps-nebraska-blog/>

Welcome to the official Nebraska blog! This is a great site for AmeriCorps members statewide to showcase their service through words and photos. Each week the blog will be updated with new stories from around the state. It’s an exciting way to work as a team and more importantly feel like a team. Please feel free to comment on the posts to help start an organic conversation.

### FOLLOW UP...

#### Disability/Inclusion

- **Making Your Presentations Accessible to Everyone (NSIP Train the Trainer)**, <http://www.serviceandinclusion.org/ttt/node/31>

When planning any events or meetings, ask in advance if attendees need reasonable accommodations, which includes: interpreter, CART service, or even alternative format materials, which can vary from large print, Braille, audio and electronic file to enable attendees to fully participate. The link provides more suggestions on how to ensure that everyone attending your presentation has the opportunity to actively and fully participate, both people with and without disabilities.

### SAVE THE DATE...

- **Stand for the Silent Rally – April 5** (State Capitol Steps, 8:30-10:00p.m.)
- **NEW EVENT: ServeNebraska Week of Service – April 22-28**  
Get involved and register your volunteer activity at <http://www.serve.nebraska.gov/CommunityVolunteerWeek.html>
- **Global Youth Service Day – April 26-28**
- **Cornhusker Book Drive – May 4**
- **ServeNebraska Symposium: Celebration of Service – May 23**  
Location: Center for People in Need, Lincoln