

INITI8 Workshop: Group 1

Assess. **Intervene**. Assess.



You've been hired as the new activity director at Shady Elms, an assisted living community with 284 residents aged 67-103. Though the hours are less than desirable, the pay is great and you enjoy working with the aging population.

As activity director, you listen thoughtfully to the residents' hopes for the activity program via focus group interviews. This leads to the creation of the A-Team ("Activity Team"), a resident-led association that meets regularly to inform you of their aspirational activities.

To your surprise, the top activity brought to you by the A-Team is this: **more than anything, a gaggle of 71 elders wants you to teach them how to dance to Lil Nas X.** The problem? (1) You thought Lil Nas X was the name for a pocket-sized prescription nasal spray. (2) You have two left feet. (The bigger problem? So do most of the residents!) Of the 71 who want to partake, 3 utilize wheelchairs and 11 use walkers; most have danced before—at varying levels—but not to the music of a current artist.

Always up for a challenge, you're keen on helping the residents achieve their dream. But you know you'll need help to prepare yourself to stage an efficacious, high-fidelity intervention.

You (and the A-Team) have three weeks to prepare (about 15-20 hours) and three weeks (one hour a day, five days a week) to teach the elders *how* to dance to Lil Nas X. Good news: it just so happens that your roommate was on the dance team during her undergraduate years at JMU—and it turns out that Lil Nas X is the artist she frequently plays while in the shower. You have a budget of \$75 to assist your efforts.

- What education or development will you (and the A-Team) pursue to design a meaningful intervention for the Shady Elms residents? (Who or what will "educate the educators"?)
- What resources do you envision needing to teach the elders the dance?
- What baseline and reassessment data, hypothetically speaking, would be needed to demonstrate gains or improvements?
- Someone from the A-Team, who is closer to middle-age, doesn't like Lil Nas X. "I'm going to teach MC Hammer's *Running Man*, or else I'm not contributing at all." What do you do?



INITI8 Workshop: Group 2

Assess. **Intervene.** Assess.

You are a food sciences faculty member at You University; a group of students convinces you to advise their newly formed vegan club, The Kale Tribe.

The organization aspires to bring greater awareness to vegan food options. Further, they hope to garner greater advocacy for a broader variety of vegan food items offered through You University's dining services.

They hatch a plan: to host an event called, **"No longer the underdog: Vegan hotdog eating competition."** A PR campaign mounts.

Days after flyers are papered about campus and on Instagram, your Dean calls you into his office. He instructs you that the Administration will "pull" the competition unless two guarantees are made: (1) participants are to sign a hold-harmless agreement, which is typical in eating competitions and (2) an educational intervention on "safe approaches to eating competitions" must be made available a week prior to the event. Though your eyes are about to roll back into your head, you agree to co-lead these efforts provided the Kale Tribe also consents. (In spite of their irritation, they do consent, with hopes that you will facilitate the workshop.)

Always up for a challenge, you're keen on helping the students. But you know you'll need help to prepare yourself to stage an efficacious, high fidelity program.

You have a week—and not a whole lot of time therein—to craft a 60-minute workshop on safe eating approaches. Thankfully, you're a food scientist with expertise in digestion. Truth be told, you've twice been a member of the live audience in Coney Island's annual Hot Dog-Eating Contest (and you might have Miki Sudo's autograph... just saying...).

- What education or development will you pursue to design a meaningful intervention for the vegan hotdog eating competitors? (Who or what will "educate the educators"?)
- What resources do you envision needing to teach safe techniques?
- What baseline and reassessment data, hypothetically speaking, would be needed to demonstrate gains or improvements?
- Imagine that someone on your team is a pescatarian—and wants to rebel against the vegan-only hot dog focus. "Let's add salmon dogs to the competition," she proclaims. What do you do?

INITI8 Workshop: Group 3

Assess. **Intervene.** Assess.



You comprise the executive board of You University's Star Trek Club, which just won a bid to host the **April 2027 Intergalactic** (*err, intercollegiate*) **Con** (*conference*). This is the largest of all Cons for collegiate Trekkies.

Among the seminal reasons your University was chosen as Con host was the reputation your club has for fluency in the Klingon language. Your advisor, a linguistic professor, happens to be among 9 world experts in Klingon. Some club members seem to be following in her footsteps.

In less than a year, up to 2,000 college Trekkies will descend on your campus for the four-day Con, which will have at its core a focus on **learning basic Klingon**. Your team, with your advisor's help, will be responsible for developing and delivering the curriculum. To support your intervention efforts, your team has been able to budget \$4,500.

You know you'll need help to prepare to stage an efficacious, high fidelity program. One of you is fairly well-versed in Klingon, while the others have little to moderate proficiency. This leads you to wonder how best to prepare yourselves so that you can educate others next March.

- What education or development will your board pursue to design a meaningful conference intervention? (Who or what will "educate the educators"?)
- What resources do you envision needing to teach basic Klingon?
- What baseline and reassessment data, hypothetically speaking, would be needed to demonstrate gains or improvements?
- Imagine a scenario where one of the Star Trek Club leaders thinks that Klingon is not logical enough. The Con should feature Vulcan instead, they doggedly insist. What do you do?