



# Maryland Association for Adult, Community and Continuing Education

## April News

### **MAACCE Conference 2010: Members Only Sneak Peek** **By: Becki Maurio, 2010 Conference Chair**

If you're a regular conference attendee like I am, you may have at one time or another come to a point where they all start to run together. This idea sounds good, but I think I've heard it before – was it last year? The year before? Maybe *this* time I'll get a chance to implement it... or maybe I'll put all the hand-outs and good ideas in my new tote and have forgotten about them by the time the Monday morning rush hits...

I tend to view professional development like a vacation: you're bound to get something out of it if you just show up and follow the itinerary; you can get a lot more out of the experience if you are prepared and you pace yourself.

This year's theme –Recharge to Refocus for Results – taps into the idea that we need to pull back from time to time to let ourselves focus on what's really important – and in doing so, we can be more effective on a daily basis. With that in mind, here are some thoughts to help you plan for this year's conference – and others you'll attend as you continue to grow and develop professionally.

**Leave the office and your students behind.** This tends to be a busy time of year, but you know what? Every time of year is a busy time of year! Leave your laptop, Blackberry, cell phone at home (or at least turned off in your new tote). Reschedule class for the days of the conference or get a sub – guilt-free. This is time for you to focus on your professional growth.

**Pick sessions that push you.** Adult Ed is a dynamic field with many opportunities – especially for those who are willing to diversify their skills a bit. Did you hear about the ESOL instructor who can also teach math? He picked up an extra class this semester. The GED instructor who created a website for her students? She's presenting to the full faculty next week. Push yourself and you will grow – and expand your opportunities.

**Network with colleagues.** We have planned outstanding sessions by high-quality presenters for you to learn from and engage with. You know what? Sometimes that chance encounter with a former colleague in the vendors' area sparks a conversation

that will lead to a collaboration that is bigger and better than the session you miss. Meet people, expand your professional circle and I guarantee good things will come.

**Give yourself a chance to unplug a bit.** Unplug, recharge – whatever you call it, it helps us to refocus. Trying something new is one of the best ways to do this. Thursday afternoon will include several Bonus Sessions designed to help you connect to the creative part of your brain. Stick around for an extra 45 minutes and you'll leave with even more new energy.

The Conference Committee is looking forward to your active participation and energy! Check [www.maaccemd.org](http://www.maaccemd.org) for the conference schedule, a bio on our keynote speaker (OVAE's Johan Uvin), and other updates. I look forward to seeing you on May 6 and 7 in Baltimore!



## **Howard County's Regional Training** **By: Emma Ostendorp, Howard County Library**

Room 108 in the Hickory Ridge Building on the Howard Community College campus was abuzz with excitement in the afternoon of Thursday, January 7, 2010; it was the first MAACCE regional training in its 25-year history. A group of 48 enthusiastic adult educators from across the state clapped and cheered when they learned the significance of the workshop in MAACCE's history. After a brief announcement from MAACCE followed by an introduction of the illustrious career of the presenter, the group quickly settled down when the presenter Rebecca Price took the podium.

The idea of holding weekend regional trainings in between the MAACCE annual conferences was first conceived in July of 2009, during the Board retreat. By holding regional trainings on weekends, the Board hopes to expand its services to non-members in different parts of the State and meet the professional development needs of members who cannot attend the annual conference that is traditionally held on weekdays.

Although not on a weekend as the Board had originally planned, the first regional training took place nonetheless. The workshop titled *Teaching Pronunciation 101* attracted 48 practitioners from across the State. They include people from Howard Community College, Howard County Library Project Literacy, Esperanza Center, Chesapeake College, Queen Anne's County Board of Ed, and DLLR. The presenter Rebecca Price is well known to the adult education field. She has been the Director of non-credit ESL program at the Howard Community College since 1994. She is also the co-founder of the English Language Institute. She has presented at many different conferences, including Maryland TESOL and MAACCE. She was also awarded the *Administrator of the Year Award* by MAACCE in 2003 and received *Lifetime Achievement Award* from Maryland TESOL in 2005.

The two and a half hours of training started and ended on time. The jam-packed room was evidence to the high interest in this topic and Rebecca did not disappoint. She enthusiastically and masterfully imparted her knowledge on the subject and held the audience spellbound the entire time. She punctuated the slide presentation with interesting anecdotes and animated gestures to impress upon the attendees key points in teaching pronunciation. She was energetic, engaging, inspirational, and a true master on the craft of teaching. The participants responded in kind as well. They were fully engaged and kept pace with the intensive learning every step of the way. At the end of the session, they left with practical classroom strategies and renewed confidence to help their learners with pronunciation difficulties.

As the chair of ESOL Interest Group, I want to thank Rebecca for her brilliant presentation. Thanks to Howard Community College for providing the venue and the Howard County Library for providing refreshments and coordinating the workshop. Last but not least, thanks to the MAACCE Board for its support of this new initiative. The regional workshop on *Teaching Pronunciation 101* bore witness to the unique needs of adult ESOL learners and the professional competencies required of the ESOL practitioners. When funding fails to keep pace with the demand as many providers often experience, collaboration and sharing of resources with others in the field is not only advisable, it is vital for program survival. If you have a passion for teaching and an expertise to share, please consider becoming a presenter at the MAACCE annual conference or its regional training and allow your fellow practitioners to benefit from your knowledge.



## Interactive Math/Science GED Classroom Activity

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**Obesity** in the United States is in epidemic proportions today. It is estimated that 8 of 10 adults are overweight which translates to 58 million people; 40 million are actually obese. Carrying excess weight contributes to a variety of ailments including heart disease, diabetes, high blood pressure, some cancers, and accounts for much of our health care costs.

**BMI (Body Mass Index)** is a measurement of body fat based on height and weight, and applies to both men and women from 18 to 65. **BMI** can be used to indicate if you are overweight, obese, underweight or normal. A healthy **BMI** score is between 20 and 25. A score below 20 indicates that you may be underweight; a value above 25 indicates that you may be overweight. **BMI** can be calculated using the formula below. Students can also use the table to check their work.

$$\text{BMI} = \frac{\text{Weight}(\text{lbs}) \times 703}{\text{Height}(\text{in})^2}$$

Ex:    Weight = 165 lbs, Height = 5ft 7 in BMI = $165 \times 703 / 67^2 = 115995 / 4489 = \underline{26}$
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### **BMI is equal to or less than 18.5 (Underweight)**

A lean BMI can indicate that your weight maybe too low. You should consult your physician to determine if you should gain weight, as low body mass can decrease your body's immune system, which could lead to illness.

### **BMI is between 18.5 and 24.9 (Normal)**

People whose BMI is within 18.5 to 24.9 possess the ideal amount of body weight, and is associated with living longest, the lowest incidence of serious illness, and perceived as more physically attractive people than persons with a higher BMI.

### **BMI is between 25 and 29.9 (Overweight)**

Persons falling in this BMI range are considered overweight and would benefit from finding healthy ways to lower their weight, such as diet and exercise. Individuals who fall in this range are at increased risk for a variety of illnesses.

### **BMI is over 30 (Obese)**

Individuals with a BMI over 30 are in a physically unhealthy condition, which puts them at risk for serious illnesses discussed above. These persons would benefit greatly by modifying their lifestyle.

### **Classroom Activities:**

- a. Have each student calculate their BMI using the formula and check their answer using the table.
- b. Provide several examples of various heights and weights and have students calculate the BMI and compare their answers to the table information.
- c. Use variations of information from the table and have them find the correct answer: Give a height and BMI and find the weight, etc.

<b>BMI</b>	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height	Weight (lb.)													
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328