

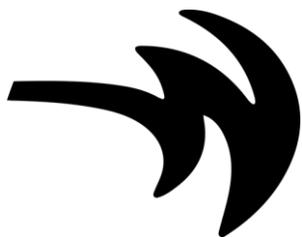
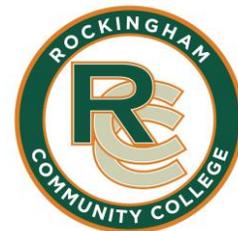
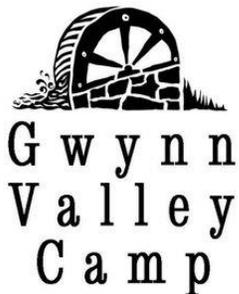
Friday, November 5th, 2021



Presented and sponsored by



Exhibitors



Keynote Speakers



Dr. Curt Davidson

Curt Davidson, Ph.D., is an assistant professor at California State University, Long Beach, where he serves as the Outdoor Recreation Concentration and Wilderness Studies Program Director. He is also the President of Alpenglow Education. Curt's love of the outdoors started when he worked for over a dozen Adventure Education and Guiding programs throughout the globe. His research interests include character education, experiential learning, and mental health, and wellness. Curt is the author of several books and projects, including the Behavioral First Responder Certification and the *Outdoor Facilitator's Handbook*. When not teaching and writing, you can find him skiing in Colorado, sailing to Catalina Island, or climbing in California's Eastern Sierra.



Becca Meier

Becca grew up in the hills of Eastern Kentucky on her family farm. After the completion of her undergraduate, she bounced around the country seasonally for quite a few years before deciding to come back to her home in Lander, Wyoming: The City Park. In addition to holding a Master of Social Work from the University of Wyoming and a School Social Work Certification, Becca is now the co-owner and head guide of Wind River Climbing Guides with her husband, Kyle. Becca worked for various outdoor education programs and guiding services around the country living out of her Subaru Forester for about six years in West Virginia, California, Kentucky, and Wyoming. She is a certified Single Pitch Instructor and Apprentice Rock Guide through the American Mountain Guides Association. Becca recently published a study that explored the effects of rock climbing on women with mental illness and how to increase self-efficacy, resiliency, and focus of control through outdoors experiences.

Conference Theme

*Discovering and Sustaining an Outdoor Adventure Career:
Living the Dream*

Conference Committee

Duncan Small – Conference Chair

Katherine Wombwell – Registration

Jacob Vander Weide & Sheridan Bullis – Workshops

Taylor Horner & Grace Noonan – Exhibitors/Sponsors

Jared Burgett & Josiah Brower – Facilities

Dr. Dottie Shuman & Dr. Ryan Zwart – Faculty Mentors

Welcome!

A note from our Conference Committee

The Montreat College Conference Committee would like to welcome you to the 28th Annual Adventure Education Conference. We're excited to provide another conference for college students, by college students.

We all want a career that makes us feel like we're really living the dream; a career of travel, exploration, and discovery. However, sometimes these careers can be challenging in terms of family, community, and home. Have you ever wondered about or questioned the sustainability of a career as an outdoor adventure educator or professional after you graduate from college? The purpose of this conference is to help answer this question through stories, ideas, and examples of those who are making or have made a career and life pursuing the types of jobs we hope to have.

After the last two years of separation, we're thrilled to be back together. We ask that you embrace the thoughts and ideas that you hear today as we all look towards the future of our field.

We'd like to thank Montreat College for hosting this year's conference and Ashley Bond for her help as our conference and registration advisor. We'd like to thank the WNC Collective, SUWS of the Carolinas, and 2nd Nature TREC for their sponsorship of the event. We'd also like to thank all the exhibitors, organizations, and companies who are joining us today. A special thanks goes to Ben Fortson for designing our logo. We're also grateful to our keynote speakers Dr. Curt Davidson and Becca Meier. Looking forward to a fantastic AEC!

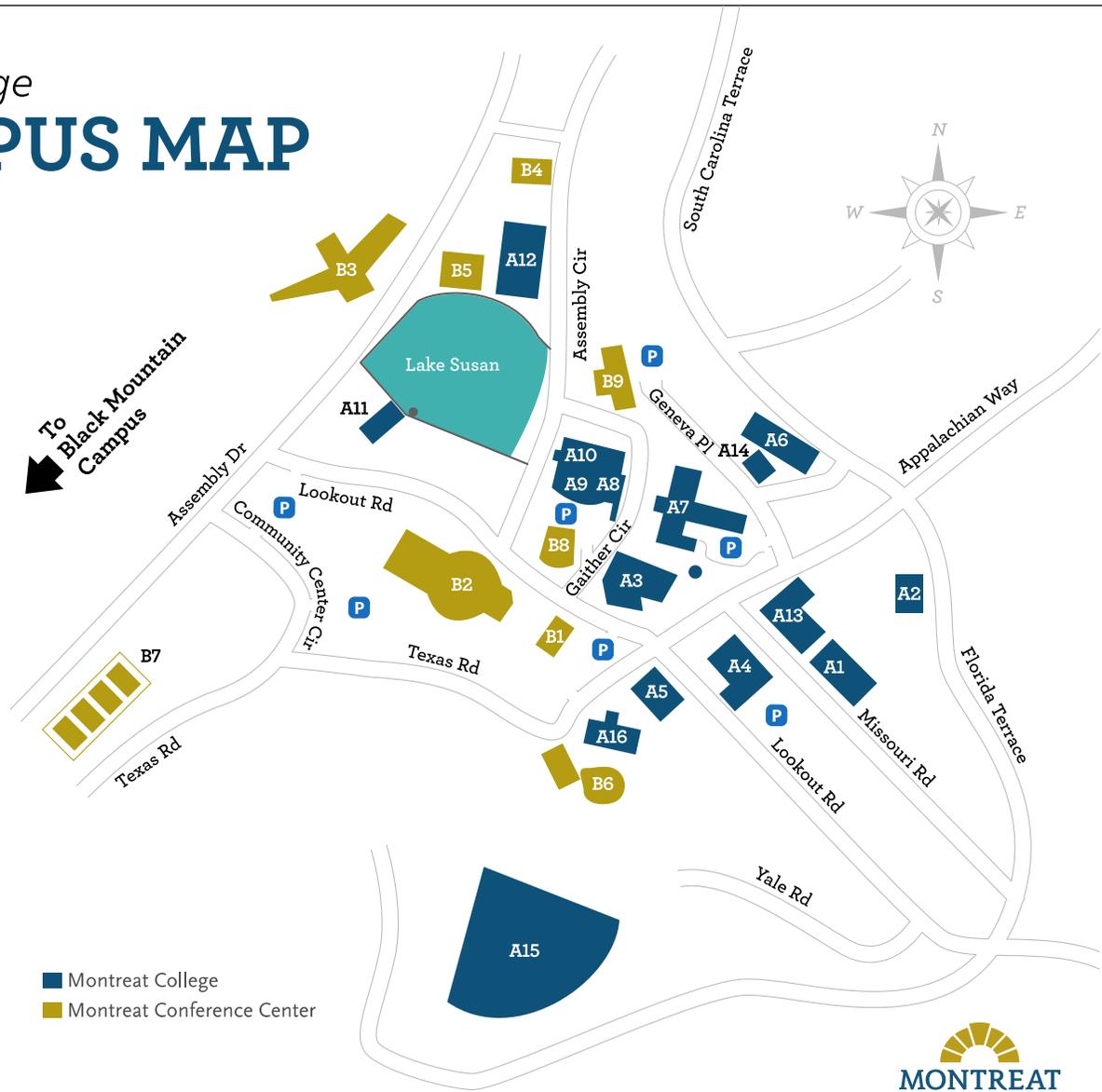
Sincerely,

Duncan Small and the Conference Committee

Montreat College CAMPUS MAP

MAIN CAMPUS

Allen Building	B1
Anderson Auditorium.....	B2
Anderson Hall.....	A1
Anderson House.....	A2
Assembly Inn	B3
The Barn.....	B4
Belk Student Center.....	A3
L. Nelson Bell Library/ Wellness Center.....	A4
Chapel of the Prodigal & McGowan Center for Christian Studies	A5
Davis Hall	A6
Gaither Hall & Graham Chapel.....	A7
Gaither Commons	A8
Howerton Dining Hall	A9
Howerton Hall.....	A10
Huckleberry Café	A11
Left Bank	B5
McAlister Gymnasium.....	A12
McGregor Hall.....	A13
McLeod Hall	A14
Newell Baseball Field	A15
Morgan Hall.....	A16
Swimming Pool	B6
Tennis Courts.....	B7
Way Out Building.....	B8
Winsborough Hall	B9



Directions: Take US 40 to Black Mountain exit 64. Then take HWY 9 North through the town of Black Mountain through the Montreat gate. Turn right on Community Center Circle to park.

Parking: Conference Parking is available only in the lots adjacent to Anderson Auditorium (B2) at the corner of Assembly Drive and Community Center Circle.

Registration: Registration and Check-in occur in the exhibitor area which is located at Gaither Commons (A8).

Breakfast/Lunch: Meals occur in Howerton Dining Hall (A9). Attendees must be registered and show their nametag to receive meals.

Keynote: Held in Gaither Chapel (A7).

Closing: Either held in Gaither Chapel or in the Field below Lake Susan Dam.

* COVID-19 Protocol – In Buncombe County masks are required in all indoor business establishments, offices, and workplaces and any indoor place the public is invited or allowed to enter and gather.

Conference Schedule

7:00 am - 8:00 am Exhibitor Set up

8:00 am - 9:15 am Registration Check-in, Breakfast, and Exhibitors

9:15 am - 10:15am Keynote

10:30 am - 11:45am Workshop Session I (see below for information)

11:45 am - 12:00 pm Break with Snacks at the Exhibitor Space

12:00 pm - 1:15 pm Workshop Session II (see below for information)

1:15 pm - 2:15 pm Lunch

2:30 pm - 3:45 pm Workshop Session III (see below for information)

4:00 pm - 4:30 pm Closing

*4:30 pm – Until you want to go home. Post Conference Gathering and Film Screening

* **Post Conference Gathering:** WNC Collective 110 Black Mountain Avenue, Black Mountain, NC 28711. We are pleased to invite all Adventure Education Conference registrants to a post conference gathering at the WNC Outdoor Collective.

Continue networking: The WNC Outdoor Collective is a gathering place for outdoor makers, retailers, enthusiast, and adventurers. The post conference gathering will provide a time to continue to connect with students and colleagues from different institutions and local outdoor professionals.

Purchase a meal: Ask a Montreat College friend on Friday where you should grab a bite to eat in Black Mountain. Directly next to The Collective is the famed Pizza Machine food truck and across the street is Foothill's farm-to fork restaurant. There are additional dining and food options close by. We welcome bringing your food and eating at The Collective. We hope to see you there.

Discounts (10%) for all AEC registrants on BlackMTN apparel at the WNC Outdoor Collective.

Workshop session information and locations on the following pages.

Session 1 10:30am - 11:45am

Namaste in Nature: Outdoor Yoga Class and Mindfulness Workshop - Library Porch

Presenter name: Raileigh Duschen

Join a local yoga and hiking guide for an outdoor yoga class. This course includes a mindfulness section on meditation.

Backcountry Gourmet - McAlister Gym Basement Lakeside

Presenter names: North Greenville University Students

This workshop will include planning & preparing hot drinks as well as allergen friendly meals in the backcountry. The NGU Students will go into detail about the process and importance of meeting group needs and accommodations throughout trips.

The Wilderness Education Association Credentialing Program: An Overview of the Benefits and Process - Morgan Science 103

Presenter name: Ryan Carlson, Andrew J. Bobilya, PhD., and Brad Daniel, PhD.

This session will present the benefits and the pathway toward credentialing in outdoor leadership through certification with the WEA. Certification is a successful model when applied to technical skills such as rock climbing or paddling. No standard exists for a comprehensively trained and qualified outdoor leader. This certification gap creates significant waste of resources; time, energy, and finances. The WEA provides a pathway, by way of a rigorous, weighty certification scheme to endorse outdoor professionals. This certification scheme consists of four levels, the Outdoor Leader Experience, the Outdoor Leader Training Certificate, the Certified Outdoor Leader, and the Certified Outdoor Educator.

Giving Meaningful Feedback: Putting the "Professional" in "Outdoor Professional" - Morgan Science 110

Presenter name: Kristen Keane

Giving and receiving feedback is an essential skill in any profession, but especially in the Adventure Education world, where we often refer to ourselves as "Leadership Educators" or the experiences we provide as "Life Changing." To provide those truly meaningful self-discovery experiences for our students we must be skilled in the art of feedback.

Interviewing with Confidence – Belk Theater 143

Presenter name: Bryan Wilson and John Menendez

Interviewing is an essential skill all professionals need to practice. Repetitions and other strategies presented will help you gain the confidence and muscle memory needed to solidify your dream job. This workshop can be helpful if you're looking for a job - or to land that promotion.

Challenges to Strengths with ADHD Kids – Morgan Science 107

Presenter name: Andrea Wackerle

How to change negative characteristics or challenges that many people with ADHD have into strengths. Utilizing these strengths in programming will impact youth and create a positive environment.

Wilderness Skills: Building Resiliency and Making Meaning – Outdoor Field (Field below Lake Susan dam)

Presenter name: Gus Atten

SUWS of the Carolinas uses wilderness skills like striking with quartz and steel, pitiful deadfall traps, and bow drilling as therapeutic opportunities. We teach planning ahead, frustration tolerance, and problem solving skills to our students as they try to find success with each skill. These skills are fun and allow a chance to find meaning and metaphor.

Session 2 12:00pm – 1:15pm

Learn Your Leadership Style with No-Doze - Morgan Science 103

Presenter name: Abi Fuesler

An experiential exploration of the four "No-Doze" leadership styles. Guaranteed to be more interesting than this workshop description is.

Career Pathways: Bringing Adventure Education to Public Schools and Underserved Communities - McAlister Gym Basement Lakeside

Presenter name: Stephen Mullaney and Elizabeth Shirley

Increasingly students and schools are feeling the pressure to "make the grade," leading to more indoor time on computers and listening to scripted lessons from educators. The time for adventure is not written into the curriculum. However there is a movement underground as educators find ways to bring adventure into the school community. In this workshop we will share success stories and find ways to work collaboratively to bring adventure back into education.

Mind and Body Wellness for the Long Haul: Sustaining A Field-Based Career - Library Porch

Presenter name: Rebekah Campbell

The adventure professional lifestyle is extremely rewarding, but the nature of the work can be hard on both bodies and minds. This workshop explores practical lifestyle choices and habits that help sustain us for the long haul. This is an active workshop where we will engage in stretching and injury prevention practices specific to a variety of adventure sports. We'll explore nature-based mindfulness techniques and restorative practices for sustaining a physically and mentally demanding lifestyle.

Mindfully Bringing Meaning to Adventure: How I Found Meaning in My Run and Bike Across America – Belk Theater 143

Presenter name: David Chandler

Adventures can be a fun break from daily life that can change our perspective on life forever. My journey both running and biking across America caused me to set different intentions for myself and learned different lessons from each adventure. I'll share my story and how I have allowed these adventures to continue to create meaning in my life.

Backcountry Trip Planning – Morgan Science 107

Presenter names: Roisin Low and Rachel O'Neil

During this workshop we will discuss the different components of planning a backcountry trip including permitting, gear, food, group management, route planning and more. We will then break out into small groups to plan a 3-day backcountry trip.

Build the Path Before You: Network Your Way Into a Career – L. Nelson Bell Library 106

Presenter name: Karen Eilers

College students who want to work in outdoor and adventure careers benefit from the tight-knit nature of the relationships in the industry. Chances are, you have already started building a network without realizing it! This session will give you pointers for how to keep building your network and capitalizing on it to establish your career. You will get very practical ideas to use and have time to ask your questions about how to get started.

Old Fort G5 Panel Session – Morgan Science 110

Presenter names: Jason McDougald, Stephanie Swepson Twitty, Lisa Jennings, and Lavita Logan

How to build an equitable community through outdoor recreation development. A comprehensive approach from the beginning. How do we build the economic capacity for a community and also ensure that local residents are positioned to take advantage of this growth.

Session 3 2:30pm - 3:45pm

Namaste in Nature: Outdoor Yoga Class and Mindfulness Workshop - Library Porch

Presenter name: Raileigh Duschen

Join a local yoga and hiking guide for an outdoor yoga class. This course includes a mindfulness section on meditation.

Avoiding Burnout: Experiential and Outdoor Education - Morgan Science 110

Presenter names: Sara McDaniel and Kelli Anne Talley

A career in the outdoor industry is a rich and rewarding profession, offering a variety of diverse jobs and experiences. It is not uncommon for a person in this profession to hold many jobs, sometimes even in just one year. This workshop will explore the many ways in which employees face burnout, ways in which the outdoor industry could respond, and tips and tools for the professional to avoid facing burnout.

Creating Your Career Map (aka: How do I find my dream job?) – Belk Theater 143

Presenter name: Debby Singleton

How do you “live the dream?” Work in a field that is your passion? Like any journey or expedition, the preparation and planning stages can either make or break your experience. The same can be said with job searching and landing on your dream career path. This workshop will help you explore your unique value which can be the foundation for your job search path, your resume, interviewing, and more.

Building Bridges: Engaging Your Community Through Outdoor Service Based Projects - Morgan Science 107

Presenter name: Kristen Grant and Jacob Welmaker

This workshop will inspire students to engage in their communities through outdoor service based projects. We will discuss the theories of placemaking and sense of belonging, as well as the benefits of recreational spaces on community health and well-being. The session will conclude with students exploring how they can serve as a bridge in their community by seeking to find ways to provide positive engagement within the areas they work, live, and serve.

Learning by Doing: Living the Dream with 4H – Morgan Science 103

Presenter name: Misty Varnell

4-H is America’s largest youth development organization. With a “Learn by Doing” model, 4-H empowers youth with life skills to reach their full potential. With content in science, healthy living, and leadership, you’ll quickly see it’s not all about farming! The 4-H Professional gets to develop educational programs, lead volunteers, and positively impact children’s lives. Come learn the Essential Elements of 4-H youth development and how you can live the dream with 4-H!

Wilderness Skills: Building Resiliency and Making Meaning - Outdoor Field (Field below the dam for Lake Susan)

Presenter name: Gus Atten

SUWS of the Carolinas uses wilderness skills: striking with quartz and steel, pitiful deadfall traps and bow drilling: as therapeutic opportunities. We teach these skills then teach planning ahead, frustration tolerance and problem solving to our students as they try to find success with each skill. These skills are fun and a chance to find meaning and metaphor.

Creating Connections, Even During a Global Pandemic - McAlister Gym Basement Lakeside/Adjacent Outdoor Space

Presenter name: Jim Cain, PhD

A team-building guru shares his favorite ways to build unity, community and connection, even during a global pandemic including creative icebreakers, team-building activities, reviewing techniques, and much more.