

# WFMS CONFERENCE COURSE DESCRIPTIONS

## **7 Habits of Highly Effective Teens (Session #138)**

Goal setting builds self-confidence. When you reach your goals, you learn to believe in your abilities and are more likely to set new goals. In this session, we will identify what it means to begin with the end in mind, how to create a vision board, and begin to make a plan to achieve your dreams.

**Topic:** Leadership/General Interest

## **A Day in the Life of a Police Officer (Session #129)**

This session is to inform students about the everyday life of a patrol officer. You will learn how the police work within a community to make citizens feel safe.

**Topic:** Career

## **Adjusting to High School Life (Session #172)**

Current PHS freshmen are here to tell you what they learned during their first year of high school and answer any questions you have about the transition.

**Topic:** High School Preparation

## **Art Around the World (Session #157)**

Take a trip around the world! Study and create art representing various cultures and countries.

**Topic:** Fine Arts

## **Balancing School with Extracurricular Activities (Session #169)**

You will learn the importance of good attendance in order to manage extracurricular activities like band and softball. This session will discuss the PHS business school, along with the school store.

**Topic:** General Interest, High School Preparation

## **Ballin' on a Budget (Session #140)**

Students will learn how to spend money on a budget, learn how to use a check/debit card, and look at personal finance.

**Topic:** Math

## **Basic Web Site Design (Session #176)**

Join us for this entry level website design course. We will use Google Sites to build a website. You must bring your Chromebook to this session!

**Topic:** Career/College/Technology

## **Becoming a CNA while in High School (Session #173)**

Interested in the medical field? Become a Certified Nursing Assistant at PHS! Current CNA students will talk about different medical careers as well as what you do as a CNA and in the Health Science Program.

**Topic:** Career/High School Preparation

## **Becoming a Flight Attendant: Paid to Travel the World (Session #132)**

Want to get paid to travel the world? Learn how to become a flight attendant, what the job entails, and all the benefits.

**Topic:** Career

## **Beginner Weight Lifting (Session #115)**

Come learn the fundamentals of weight lifting!

**Topic:** Physical Fitness

## **Beginning Chess (Session #141)**

Chess is a game of strategy and concentration. Come learn the basics of chess and how to be a strategic player.

**Topic:** General Interest

### **Being Successful in High School**

**(Session #171)**

Come ask the PHS National Honor Society Student Panel all your questions about high school and how to be successful when you get there. What is a GPA? What is a transcript? What advanced classes should I take?

**Topic:** Leadership/High School Preparation

### **Book Buzz: Best New Books for Middle School**

**(Session #123)**

Find out about the best new books that you will want to read NOW!

**Topic:** Hobby

### **Break-Out of the Ordinary**

**(Session #146)**

Do you like escape rooms? Come join a mystery expedition to break out.

**Topic:** General Interest

### **Broadcast News**

**(Session #133)**

Want to work in video? Want to work on TV? Learn about the field of Broadcast News.

**Topic:** Career

### **Calligraphy 101**

**(Session #114)**

Let's practice forming the letters of the alphabet in Old English Style calligraphy.

**Topic:** Hobby

### **Calling all Guys...Why College is Cool?**

**(Session #160)**

Gentlemen, do you wonder if college is right for you? Come and find out.

**Topic:** College

### **Careers in Computers**

**(Session #143)**

Learn about all the different careers you can have in the world of technology.

**Topic:** Career/College/Technology

### **Careers in Music**

**(Session #150)**

Learn about a number of different career choices in music. This course will cover education/degrees required, estimated salaries, job descriptions, and more.

**Topic:** Career/Fine Arts

### **Civics 101**

**(Session #104)**

Republican or Democrat? Right or left? Conservative or Liberal? What do these words even mean? Take a look into our nation's politics and the fundamental beliefs and views that define our current political parties.

**Topic:** Social Studies

### **Computer Animation**

**(Session #168)**

Are you interested in computer animation? The Technology Student Association loves 2D and 3D animation. They will discuss what they do in class and opportunities available outside of the classroom.

**Topic:** Career/Technology

### **Conquer STAAR Online!**

**(Session #144)**

This class will give you resources and strategies to build your confidence and be successful taking tests using the STAAR Online platform.

**Topic:** Study Skills/Testing Skills

### **Cooking Breakfast Basics**

**(Session #120)**

Students will learn basic food preparation skills and make items such as omelets, pancakes, and French toast

**Topic:** General Interest

### **Cosmetology- Hair & Make-Up**

**(Session #109)**

Come learn fun things like basic make-up application techniques, how to braid your hair, and how to curl your hair with a straightener.

\*\*\* Students need to bring their own makeup, hair brushes, ponytail holders and hair straighteners.

**Topic:** Cosmetology

**Drone Zone**  
**(Session #126)**

In the Drone Zone, you'll learn everything you ever wanted to know about drones. What is a drone, how does it work, and what are they used for? You'll also hear about how to become a drone pilot and see a flight demonstration.

**Topic:** Hobby/ Technology

**Drum Fit**  
**(Session #148)**

Get energized and relieve stress as we drum and work out to our favorite tunes!

**Topic:** Physical Fitness

**Eat the Rainbow**  
**(Session #101)**

Eating the rainbow is a fundamental healthy eating tip. (And no, not artificially colored foods like Skittles or M&Ms.) For optimal health, we need a rainbow of nutrients and colors. During this session you will learn how to make 3 different color smoothies using fruits and vegetables plus one easy to do healthy breakfast item and one snack.

**Topic:** Hobby

**Escape from School - Digital**  
**(Session #147)**

Want to "escape" from school? Join us for a breakout adventure in the digital world.

**Topic:** General Interest

**Fishing Basics Clinic**  
**(Session #121)**

In this session you will learn the rules and regulations for fishing, basic instruction on baiting a hook, tying a knot, and casting.

**Topic:** Outdoors

**Fitness Made Simple**  
**(Session #134)**

This session teaches you the benefits of health and fitness.

**Topic:** Physical Fitness

**Flying Session - Wings Level Flight Training**  
**(Session #166)**

Whether you aspire to have a rewarding, in-demand, exciting career as a professional pilot or you want to enjoy the unique experience of flying as a hobby, come learn about becoming a pilot in this session.

**Topic:** Career/Hobby

**Friendship Bracelets**  
**(Session #111)**

Come make a woven string friendship bracelet for your friend!

**Topic:** Hobby

**Get Involved with Your Community**  
**(Session #151)**

Do you want to get involved with your community? There are many different ways to serve, volunteer, and help others. Get specific information about age requirements, agencies, businesses, and shelters to volunteer and be involved.

**Topic:** General Interest

**Get Your Groove On**  
**(Session #175)**

Join us as we learn about today's modern dances from hip hop to Fortnite! Wear comfortable clothes (in dress code) and let's get our groove on!

**Topic:** Hobby

**Getting Your Driver's License**  
**(Session #108)**

Learn everything you need to know about getting your driver's license in this session presented by G&P Community Driving School.

**Topic:** Study Skills

**Goal Setting and School Hacks**  
**(Session #137)**

Come learn how to set academic and personal goals as well as useful tricks to help you be successful in life.

**Topic:** Study Skills/High School Preparation

### **Graduation, GPA, Class Rank**

#### **(Session #158)**

What is GPA? Why should you take grades seriously? Come learn what benefits you can get from a higher GPA and class rank.

**Topic:** High School Preparation

### **Graphic Design**

#### **(Session #170)**

Students will speak about why Graphic Design is important and how it helps to communicate and convey ideas with people in an effective and beautiful way. They will also speak on why we need Graphic Designers in order to convey clearly and effectively.

**Topic:** Career/Technology

### **How to Argue WELL and for WELLNESS**

#### **(Session #113)**

Come learn active listening skills, conflict resolution skills, how to disagree respectfully, how to identify and communicate your needs, and identify and respect the needs of others.

**Topic:** Communication Skills

### **How to Become a Teacher or Coach**

#### **(Session #102)**

Want to be a teacher or coach? Come learn what you need to reach that goal.

**Topic:** Career/Leadership

### **How to Get a Job**

#### **(Session #136)**

Learn about interview skills and how to present yourself to get the job you really want, even in high school!

**Topic:** Career

### **If You Wanna Play in Texas, You Gotta Have a Fiddle in the Band!**

#### **(Session #165)**

Master Class: Learn traditional fiddle music background that includes demonstrations and some beginning fiddle instruction.

**Topic:** Hobby/Fine Arts/College

### **Intermediate Chess**

#### **(Session #142)**

Learn and apply winning strategies for experienced players.

**Topic:** General Interest

### **Intro to Athletics**

#### **(Session #162)**

6th Graders: Come learn about athletics at WFMS.

**Topic:** Sports

### **Just Stick It**

#### **(Session #135)**

Introduction to adhesive vinyl and creating custom stickers. Create your own sticker and take it with you.

**Topic:** Hobby

### **Laundry**

#### **(Session #119)**

Learn the essentials for doing laundry: what you need, how to read labels, etc.

**Topic:** General Interest

### **Learn about Infinity ECHS and saving \$50,000**

#### **(Session #161)**

If you are interested in learning more about Infinity and saving \$50,000 in college tuition, come to this session.

**Topic:** College

### **Learn to Crochet**

#### **(Session #149)**

Looking for a lifelong hobby? Do you need a stress reliever? Come learn to crochet!

**Topic:** Hobby

### **Learning Hand Sewing**

#### **(Session #118)**

Learn how to repair holes in clothes, stuff animals, sew a bottom in a shirt or blouse, and even learn how to do the bottom of your pants or shirt when it comes loose.

**Topic:** General Interest

### **Let's Get Fancy**

**(Session #112)**

Learn how to paint your nails with style!

\* Students should bring their favorite nail color.

**Topic:** Cosmetology

### **Make Your Own Soap**

**(Session #152)**

Come learn how to make your own Melt & Pour soap! Choose from several colors & scents, then select your mold. Makes a great gift!

**Topic:** Hobby

### **Military/JROTC**

**(Session #103)**

We will discuss AFJROTC at Porter High School, all of the benefits, and discuss how membership can lead to an AFROTC Scholarship and enlistment in the military at a higher rank.

**Topic:** Career/College

### **Networking for Computers**

**(Session #163)**

Computer skills are so important in today's world. Learn about switching, wifi, and security.

**Topic:** Technology/College

### **Newsroom Community**

**(Session #167)**

Students will learn about public speaking and the importance of communication skills across many different career and post-secondary endeavors. Learn about the importance of working well with others and creating positive program climate and culture.

**Topic:** Leadership/General Interest

### **Painting 101**

**(Session #139)**

Have you ever heard of "painting with a twist"? In this session we will all paint the same picture with our own flare! Using acrylic paint and poster board, we will create a simple masterpiece.

**Topic:** Hobby

### **Personal & Cyber Safety**

**(Session #130)**

This session will focus on personal safety awareness like basic self-protection and online safety.

**Topic:** Career

### **Photography Basics**

**(Session #122)**

This introductory course will teach you simple ways to make a photograph better. You can learn about some of the basic settings on a cell phone and camera that can be used to help your photography.

**Topic:** Fine Arts

### **Pod Save the World**

**(Session #105)**

Podcasting is one of the biggest ways to share information in today's world. Learn about different podcasts and how to create and broadcast your own.

**Topic:** General Interest/Technology

### **Ready, Set, Carve**

**(Session #124)**

Learn the basics of fruit carving. You will be able to make fruits and vegetables more attractive, more appetizing, and easier to eat.

**Topic:** General Interest

### **Resume and Interview Skills**

**(Session #156)**

Looking for a job? You need a resume! Come learn how to interview with the professionals. Learn how to build a resume, basic interview skills, and the job application process.

**Topic:** Career

### **String Art**

**(Session #164)**

With several patterns to choose from, come make a string art masterpiece. Each student will hammer their own nails and wrap their own string. Come join the fun!

**Topic:** Hobby

### **The Art of Origami for Beginners**

**(Session #155)**

Do you want to learn the art of folding papers? Then join us in our beginners Origami lesson and let's ignite your inner creativity and passion! We will learn its short history then we will do fun and fascinating hands-on activities afterwards!

**Topic:** Hobby/Arts and Crafts

### **The Life of a Game Warden**

**(Session #154)**

Come learn about the history of game wardens, their job duties, and more. Sessions taught by current Texas Rangers & Wildlife Game Warden!

**Topic:** Career/Outdoors

### **The Mysterious & Exciting World of Video Production**

**(Session #107)**

You love watching your favorite creators on YouTube, and the never ending flow of great content on platforms like Netflix & Hulu is awesome, but after some thought, you've made up your mind. You want to join the club. Get involved. Start making your own videos. In this session, we'll dive into the fascinating world of video production and answer everyone's favorite question, "how can you make videos and money at the same time?"

**Topic:** Career/Technology

### **Uke Can Learn to Play**

**(Session #131)**

Come learn some cords on the ukulele and impress your friends!

**Topic:** Hobby/Fine Arts

### **Venezuelan Arepas and Mexican Gordita Making**

**(Session #125)**

Open a world of delicious food possibilities by making these corn flour flat patties that can be stuffed with pretty much anything.

**Topic:** General Interest

### **Weightlifting**

**(Session #106)**

An introduction to the sport of powerlifting, a rigorous sport available at the high school level.

**Topic:** Physical Fitness

### **WeVideo Editing Basics**

**(Session #127)**

How do you make a great video of your own? Come find out. We will learn the basics of creating and editing a video in WeVideo. You will have a chance to ask specific questions and practice making a video.

**Topic:** Technology/General Interest

### **WFMS Dance Clinic**

**(Session #128)**

Current WFMS Cheerleaders will teach a school dance to students that are interested in learning how to dance. This dance will be performed at the Pep Rally Dance this year.

**Topic:** Physical Fitness

### **What if You Could Start Your Career Now?**

**(Session #110)**

In this session presented by Woods Design House, you'll learn about the field of Interior Design and how to propel your career to the top from the very beginning. Learn how to identify your field of interest, begin working in that field as soon as possible and rise to the top of your industry.

**Topic:** Career

### **What is Athletic Training?**

**(Session #159)**

This is an informational session on what athletic trainers are, what they do, how you become one, and why they are important.

**Topic:** Career

### **What's your Style? Which learning style is best for you!**

**(Session #116)**

Are you a visual, auditory, or kinesthetic learner? Come learn the difference and how to use your learning style to do better in school and how it affects how well you understand what you learn.

**Topic:** Study Skills

### **Which Career is Right for You?**

**(Session #117)**

Join us for a discussion on the different types of jobs and their average salaries.

**Topic:** Career

**YMCA Teen Leadership Program**

**(Session #145)**

The YMCA of Greater Houston offers fun and enriching opportunities for middle and high school students to connect, serve, lead and achieve. Come learn about the fun!

**Topic:** Leadership

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**\* Students Must Sign-Up for at Least 1 Test Taking Strategies Course**

**991- Test Taking Strategies**

Students will review skills and strategies for taking tests.

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**995- Test Taking Strategies**

Students will review skills and strategies for taking tests.