What's Up? Wednesday

EFNEP and CFHL, UC Staff Check-In

October 21, 2020

CalFresh Healthy Living | University of California

EFNEP Expanded Food and Nutrition Education Program | University of California Agriculture and Natural Resources

Today's Agenda

Wellness Activity

Guidelines for Online Education – *Updates!*

Zoom Tips

Wellness Activity

Michele Tabor

CalFresh HEALTHY LIVING | UNIVERSITY OF CALIFORNIA

EFNEP Expanded Food and Nutrition Education Program | UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources

2-Minute Mornings

Please type in chat box

What are 2 things you are **thankful for**?

What do you need to **leave behind** to move forward with your day?

What's Your Unexpected Hobby?

Top scientists have many hobbies

- Nobel prize winners are 3x as likely to have an art or craft hobby than the U.S. public.
  - Ex: musicians, sculptors, painters, printmakers, woodworkers, mechanics, electronics tinkerers, glassblowers, poets, or writers. Root-Bernstein et al. (2008)

Narrow expertise vs broad interests

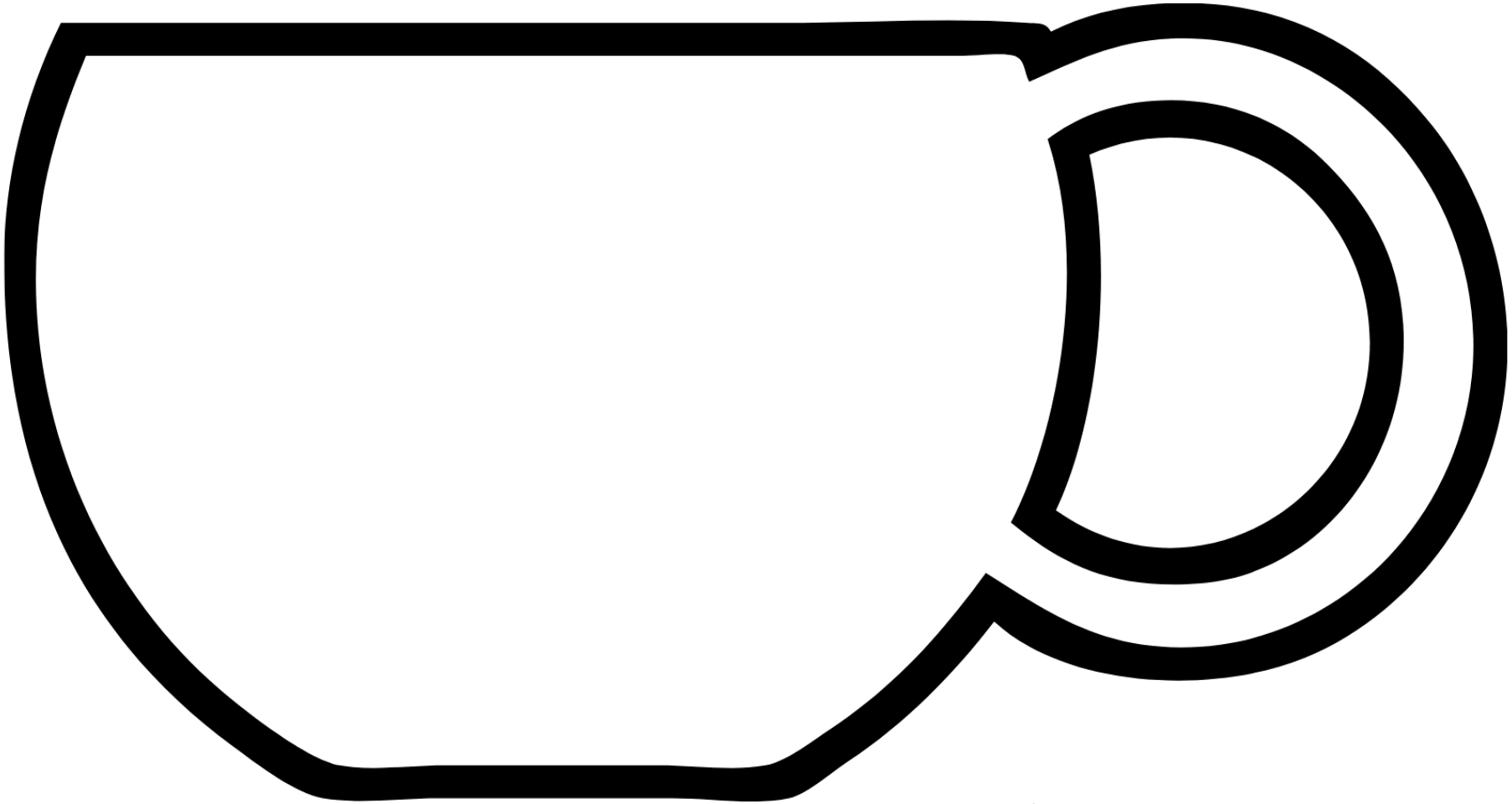
- Increase and strengthen neural pathways in the brain

How do you fill your cup?

- How do you promote well-being in your own life?

  Use the annotate tool to type one way you show yourself care.

  Type your response inside the cup.



Guidelines for Online Education – *Updates!*

Sharing resources with volunteer teachers and other extenders

- Complete Excel spreadsheet and return to State Office
- State Office will add permission for ‘Resources for Extenders’ folders

PowerPoints for extenders will include an ‘authorized use’ slide and indicate ‘Marked as Final’

Remind extenders not to share links/materials with others

Guidelines for Online Education – *Updates!*

Branding guidelines for online content

PowerPoint files – State Offices are updating to include funding, non-discrimination, and AJFA posters for both programs

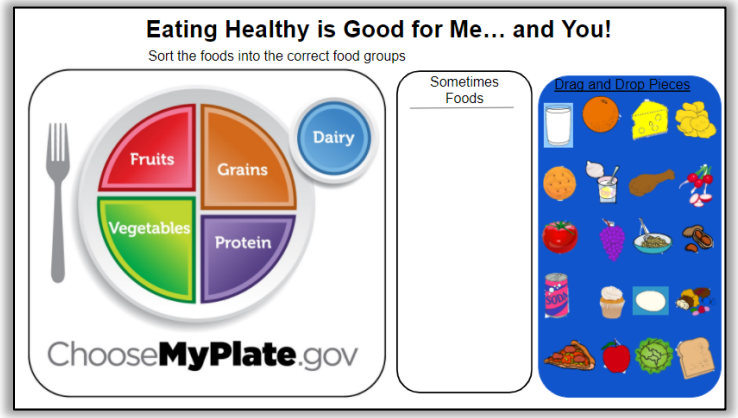
Videos:

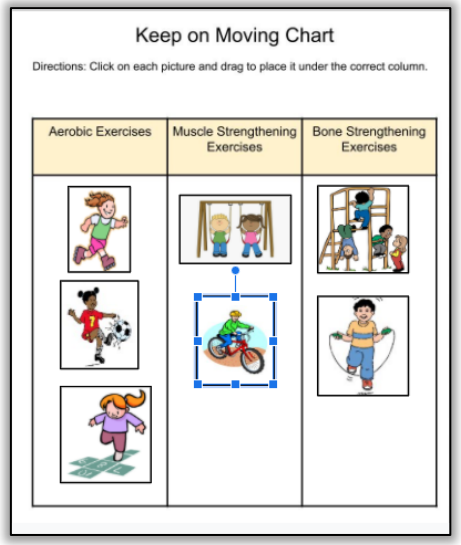
- YouTube videos may be used as-is, regardless of branding
- Video files – you may download and edit – NOT required
- Live classes – intro ‘here’s a video my friend ___ made…’
- Asynchronous – include intro when sending video link

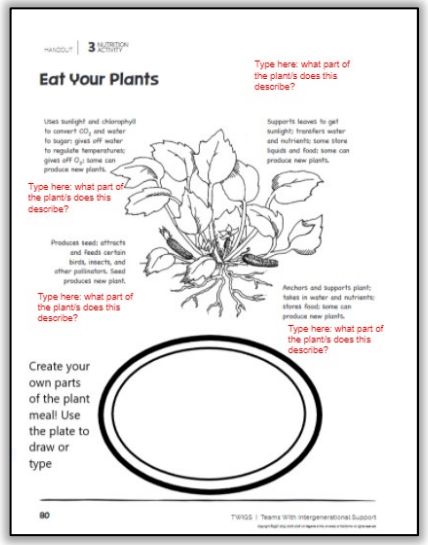
Virtual Worksheets Training

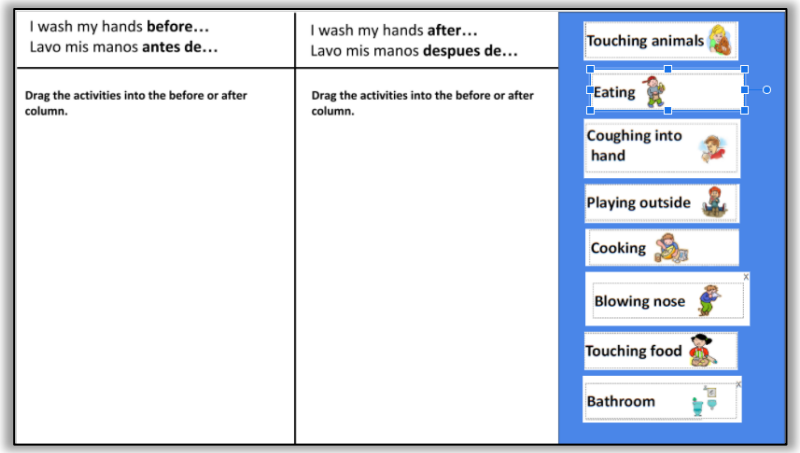
November 9th • 2:30 – 4:00 PM

Registration link coming soon!









CalFresh Healthy Living | University of California

EFNEP Expanded Food and Nutrition Education Program | University of California Agriculture and Natural Resources

Zoom How-To Tips

How to

Spotlight webcam video (yours or someone else)

- Host or co-host able to spotlight for everyone
- 3 or more participants with video on

https://support.zoom.us/hc/en-us/articles/201362653-Spotlighting-participants-videos

Zoom How-To Tips

How to

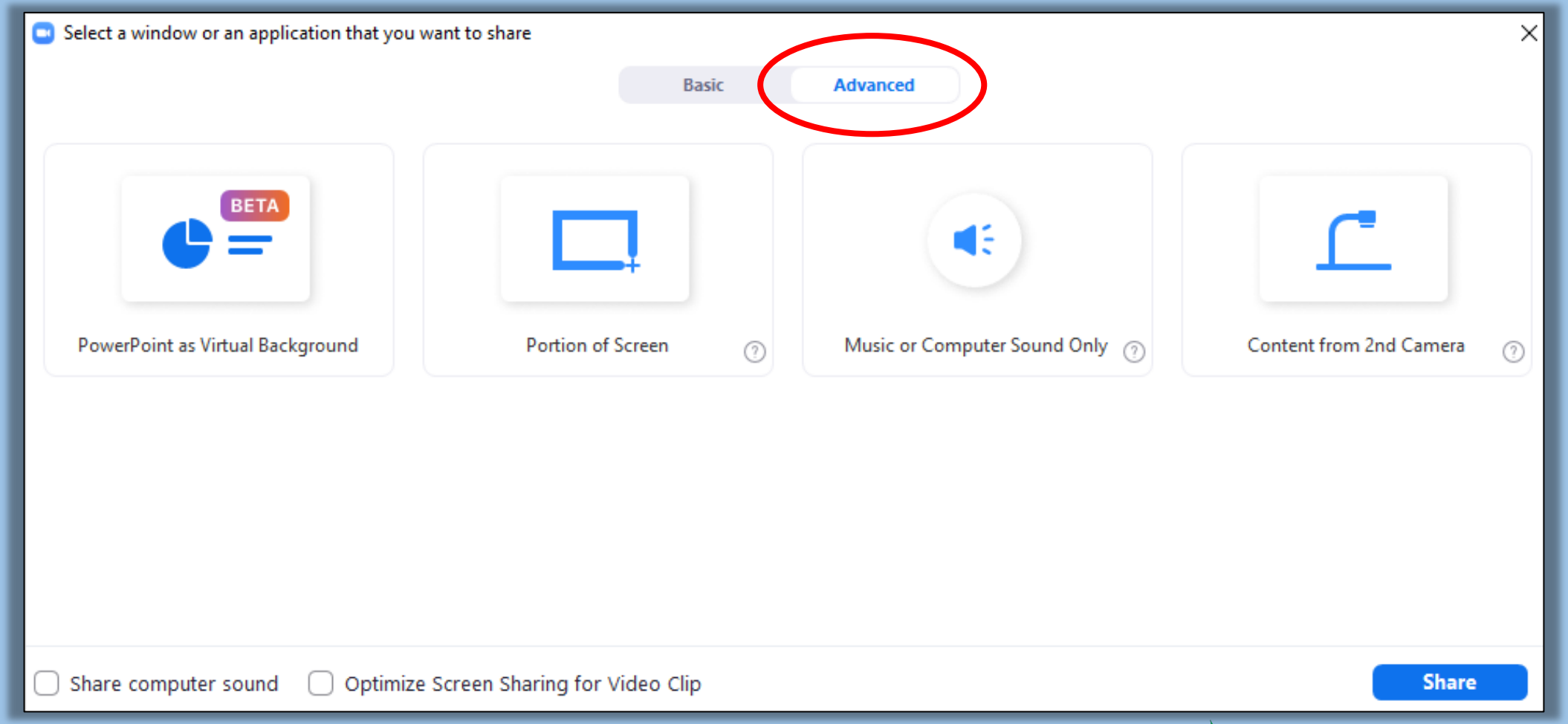
See participant webcam videos and chat while screen sharing

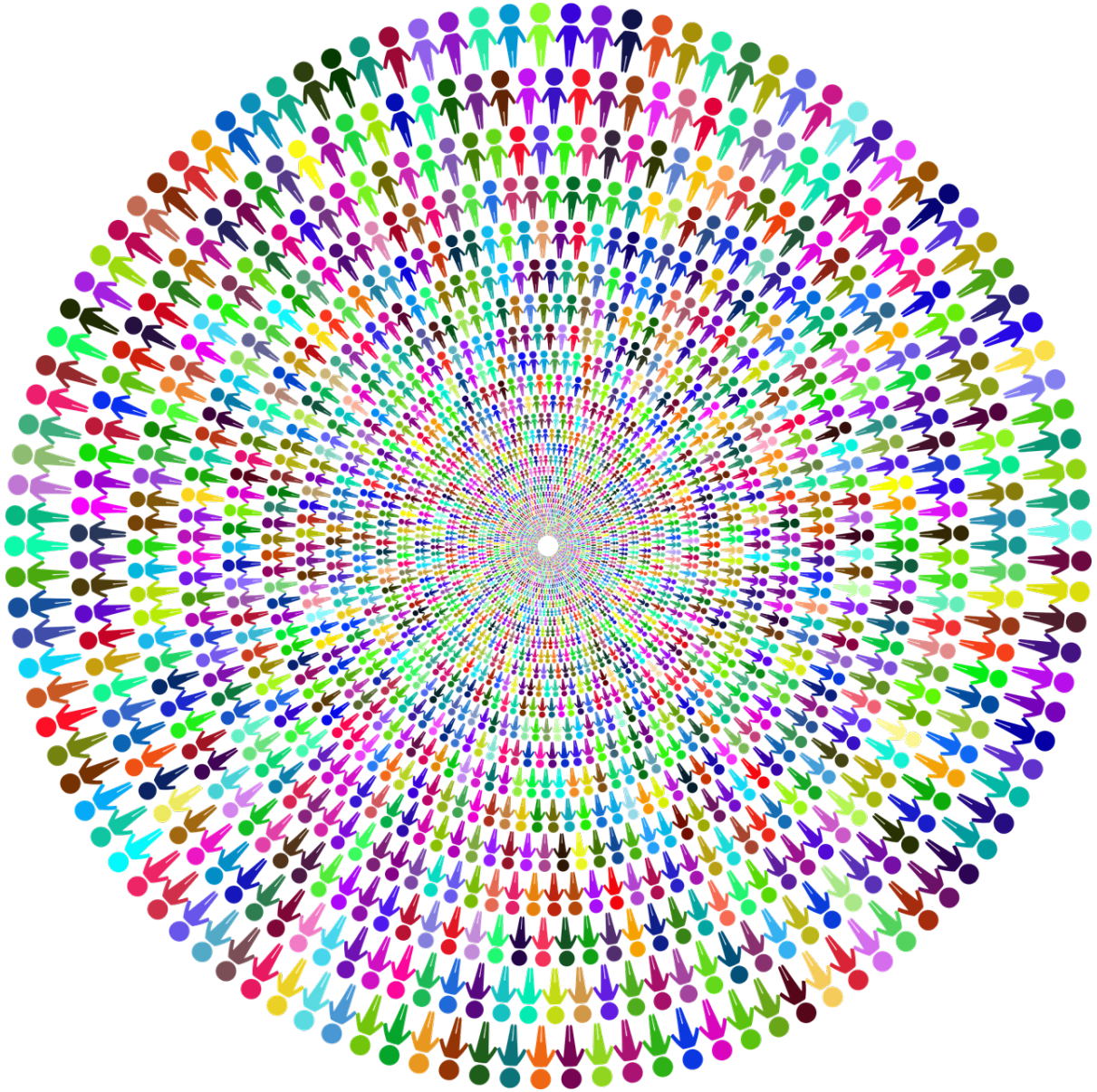
Settings – enable '**Show Zoom windows during screen share**'

Zoom How-To Videos

https://drive.google.com/drive/folders/17TV1ON74OBXPPSXifEEY475AmO5ngCEZ

Zoom Updates





We're in this together!

CalFresh Healthy Living | University of California

EFNEP Expanded Food and Nutrition Education Program | University of California Agriculture and Natural Resources