

RESOURCES FOR GREAT ACTIVITIES

Seminar M3 Lesson Plan

Scope: According to cadet surveys, a majority of squadrons have dull meetings. That's a problem because squadron meetings are vital in keeping cadets excited about CAP. The answer is to provide lots of hands-on activities on meeting night. But where do you start? Where do you find great hands-on activities? That's the purpose of this seminar.

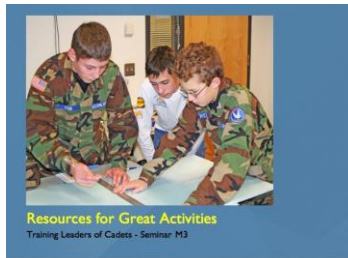
Format: Guided Discussion

Duration: 30 minutes

Objectives:

1. Defend the idea that cadet meetings need to be exciting and have hands-on activities
2. Identify several educational or activity resources available to support each element in the Cadet Program
3. Discuss best practices for using those resources

Resources: "Cadet Programs Resource & Planning Guide." ***Also, try to have a copy of each resource listed on the chart below available for "show and tell" purposes.***



STARTING POINT

Introduce yourself and state the seminar's topic.

ATTENTION & MOTIVATION

Listen to what two cadets in two different squadrons have to say about CAP:

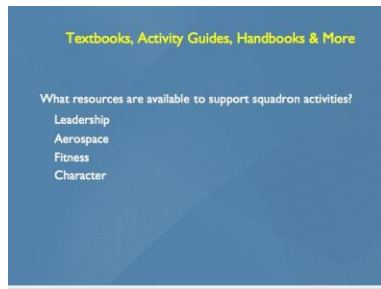
“Our squadron meetings are boring. All we do is hup-hup in the parking lot. If we have a class, it’s always a boring lecture. Attendance is a problem. Discipline is a problem. Morale is an even bigger problem.”

“Our squadron meetings are great. We’re always doing something hands-on. You don’t want to miss a meeting. Our problem is we have so many choices of great things to do during the meeting. It’s a good problem to have.”

OVERVIEW

If your cadets are like most, they want to participate in more hands-on activities. They want weekly squadron meetings to be more than drill and boring lectures. But where do you start? Where do you find great hands-on activities? That’s the purpose of this seminar.

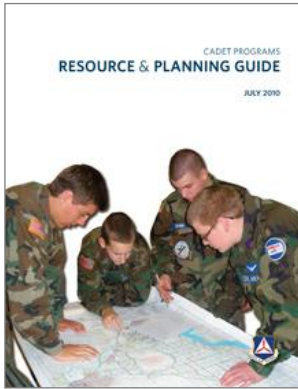
LESSON PROCEDURE



1. Draw a table on the whiteboard. To start, label only the heading information (Program Element, Resource, Resource Type).
2. Ask students to name an educational / activity resource that supports each program element. Work through one program element at a time.
3. Consider each resource one at a time. Have the students indicate what type of resource it is: Textbook, Activity Guide, Handbook, or Other.
4. After identifying a resource, ask the students to summarize what that resource is, what it can be used for, and invite them to share their best practices for using it.
5. Show the resource to the class (if a copy is available). Pass it around for all to browse through.
6. Continue developing a list of resources, taking a moment to discuss each, one at a time. Work through the leadership element, then the aerospace element, etc.
7. It is not critical that the students catalog each resource exactly as it is shown in the table below. **What's most important** is that they identify most of the publications and come to the conclusion that they have a lot of resources available for conducting hands-on activities during squadron meetings.
8. Refer to the "Cadet Programs Resource & Planning Guide" for a synopsis of each resource, if you are not familiar with it.

PROGRAM ELEMENT	RESOURCE	RESOURCE TYPE
Leadership	Learn to Lead	Textbook
	Learn to Lead Curriculum Guide	Curriculum Guide
	Learn to Lead Activity Guide	Activity Guide
	Learn to Lead Drill Guide	Handbook
	Learn to Lead Lesson Plans	Lesson Plans
	USAF Drill & Ceremonies DVD	Video
	AFJROTC Drill Instruction Guides	Lesson Plans
	Cadet Staff Handbook	Handbook
	Cadet Great Start	Activity Guide
Staff Duty Analysis Guide	Other	
Aerospace	Aerospace Dimensions	Textbook
	Aerospace Dimensions Student Guide	Student Guide
	Aerospace Dimensions Leader Guide	Activity Guide
	Journey of Flight	Textbook
	Journey of Flight Leader Guide	Leader Guide
	Let's Go Flying	Textbook
	Let's Go Flying Instructor Guide	Instructor Guide
	Orientation Flight Syllabus	Activity Guide
	Model Rocketry	Activity Guide
	Satellite Tool Kit / Space Module	Activity Guide
	Air Force Association Grants	Other
	Aerospace Excellence (AEX)	Activity Guide
	'Famous Fliers' biographies (online)	Textbook
Fitness	Cadet Physical Fitness Program	Activity Guide
	Fit for Flying	Textbook
	Fit for Flying Instructor Guide	Instructor Guide
Character	Flight Time: Values for Living	Activity Guide
	Unit Honor Guard Program	Activity Guide
	National Cadet Competition	Activity Guide
	Mentoring	Handbook
	Respect on Display	Handbook
	DDR Excellence Program	Activity Guide
	National Character Day	DDR Activity
	Red Ribbon Leadership Academy	DDR Activity
	DDR Lesson Plans (online)	Lesson Plans

RESOURCE HIGHLIGHT



Each of the resources we've discussed is found in the "Cadet Programs Resource and Planning Guide." Think of it as a catalog of tools to help you build good local programs. The guide even tells you how to order or download the materials.

If you're the AEO, for example, be sure to review the guide and become familiar with all the AE resources. If you're the leadership officer, get to know all the leadership resources.

MORE ABOUT DDR RESOURCES

Drug Demand Reduction Resources

Resources for all units:

- Lesson plans
- *Fit For Flying and Let's Go Flying* downloads
- Famous Flyers' biographies
- *DDRx Activity Guide* download
- National Character Day (must host within 30 miles of AF installation)
- Red Ribbon Leadership Academy (must host within 30 miles of AF installation)
- online DDR reporting at eServices

Resources for units within 30 miles of AF installations:

- catalog purchases of promotional items
- reimbursement for supply purchases
- printed copies of textbooks
- posters, brochures, displays

www.capmembers.com/ddr for more info



The Drug Demand Reduction message is for all cadets, not just those that are within 30 miles of an Air Force installation. CAP has a great variety of free resources available to help all squadrons promote the drug-free lifestyle to cadets; some of them are listed here. And if your squadron is within 30 miles of an Air Force installation, you also qualify to receive promotional items, textbooks, educational materials, and funds for drug education and prevention activities. Visit the DDR website for more information.

SUMMARY

Summary

Cadet retention is higher when meetings are exciting

CAP has a huge variety of educational and training resources

Rely on the Cadet Programs Resource Guide

We've discussed 20 or more resources today. On the "Cadet Program's Resource Guide" included in your student materials, you'll find a synopsis of each of those tools. The Resource Guide tells you what each publication does, and how to order one. Don't forget to weave drug-free messages into your character forums and squadron activities. Meetings will be more exciting when you use the hands-on activities outlined in these resources, and your cadet retention will be higher.

CONCLUSION

Squadrons have access to a full library of activity guides, handbooks, textbooks, and other tools. There's no reason for squadron meetings to be boring, if you become familiar with some of these resources and use them on meeting nights.