

# PROFESSIONAL DEVELOPMENT REPORT

## Working with Youth in the Age of Distraction



Presented by the Educational Arts Team

in partnership with the  
City of Jersey City  
Dept. of Health and Human Services

Funded by the  
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## Professional Development

### Working with Youth in the Age of Distraction

Educational Arts Team's executive director, Carmine Tabone led two professional development trainings on May 11 and May 18 from 9:30 AM to 12:00 PM at the Bethune Center.

Attendees consisted of administrative and program staff from nine Jersey City organizations working with youth. Both sessions were well attended with 22 participants in the first session and 16 in the second.

The trainings consisted of hands-on engagement activities to help youth workers learn strategies to help them encourage introspection and develop the interpersonal abilities of those they serve.



**Carmine leads an introductory acting activity that helps participants learn to observe and be observed in order to become comfortable interacting and working with new people.**

### Participating organizations

- Dr. Michael Conti School, PS # 5
- Health & Human Services of Jersey City
- New Jersey City University
- YMCA
- Three Little Birds School
- Urban League of Hudson County
- Catholic Charities Family Resource Center
- Family Partnerships – Hudson County
- Jersey City Police Department

## FEEDBACK

I got to know different people from different community organizations helping out the diverse communities of Jersey City. It was great to know that there are so many organizations full of loving and committed people helping others in need. I am very honored to work in a field that involves working like a team and helping others to resolve problems. Also, I truly appreciate how the group was facilitated.

The activities were really valuable for me. I can see myself integrating these activities with my subject matter (English) when I become a teacher. Meeting new people was also valuable because I was able to network. I was motivated, encouraged, and reminded not to give up.

The interactive activities were very hands-on and having the meditation exercise helped the group to relax and connect with each other.



## RELAXATION ACTIVITY

The group experienced a relaxation activity in which they visualized doing an activity with someone that they cared about. Participants then explained their image to a partner, did a drawing and shared it with others in the group.



## THREE CHAIRS

### LEARNING TO THINK CREATIVELY

In this activity, participants use their imagination to think about what three chairs could represent. Initially, the chairs represent simple objects like train cars, caterpillars, or mountains.

But as the activity progresses. The group is given the opportunity to consider the pressing issues facing young people today and exploring possible solutions.

## MORE FEEDBACK

The workshop created an environment in which we could break out of the norm and have different perspectives on approaching problems.

I so appreciate Carmine sharing his knowledge from his many years of experience working with young people in Jersey City.

I picked up a number of engaging hands-on learning activities; met other service providers; revisited the importance of allowing people time to process information.

I loved the activities, very different and fun; great for staff and team building; really makes you think.

