

NEWSLETTER

Mountain Plains Adult Education Association

ARIZONA COLORADO IDAHO MONTANA NEVADA NEW MEXICO UTAH WYOMING

VOLUME 62, ISSUE 4

Newsletter, March, 2004



LOU'S LAUNCH

Lou Workman, President

With all the new snow and great skiing, winter sports are doing well. At ISU, this phenomenon has contributed to better enrollment at our Sun Valley Elderhostel events. Hopefully, it will contribute to an increased water table level as well.

I want to give Kathy Vickerman warm thanks and appreciation for continuing this year as newsletter editor. She has been a great contributor in many ways to MPAEA, and, I suspect, will continue to help out when needed. Retirement for Kathy has been full of activity. We wish her well. But, on that note, MPAEA is in need of a new newsletter editor.

Some of the activities we're working on this year include:

- Increase submissions to the Journal Thank you co-editors Pam Dupin-Bryant and Andy Shinkle for all your work.
- Receive a full report soon on last year's conference in Nevada.
- Increase contributions to the newsletter—thank you everyone.
- Continue conference planning in Bozeman—expect a great turnout.
- Urge everyone to plan early—make travel arrangements to the conference soon.
- Continue conference planning for 2005 and for the summer board meeting in Jackson, Wyoming.
- Solicit nominations for award winners, president, and board members.

Keep up the good work. We appreciate all you do. I look forward to seeing you all in Bozeman, April 29-May 1.

Best wishes,
Lou

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Journal of Adult Education

Editors

Pam Dupin-Bryant and Andy Shinkle
(435) 797-1797

Voyage of Discovery—The Journey of Adult Learning

Join us in Bozeman, Montana, April 29-May 1 for the 2004 MPAEA Conference! We promise you a great time and a wonderful conference. The various committees have been hard at work to create a program that will provide you with lots of options to learn new things, meet old acquaintances, make new friends, expand your horizons and have fun.

Two great keynote speakers will motivate and inspire the participants. Learn from Lennox McLendon during the opening session how you can comply with regulations and improve your program at the same time. At the Friday luncheon, Kim Ratz will use his talents as a singer, song writer and entertainer to give us some ideas about dealing with our radically changing world. Both of our keynote presenters will also be doing workshop sessions to follow-up on the ideas they present.

A special feature of the conference will be several three hour sessions during which participants can get a more in-depth understanding of the topics being presented. These include cognitive coaching, research to practice, understanding generations at work, multiple intelligences, and WebCT.

Over 40 concurrent workshop sessions, 90 minutes in length, will cover a variety of topics of interest to many conference participants. A sampling of topics include:

- ✓ How to Survive a Difficult Journey—Diversify Your Budget
- ✓ Hey, This is Fun—Teaching the Student Who Struggles with Basic Math
- ✓ Get That Weed
- ✓ Transition to Retirement
- ✓ I Could Have Stressed All Night—Stress Prevention for Smarties
- ✓ Community Transition—A Correctional Education Approach
- ✓ Beyond Teaching—Adult Education in the Third Millennium
- ✓ Building Reading Foundations in Family Literacy Programs
- ✓ Introducing Students to Writing Research Papers
- ✓ Ready, Set, Teach: Internet Activities That Work

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MPAEA WEBSITE
www.mpaea.org

Access the MPAEA listserv
mpaea-l@cebrigham.usu.edu

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The Thursday evening reception will be at the Museum of the Rockies. In addition to sampling a great selection of hors d'oeuvres, you'll have a chance to explore the many exciting exhibits at the museum. At the Friday night banquet, the entertainment will be provided by Montana's own Ringling 5—maybe 4 or 6, depending. This singing group provides its own brand of humor and songs about life on the range and in the western U.S.

The site in Bozeman for the 2004 conference is the Best Western GranTree Inn. For those of you driving, it is located just off I-90 at the North 7th Avenue exit. If you plan to fly, Delta, Horizon, Northwest and United all come into Gallatin Field which is about 8 miles from the hotel. The GranTree operates a free 24-hour shuttle to and from the airport.

The registration information can be found in this issue of the newsletter as a separate insert. Please note deadlines and opportunities to save money if you register early. The complete registration brochure can also be found on both the MPAEA website (www.mpaea.org) and the MAACE website through NW LINC'S.

We hope to see all of you in Bozeman in late April early May. **Don't miss this conference!**



ADULT EDUCATION

Utah (as many other states) has a state appropriation for Adult Education. Distribution to programs is based on a state funding formula. Utah has revised this formula to reflect more closely the outcomes and core indicators being reported nationwide. More attention is being placed on outcomes and necessitates training and assistance to programs across the state. The Utah Adult Education Services has two additional programs that they administrate. Even Start and 21st Century Learning Centers are now in the Adult Education jurisdiction

Utah has a new Governor, Olene Walker. She has constructed a new "Governor's Commission on Literacy." The Commission emphasizes literacy needs for both children and adults. It is important that the state recognize that literacy services are provided in a number of different areas and that resources are many. The Commission is represented by a very comprehensive body of individuals. The theme of influence on literacy is: "Home, Schools, and Community" and is the focus of the commission. In addition, the Governor has convened a panel of literacy experts. Shauna South from Adult Education and Even Start has been asked to be on the expert panel.

The Governor also has a Read to Your Child 20 Minutes a Day initiative, a summer reading program, and book

festivals. She will use the Governor's Commission on Literacy as her expertise panel on literacy issues and research. For more information go to the Governor's website: <http://www.gov/governor/humanpotential.html#literacy>.

Utah is hosting the International GED Conference this summer on July 13-17 at The Canyons (participants stay at the University Park Hotel). Pre-conference sessions are July 13. The Awards banquet is July 15th.

Reauthorization for the Workforce Investment Act is moving along rather slowly, but Utah has moved quickly into a joint charter. Approved as of April 16, 2003, Utah's Education Department and Department of Workforces Services formed a committee to enhance access to services and identify the focus and role of collaborative services by partners under the Act. Adult Education Services and others are hammering out a new State Memorandum of Understanding. Other subgroups are focusing on issues surrounding the need for the state to create a comprehensive workforce investment system that is customer focused and streamlined. The goal to coordinate services and still give local areas flexibility is a main objective.

The National Adult Education Professional Development Consortium will soon have additional tools to assist the demands of administrators of adult education. The Professional Development committee is quickly adding a State Resource Library. These web resources will include materials developed by other states that could be revised for your state. No reason to reinvent the wheel. Resources such as State Self-Assessment, Accountability, and One-Stop Services are a few of the resources that will be available. See the website at: http://naepdc.org/resource_library/resource_library_home.html.

Submitted by Loma Prince

**WANTED
NEWSLETTER EDITOR
for
MPAEA Newsletter
four issues per year**

**Ask your state board
member for details.**

News from Arizona

The AALL Awards Fall Mini-Conference, held at the El Rio Learning Center in Tucson on October 24th was exciting on several fronts. Once again we had a stellar group of Award nominees and recipients. The workshops were timely, informative and inspiring. The conference generated thirty-one brand new members and regenerated another thirty-two. The AALL Board, led by President Rusty Ackerman, has made a concerted effort to reach new members this year.

In September we took our now familiar, "I want to be an AALL Star," campaign to the Adult Ed leadership by making phone calls and devising strategies to recruit at the ADE sponsored Directors' Institute. Our emissaries at the Directors' Institute, Blair Liddicoat and Maureen Hoyt, were able to make a strong case for directors to support their staff in exploring the benefits of AALL membership. To lay the groundwork for Blair and Maureen, each of the AALL Board members made direct phone calls to Program Directors with specific talking points enumerating the many advantages of membership, for directors and staff alike.

In the upcoming months we will continue our efforts to reach programs that have not yet participated as AALL members. We hope to further enrich our membership by expanding our contacts with programs that serve the continuing adult student but share different funding sources or come from specialized disciplines. Currently, we are making substantive contacts with adult professionals from the fields of Corrections and Family Literacy.

Ultimately, membership in a professional organization is a matter of perceived value. So if you are challenged by a constantly expanding dialog of cutting edge methodologies, innovative

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News from Colorado

On Creating a Common Vision

by Mary Adams

(Editor's Note: This is the second part of a long but very good article submitted for the last issue of the newsletter.)

The next time someone calls us idealistic, we should respond by asking him or her what happened to their idealism. The next time we are accused of having simplistic solutions, we need to gently remind our accusers that it really doesn't have to be that complicated. We must insist on creating the life of our dreams.

Remember earlier when you were reflecting upon your experience entering college? Now ask who were the people who inspired you to identify your vision? What sparked your passion? Who supported your efforts to realize your goals? Who believed in you? Who reminded you that you were capable when you became overwhelmed or discouraged? If they were family members, you were indeed blessed by birth. If they were friends, you were fortunate. If they were teachers, I'm not at all surprised.

How do our current policies enhance or detract from our sample vision of Life, Liberty and the Pursuit of Happiness? What are we choosing to allocate money toward, as we cut adult, continuing and higher education funding at both the national and state levels? What are the restrictions and mandates wrapped around K-12 funding, and how do they help us to achieve our common vision? These are the imperative questions that must be asked, and asked often.

Our vision must be clear, articulated, and in front of us at all times. What is your vision for Adult Education?

Discussions about vision have to take place. Broad visions are generally not

what we disagree upon. Everyone wants healthy, happy families, for example. We want, and desperately need, solutions to our problems. It is the focus on minutia and methodology that distracts us from achieving what we ultimately hope for. If we do not affirm and embrace what we see in our mind's eye, we will forever miss the mark. Let's consider renaming anything that is less than the whole dream as being stepping-stones, or mini-goals, and keep the real vision itself clear and unadulterated. We have to ask ourselves "why not" instead of "why." We have to stop standing in our own way and wholly accept the challenge of creating the world we long for. Gandhi said, "You must be the change you wish to see in the world." In order for individuals, institutions or governments to achieve this, that change must be described. At all times, we must be guided by our vision.

What is your vision for Adult Education in Colorado? What do your students need to become full participants in their communities? What are their visions for themselves, their families, their lives? Initiate discussions and ask questions of yourself, your colleagues and your students. What is the value of an education, and what constitutes an education of value?

We need to hear from you. In order to advocate for adult education, we have to craft our common vision. We have to know what you and your students wish to see. What is it that you need to bring your visions to fruition? Send your vision and comments to maryadams@gobrainstorm.net, and let us know if you would be interested in joining an on-going discussion about this and other issues in the field of adult education. If there is sufficient interest, we will find a way to make this accessible and easy for you to do so. Until then, quiet yourself, close your eyes and try to describe what it is you want to see for your students.

Submitted by Marcie Hanson

MPAEA CONFERENCE REGISTRATION FORM

Name _____ Title _____
 Organization _____ Day Phone _____
 Address _____ Fax _____
 City _____ E-Mail _____

Expected Date of Arrival _____ Please send me a registration confirmation by email.
 New member I will be requesting OPI Renewal Units (for eligible Montana participants only).

Special Needs:

All meals are planned to accommodate most vegetarian requirements.

Other dietary restrictions (Please explain) _____
 Accommodations (Please explain) _____

CONFERENCE FEES

(Includes all meals for participant)

Postmarked by April 9, 2004:	Postmarked after April 9, 2004:
MPAEA Member _____ \$190.00	MPAEA Member _____ \$250.00
Non Member _____ \$250.00	Non Member _____ \$310.00
Emeritus Member (meals charge only) _____ \$104.85	

Note: Payment of registration on-site is equivalent to rates after April 9, 2004

EXTRA MEAL TICKETS — Please indicate number requested:

Thursday Breakfast _____ \$8.00	Thursday Lunch _____ \$9.15	Thursday Reception _____ \$15.00
Friday Breakfast _____ \$7.20	Friday Lunch _____ \$13.80	Friday Banquet _____ \$21.85
Saturday Brunch _____ \$29.85		

MPAEA MEMBERSHIP:

Individual _____ \$30.00 Student _____ \$20.00

TOTAL AMOUNT ENCLOSED:

\$ _____

Make check or agency purchase order payable to MAACE/MPAEA 2004.

Send registration form and payment option to:

Melinda Lynnes
MCC, 2715 Dickinson St.
Miles City, MT 59301

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leadership, recognition of new professional talent, celebration of long service, and the ever-changing landscape that is the adult learner, consider active participation in your local adult education organization.

Written by Garry Cox, AALL President-elect
Submitted by Connie Armstrong

Can you Believe it?

The deeply-rooted prejudice against serious education for women not only persisted throughout the nineteenth century, but in some ways became more firmly entrenched into the twentieth century. The prejudice rested upon two suppositions: first, that women were dangerous when educated—masculinized, immoral, pernicious; and second, that women were not capable of education beyond basic literacy and female “accomplishments.” Or, as an early 20th Century American doctor stated, “Woman has a head almost too small for intellect, but just big enough for love.” (MPAEA’s Role in the History of Adult Education 1945-1995)

“Everything that can be invented has been invented,” wrote U.S. Commissioner of Patents Charles H. Durell in 1899, urging the abolishment of the patent office. (Ideas Unlimited)

If you have an address change from a move or a change of jobs, please notify the newsletter editor to insure that you will continue to receive the newsletter and the MPAEA Journal of Adult Education. Send any changes to Kathy Vickerman at vickkath@isu.edu or phone, 208 232-4537.

News from Montana

Montana LINC'S Pilot Project

The Billings Adult Education Center is involved with a special pilot project that links instruction and technology through the current LINC'S project with NIFL. The purpose of the project is to develop and integrate Internet-based curriculum into the Center's existing curriculum using Internet technology, to publish this curriculum on LINC'S, and to train other ABLE sites on its use. It is meant to serve both rural and urban populations of Montana, tapping into the Internet and distance learning.

The subject areas developed are language arts, reading and listening, mathematics, and science. New subject areas for this year include social studies, counseling and job readiness, and workplace skills. Kathie Daviau is the project coordinator with the Adult Education Center's staff assisting her.

A training sectional is scheduled for the MAACE/MPAEA Conference in Bozeman in April, 2004. The Pilot Project curriculum is published on LINC'S; you will find it at <http://www.nwlincs.org/mtlincs/pilotproject/pphome.htm>.

News from Utah

UAACCE Continuing Education Forum is finalizing its work on a continuing Education Position Paper which defines what Continuing Education involves and what we expect to accomplish. It is interesting to discuss the variety of work done in the name of “Continuing Education” and find the areas where each institution excels. The forum meetings provide a great opportunity for Continuing Education professionals network. Forum participants are pursuing areas where collaboration on some programs will be possible. Future Continuing Educa-

tion Forum meetings are scheduled for April 12 and June 14 from 1:00 to 3:00pm. Contact Luella Jones at (801) 863-8485 for further information.

Community Education

The Community Education Forum of the Utah Association for Adult, Continuing, and Community Education began the year by analyzing the members' needs, what the Community Education Forum does, and found that our mission statement needed updating to reflect the match between needs and services provided. The new mission is:

The Community Education Forum of the Utah Association for Adult, Continuing, and Community Education fosters networking and collaboration among professionals to inspire and advocate the expansion of community education statewide.

With this new mission in mind, monthly meetings provided information to the members about ways to improve community education services, promote better professional development, and search for funding for the programs. Additionally, we produced a *report card* with the accomplishments of the after-school programs that are offered around the state. The *report card* was used by members of the UAACCE as talking points with Utah's Senators, Representatives, State Legislators, and local leaders to advocate for continued funding for programs. Efforts like this had great success at the national level. At the beginning of 2003, President Bush had proposed a budget with a 40% cut to the finding for the 21st Century Community Learning Centers programs. On January 22, 2004, the Senate approved the 2004 budget with a slight increase of \$5 million.

Another great accomplishment was the work done with the Utah School Age Care Alliance (USACA). As a Forum, we found that our mission

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MPAEA NAEHS Project

Have you chartered your chapter of NAEHS? Have you taken advantage of this opportunity to recognize those exceptional students and their achievements with a certificate and/or recognition at the annual MPAEA Conference?

Each selected honor society inductee will be honored at the conference in Bozeman, Montana, April 29-May 1.

For more information about NAEHS, contact your state director or Blair Liddicoat at blair.liddicoat@riomail.maricopa.edu.

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meshed closely with theirs and we would better serve the members if we worked together. We have found that by working together we are able to provide a greater range of services because we do not duplicate efforts. One example of this was the Jumpstart Workshop we held in September. We worked together to develop the program, seek presenters, and help run the workshop. Participants walked away with ideas for programs and funding sources.

While we spent a great amount of energy focused on after-school and summer school programming, we have found that the efforts here help all other community education programs. The issues of funding, professional development, and meeting a broad base of needs are always a top concern. The monthly speakers help us to keep on top of what resources are available and methods we can use to meet the needs of those we serve. We look forward to building on the successes of last year as we continue our mission to "inspire and advocate the expansion of community education statewide!"

Submitted by Loma Prince

News from Idaho

Snow

It may be spring semester, but here in southeast Idaho in February, it is clear we are in the throes of winter with no end in sight. I understand even balmy Boise has had to contend with snow on the streets and lawns of the city. Peeking out from under the insulating blanket of busyness and weather to scan the state happenings, I have this to offer:

University of Idaho

University of Idaho is in the final stages of choosing its new president. The field has been narrowed and two candidates interviewed. That decision will be announced sometime in March, 2004.

On a more personal note, many of us in the Idaho Falls and Rexburg areas will be saying farewell to Professor Mark McCaslin, who has directed the Idaho Falls graduate program in Adult Education for the past three years. Dr. McCaslin is leaving the University to immerse himself in writing and complete his second doctorate in Transpersonal Psychology. Dr. McCaslin, who served as President of the Idaho Lifelong Learning Association (ILLA) this past year, has been an inspirational teacher and mentor to many of us in the area. He will be missed.

The Division of Adult, Counselor, and Technology Education (ACTE), College of Education, will be issuing invitations for two positions in adult education. One position is a tenure-track position at the Assistant/Associate Professor rank while the other is a Visiting Assistant Professor position with a three-year appointment. Both positions are in Idaho Falls and will begin in August of 2004. Keep an eye on the website for more information.

Eastern Idaho Technical College

The Center for New Directions is hosting the 16th Annual Job Options for

Women Conference on March 23rd. This popular conference offers an inspirational keynote address, interesting workshops, and a delicious lunch for all participants. The cost is minimal and scholarships are available.

A memorandum of understanding has been signed between EITC and Idaho State University for the new Health Sciences Building to be constructed on EITC's campus. The building will allow for an expansion of existing healthcare related programs in southeast Idaho.

Statewide

Job, Education and Training (JET), a collaborative project between Idaho's ABE programs and the Department of Health and Welfare was launched this year to help participants secure jobs, keep jobs, or get better jobs. JET differs from traditional ABE programs, which support students with assessment and job education, by adding career development coordination services. Each course approved for JET clients combines basic skills with specific vocational goals, such as office technology, customer services, or health occupations, and participants are expected to reach vocational goals within the guidelines of their service plans.

That's all from MPAEA'ers in Idaho. We look forward to the advent of spring and the wonderful conference in Bozeman!

Submitted by Peggy Nelson

Becoming a lifelong learner can add up to 2.5 years to your life.

Traveling at the Speed of Technology

Has technology turned you into a multi-tasker?

Do you check your voice mail and return phone calls on your cell phone while driving to work? Do you lug your laptop to the kids' soccer games?

Fifty years ago, futurists told us that technology would shorten our work week. It hasn't.

"Technology didn't give us more time, it just upped the expectations of what we could do in the same time," says author Joanne Ciulla.

For some people this is fine. They thrive on gadgets and get lots accomplished. But for others, it's stressful.

"Technology has taken (some of) us past our breaking point," says author Michelle Weil.

Research shows that stress can weaken our immune systems and contribute to health problems like heart disease and some cancers. So if you multi-task, ask yourself: Is it stressful—and is it worth it?

When someone invents a technogadget to remind us to stop and smell the roses, embrace it with open arms.

From *The Working Life*, Joanne Ciulla and TechnoStress, Michelle Weil

A procrastinator suffers from hardening of the oughteries.

Unknown

Listening Tips

Fight off distractions—Train yourself to listen carefully despite such external distractions as a ringing telephone, passersby, or outside noises. Focus on words, ideas, feelings, and the underlying intent of others.

Don't trust your memory—Take notes, when appropriate. However, keep your notes brief, because listening ability is impaired while you are writing. All you need to write down is something to jog your memory later.

Use feedback—Constantly try to check your understanding of what you hear. DO NOT hear only what you want to hear. In addition, consistently check to see if the other person wants to comment or respond to what you have previously said.

Relax—When a person is speaking to you, try to put this individual at ease by creating a relaxed and accepting environment. Don't give the impression you want to jump right in and speak.

Listen attentively—Face others straight on, with uncrossed arms and legs, and lean slightly forward. Establish good eye contact. Nod affirmatively and use appropriate facial expressions when called for, but don't overdo it.

Create a positive listening environment—Try to ensure an atmosphere of privacy away from sources of distraction. DO NOT violate the other person's "personal space." Take great effort to make sure that the environment is conducive to effective listening.

Ask questions—Ask open-ended questions to allow others to express their feelings and thoughts. The effective use of questions shows them that you are interested and that you are listening, and it allows you to contribute to the conversation.

Be motivated to listen—Without the proper attitude, all the previous suggestions for effective listening are for naught. Try to keep in mind that there is no such thing as an uninteresting speaker—there are only disinterested listeners.

If you are really willing to learn how to listen it will take a lot of hard work to learn the skills, and constant practice to stay in shape. Remember that people feel relieved when they find someone who understands what they have to say. Once you truly understand others by actively listening to them, they will most likely reciprocate by listening to you and trying to understand your viewpoint. Isn't that what effective communications is all about?

From execdirector@profnet.org

"Poco a poco, se va a lejos." Little by little, one goes far. A journey of a thousand miles begins with a single step. To get it done, simply start now, taking one step at a time.

The Little Book of Big Motivation, Eric Jensen

FUN PHRASES

STAND 	ECNALG
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Great Discoveries

One of the great discoveries that a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do.

Henry Ford

Accomplishment

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.

Hellen Keller

NOMINATION FORM FOR MPAEA AWARDS

Please make copies of this form. Use one form for each nomination you make. (Or nominate on line by going to www.mpaea.org.) Descriptions of the awards follow this form. Check the appropriate category for each nomination.

_____ **Award of Merit**
(One award given by MPAEA)

_____ **Educator of the Year Award**
(One award given by host state)

_____ **Lay Leader of the Year Award**
(One award given by MPAEA)

_____ **Legislator of the Year Award**
(One award given by host state)

_____ **Award of Excellence**
(One award per state)

_____ **Learner of the Year Award**
(One award given by host state)

NAME OF NOMINEE _____

ADDRESS _____
(street) (city) (state) (zip)

WORK PHONE () _____ HOME PHONE () _____

Please describe the contributions of your nominee to lifelong learning. Use additional paper if needed. Follow the criteria following this form for each award. Include a resume' and biographical information for the Award of Merit.

Due date: March 19, 2004

Nominated by:

Mail to: Kathleen Holmes
MPAEA Award Committee
Adult and Family Education
2006 E. Pikes Peak Ave.
Colorado Springs, CO 80909
holmes.k@ppwfc.org

Phone: (719) 667-3743

Fax: (719) 667-3753

MPAEA AWARDS – PURPOSE AND CRITERIA

All nominees must be current residents of the eight state region comprising the Mountain Plains membership area: Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming. The first three awards are given by MPAEA.

Award of Merit

This award is to honor an individual who has made an outstanding contribution towards furthering the concept of adult education as a process continuing throughout life. The recipient must be a member of MPAEA. Their contribution may be on a community, state, regional, or national level and need not be made within a specific time period, but can range from one year to several years' effort. This is the highest award given by the association, One award is given per year.

Lay Leader of the Year Award

This award is to honor people in professions outside education who have shown themselves to be a close "friend" to adult education and lifelong learning. For example: legislators, community leaders, business leaders, religious leaders, etc.. The recipient need not be a member of MPAEA. One award is given per year.

Award of Excellence

This award is to honor an individual who has made significant contributions to the advancement of adult education at the state or local level. The recipient must be a member of his/her state affiliate or MPAEA. One award is given per state.

The next 3 awards are given by the host state at the annual conference

Educator of the Year Award

This award is selected at the discretion of the state hosting the annual conference (no specific criteria).

Legislator of the Year Award

This award is to honor a legislator who has proven to be a strong supporter of adult education and lifelong learning. S/he shall have utilized his or her influence in the legislature to promote and enhance lifelong learning opportunities for the citizens of his or her state.

Learner of the Year Award

This award is selected at the discretion of the state hosting the annual conference (no specific criteria).

Make Fitness a Lifestyle, Not a Chore

You don't need an expensive club membership or a cross-country ski machine to maintain a body that exudes vitality. Forget the spandex, stop-watches, and ankle warmers, for instance, and just:

- ✓ Walk up and down the stairs to your office or apartment.
- ✓ Ride a bike to the neighborhood convenience store to pick up that quart of nonfat milk.
- ✓ Skip the cart and get some real exercise while golfing.
- ✓ Take a nature hike instead of watching a nature film on television.
- ✓ Got a friend you meet with regularly to shoot the breeze? Get your chat in while walking around the neighborhood instead of over a cup of coffee or a beer. You'll both be better off.

From First Draft

New from the National Center for the Study of Adult Learning and Literacy (NCSALL)

How Teachers Change: A Study of Professional Development in Adult Education (NCSALL report #25)

This study investigated how a sample of 106 adult education teachers in three New England states changed after participating in one of three models of professional development (multisession workshop, mentor teacher group, or practitioner research group), all focused on the topic of learner persistence.

The Characteristics and Concerns of Adult Basic Education Teachers (NCSALL report #26)

Based on data gathered for the study on *How Teachers Change*, this in-depth exploration documents what is commonly known, but not well researched, about adult education teachers, including the challenges they face, the training and preparation they receive, and the conditions in which they work.

From Karen Rowe and Ki Kim

Positive Perspectives Provide Power

Attitude can be everything. A positive attitude keeps people motivated and frees us to think faster and more creatively. A positive attitude helps us to create opportunities, even in the face of obstacles, while a negative attitude keeps us mired in our problems.

A good example: The story of the frog who fell into a bucket of cream. The side of the bucket was so high that he couldn't jump out. But if he stopped swimming he would sink. The frog paddled around in the cream all night. By morning, he'd whipped it into firm butter and was able to jump to freedom. The moral: Though things may seem to be out of control, don't give up! You can create solid opportunities. A positive attitude lets you see that opportunities do exist.

From an article by Joy Lundgreen in First Team, First Security Services Company

Change: Connections to Adult Learning and Education

Phrases such as "change is inevitable," "change is constant," and "the only thing certain is change itself" are commonly heard when commiserating about the pace of modern life. As described in the fable *Who Moved My Cheese?* (Johnson 1998), humans have varying reactions to change: some welcome it, others tolerate it, but many dread it. The main idea underlying Johnson's book—that change is inevitable so we must learn to accept it—delivers a naive and simplistic message about a complex process. Many perspectives exist about change, but a common theme throughout the literature is that it is a process that involves learning (Macduff 1993). The question of how adult learning and education can cultivate change with individuals and groups is explored in *ERIC Digest No. 221*. Following a discussion of the change process, it examines the connection between change and adult education and adult learning, and it concludes with some suggestions for adult educators involved in the change process. *ERIC Digest* is available at ericacve.org/fulltext.asp.



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The *MPAEA Journal of Adult Education* is a refereed journal intended to serve as a voice for the translation of theory to practice for the membership of the Mountain Plains Adult Education Association (MPAEA). The Editors of the *MPAEA Journal of Adult Education* encourage the submission of clearly written research articles, technique manuscripts, and book reviews which have the potential of stimulating thought, discussion, and inquiry.

The criteria for evaluating each manuscript will be based upon:

- (a) potential contribution to the improvement and/or understanding of practice,
- (b) clarity of purpose,
- (c) logical relationship to conceptual base,
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- (g) implications for practice,
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Research Articles. Discuss concepts, theory, and research findings of particular interest and significance to adult education professionals. Maximum length: 3500 words including abstract, figures, and references.

Technique Articles. Describe examples of innovative practice and procedures in relationship to recognized principles of adult education research and practice. Maximum length: 1000 words including abstract, figures, and references.

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Upcoming Events

- April 14-16, 2004 University Continuing Education Association, *The New Majority*, San Antonio, Texas. Contact through www.ucea.edu
- April 22-23, 2004 Colorado Adult Education and Professionals Association, Colorado Department of Education, and Center for At-Risk Education Joint Conference, *Giving Voice to Our Profession, Valuing Those We Serve*, Broomfield, Colorado. Contact Bill Furney at furney_b@cde.state.co.us.
- April 29-May 1, 2004 Mountain Plains Adult Education Association Conference, *Voyage of Discovery-The Journey of Adult Learning*, Bozeman, Montana. Contact Donna Bakke at dbakke@mcps.k12.mt.us.
- July 13-17, 2004 International GED Conference, The Canyons, Utah.
- October 18-19, 2004 UAACCE Conference, *Valued Added Education*, Utah Valley State college, Orem, Utah. Contact Luella Jones at joneslu@uvsc.edu or 801 863-8485.

