



S P R I N G S E M I N A R

Saturday, April 6, 2019

Anoka Technical College



(We've applied for 0.6 CEUs through NCRA.)

PASS THE WKT!

What is the
"NEUTRAL ZONE"

Updates from our
President and
Lobbyist

Protect your
Income Stream

Maintain Your Most
Important Machine
Through Yoga!

**ANOKA TECHNICAL
COLLEGE**

1355 W. Highway 10
Anoka, MN 55303
(763) 433-1100

www.mavrc.org

8:00 a.m. to 3:45 p.m.

2019 SPRING SEMINAR PROGRAM

8:00 – 8:30 REGISTRATION

8:30 – 9:30 How is an NCRA written exam created? (.10 CEU)

Joshua Tudor, PhD, will explain how Pearson VUE and NCRA collaborate to develop the RPR and RDR written examinations, including how the structure of the exams is determined, how questions are created, analyzed and selected, and how the passing score is set. This session will shed some light on what happens behind the scenes of the development process of the RPR and RDR written knowledge tests.

9:30 – 10:30 Pass that WKT! (.10 CEU)

Jennifer Sati and Jane Schleusner will share tips and tools that reporters can utilize when preparing to take the NCRA RPR and RDR written exams. This session will not only help you better prepare for the written tests, but it will show you what an actual testing experience feels like. There will be NCRA practice questions at the end!

10:30 – 10:45 Break

10:45 – 11:45 What is the “Neutral Zone”? (.10 CEU)

Deborah (Deb) Johnson, CPCC, MCC, is a Master Certified Professional Coach and Business Consultant with an extensive corporate executive leadership background spanning 37 years. She is going to spend time discussing how we can understand the stages and types of fear we may have and how we can leverage them to our advantage and how we can reflect and leverage past successes to push through barriers.

11:45 – 12:15 Lunch

12:15 – 1:15 A Word with the President and Joel (.10 CEU)

We will hear from Brandi Bigalke, MAVRC President, along with Joel Carlson, MAVRC’s lobbyist, on current happenings in MAVRC and our profession.

1:30 - 2:30 Protecting Your Income Stream (.10 CEU)

Whether you are an Official, a Freelancer or a Broadcast or CART Captioner, we all invest a lot of money in our equipment to do our daily work. But, could you purchase all new equipment if the inevitable happened and your equipment was damaged by a horrific event or stolen? Kari Hefnider, a licensed insurance agent, will point out the different types of insurance available to protect ourselves, our equipment and our income stream.

2:30 – 2:45 Break

2:45 – 3:45 Maintaining Your Most Important Machine (through Yoga) (.10 CEU)

Jessica Rugani, Assistant Anoka County Attorney and Yoga Sculpt Instructor, will provide us with ways we can fire up our core strength and practice proper posture alignment to keep ourselves fit and ready to tackle the hours to day-long job assignments that make up our normal workday – all through Yoga.

(Please Wear Comfy Clothes to this Session!)

2019 SEMINAR REGISTRATION FORM

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Telephone: _____

E-mail: _____

Certifications: _____ Official _____ Freelance _____ Captioner/CART _____

NCRA ID#: _____

Early-bird Registration (postmarked by 3/15/19): \$100 _____

Registration after 3/15/19: \$125 _____

Student Registration: \$ 15 _____

MAVRC Professional Membership (if not already a current member): \$120 _____

MAVRC Student Membership: \$ 25 _____

MAVRC Associate Membership: \$ 70 _____

Membership fee must be paid in addition to the registration fee, if you are NOT currently a member of MAVRC or another NCRA-approved State Association in another state.

Lunch will be provided! TOTAL (payable to MAVRC) \$ _____

Please Wear Comfy Clothes for the Yoga session!

Registrations must be postmarked by: **Tuesday, March 26, 2019**

CANCELLATION POLICY: A full refund will be made if your cancellation is received on or before **March 26, 2019**. If your cancellation is received after March 26, 2019, a \$75.00 administrative fee will be deducted. No refunds for no-shows. Questions? Contact MAVRC at 218-760-9631 or info@mavrc.org.



Mail registration form and your payment to:

**MAVRC
P.O. Box 375
Marshall, MN 56258**

HOTEL INFORMATION: Comfort Suites, 6440 W. Highway 10, Ramsey, MN 763-323-4800
Regency Inn & Suites, 1129 US-10, Anoka, MN 763-422-8000