

## Learning Component

Here are examples of how learning component money has been spent in other units:

- Newspaper/magazine subscriptions
- Extended weekend trips
- Recruitment trips
- Books, paper, etc., for learning component
- Videos/films/resources for learning component or worship evenings
- Retreats as a unit or with the local congregation
- Educational activities related to a volunteer's learning component topic, a community issue, educational movies, plays, etc.
- Service projects in the neighborhood or community.
- Film and processing of photographs for presentation to home congregations.
- Career testing
- Counseling
- Unit games
- Classes at local adult education facility (for individuals)
- Craft supplies for unit projects

### 100 learning component ideas

1. How to plan and lead worship
2. How to clean the unit house
3. How to plan and prepare a large meal
4. How to prepare for/survive a natural disaster (i.e. hurricane, tornado, flood)
5. Aroma Therapy
6. Alternative medicine
7. Massage therapy
8. Preserve food
9. Vehicle maintenance or changing a tire
10. Invite member of the host congregation to share about their jobs
11. Hear about other's MVS, MCC, or other missionary/service experiences
12. Ethnic restaurant
13. Make soft pretzels
14. Taffy pull
15. Candle making
16. "What to look for when buying a car"
17. Watercolor prints
18. CPR course
19. Mennonite and Christian History
20. Make Christmas candy and holiday decorations
21. Make juice
22. Country line dancing
23. Fire safety
24. Visit a wild game feed
25. Visit museums
26. Learn to butcher meat
27. Swing dancing
28. Fishing
29. Group initiative games
30. Build furniture
31. Concerts or plays
32. Music lessons
33. Local history
34. Yoga
35. Free classes at Home Depot
36. Finding an apartment
37. Sports lessons from church members
38. Travel
39. Learn about other religions' holidays
40. Walking tour of city
41. Public transportation scavenger hunt
42. "Safety in the city" training by police officer
43. 24-hour famine
44. Silent retreat
45. Make a cookbook
46. Visit churches of other denominations
47. Cook new foods
48. Astronomy
49. Gardening

50. Art classes
51. Ceramics
52. Household repair
53. Other cultures
54. "Affluenza"—MCC
55. Budgeting & Money management
56. Personality types
57. Mental disorders
58. Physical disabilities
59. Meditation
60. Bicycle repair
61. Resume' writing and interview skills
62. College search
63. Other mission/service opportunities
64. Quilting or knitting
65. Make (Sew) an entire piece of clothing
66. Make crafts
67. Film discussion
68. Computer/internet skills
69. First aid
70. Conflict resolution styles
71. Conflict mediation
72. Restore furniture
73. Make unit song book
74. Visit a prison/correctional facility
75. Learn to fly a plane
76. Calligraphy
77. Sign language
78. Preparing an itineration presentation
79. Photography
80. Self-esteem/self-concept
81. Roller blading
82. Canoeing
83. Juggling
84. Visit Native reserve
85. Local celebrations/traditions
86. Substance use/abuse
87. Depression/suicide assessment & intervention
88. Fruit picking
89. Developmental stages
90. Social justice issues/topics
91. Current events
92. Tap dancing
93. Gymnastics
94. Music appreciation
95. Anger
96. Domestic violence
97. Physical training
98. Book discussion
99. Romantic relationships/choosing a significant other
100. Gender issues

## Learning component planning sheet

### Questions to answer before the LC

1. What is the topic?
2. What are we learning/doing?
3. Who do I want to lead this?
4. Who else needs to be involved?
5. How much time will this take?
6. What expenses are involved?
7. What plans do I need to finalize?
  - Travel
  - Supplies
  - Contact person leading/others involved

### Questions to answer after the LC

1. How prepared was I?
2. What went well?
3. What didn't go well?
4. What could I do differently?
5. Other learning component ideas:
6. Remember for next time:

## Life skills

### Goal

To provide opportunities and resources for participants to develop expertise in many life skills so they can learn to live independently.

### Examples of life skills could include

- Grocery shopping
- Meal planning, preparation and clean up
- Household chores (weekly cleaning, yard work, minor repairs and maintenance to house and appliances)
- Vehicle maintenance (washing/cleaning, changing tires, fluid levels, air pressure, licensing)
- Hosting guests for meals or overnight
- Finances/bookkeeping/budgeting

- Map reading
- Using public transit
- Bicycle maintenance
- Gardening
- Time management

#### Structure

- Incorporate many of these experiences into appropriate "teachable moments" with individuals, small group or the whole group.
- Other experiences could happen during the learning component evening meeting with the leader or another local resource person leading the group.



