



Meeting Minutes

9/18/2023

Presentation: Lessons from “The Little Engine that Could”, by Geania Dickey

There were 18 people in attendance representing seven centers. Five board members were present.

President Kathryn Linch welcomed everyone, spoke for a moment about the upcoming STEAM Conference, and then introduced Geania Dickey as the presenter for the evening.

Geania spoke on the topic of Lessons from “The Little Engine that Could”. She talked about the difference between self-esteem and self-efficacy, and then read the book out loud to the group.

The class then worked in groups to read a book, record answers to prewritten questions, and then report our findings to the class. Each book was about self-esteem or self-efficacy or both. We discussed whether we thought self-esteem or self-efficacy comes first. The opinions varied. Can you offer something you don’t have for yourself to someone else? Sometimes it’s easier to give it if you have it but sometimes it’s easier to give something you don’t have to lift others above how you feel about yourself. Geania shared the quote, “Just because they carry it well doesn’t mean it's not heavy.”

The class then participated in the “penny project”. Each participant was given a paper towel, a small cup of water, a dropper, and a penny. We were asked to write down how many drops of water we thought we could get on our penny before it spilled over. We then tried to get as many drops on the penny as possible. We then wrote down how many we actually were able to get on the penny. We then repeated the process over to see if the first attempt changed our perception of how well we would do on our second attempt. The average for the second attempt increased from the first attempt. We were all challenged to “do better” on our second attempt based on how well others had done on the first attempt.

Donny Caudill concluded the meeting by thanking Geania for a great presentation and then drawing three names for door prizes.

Class was dismissed.