All workshop ideas should be grounded on one of the six principles of SAAS – Academic excellence, personal development, social unity, service learning, financial affairs, and cultural enrichment. Here are some examples:

* **The words that define me** – (CP=Personal Development) – This purpose of this exercise is to see how a young woman sees herself and also how others may perceive her. Materials needed include clipboards (thick construction paper is a more economical option), old magazines -preferably on AA issues (magazines can be collected from faculty/staff/students, etc.), scissors, glue sticks, and markers. Each young lady will have a clipboard and select a magazine. They are to cut out words ONLY in the magazine that they identify with or they feel defines them. Young ladies can cut out words and pass them off to other young ladies. The words that they cut out will then need to be glued to their clipboard. Time allotted for this part of the exercise should be limited to about 45 minutes as it can go on and on. Once this is done, a group discussion takes place with the sharing of their personal clipboards with the others. Some questions to discuss are: what themes are present on their clipboard – for example are the words representative of physical characteristics, future goals, personality characteristics, etc. Are there any words that surprised you that are on someone else’s clipboard (for example – someone having the word shy when they don’t appear to be). Similarities and differences can be discussed among the ladies to highlight things that they have in common. Discussion can continue for a good period of time – but to wrap up – discuss the appreciation of differences, learning about others from them instead of through others, etc.
* **Beyond the eyes** – (CP=Personal Development) – This exercise can be a very deep and moving exercise that challenges the young ladies to explore the “inner” them. Materials needed include a notecard, handheld mirrors, and possibly Kleenex! Start with a small icebreaker that allows the ladies to get to talking to each other. Then distribute a handheld mirror and postcard to each young lady. The facilitator should begin by discussing the relevance of inner beauty and how it is unseen by the naked eyes of other persons. Typically when we walk by mirrors, we only see the outside – our hair, eyes, nose, makeup, etc. but the purpose of this exercise is to look beyond the eyes. Each young lady is asked to seek a private spot in the room where they can take 5 uninterrupted moments to look beyond their eyes to see themselves. They are then asked to journal on their postcard what they saw. Some soft music may be played while women are studying themselves. Once everyone is done, the group reconvenes and a discussion may be facilitated that allows the ladies to either share what they wrote or to share their reaction to the exercise
* **Music to my ears** – (CP=Social Unity) - Sometimes do unwind from a hectic day a simple song can do the trick. Pick a song or two (jazz, gospel/inspirational, country, etc.) and play it a couple times. Allow the group to settle down and listen to the song and discuss how it speaks to them or doesn’t.
* **Who am I** – (CP=Cultural Enrichment) – Many African American women trail blazers go unknown. Research AA women who are or could be prominent figures because of their contributions to society. Print labels or write the names on sticky back nametags. The facilitator will place a name on the back of each participant. The participants have to guess what person they are representing by the clues that the other participants are giving about them. This provides an opportunity for young women to learn about other AA female leaders.