



## Brief History of Extension in Texas & Master Wellness Volunteer Program Overview

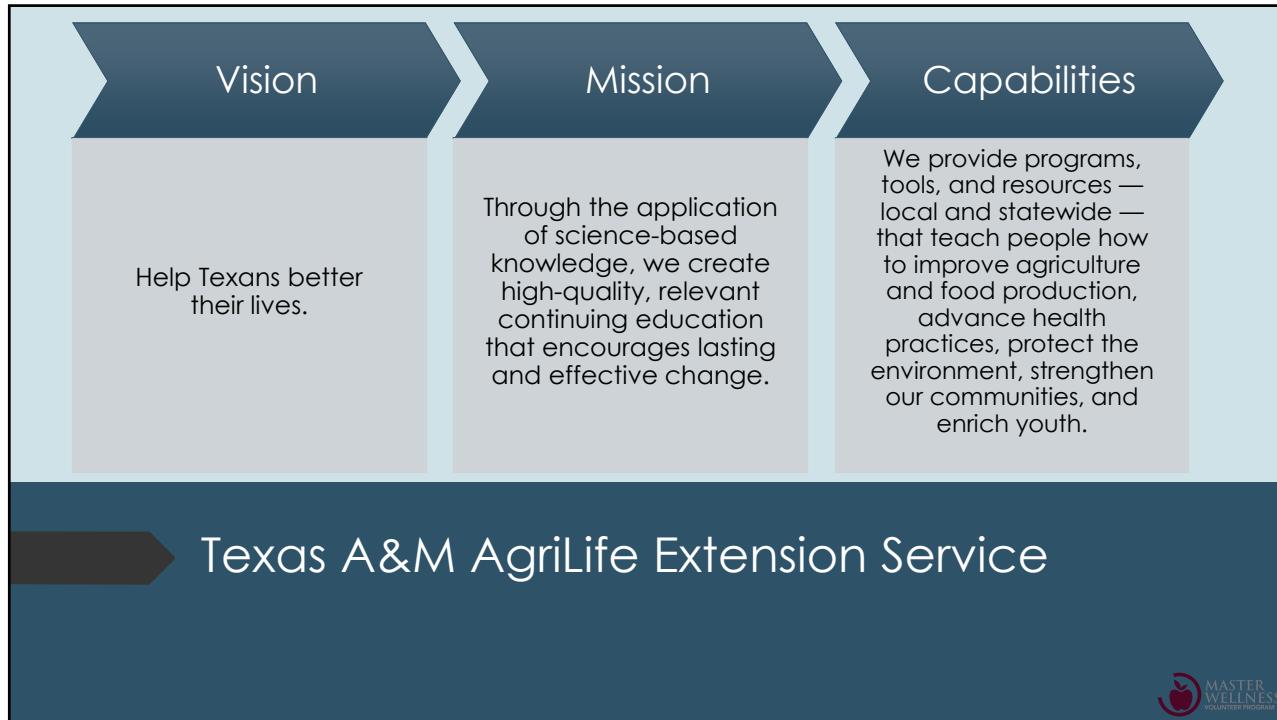
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<http://agrilife.org/mwv>

2019

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## Land-Grant Colleges & Universities

- The first and second Morrill Acts (1862 & 1890) established institutions in each state so members of the working classes could obtain a practical education

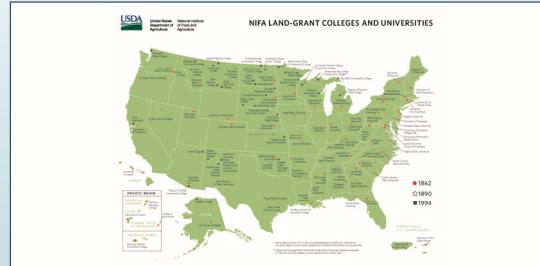


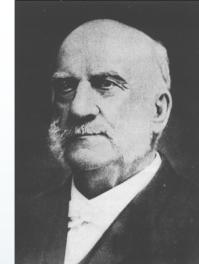
Image Credits: United States Department of Agriculture – National Institute of Food and Agriculture. (2014). Available from [https://nifa.usda.gov/sites/default/files/resource/lgu\\_map\\_6\\_25\\_2014\\_0.pdf](https://nifa.usda.gov/sites/default/files/resource/lgu_map_6_25_2014_0.pdf). Last Accessed 18 May 2018. Texas A&M System entity graphic standards used with permission for non-commercial, educational purposes.



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## A Different Approach

- “What a man hears, he may doubt.  
What he sees, he may possibly doubt.  
What he does himself, he cannot doubt.”



Dr. Seaman A. Knapp



T. F. Eaton, County Extension Agent - Erath County, with farmer constructing terraces in his field. (c. 1914)

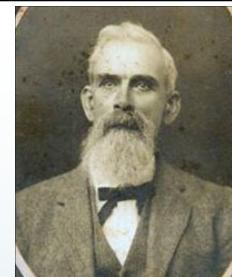


Image Credit: Iowa State University. (n.d.). Available from <http://www.public.iastate.edu/~isu150/history/images/Knapp.jpg>. Last Accessed 18 May 2018. TF Eaton photo courtesy of Texas A&M AgriLife Extension Service.

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## Land-Grants & Extension

- The Smith-Lever Act (1914) created Extension as an organizational entity of the U.S. Department of Agriculture and the Land-Grant University System



W.C. Stallings



W.C. Stallings with the Smith County Boy's Corn Club, one of the forerunners of modern 4-H clubs. (c. 1909)



PRAIRIE VIEW A&M UNIVERSITY  
Cooperative Extension Program

Image Credits: Texas A&M AgriLife Extension Service. (n.d.). Available from <https://today.agrilife.org/wp-content/uploads/2012/01/Nov1304b-lr1.jpg> and <https://today.agrilife.org/wp-content/uploads/2012/01/Nov1304a-lr2.jpg> Last Accessed 18 May 2018. Texas A&M System entity graphic standards used with permission for non-commercial, educational purposes.

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## Beginnings of Home Demonstration



Edna Trigg (c. 1920)



- Progress on the farm needed progress in the home
- First woman Agent appointed in Aiken, South Carolina (1910)
- Edna Westbrook Trigg appointed first woman Agent in Texas (1912)



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## Growth of Home Demonstration

- ▶ 18 “lady agents” on staff and a State Home Demonstration Agent (1913)
- ▶ Work expanded to many other home demonstration-related endeavors



Texas A&M AgriLife Extension Service. (n.d.). Available from <http://today.agrilife.org/wp-content/uploads/2017/03/master-demonstrators-1913.jpg>. Last Accessed 14 Jan 2018.



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## Helping Texans Better Their Lives

**Program Areas**

- ▶ Agriculture & Natural Resources
- ▶ Family & Community Health
- ▶ 4-H Youth Development
- ▶ Community Economic Development

250 County Offices, 12 Research & Extension Centers and the Campus of Texas A&M University Serving All 254 Counties



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### Volunteers Are Key in Extension Education

- ▶ Extend services to clientele
- ▶ Effective spokespersons to community
- ▶ Effective spokespersons to stakeholders
- ▶ Bring organizational perspective to program
- ▶ Concentrate time and effort on specific subject matter/program/job/audience

**TEXAS A&M  
AGRILIFE  
EXTENSION**

PRAIRIE VIEW A&M UNIVERSITY  
Cooperative Extension Program



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## Overview and Responsibilities

- ▶ 40 hours of training
  - ▶ Face-to-face
  - ▶ Online
  - ▶ Self-study
- ▶ 40 hour “internship” within the first year
- ▶ Participate in 20-hours of service and 10-hours of training annually
  - ▶ Expectations may vary by county
- ▶ Representative of Texas A&M AgriLife Extension Service
- ▶ Use lesson plans and materials available from AgriLife Extension
- ▶ Work with and through Agent on program preparation to ensure material is reliable



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## There's an App for That...

- ▶ ...I will represent Texas A&M AgriLife Extension Service and will be called upon to provide educational programs and disseminate educational materials. **I also understand that in this capacity I cannot use my status as a volunteer to promote any personal opinions, business, or services or the opinions or services of other companies or agencies. I must present the research-based information on which Texas A&M AgriLife Extension Service's educational programs and services are based.** My signature below indicates that I do not have a conflict of interest and that all of the information contained in this application is true and accurate to the best of my knowledge.



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## Volunteer Role and Scope of Practice

Since its inception, the main purpose of the Cooperative Extension Service has been to change human behavior by **teaching** people how to apply the results of scientific results. – E. Rogers (1963)

### ► DON'Ts

- Diagnosing or treating physical or emotional conditions
- Providing dietary counseling, crafting meal plans or recommending nutrients
- Performing health services
- Recommending physical activity routines

### ► DOs

- Providing general information on physical activity, health, nutrition, etc., based on established, credible and evidence-based sources
- Referring to licensed professionals: dietitians, clinicians, etc.

### When/If in doubt, consult your County Extension Agent

Faries, M.D. (n.d.) FCH Agent Role & Practice Areas and FCH Scope of Practice. College Station, TX: Texas A&M AgriLife Extension Service.



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## Email Discussion, Study Guides & Certification Exam

- Training is organized into "suites"
- Each lesson in the suite will have an additional learning activity to reinforce the content
- Following each suite are some email discussion prompts

- Study guides help highlight core concepts of each suite
- Certification exam will assess basic mastery of core concepts
- Pass with 80% or better to continue as an Intern in the Master Wellness Volunteer Program



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# Home, Home on the Web

<http://agrilife.org/mwv>

- ▶ Convenient access to
  - ▶ Online courses
  - ▶ Reporting
  - ▶ Blog



**Master Wellness Volunteer Program**  
"Improving Lives, Improving Texas"

[HOME](#) [ABOUT](#) [ONLINE LEARNING](#) [REPORTING](#) [EVENTS](#) [BLOG](#) [CONTACT](#)

### Hear From Our Volunteers



TONYA STRICKER  
Ellis County

Watch later
Share

YouTube

Texas A&M AgriLife Extension Service (AgriLife Extension) is committed to help Texans better their lives. Through the application of science-based knowledge, we create high-quality, relevant continuing education that encourages lasting and effective change.

One of AgriLife Extension's high-priority issues is helping Texans improve their health. Research shows at least 50% of health status is due to lifestyle factors such as not using tobacco, being physically active, maintaining a normal weight and good nutrition, among many others.

**2019 STATE TRAINING**  
[CLICK HERE](#) to register  
Master Wellness Volunteer  
January – February  
near you!

**HELPING TEXANS BE BETTER**  
Master Wellness Volunteer  
A&M AgriLife Extension  
and education related  
food safety and family  
communities where the  
2018, Master Wellness  
7,745 hours of service



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# Online Learning and Self-Study

<http://agrilife.org/mwv>

- ▶ Courses that count toward completion have (MWV Online) in the title
- ▶ Use the Help Desk tab for problems with the technology
- ▶ Email mwv@ag.tamu.edu for questions about content



**Extension Online**  
Convenient, affordable, self-paced eLearning.

[Create an Account](#) | [Sign In](#)

- Child Care
- CTE Teachers
- Extension Employees
- Family
- Food & Nutrition
- Food Safety
- Health
- Home Based Business
- Housing & Environment
- Local Government
- Master Wellness Volunteer
- Military Caregiving
- Money & Finance
- Positive Behavior Support
- Special Populations
- Strengthening Families
- Volunteer Training
- Children's Mental Health

**Master Wellness Volunteer**

- Courses listed in this section focus on meeting some of the training requirements for Texas A&M AgriLife Extension Service's Master Wellness Volunteer Program.
- Courses are not meant to be stand-alone but done under the supervision of and in conjunction with your County Extension Agent or a representative of your agency/organization.
- If you are interested in the Master Wellness Volunteer Program or how the training is structured, please contact your County Extension Agent (<http://counties.agrilife.org>)

**Master Wellness Volunteer Program Overview (MWV Online)**

This course will explore the history of the Extension Service; an overview of the Master Wellness Volunteer program; and the importance of reporting activities and hours. It is intended for use as part of the Master Wellness Volunteer Program training offered by Texas A&M AgriLife Extension Service.

[Enroll Now!](#) Credit Hours: 1 hr Course Price: Free Certificate Fee : Free

**Principles of Adult Learning & Working with Groups (MWV Online)**

Working with adult audiences can sometimes be intimidating, especially when educating about health, wellness and lifestyle changes. This course will discuss principles of adult learning, stages of change and group dynamics. It is intended for use as part of the Master Wellness Volunteer Program training offered by Texas A&M AgriLife Extension Service.

[Enroll Now!](#) Credit Hours: 1 hr Course Price: Free Certificate Fee : Free

**MyPlate Suite (MWV Online)**

This course is will provide an introduction to basic nutrition and MyPlate. It is intended for use as part of the Master Wellness Volunteer Program training offered by Texas A&M AgriLife Extension Service.

[Enroll Now!](#) Credit Hours: 1 hr Course Price: Free Certificate Fee : Free



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19 February is Just Around the Corner!




## Master Wellness Volunteer Program Training Syllabus

Master Wellness Volunteer Program Trainees have the opportunity to blend in-person learning with online instruction to help lessen time away from other commitments yet still achieve "Master" designation. If your County Extension Agent (CEA) plans to implement the version which utilizes online learning, you will follow the training syllabus as outlined below.

Courses May Be Accessed at <http://extensiononline.tamu.edu> for additional information about accessing online courses, see *Online Course Instructions*. Please complete the courses in the order they are listed on this syllabus.

**First Session Training Day (In-Person)**

Your County Extension Agent will set the agenda for this training day and provide more information related to its content.

Meeting Date: \_\_\_\_\_

**Foundational Trainings**

Master Wellness Volunteer Program Overview  
Principles of Adult Learning & Working with Groups  
Understanding and Using Health Data

Complete By: \_\_\_\_\_

**Nutrition and Food Safety Trainings**

MyPlate Suite  
Getting the Skinny on Fad Diets & Portion Distortion  
Getting Started with Food Demonstrations  
A Fresh Start to a Healthier You  
Food Safety at Home Suite  
Cooking Foods Safely Suite

Complete By: \_\_\_\_\_

**Health Trainings**

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If It's Not Reported,  
It Didn't Happen





Reporting hours and activities helps share the great work you do and aggregate all the volunteer activities throughout the state. Thank you for your time and attention to this very important program element. If you have questions about how to use this reporting form, please see the demonstration video at <http://youtu.be/GUM8xt5cLEw> or contact your County Extension Agent.

Master Wellness Volunteer Information (This will only be used in the event of a question about activities being reported and to summarize your activities. It will not be shared).

First Initial

Last Name

Please Select Your County, Region and District (Region & District will be automatically determined by County).

County

Region

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## Representing Texas A&M AgriLife Extension Service & Your County

- ▶ Professionalism
  - ▶ Dress and conduct must reflect Agency's philosophy
  - ▶ Educational opportunities and associated education must be appropriate
    - ▶ Impartial
    - ▶ Research-based
    - ▶ Equal opportunity
- ▶ Answering Questions
  - ▶ Think ahead about what questions may be asked
  - ▶ Work with Agent on possible questions and answers.
  - ▶ If in doubt, don't answer. Get contact information, and consult with Agent
    - ▶ "I don't know but I can find out"
  - ▶ Follow-up with an answer



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## Volunteer Opportunities

- ▶ Opportunities may vary, depending on your location, time & interests
  - ▶ Direct education
  - ▶ Community resource
  - ▶ Program support
- ▶ Examples
  - ▶ Walk Across Texas coordination
  - ▶ Food demonstration
  - ▶ Health fair
  - ▶ Group education for a congregate meal site
- ▶ Implement evidenced-based programming through partners
- ▶ Work with Agent to design your own volunteer service plan
  - ▶ Suggestions by volunteers are welcomed and encouraged but must be approved by Agent before implementing



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## What Questions Would You Like to Ask?

<http://agrilife.org/mwv> | mwv@ag.tamu.edu

