**Workshop 5B**

**Unveiling your Best Self--Yes You Can, Yes You Will!**

**Moderator/Panelists:**  
Larry D. McDowell, Family Life and Marriage Program Specialist, ACF Region VI, Dallas, TX

**Presenters:**  
Jennifer Kerpelman, Ph.D., Professor and State Extension Specialist, Human Development and Family Studies, Auburn University, Auburn, AL  
Rozario Slack, Ph.D., DMin, Rozario Slack Enterprises, LLC, Chattanooga, TN  
Nisa Muhammad, Founder and CEO, Wedded Bliss Foundation, Washington, DC

This interactive session emphasized the benefits of positive choices and the impact of choices on goals, career aspirations, self-esteem, relationships and the ability to excel.

Dr. Jennifer Kerpelman discussed “possible selves” - the selves we imagine ourselves becoming in the future, as well as the selves we are afraid we may become. She had the group imagine “hoped for” possible selves and develop strategies for attaining those selves in order to decide what we can do now to move toward our best future self.

The young people were enthusiastic and wanted more information. With the teenagers, Dr. Kerpelman also discussed education, visualizing your possible selves and a possible selves tree. The tree’s roots are people who support teens and help them work toward their possible selves.

Dr. Rozario Slack and Ms. Nisa Muhammad had participants listen to popular songs – both positive and negative message songs – and discuss the messages. The young ladies told the young men why they didn’t appreciate some of the “raunchy” CDs and how those songs made them feel. Everyone liked the idea of pulling apart and discussing the older records. After much discussion, the audience agreed that old and new records have forms of sexual messages and healing in them.

Dr. Slack and Ms. Muhammad also discussed how to determine who you are, who you can be and where you want to go in life. They engaged the audience in talking about how to encourage and appreciate themselves.