

## NCATA Bylaws Revision Underway

Log on to the Members Only portion of the NCATA web site and view our proposed set of new Bylaws! Designed to bring NCATA into the 21st Century, the new bylaws document will combine our old and outdated Constitution and Bylaws documents into one. It will remove inconsistencies and repetitions and make sure NCATA is in compliance with state law.

NCATA members are encouraged to view the proposed document online and send us your feedback – both positive and negative. Do you have any other suggestions? What don't you like about the new Bylaws? What do you love? We will gather all of these comments, review them, and incorporate some into this document. Then, we'll put the next draft on the web site for review. In May, NCATA members will have a chance to approve or disapprove the new Bylaws. You can find detailed information about this process online at [www.teacherassistants.org](http://www.teacherassistants.org).

## Surfin' the Wave of Change!

Change can be negative, but it doesn't have to be. Here are a few tips for turning change into something positive, uplifting and successful!

- **Focus on the "pros" rather than just the "cons":** Too often, we find ourselves focusing on what is bad about a change. It can be as simple as a cancelled movie date. The negative – you don't get to see your friend or you spend the evening alone. The positive – you save \$8 for ticket and even more for the popcorn and drink! You get some down-time to refresh and pamper yourself. Bubble baths are free! Take the time to explore what is GOOD about what just happened.
- **Examine the opportunity for learning:** Change can bring challenge, but it also brings opportunity. Is there something to be learned from this change? What do we know now that we didn't know before? How will that enrich our life and the lives of others we know?
- **Take action!** Change often forces us to take action that ends up being positive in ways we least expect. It is certainly safer and less frightening to keep doing what we've always done, but how can changing things up actually make life better for us and those we love? The quote goes: "If you always do what you've always done, you'll always get what you've always gotten." People who take action find success.
- **Be kind to yourself.** Change is hard and if you want to take a few minutes, hours or even days to pout and feel sorry for yourself, go right ahead!! But know that you deserve better than wallowing in your own sorrow and negative thoughts. When you're ready (and don't take too long), pick yourself up and do something just for you. Something that says "I am a valuable person and I deserve this." Register for a class, buy a book or a smelly soap, reach out to a friend in need. It doesn't have to be complicated or expensive to do the trick.

## Conference Agenda 2010

### Thursday, April 29

4:00pm - 8:00pm Conference Registration  
8:00pm District Meet & Greet

### Friday, April 30

8:00am - 5:00pm Conference Registration  
9:00am - 12:00pm 5-Hour Workshop (I of II)  
9:30am - 11:30pm 2-Hour Workshops (#1)  
11:30am - 1:00pm Lunch - On Your Own  
1:00pm - 3:00pm 2-Hour Workshops (#2)  
5-Hour Workshops (II of II)  
7:00pm Opening Session & Entertainment

### Saturday, May 1

7:00am - 9:00am Conference Registration  
7:45am Breakfast  
9:00am - 10:30am General Session featuring Gary Bradt  
10:45am - 12:45pm 2-Hour Workshops (#3)  
10:45am - 1:00pm 5-Hour Workshops (I of II)  
12:45pm - 2:00pm Lunch - On Your Own  
2:00pm - 4:00pm 2-Hour Workshops (#4)  
2:00pm - 4:45pm 5-Hour Workshops (II of II)  
6:30pm NCATA Banquet

### Sunday, May 2

9:00am Devotional/Closing Session

