

# THE ULTIMATE SPORT OF THE MIND!

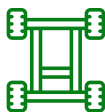
**FIRST® Robotics Competition (FRC)** combines the excitement of sports with the rigors of science and technology. High school students use sophisticated technology to build and program industrial-size robots for a challenging field game. Participants and alumni have access to education and career discovery opportunities, along with connections to scholarships and employers.

**It's a sport where all participants can go pro!**

## FIRST ROBOTICS PROFESSIONAL DEVELOPMENT

To help build experience and confidence, North Carolina educators are invited to participate in a four (4) day **FIRST Robotics Professional Development** workshop. This **hands-on PD** will provide a strong foundation and support system for teaching and mentoring FRC teams in North Carolina. Over the course of the professional development participants will **build**, **wire** and **program** a robot, as well as engage in the following:

### Day 1



- Overview of **FIRST**
- Safety Training
- Mechanical Engineering:  
Building the Robot  
Chassis

### Day 2



- Explore the FRC curriculum
- Electrical Engineering:  
Preparing the Electrical  
Board
- Programming Basics

### Day 3



- Team Structure &  
Organization
- Robot Design:  
Mechanisms
- Prototyping and CAD

### Day 4



- Project Management
- Preparing for a **FIRST**  
Robotics event
- Robot showcase

## DATES & INFORMATION

- Option 1: July 21 - July 24, 2025
- Option 2: July 28 - July 31, 2025
- Daily Hours: 9AM - 4PM
- Location: **FIRST** North Carolina Office, Greensboro, NC
- Cost: Free! Lunch is also provided; participants will need to cover travel expenses
- Provided Items: Notebook full of guidance and resources; XRP robot (one per district) ; a certificate of completion; fun **FIRST** swag!

To register, please complete the form here:

<https://firstnorthcarolina.formstack.com/forms/fncfrcpd2025>



Or scan to register!



PRESENTED BY **HAA5**

## BEYOND THE PD

- Prepare a team for an FRC Off-season event (Fall 2025)
- Learn about the 2026 FRC Kick-off & the launch of the REBUILT Season (1/10/26)
- Workshops and Team PD opportunities
- Explore how to earn Micro-credentials
- Lots of resources and a great community to support!

# FRC IMPACT IN NORTH CAROLINA\*

## FUTURE PLANS

After participating in FRC, students said they were more interested in **taking upper-level STEM courses** and in **pursuing a STEM career**.

FRC students said they plan to ...



... take STEM elective classes. **(78%)**



... pursue a four-year college degree. **(71%)**



... take challenging science courses. **(60%)**

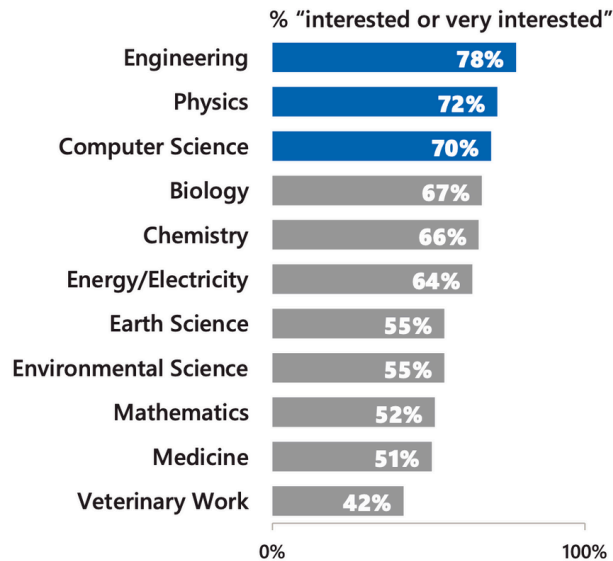


... take challenging math courses. **(48%)**



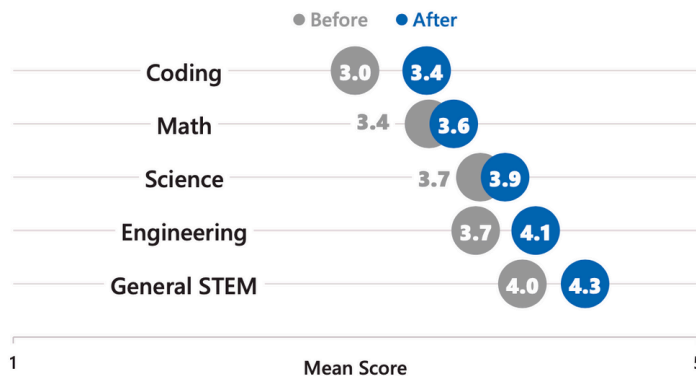
... take computer science courses. **(44%)**

The most popular career fields were **engineering, physics, and computer science**.



## ATTITUDES TOWARD STEM

FRC students **demonstrated significant gains in self-efficacy and confidence** for all STEM subject areas from the beginning to the end of the program.



# 93%

of students said they **enjoyed** participating in FRC.

# 90%

of students said STEM is **really important** to the world.

The survey was adapted from the S-STEM (Friday Center for Educational Innovation, 2012) and the ESCAS (Mason & Rich, 2020). Each subscale score ranged from 1 (lowest) to 5 (highest). All subscale increases shown above were statistically significant ( $p < .01$ ).

\*Full impact report available upon request: [info@firstnorthcarolina.org](mailto:info@firstnorthcarolina.org)

National FIRST Impact data can be found: [www.firstinspires.org/about/impact](http://www.firstinspires.org/about/impact)

## Questions? We are always here to support you:

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**FIRST is a robotics community that prepares young people for the future.**

FIRST is the world's leading youth-serving nonprofit advancing STEM education. Through a suite of inclusive, team-based robotics programs for ages 4-18, FIRST has a proven impact on learning, interest, and skill-building inside and outside of the classroom, creating the people who will change the world – today and tomorrow.

Learn more about FIRST - [www.firstinspires.org](http://www.firstinspires.org)  
Learn more about FIRST North Carolina - [www.firstnorthcarolina.org](http://www.firstnorthcarolina.org)