

## Voyage to Greatness 2009 Conference Workshop Descriptions

### **T-1, W-1, R-1 Operation: Military Kids**

Do you know the issues military kids face throughout the deployment cycle? Discover how deployment affects military kids and their families and what coping skills are needed. Brainstorm ideas on how your community can support military kids and families.

### **T-2, W-2, R-2 What Are YOU Looking at?**

Visual information is everywhere - television, computers, signs, symbols, books, magazines, movies to name a few. Discover the message that each work of art in ISU's Art on Campus Collection is communicating. All people do not "see the same things" when looking at a visual image, but what you get is what you see.

### **T-3, W-3, R-3 CSI" Museums!**

This workshop will allow sleuths of all levels to develop their observation techniques. Join us to go beneath the surface of a regular museum visit and help solve real "museum mysteries" using some special tools, some every day knowledge, and a lot of hands-on fun!

### **T-4, W-4, R-4 Food "Sense"ation!**

Become a food scientist for a day, and use your senses to evaluate food products. Explore how the 5 senses impact the acceptance or rejection of various foods. Discover the sensational careers available in food science, nutrition, and dietetics!

### **T-5, W-5, R-5 Careers in Natural Resources**

Explore the many careers available in the field of natural resources. If you're interested in animals, ecosystems, land management, watersheds, trees, fisheries, and environmental topics, this is the workshop for you.

### **T-6, W-6, R-6 Web 2.0 - The Big App on Campus**

Gain an understanding of a variety of new and emerging technologies and their application to the online learning environment. This workshop focuses on identifying principles of good practice in application and will allow participants to provide insight for the new 4-H website.

### **T-7, W-7, R-7 Hands-on Voyage to Becoming a Veterinarian**

Explore general techniques that are needed by veterinarians while learning the parts to a basic physical exam and bandaging techniques. Visiting three labs at the Vet School will give you a small window into this exciting field.

### **T-8, W-8, R-8 Curds & Whey - An Investigation into Cheese and Tofu Processing**

Investigate 'cheese' products made from cow milk and soy milk through sensory and chemical experiments. Determine which ingredients cause milk to form a curd and the part protein plays in the process. Learn about the role of science in the food industry while conducting analyses that are typical in today's food industry.

### **T-9 Be Great - Be a Knitter!**

Have you ever wanted to learn how to knit? Get a set of needles and yarn needed to learn the basic skills in knitting - casting on, garter stitch, and binding off. **(Cost is \$10 payable at workshop and includes needles and yarn.)**

### **T-10 Experience the Des Moines Art Center**

Travel to the Des Moines Art Center by bus to experience and engage with contemporary art found in the Art Center's permanent collections. Take an interactive tour, and create a work of art that focuses on, and is inspired by, artwork in the museum.

### **T-11 Discovering the Functions and Fun in the Fungi**

This workshop will introduce you to the diversity, ecological roles, human uses and harmful effects of fungi. Use hand lenses and dissecting microscopes for hands-on observation of fresh and dry specimens. Demonstrations of the uses of fungi in food preparation (natural sodas, blue cheese, and bread) will also be given

### **T-12, W-12 Farming for Fun and Profit**

Put together a simple farm business plan and see its results immediately. Discover how computer budgeting programs can impact the decision-making process.

### **T-13, W-13 Cy Ride Scavenger Hunt**

Have you thought about how to get around Ames when you go to college? Experience map reading, and ride different route schedules while you use teamwork and decision-making skills.

### **T-14, R-14 Let's Play a Game - You Set the Price to Achieve "Greatness" in Business**

Engage in a hands-on activity where you will be asked to role play marketing managers of a business firm responsible for establishing the price of the product the company is selling.

### **W-15 Journey into Advanced Knitting...**

Do you like to knit? Are you nervous about using double pointed needles or reading a pattern? Learn how to knit a simple gift bag - perfect for gift cards. **(Cost is \$12 payable at workshop and includes set of double pointed needles, yarn needle, and yarn.)**

### **W-16 Assemblage Art**

Recreate works of art via mixed media. Hands-on activities will allow participants to create your own art pieces.

### **W-17 Design and Build a Bridge**

If you want to experience real life designing or building, attend this hands-on session and design your own bridge and test it - just like in the real world!

### **W-18, R-18 Agricultural Entrepreneurship - Innovation and Creation**

How does entrepreneurship relate to you? Discover what is involved in being a successful entrepreneur and how it relates to agriculture.

### **W-19, R-19 American Inventor...American Entrepreneur**

Discover what is involved in being a successful entrepreneur and how it relates to agriculture. "Invent" a new product idea, and then learn the process of turning it into an income-generating venture. Prizes are awarded for the best ideas.

### **W-20, R-20 Become a Great Teacher at Iowa State University!**

Considering teaching as a career? Hands-on activities will introduce interested youth to the profession, and fun activities will enhance communication as a critical skill for teachers.

### **T-21, R-21 How to Succeed in College**

This workshop is for high school upperclassmen (juniors and seniors). It offers tips for you to make the transition from high school to college and what practices and habits will help you be successful. Discover how valuable a college education can be and what it will mean to your future.

**T-22, R-22 Money Management**

Do you know how to manage your money? This workshop will introduce you to successful methods of handling your finances now in high school and later in college. Topics include budgeting, credit cards, checking accounts, and more.

**T-23, W-23 Athletic Training - Healthcare for Life and Sport**

Want to be an athletic trainer? Get an introduction to the profession of athletic training, and tour the ISU facilities. Discover the importance of this profession within the sporting world.

**W-24, R-24 Voyage to the Campfire**

Do you ever yearn for more than s'mores around a campfire? Learn techniques for outdoor cooking with charcoal...including dutch ovens, pie irons, and good old aluminum foil. Come hungry...you'll be eating what you cook!

**T-25 Study Abroad**

Ever thought of studying abroad as a part of your college education? Learn about study opportunities overseas, the benefits to studying abroad in college, and the different types of programs that participate in this exciting opportunity.

**T-26, W-26, R-26 How the 4-H Foundation Can Help You**

How will you finance your college education? Discover what scholarships and special grants are available through the 4-H Foundation and what is involved in the application process.

**T-27 A Voyage into Great Pork**

Pork consumers of the world: you'll eat up this tasty workshop designed to help you make the best choices when purchasing pork in grocery stores and restaurants. Learn how to select the best fresh pork, how to make economical decisions when buying fresh and processed products, the types of processed pork available, and how some processing is done. Be ready for hands-on activities related to selecting fresh pork products.

**W-28 Voyage of Your Senses - Taste Your Food**

Learn how hearing, smell, sight, touch, and -- yes -- taste combine together to give you "an eating experience." Explore how senses and perceptions affect your evaluation of taste and preference of food products. Hands-on activities, including a pork sensory evaluation, will illustrate your taste and sensory preferences. Tour the ISU food sensory lab and facilities and learn about product creation, testing and evaluation opportunities available on campus.

**R-29 A Voyage into the Marvelous Pig**

Ever wonder why pigs act and react in a certain way? You don't need to live on a farm, have a swine project, or even have seen a live pig to participate in this workshop. At the end of the session, you'll know why pigs behave as they do and realize how marvelous the pig really is!

**T-30, W-30, R-30 Social Dance Fun with an International Theme**

This workshop highlights social dances around the world, showing how other countries have a good time through this activity.

**T-31, W-31, R-31 Physical Activity Monitoring with Pedometers**

Physical fitness ISU style. Get some exercise and in the process wear a pedometer to learn how to track and record activity. You'll learn the benefits of physical activity while participating in this invigorating experience!

**T-32, W-32, R-32 E-TEC (Engineering Talent in Every County) - Voyage into Engineering with a Scholarship in Hand!**

Explore the fascinating world of engineering! Learn about engineering as a career option , and get the scoop on a \$500 scholarship that you could qualify for! .

**W-33, R-33 VARKing to Succeed!**

Determine your personal learning style and characteristics for the one you prefer. Discover the role your learning style plays in team building and how to make them work for you as you study, sit in class, and organize activities with your friends.

**R-34 A World of Opportunities**

Do you want to live, work, study or travel abroad? This workshop will provide tips on becoming more culturally competent and give travel and safety tips from a former 4-H'er who has traveled to over 60 countries on 6 continents.

**W-35, R-35 Television Studio Production - a Hands-On Experience**

Considering a career in television broadcasting? ISU Extension video professionals will explain and demonstrate various types of equipment in this workshop that will introduce you to the exciting world of live TV production. Then get the opportunity to use this equipment to produce a brief "live" TV show.

**W-36, R-36 Conference Choir (IF W-36 IS SELECTED, R-36 MUST BE SELECTED)**

If you like to sing, this double workshop is the place for you. On Wednesday and Thursday, you'll work with other delegates and an experienced choir director to put together songs to then perform for the entire delegation at the closing ceremony.

**T-37 The Whole Tooth and Nothing but the Tooth**

Of course, animals have teeth - but how much do you really know? This workshop will go into various aspects of animal dentistry and would be beneficial in the future, whether you like animals or intend to become a veterinarian.

**T-38, W-38, R-38 Good Shopping, Shopping for Good**

Look at different shopping venues, from the mall to at home on the computer, from Saks Fifth Avenue to the Salvation Army, from the latest designs to vintage finds. How do we make decisions about what we buy, and what impact does our consumerism have on the rest of the world? Explore fair prices for your budget and fair trade on a global scale.

**T-39 Glassblowing Demonstration/Solar Car**

Engineering - boring, not creative...hardly! Check out glassblowing, and see the materials science engineering behind this cool art form. In the other half of the workshop, check out ISU's solar car - see how racing takes different forms.