Continuous workshops – MUST select all days.

**Hands-on History: Exploring the Archival Profession – T-1, W-1, R-1 (This is a continuous workshop, must select all 3 days.)**

Day 1 will include an introduction to the archival profession, the policies & procedures in place to protect materials in Special Collections & University Archives, instruction on handling fragile historical materials, a tour of the department's facilities, and an activity to break the ice and get the attendees excited about primary source materials. The second day the participants will work in pairs to conduct research in pre-selected boxes of material and will evaluate which items they want to select for their presentation on day 3. The archivists will provide guidelines on exhibition best practices. On day 3, each group will give a brief presentation to the rest of the workshop participants of the items they selected for their exhibition and explain how those items relate to an overall theme for the exhibit. After each presentation there will be a short Q & A period facilitated by the archivists.

**Photography – T-2, W-2, R-2 (This is a continuous workshop, must select all 3 days.)**

Learn and apply the digital photography basics. Document the event. Choose a few digital photographs to turn into alternative photography cyanotype fine art prints. Select digital and fine art cyanotype photography to present at the conference.

**Camera Corps – T-3, W-3, R-3 (This is a continuous workshop, must select all 3 days.)**

Learn photography tips and best practices for capturing engaging action spots and put them to work. In this 3-day session, you’ll learn photo skills and be responsible for covering the conference with your camera, and put the closing session slide show together during your final workshop. Please bring a digital camera with you.

**Nutrients in Surface Water – T-4, W-4 (This is a continuous workshop, must select both days.)**

This workshop will address the nutrient elements nitrogen and phosphorus, and how elevated concentrations in surface waters affect environment and ecology. We will measure nutrient concentrations in surface water around campus (i.e. streams on and around campus), and discuss the sources for these elements in the environment on the first day, and the impact they have on lake sediments, and downstream reservoirs (i.e. Gulf of Mexico). On the second day, we will collect and count benthic invertebrates as monitors of stream health.

**Building a “Pop-Up Museum” – T-5, W-5 (This is a continuous workshop, must select both days.)**

This workshop will focus on the history of 4-H in Iowa (particularly in Central Iowa). Participants will spend the first day's session working together in teams to create a museum exhibit chronicling the significance of 4-H to young people and local communities. The second day's session will have participants present their exhibit to a public audience at the Ames Public Library. Dr. Mark Barron, a public historian in the Department of History, will supervise and work with the participants to complete the exhibit.

**Beyond Herds and Crops – T-6, W-6 (This is a continuous workshop, must select both days.)**

Explore a breadth of career opportunities in the field of Agriculture, with a look into the many types of people and jobs that feed the world. Visit the Horticulture Research Station too.

**Conference Choir – W-7, R-7 (This is a continuous workshop, must select both days.)**

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.
One-day workshops.

Leadership in a Diverse World: Military Leadership Development for All – T-8, W-8, R-8
This workshop will highlight the ROTC leadership development program and give realistic applications and lessons that can be applied in all walks of life as a way to "start your future here". Participants will learn how to assess leadership attributes both personally and collectively in order to best utilize the skills within a team. Participants will learn how to be more agile and adaptive leaders, which are both critical attributes to any individual who wants to learn more about leadership but most useful for high school students. Participants will partake in small group discussion led by ROTC cadets as well as a hands-on leadership challenge.

Entrepreneur for a Day – T-9, W-9, R-9
How many playdough products can you sell? Get ready to work with a team to develop, build, and sell playdough products during this interactive session exploring the many opportunities in business! This session will introduce you to the areas of entrepreneurship, marketing, accounting, and supply chain management through the hands-on creation of a business plan and playdough products.

Ballroom Dancing – Waltz & Rumba – T-10
This interactive dance session will have you moving as you learn 2 popular ballroom dance steps. You’ll be dancing with the stars by the end of the session.

Ballroom Dancing – Tango & Cha-Cha – W-10
This interactive dance session will have you moving as you learn 2 popular ballroom dance steps. You’ll be dancing with the stars by the end of the session.

Ballroom Dancing – Foxtrot & Swing – R-10
This interactive dance session will have you moving as you learn 2 popular ballroom dance steps. You’ll be dancing with the stars by the end of the session.

Dance, Dance, Dance – T-11, W-11, R-11
Get up and move! Participants will be asked to "get up to move and groove" with traditional social dance as we explore through moving how dance can be helpful to a healthy lifestyle. Warm up with the Brain Dance to connect mind and body. Then continue to enhance the physical as well as the mental with salsa, swing dance, tango, line dance, and a bit of hip hop. Leave with hands-on knowledge of how beneficial dance can be to you for a lifetime. From cradle to grave, dance helps you stay connected. Find your way to dance, dance, dance!

To Resiliency and Beyond! – T-12, W-12, R-12
Resiliency? What's that? Sounds boring...what's the next workshop? Wait! No one ever promised life would be easy. When you understand how to overcome obstacles in life, you will be successful in whatever your future holds. In this workshop, participants will learn what it means to be resilient, why resiliency matters and how to build resiliency within themselves. As one of history's greatest psychiatrists, Carl Jung once said, "I am not what happened to me, I am what I choose to become." Learn what he meant in this exciting workshop!

Mindful Communication: Let's Nix the Golden Rule! – T-13, W-13, R-13
Most of us have been taught the lesson of treating others the way WE would like to be treated...the "Golden Rule". But maybe a better lesson would be to treat others the way THEY would like to be treated! In this workshop we'll use a version of the COL-ORS personality assessment tool. We'll cover the four personality types and talk about primary motivators, stressors and intentions in ourselves as well as others. The presentation uses activities and contemporary references to illustrate the Colors differing personalities, and how to adapt their communication and interaction styles to meet the other person "where they live".

Medical Student 101 – T-14, W-14, R-14
Current UI Carver College of Medicine medical students will engage 4-H students in hands-on activities to experience "a day in the life" of a medical student. Students will have the opportunity to hear personal stories and advice from medical students while asking questions they have about medical school. Students will then breakout into activities learning basic physical exam skills such as how to find a pulse, heart rate, blood pressure, and more. Students will also diagnose a patient through an interactive case-study activity.
The Basics of Beekeeping – T-15, W-15, R-15
A fun and interactive look into beekeeping. This interesting trade can be a hobby or a business and this workshop will show delegates some of the basic elements of beekeeping.

#Adulting – T-16, R-16
Prepare for life beyond the family nest. Practice skills that can save you time and money and make you better prepared as you venture into "adulting".

Farming for Fun and Profit – T-17, R-17
In this interactive workshop, students will work in teams to try to maximize their farm profits by choosing the best mix of crops and livestock for the farm.

Archery – T-45, R-45
Youth interested in learning how to shoot archery should check out this program from Iowa 4-H Safety and Education in Shooting Sports (SESS). Youth will learn about range lines and safety areas, identify the parts of a bow and arrow, demonstrate the steps of shooting, learn the proper range commands using whistles and shoot arrows. You will learn safety and shooting techniques in archery as well as expand your experiences in healthy living by learning about eye dominance and why it is important in archery shooting and leadership as you become a role model for others by assisting other youth.

Start Your Mapping Adventure Here – T-18
Geographic Information Systems (GIS) is a tool that can give almost any student an additional competitive edge. In this workshop, we will use GIS to observe changes in the Iowa State campus and our hometowns across Iowa over time as well as explore topics relating to social studies and science.

The Marshmallow Challenge: Team Bonding and Building – T-19
Participants will be challenged to create the tallest, freestanding structure using 1 yd of tape, 1 yd of string, 20 pieces of uncooked spaghetti, and 1 marshmallow. The structure must remain standing with no support with the marshmallow on top. Following the activity students will discuss how their ideas developed, how well communication was received, and how this relates to challenging the process.

What does it take to care for athletic fields? – T-20
Ever wonder how those football and baseball fields on television are cared for and look so perfect? This workshop will teach the participants about what it takes to make those fields look so good. It will also teach them about careers in athletic field management and skills needed to be successful athletic field managers. Finally, they will paint logos and an athletic field, just like it is game-day.

GSI: Germ Scene Investigation – T-21
How important is hand washing? Work in teams to use a tool kit and investigate a Germ Scene to discover what causes contamination and present the findings during a mock “press conference.”

Cruzando las fronteras – Crossing Borders – T-22
Join us for a mini tour of campus to view the Border Crossing sculpture by Luiz Jimenez. Youth will reflect upon the significance of the statue and then create their own sculptures to represent their experiences, too.

Incorporating Recreation at Club Gatherings – T-23
Play the 4-H Noodle Knowledge game and other games that are suitable for 4-H groups.

Campus/Residence Hall Tour – T-24, W-24
Thinking about or planning to attend ISU? Enjoy a walking tour around the Iowa State campus with a current student. The tour will include the Union Drive neighborhood and Friley and Eaton Residence Halls, in addition to educational buildings on campus.

What’s in a Color? Discover the Meaning of Your True Color – T-25, W-25
Youth will participate in a color/personality assessment and explore careers closely aligned based on the results of the assessment. Youth will spend time developing a plan to achieve career goals and understanding their leadership traits.
Mathematical Card Magic – T-26, W-26
Come and learn some exciting card tricks that only require basic arithmetic to perform. After this workshop, and some practice, you will start your future as a mathemagician.

Students will participate in a variety of improvisational theatre exercises focused on developing self-awareness, problem-solving, and collaboration as well as improving collaborative skills.

Art on Campus Scavenger Hunt – T-28, R-28
Session attendees will begin with a short orientation to the campus map and an introduction to a short list of preselected art objects that can be found on campus. They will also be provided a copy of "Design: Exploring the Elements and Principles" publication (4h 0634). Attendees will be split into small groups and explore campus to locate as many of these art objects as they can in the time allotted and to record a missing piece of information about that object found only at that location. The teams will also be asked to identify one element of design and one principle of design that were used in the creation of that art object.

Scholarships to Internships: Fighting Hunger through the World Food Prize – T-29, W-29
1 in 8 people in our world today do not have enough food to eat. What can you do about it? Find a solution! We'll give you the tools to become the next leading policy maker, scientist, activist, or CEO to solve world hunger! Our team will guide you through a hands-on experience that gives a glimpse into the life-threatening challenges families face across the globe, just to provide nutritious food for their families. Students will also learn about scholarship and paid professional development opportunities available in the U.S. and abroad through the World Food Prize Wallace-Carver Fellowship Program and the Borlaug-Ruan International Internship Program.

FIRST Robotics Competition (FRC) – T-30, W-30
This workshop will review all the aspects of running an FRC team from getting started in the fall to building the robot in January/February and competition events in March/April. The presentation will include showing an FRC robot from a previous season.

What’s in Your Lunch? – W-31
Following an introduction and overview of the Joan Bice Underwood Tearoom which serves as the Quantity Food Production Laboratory, attendees will hear a short overview about healthy content for sack lunches and safety issues associated with preparation and holding. Next, the group will form teams to analyze creation of a sack lunch through an activity that includes facilitated discussion about food ingredients and storage locations/time. The Extension publication PM 3026 will serve as resource and guide during the activity.

Plant Pathology 101: Do you have what it takes to be a plant doctor? – W-32
Discover what it takes to be a plant doctor. During this workshop 4-H'ers will learn the basics about plant diseases, how to investigate and diagnose diseases with signs and symptoms, learn the disease triangle, and the impact diseases have on crop (or vegetable) production. The session will include a hands-on demonstration/activity looking at diseases and learning different methods plant doctors have to id diseases. 4-H'ers will even learn about new technologies that are available to help id diseases out in the field.

Pigs and Pork Products: Starting with the End in Mind – W-33
We'll start at the beginning to help you learn about fresh and processed pork products and how to recognize high quality items. Whether fresh or processed, a pork product's quality depends on several factors. From live animal handling to care during harvest and processing, find out how all of this influences a product's taste. Take a tour of the ISU Meat Lab and try your hand at identifying some pork products. Oh, and be ready for some taste testing.

Some Fun Pricing Games are in Your Future! – W-34, R-34
Become a better buyer and seller! Teams will compete against each other while playing two "pricing games".

Future Veterinarians Wanted! – W-35, R-35
Tour Iowa State University's Lloyd Veterinary Medical Center. Participants will get a glimpse into veterinary medicine with stops in our small and large animal hospitals. Youth will be able to talk with our Dermatologist, investigate our Clinical Skills Lab, and learn more about large animal medicine.
Start Your Open Street Map Adventure Here – W-36, R-36
This workshop introduces participants to Open Street Map online mapping tools which are used to create map information for humanitarian projects around the world. Many areas experiencing droughts, floods or public health issues do not have good base maps needed by aid workers. Participants will learn the basics of creating roads, buildings and other map features using the online, web-based tools for a small Iowa city. They will also help map an international humanitarian project.

Marketing Yourself – Resume Writing 101 – W-37, R-37
Tight job market have you worried? Do you feel as if you have nothing relevant to present on your resume? Get a jump on your competition by developing a resume that effectively “sells” you to potential employers. Learn what employers really want to see and what they don’t need on this important document: objectives/goals, target audience, subject matter covered and methods used (computer, panel, tour, hands-on).

Preparing For a Future in Global Food and Agriculture – W-38, R-38
Have you dreamed of working globally? Want a glimpse into what people are currently doing abroad and locally to affect the world? Where will your passion take you and how are you going to get there?

Nutrition for Active Lifestyles – W-39, R-39
Participants will discuss ways to make healthy food choices while maintaining an active lifestyle. Through interaction and hands-on activities, participants will learn tips for eating well and staying hydrated even when pressed for time.

Tour: Horticulture Research Station – R-40
Take a ride on a people mover around the scenic Horticulture Research Station and learn about the latest in horticulture research and management practices. Students will learn about projects on apples, grapes, strawberries, and vegetable crops including tomatoes, melons, and winter squash. Visitors will also learn about ornamental crops including turf grass, shade trees, and flowering crabs. In addition, we will discuss wildlife ecology projects involving turtles, fish, and tree swallows.

Why Teach? An Introduction to Social Studies and Agricultural Education – R-41
This workshop will provide outreach to Iowa high school students who may be considering a career in education. Social studies is ISU's largest secondary education program and Agricultural education related to many students participating in the 4-H conference. We will explain the benefits of ISU's programs and give prospective students an opportunity to ask questions as they begin to play their futures.

Culinary Food Science Boot Camp – R-42
Students will be immersed into the Culinary Food Science World in this session. They will receive a tour of the food labs, hear about the Products Development course and have a chance to hone their knife skills with a salsa making activity.

Basics of Floral Designing – R-43
Are you interested in learning the basics behind floral designing? This workshop may be the one for you. The basics behind how to care for flowers as a producer and a consumer, and the skills it takes to make a simple hand tied bouquet. By the end of the workshop, you will be a floral designing pro and have your own bouquet!

Healthy Living – R-44