

**Dare to Discover**  
**2015 Conference Workshop Descriptions**

**Continuous workshops – MUST select all days.**

**T-2, W-2, R-2 The Nature of Design (This is a continuous workshop, must select all 3 days.)**

Explore the plants seen in Reiman Gardens. Participation in this workshop will give you the opportunity to identify design principles, create new designs, work with a team, communicate your thoughts and ideas, and develop critical thinking and design thinking skills.

**T-3, W-3, R-3 Activate Your Global Citizenship (This is a continuous workshop, must select all 3 days.)**

Global citizenship is as close by as the local grocery store, library, and highway or high school. Join other youth to talk about world issue and global situations. Explore language, family traditions, culture, global connectedness, genealogy, and concern of other young people. Discover how you can make a difference in your community and your world.

**T-4, W-4, R-4 Science Illustration and Understanding Science through Observation & Drawing (This is a continuous workshop, must select all 3 days.)**

Science illustration is the fusion of art and science. If you enjoy a love of science and art and have a passion to teach others about it, then this is the workshop for you. Participants will gain experience in drawing scientific subject matter from direct observation of botanical subject matter and apply their skills on the second and third days of the workshop.

**W-13, R-13 Conference Choir (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.

**T-23, W-23, R-23 Food & Fitness Fun: Integrating Healthy Living into our Clubs and Communities (This is a continuous workshop, must select all 3 days.)**

This workshop will focus on learning about the Healthy Living program priority, covering the different facets of wellness. This program is for passionate minds who want to learn how to lead healthier lifestyles and how to spread that awareness to others in their communities. We will assess needs in our state and our communities and dare to discover the steps it takes to create change. This will be an interactive workshop; creating healthy snacks as we learn about eating healthy, and taking advantage of the outdoors when promoting physical activity. We will also learn of ways to incorporate healthy living into our 4-H clubs and future projects.

**T-28, W-28, R-28 Conference Camera Corps (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.

**T-29, W-29, R-29 From Passion to Community Action (This is a continuous workshop, must select all 3 days.)**

\*Iowa S3 Leadership team participants should talk to their local schools for Scholarship support to attend. Discover what gives you energy, how to transfer your energy to change, and then persuade others to join you in creating that change. Participate in three workshops to realize your passion, and meet youth that channeled their passion into action. Build skills that help you communicate so adults and your peers will take you seriously. People have numerous interests, but what's your real passion?

**T-33, W-33, R-33 Entrepreneur for a Day - E4D (IF T-33 IS SELECTED, W-33 AND R-33 MUST BE SELECTED) This is a continuous workshop for all 3 days.**

Unique hands-on learning experience. Students ranging anywhere from 9-12th grades will have the opportunity to be an entrepreneur, and experience a real life "Shark Tank"! This session will span over the course of three days. Day one: Students will meet team members and engage in team building activities while learning what it takes to create and establish a business. Day two: Students will work in their teams using business concepts from the previous day to establish a sales pitch and product that will be presented in front of a committee. Day three: Students will continue to work in teams to prep their final products for committee presentation. Wrapping up the day students will present their final products to a committee where judging will take place.

## **One-day workshops.**

### **T-1, W-1, R-1 Fun with Tiling**

From roofs to floors to subways, tilings are everywhere, and mathematics is behind the decorative designs. Come and investigate the number of ways to tile, patterns in tiling, and why certain tilings are just not possible. Along the way, explore puzzles, logic, and have fun with tiling!

### **T-5, W-5, R-5 “Discover” the Keys to Healthy Relationships**

Discover the keys to building a healthy relationship! Develop positive relationship qualities through learning effective communication skills, how to respect each other’s privacy in our social media driven world, and practice setting personal boundaries.

### **T-6, W-6, R-6 Discover the heart of Iowa State University College of Agriculture and Life Sciences**

This workshop will introduce you to parts of the nation’s largest collection of public works of art on a collegiate campus. Discuss how art has been used to beautify as well as resonate with those who inhabit those spaces. After taking a tour of the public art in Curtiss Hall, you’ll discuss and debate as to how effective three major artists were in representing their experiences in agriculture.

### **T-7, W-7, R-7 Being Green: Making What You Need with Plants!**

Explore how carbon is central to much of our life, supplying food, fuel, fiber, and more. Play the C6 Game, and test your carbon knowledge while exploring the chemistry and engineering behind the products in the petroleum industry that could boost Iowa’s economy.

### **T-8, W-8 GSI: Germ Scene Investigation**

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.”

### **T-9, W-9 Campus/Residence Hall Tour**

Thinking about or planning to attend ISU? Enjoy a walking tour around the Iowa State campus with a current student. The tour will continue to the Union Drive neighborhood to tour Friley and Eaton Residence Halls.

### **T-10, W-10 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.

### **W-11 Tour: Horticulture Research Station**

Take a ride on a people mover around the scenic Horticulture Research Station, and learn about the latest in horticulture research and management practices. Learn about projects with apples, grapes, and strawberries; vegetable crops including tomatoes, melons, and winter squash; and ornamental crops including turf grass, roses, hydrangeas, shade trees and flowering crabs as well. Wildlife ecology projects involving turtles, fish and tree swallows will also be discussed.

### **W-12 Have You Ever Heard of Linguistics?**

What is language all about? Is it human interaction and communication or grammar and pronunciation or learning a second (or third) language? This workshop will use interesting hands-on activities like language games and puzzles to give you a better understanding of what linguistics involves and how language works.

### **W-14, R-14 Creating Your Own Path to Success - Entrepreneurship in Agriculture**

How are entrepreneurship and agriculture connected? Discover the answers through two hands-on activities to demonstrate both creativity and innovation.

### **W-15, R-15 Dare to Play a Pricing Game**

Engage in a hands-on team activity where you will play a version of the “Price is Right” game and role play members of a firm’s marketing team who are responsible for setting the price of a product sold by the firm. Team members who do the ‘best’ will win a prize.

### **W-16, R-16 Athletic Training - Healthcare for Life and Sport**

Want to work in sports medicine or be an athletic trainer? Get an introduction to the profession of athletic training, opportunities for employment, the course of study at ISU, and tour the ISU facilities. Discover the importance of this profession within the sporting world.

**R-17 Iowa One Call Excavation Safety and Damage Prevention -**

In 2012 there were two major gas pipelines hit in Iowa that caused huge explosions, injuries, cost thousands of dollars, and destroyed land. Could these accidents have been prevented? Working with an interactive board will show the importance of excavation safety and damage prevention.

**R-18 Outwit, Outlast, Outplay - Surviving in Medicine**

If you are interested in pursuing a career in the medical or health field, this workshop will uncover the leadership roles and responsibilities of this profession and the skillsets are needed to succeed. Work in teams to take simple tasks and experience what it means to race against the clock.

**R-19 Pigs “R” You - How Alike We Are**

Do we treat our livestock with respect or just as a commodity? This hands-on workshop will focus on animal welfare and handling techniques. Small groups will take turns moving pigs, observing those moving the pigs, and offering comments and suggestions on various equipment usage. Remember to wear proper attire, including closed-toe shoes, for safety.

**T-20, W-20 Finding the Best Pork: What You Need to Know**

Whether fresh (think pork loin and ground pork) or processed (think bacon, sausage, and ham), 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. Tour the ISU Meat Lab, and try your hand at identifying some pork products. Oh, and be ready for some taste testing.

**T-21, W-21, R-21 Discover the Dance in You**

Join an action packed overview of the diverse world of social dance - from partner dancing of all types to creating your own line dance.

**T-22, W-22, R-22 Discover the OSM World of Mapping**

This workshop introduces participants to Open Street Map (OSM – pronounced “awesome”) 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. They will also use the tasking manager to find humanitarian projects in need of mappers.

**W-24, R-24 Marketing Yourself**

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).

**T-25 Mindful Communication: Let's Nix the Golden Rule!**

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 COLORS personality assessment tool. We'll cover the four personality types and talk about primary motivators, stressors and intentions in ourselves as well as others. With this knowledge, participants will discover how they can modify the way they speak and act (and even react) in order to be understood and to understand others more effectively, even when very different perspectives are involved.

**TWR-26 Mathematics of Juggling**

Learn about patterns and how mathematics can find new patterns in ancient arts. Oh, and we also juggle!

**T-27, W-27, R-27 Comedy Junior College**

Humor is an important tool to use when interacting with bosses, coworkers, and customers. It can improve your ability to focus attention and interest on what you say, it can diffuse tension in negotiations, it can help break the ice with people you meet, and it can improve your public speaking. Successful jokes require two elements – a finely edited idea that uses one or more joke types, and a confident and likeable delivery. Joke styles, joke editing, and joke delivery are all skills that can be learned to be funnier.

**T-30, W-30, R-30 Explore the Prairie**

Participants will learn about one of Iowa's residual natural treasures. Conference participants will visit a high-quality native prairie and learn the importance and beauty of the tallgrass prairie. Doolittle prairie is a county maintained State Preserve near Story City in the bed of glacial lake Story. During the session we will explore plant and animal communities (including *Formica montana*, prairie mound-building ants) and may even see a coyote or badger. We will also learn about types of prairies and will share a few stories about pioneer times in Iowa. Remember, every day is different and special on the prairie.

**T-31, W-31 Career Opportunities in Horticulture – Why the Green Industry is an Awesome Area to Work!**

This session will introduce the amazing career opportunities in the Horticulture field (aka: the Green Industry) and give you the opportunity to see, in-person what these types of jobs entail by touring the various areas of Reiman Gardens. Youth will get to see the Conservatory and Production Greenhouses to understand career opportunities in greenhouse production; the Town & Country Garden to see career opportunities in Nursery and Landscape Management; the Rose Garden to understand career opportunities in research, plant breeding and science careers related to horticulture; get a close look at the turf and irrigation system to see opportunities in turf grass management; tour the Home Production Garden to learn more about jobs in fruit and vegetable production; and tour the Children's Garden to understand career opportunities in public gardens. You will learn more about plants and gardening while seeing first hand the plants, workers, and technology associated with these career options.

**T-32, W-32 Mathematics of Sharing**

How does a group of 4 friends divide a pile of candy so everyone has a fair share? If you and a number of friends were to divide the Iowa State Fairgrounds amongst yourselves how could this be done so that all have a 'fair share?' In this workshop we will examine multiple methods of 'fair division.' We will learn how to share something by a set of parties in a way that ensures each party receives a fair share. Division has never been so much fun and fair!

**T-34, R-34 4-H Yoga**

Yoga is a great way to engage in physical activity that helps improve flexibility, balance and strength. Attendees will learn about yoga and the new 4-H Yoga for Kids program, as well as practice some breathing exercises and poses used in the program.

**W-35 Creating a Garden Room**

Learn about the basics of landscape design by discussing how a floor, walls and ceiling create space outdoors. Each person will leave with their own mini-garden room.

**T-36 Archery**

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.

**T-37 Discover Opportunities Beyond the County**

Learn about statewide and national 4-H trips and opportunities from 4-Hers who've participated. They'll share with you how to successfully apply and tell you about the highlights of the experiences. You can go to Atlanta and Washington, DC and meet people from all over the country through 4-H—come and learn how!

**T-38 FarmHer: Updating the Image of a Farmer through Photography**

This workshop will use a display of images, taken by FarmHer photographer Marji Guyler-Alaniz, to show how the image of a farmer is outdated, and how, through images, we can update that image. We will discuss the importance of images in public perceptions. Additionally, time will be given to functional aspects of documentary photography, basics of telling a story through photographs and sharing your photographs with the public.

**T-39, R-39 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.