Mindful Teens: From Surviving to Thriving in a Busy World – T-01, W-01, R-01 (This is a continuous workshop, must select all 3 days.)
For overall personal well-being, it is important to approach in a holistic sense - physical, social, and emotional health. Mindful practices combine each of these domains. Mindfulness is paying attention, here and now, with kindness and curiosity, so that we can choose our behavior. This session will introduce participants to mindfulness and provide practical strategies to foster improvement in managing goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating.

CSI Crops: Crop Science Investigation – T-02, W-02, R-02 (This is a continuous workshop, must select all 3 days.)
Do you enjoy a good mystery? Learn agronomy, horticulture, entomology, and plant pathology as you look for clues and try to solve "the mystery of the disappearing yield". Take a trip to the Field Extension Education Laboratory on the last day to compete in teams and use your sleuthing abilities to identify problems in the field.

Camera Corps – T-03, W-03, R-03 (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.

Monarchs on the Move – T-04, W-04 (This is a continuous workshop, must select both days.)
Experience life as a monarch butterfly in the "Monarchs on the Move" workshop. Learn about the biology and importance of the monarch butterfly and how they are in danger. Understand the benefits of biodiversity to agriculture. Explore ways to help the monarch by increasing habitat. Find out what you can do to help the monarch.

Preserve the Taste of Summer for Youth – T-05, W-05 (This is a continuous workshop, must select both days.)
Hot Water Bath Canning - making jams and jellies

Relationships 101 – T-06, W-06 (This is a continuous workshop, must select both days.)
Want to have a great relationship, but just don't know how to go about it? This workshop will provide you the skills, tools, and decision-making processes to have a healthy relationship. You will learn what a healthy relationship is and is not. You will identify qualities you find important in a relationship and learn ways to handle the confusing feelings when you really like someone. You will also learn how to choose a partner wisely. The workshop will also help you make decisions to avoid bad relationships.

Nutrients and Algae in Iowa's Surface Waters – T-07, W-07 (This is a continuous workshop, must select both days.)
This workshop will address the nutrients nitrogen and phosphorus, and how elevated concentrations in surface waters affects environment and ecology. We will measure nutrient concentrations in surface water 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. On the second day, we will look at and identify algae under the microscope, with demonstrations of chlorophyll determination and advanced microscopy techniques. We will discuss harmful algae and healthy vs. unhealthy algae communities.

Prairie Plants Pioneer: Ada Hayden and Identifying Prairie Plants – T-08, W-08 (This is a continuous workshop, must select both days.)
Marsh woundwort? Ground plum milk-vetch? Uncover what these are and discover the woman who collected them while you learn useful botany skills. A tour of Ada Hayden is even in the cards!

Country West Coast Swing Dancing –W-09, R-09 (This is a continuous workshop, must select both days.)
Wanna rock it out on the dance floor? Come join the DMACC Country Dance Club and learn some modern west coast swing dancing! A great form of exercise, not to mention TONS of FUN to do with your dance partner!

Conference Choir –W-10, R-10 (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.

Soccer for a Better Life – T-11, W-11, R-11
Through soccer, youth will learn how to live a healthier life. In addition to playing soccer, we will explain the benefits of exercise, food and nutrition. The members will also learn the value of leadership qualities such as hard work, effective communication, and teamwork. We will present the idea of the growth mindset, and what it can do to help improve your life and achieve your goals.

4-H Culturally-based Youth Leadership Accelerators - Maize, Ujima, AAPI – T-12, W-12, R-12
Are you interested in learning more about Latino, Native American, African-American, or Asian-American cultures? This workshop will showcase the Iowa 4-H culturally-based leadership accelerators that take place in the spring and fall at the Clover Woods Camp. We will also discuss what it means to be a global citizen and share opportunities for learning more through Iowa 4-H.

Global Dance Party – T-13, W-13, R-13
To share through moving in world dance traditions, how all people around the world use movement to find common ground. Beginning with the Pata Pata from South Africa, traveling on to Meringue, Salsa, on to Barvia for the Polka, then back home for classic Swing dance.

Preserving the Past: What's Saved is Not Lost – T-14, W-14, R-14
What do you consider family history? Twenty years from now, will your posts matter? Learn about what's worth saving and the best way to do it.

Medical Student 101 – T-15, W-15, R-15
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.

Cy's Pizza Pies – T-16, W-16, R-16
You'll experience hands-on what it takes to start a business! Working as a member of a team you will learn about the many opportunities in business, develop a business plan, practice teamwork and communication skills, plus have a ton of fun creating play dough products!

You Give Love a Bad Name – T-17, W-17, R-17
Participants take part in an interactive activity titled "A Walk in Their Shoes" where they will become one of six characters based on real teens who have experienced dating violence. They will make choices about their relationships by engaging with their dating partner, family, friends, counselors, police, and others. Following the activity, participants will learn how to recognize the more subtle indicators of unhealthy relationships and gain tips to project self-confidence to avoid relationships where many teens find themselves experiencing teen dating violence.

Passport to Disease Prevention - Healthy People and Animals – T-18, W-18, R-18
Disease outbreaks happen every day. Disease detectives are on the front lines saving lives, stopping outbreaks, and figuring out how they started. During this workshop, participants will work as disease detectives to solve an outbreak involving humans and animals.

FLEx Forward Learning Experience – T-19, W-19, R-19
Hands-on opportunities to work with 3-D printing, interactive virtual reality, augmented reality, immersive visualization with Oculus Rift, circuit bending with Little Bits.

Campus/Residence Hall Tour – T-20, W-20
Explore ISU campus and residence halls.
Having Fun with Vehicle Maintenance – T-21, W-21
From engines to tires, youth will learn through hands-on experiences about the various mechanisms necessary for race cars to perform over different conditions. A general understanding of vehicle maintenance will be shared with youth, from the race car perspective. Advances in tractor technology will be demonstrated using tractors from different generations.

Careers in Iowa State University Extension and Outreach – T-22, W-22
This session will introduce the amazing career opportunities in ISU Extension and Outreach. This workshop will give you the opportunity to see, in person what these types of jobs entail by touring various areas of campus. Youth will get to see the State 4-H office to understand career opportunities in Youth Development and K-12 Outreach. Youth will visit with ISUEO staff about a career in different aspects of ISUEO like Human Sciences, Agriculture and Community and Economic Development. We will have an opportunity to meet with ISUEO staff who do interviewing and hiring to get an inside look at the best qualifications and how to achieve them.

Students Have Rights Too! – T-23
Brief overview of the Bill of rights, understanding that even if you are not 18 or 21 you still have rights (and responsibilities). We will focus through activities and discussion on students' rights at school which have their roots in the Supreme Court Case from Iowa in the 1960s: Tinker v. Board of Education. If time allows discuss questions the students have about their issues and concerns (bullying, dress codes, discrimination, dealing with the law).

Are You the Next Norm? – T-24, W-24
1 in 5 Iowa children are food insecure. 1 in 8 people in our world go to bed hungry every night. What can you do about it? Find a solution! Our team will guide you through a hands-on experience that gives you a glimpse into the life-threatening challenges families face across the globe and show you how you can be a force for good in your community. Students will also learn how to take their passion for helping others to the next level through paid internships and scholarships available in the U.S. and abroad through the World Food Prize Wallace-Carver Fellowship Program and the Borlaug-Ruan International Internship Program.

Your Passport to Some Fun Pricing Games – W-25, R-25
Compete against each other while playing two "pricing" games.

Food Sensations – W-26, R-26
Learn about sensory evaluation of foods during a hands-on session! Explore career opportunities for people who are passionate about food, nutrition, and wellness!

GSI: Germ Scene Investigation – T-27
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.”

Food Science and Human Nutrition Adventure – T-28
What is human nutrition and food science and technology? How do they influence the food industry and public health? You will participate in activities to define food science and technology, careers in food science, human nutrition, and food safety. You will participate in activities such as demonstrate the steps taken during an outbreak investigation.

Vamos a Jugar – T-29
Join us in learning the history of traditional Latin American games! Participants will get to explore cultural games and activities. You will leave with a greater understanding of traditions, and you will learn a few new games to share with your friends!

Open Street Map - Your Passport to Adventure – T-30
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.
Your Next Adventure - Staying Connected after Graduation — T-31
The workshop will introduce what Collegiate 4-H is to participants and all of the opportunities it has to offer college students. Also within the workshop we will discuss our leadership trainings throughout the state, take any questions about college that youth have, and have several games and activities to participate in.

Country Line Dancing – T-32
Come join the DMACC Country Dance Club and learn some line dances! No experience needed! Songs taught will include but not limited to: Body like a Backroad, Copperhead Road, Footloose, and Boot Scootin' Boogie.

Pork Quality: The Right Ticket to Great Eating – W-33
Learn about the factors and attributes of 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. Be ready for some taste testing!

Tour: Horticulture Research Station – W-34
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 and 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.

Following and 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.

Bringing Healthy Living to New Heights – W-36
Are you interested in attending the National 4-H Healthy Living Summit? This workshop will immerse you in the National Summit experience through a variety of hands on activities related to health. Come explore new opportunities that Healthy Living brings to 4-H and you will leave with new goals for yourself, for your club, and for our state program!

GIS - Your Passport to Adventure – W-37
Geographic Information Systems (GIS) is a tool that can give students a competitive edge. In this workshop, we will explore the ArcGIS suite of software (ArcGIS Online, ArcMap or ArcPro, and Story Maps). We will use the tools to travel the globe to learn about migration and other cultures. Other activities will allow students to use GIS to observe changes in the Iowa State campus and simulate community planning for a new park.

Healthy Living Ambassadors Program – R-38
Do you have a passion for healthy living? Come learn how you can e an advocate for healthy choices in your clubs and communities and discover new opportunities to represent Iowa 4-H as a Healthy Living Ambassador. We will explore how you can expand your skills while helping others build a healthy lifestyle.

World Passport – R-39
What is culture? How can I be a Global Citizen? During our 90 minute presentation we will discuss a variety of different cultures and how the norms of their daily life compare to ours.

Marketing Yourself – Resume Writing 101 – R-40
Tight job market have you worried? Do you feel as if you have nothing 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).
Connecting Across Cultures: Preparing for Global Community – R-41
It is okay to be different, we can learn from each other, and learn new ways to engage with others. We will explore your role within a global community and how you can benefit from moving towards a global society.

Incredible and Edible Eggs – R-42
We will learn the parts of eggs, about egg production, enjoy eating some egg samples and have the opportunity to make your own omelet!

The Ultimate Leadership Experience – R-43
There are so many lessons to be learned in leadership, but one is more important than all the rest. Get this right, and leadership magic can happen. Get it wrong, and you're in for a train wreck. In many ways, it's the ONLY thing that really matters in leadership!

What does it take to care for an athletic field? – R-44
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 on an athletic field, just like it is game day.