

**A Universe of Possibilities  
2019 Conference Workshop Descriptions**

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

**Conference Choir – T-01, W-01, R-01 (This is a continuous workshop, must select all 3 days.)**

**Mindful Teens: From Surviving to Thriving in a Busy World – T-02, W-02, R-02 (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 .

**Designing Architecture – Models and Drawings – T-03, W-03, R-03 (This is a continuous workshop, must select all 3 days.)**

Do you love to create, design, experiment and explore? Join us for this fast-paced workshop where you'll get a chance to step into an architect's shoes and design your own new building. First, we'll take a walk around ISU campus to learn about building designs and uses. Then you'll get a chance to work through the design process and to build a model of a building you think would help to complete the campus around ISU College of Design! Bring your creative ideas and get ready to have fun!

**CSI Crops: Crop Science Investigation – T-04, W-04, R-04 (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.

**Tech Team/Photography/Camera Corps– T-05, W-05, R-05 (This is a continuous workshop, must select all 3 days.)**

Day one will start with some technical lessons about cameras and photography. We will discuss and come up with the final presentation goals. Day 2 and the start of day 3 will be creation of photographs and videos in other sessions. End of Day 3 will compile the final presentation.

**Nutrients and Algae in Iowa's Surface Waters – T-06, W-06 (This is a continuous 2-day 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 (i.e. Gulf of Mexico). 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 algal communities. Daily background information is given in indoor/outdoor classroom; then measurements made in streams or ponds/lakes or adjacent to campus on day 1; sampling for microscopy and algal analysis on day 2.

**Observing and Experiencing Nature: Exploring Possibilities – T-07, W-07 (This is a continuous 2-day workshop, must select both days.)**

Prairies, forests, and wetlands are vital habitats in Iowa's ecosystems. Wander through natural, digital, and preserved versions of these landscapes to learn different ways of seeing and observing nature.

**One-day workshops.****Actuarial Science (Business) – T-08, W-08, R-08**

Actuarial science is the discipline that applies mathematical and statistical methods to assess risk in insurance, finance and other industries and professions. Students will gain exposure to the insurance career field by completing practice problems that relate to the actuarial field and provide insight on the nuances of the rating process. Following this experience, students will do a simulation project where they will be introduced to the “rate-making” concept. Lastly, the students will be asked to rate both an auto and home insurance policy given some simulated data.

**Campus Tour (Admissions) – T-09, W-09**

Explore ISU campus and residence halls.

**Cyride Art Scavenger Hunt – T-10, W-10**

Small groups of youth with adult chaperones will be given set of instructions, bus schedules and maps with details of their challenge. Youth will be instructed before leaving from designated group location about how to read the bus schedule. Art challenges will be included within the instructions.

**Disease Detectives – biosecurity/prevention – T-11, W-11, R-11**

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.

**Do you have what it takes to be an entrepreneur? – T-12, W-12, R-12**

Introduction to entrepreneurship and innovation, pitching an idea, and starting a business. This session will give participants the opportunity to invent a new product idea then learn the process of turning it into an income-generating venture. Come prepared to be creative and have fun!

**Food Science / Human Nutrition Adventure – W-13**

What is human nutrition and food science and technology? How do they influence the food industry and public health? Today, students will participate in activities to define and explore food science and technology, careers in food science, human nutrition, and food safety. Students will participate in activities such as demonstrate the step taken during an outbreak investigation.

**GET IN ON THE ACT! Art & Communication – W-14, R-14**

Test Arts and Communications Improv “toolkit” and get feedback on other arts and communications needs. The kit includes a cranium type game where participants roll a dice and act out/sculpt/unscramble/draw the word they pull based on the number on the dice, conversation Jenga, Rory story cubes, and improve activity notecards.

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

Current UI Carver College of Medicine 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.

**Oops I Grew Up: Insight to all things Grown-Up – T-16, R-16**

Help students recognize and further develop skills they will need as they graduate and further navigate their world. Skills include budgeting, doing laundry as well as making interview first impressions, making meals and staying healthy.

**Pork Quality and Your ISU Journey: Endless Possibilities – W-17**

Take the first steps to learn about pork products and 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, discover how all of this influences a product’s taste. Try your hand at identifying some pork products and be ready for some taste testing. We’ll tour the ISU Meat Lab and learn from current students about employment opportunities there.

**Preserving the Past: What’s Saved is Not Lost – T-18, W-18, R-18**

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. Identify past, present, and future artifacts participants would like to preserve. Learn about proper preservation procedures and how cultural heritage institutions can help.

**The Legend of the Tortilla – T-19**

Take a journey back in time to learn the legend of the tortilla. Join us in making and tasting a traditional staple of Mexican.

**You Give Love a Bad Name – T-20, W-20, R-20**

Participants take part in an interactive simulation entitled "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 learn about effective resources and create a plan of action to protect themselves and others from experiencing dating violence.

**Your Next Adventure - Staying Connected after Graduation – T-21, W-21, R-21**

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.

**Check your mental, emotional and social health – T-22, W-22**

Through PPT presentation, videos, handouts and possible role playing youth will better understand mental health challenges such as depression, anxiety, eating disorders and more severe mental health issues while gaining insight into ways they can find help for themselves or their friends.

**Marketing Yourself – Resume Writing 101 -- W-23, R-23**

Tight job market has 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).

**Careers with ISU Extension and Outreach -- T-24, W-24**

An introduction to the many career opportunities with ISU Extension and Outreach, touring various areas of campus including the State 4-H office to understand career opportunities in our K-12 Youth Development department. Also, visit with ISU Extension and Outreach staff about a career in different aspects of ISU Extension and Outreach such as human sciences, agriculture, and community and economic development. Meet with ISU Extension and Outreach staff who interview and hire to get an inside look at the best qualifications and how to achieve them.

**STEP Dance, History, Music and Routine – R-25**

Learn about the history of STEP Dance in America and its origin. Discuss music and view STEP dance competitions. Music will be picked by the group and a STEP routine will be taught and performed in class.

**FLEx Forward Learning Experience -- T-26, R-26**

Hands-on opportunities to work with 3-D printing, interactive virtual reality, augmented reality, immersive visualization with Oculus Rift, circuit bending with Little Bits.

**Get ExCYted with Family and Consumer Sciences -- W-27, R-27**

Tour Iowa State University's College of Human Sciences with an Iowa State student! The department of Family and Consumer Sciences Education and Studies will guide you through their classrooms and labs to discuss how this major relates to your 4-H experience. Take the chance to ask some of your burning college questions to a student or faculty member!

**GSI: Germ Scene Investigation -- W-28, R-28**

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" in which the other GSI Team will ask questions.

**Games Galore – T-29, W-29**

Getting nagged about too much screen time? Up for some fun and friendly competition? Are you ready for a break from daily life? Get ready to unplug and have some fun in *Games Galore*. Having fun with friends without a screen is possible.... Enjoy learning, sharing and playing a wide variety of games. Table games, dice, cards and group games... YES we will! Get to know new people while having FUN. Re-play when you get home. Game on!

**Horticulture Research Station Tour –W-30**

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.

**Electricity – T-31**

What opportunities are available in a Career in Electricity? In this workshop we will explore the world of electricity with fun activities and learn how I became interested in this career and started my business.

**Japanese Sports Festival! -- T-32, W-32**

This will be a small Japanese Style sports festival by demonstrating how a Japanese school does it.

**Possibilities of "Broadway" Dancing – T-33, W-33, R-33**

Learning what it takes to be a choreographer in the theater life, learning dances to many different Broadway musicals such as: Wicked, Book of Mormon, Thoroughly Modern Mille. How to succeed in Business as well as choreographing your own dance.

**Adult 101 -- R-34**

Have you been thinking about your future and wondering what you need to learn to be “in the know”? This workshop will help you explore basic life skills like juggling finances, living on your own, and planning for the future. Come learn how to make healthy decisions that impact your sleep, financial, mental and physical wellbeing as you prepare for that next step in your journey to adulthood!