



Updated 5/9/2017



Workshop Descriptions

A variety of workshops are included in this year's conference which will allow participants to focus on a single theme or mix and match workshops to explore many topics. Workshop themes include the following:

- AG/AS Agriculture/Animal Science
- CEL Civic Engagement and Leadership
- COMM Communication
- FCS Family and Consumer Science
- STEM Science, Technology, Engineering and Math

TUESDAY WORKSHOPS			THEME
1-2:30 PM	101	Youth Leaders Elevate ALL Experience	CEL
1-2:30 PM	102	Life Reimagined	CEL
1-2:30 PM	103	Building for the Big One	STEM
3-4:30 PM	201	Movies, Music & Making Connections	CEL
3-4:30 PM	202	Using Your Voice to Change the World	CEL
3-4:30 PM	203	Buckles, Slumps, and Grunts	FCS
3-4:30 PM	204	Building for the Big One	STEM
WEDNESDAY WORKSHOPS			
8:30 - 10 am	301	Do More. Say More. Know More.	CEL
8:30 - 10 am	302	Be Somebody! Youth Leadership	CEL
8:30 - 10 am	310	Paper Roller Coasters	STEM
8:30 - 10 am	320	Mapping Your Way to Better Communities	STEM
10:30 - noon	401	Be Somebody! Youth Leadership	CEL
10:30 - noon	402	Do More. Say More. Know More.	CEL
10:30 - noon	410	Paper Roller Coasters cont'd	STEM
10:30 - noon	420	Mapping Your Way to Better Communities - cont'd	STEM
1:30-3 pm	502	Identifying Your True Color	COMM
1:30-3 pm	520	Mapping Your Way to Better Communities - cont'd	STEM
THURSDAY WORKSHOPS			
9-10:30 am	601	You Can Be an Advocate!	AG/AN COMM
9-10:30 am	602	CSU Equine Orthopaedic Research Center and Veterinary Teaching Hospital	AG/AS
9-10:30 am	603	Travel the World with 4-H International	CEL
9-10:30 am	604	Life Reimagined	CEL
9-10:30 am	605	Gustafson Gallery of the Avenir Museum	FCS
9-10:30 am	606	CSU Equine Reproduction Laboratory	AG/AS
9-10:30 am	610	LEGO Engineering	STEM
11 am-12:30 pm	701	Rumen Investigation	AG/AS
11 am-12:30 pm	702	CSU Equine Orthopaedic Research Center and Veterinary Teaching Hospital - cont'	AG/AS
11 am-12:30 pm	704	Teamwork Makes the Dream Work	CEL
11 am-12:30 pm	705	You Can't Escape from Communication: The 4-H Escape Room	COMM
11 am-12:30 pm	706	The Art and Science of Gourmet Baking: The Magic of Steam	FCS
11 am-12:30 pm	707	Avenir Museum of Design and Merchandising Galleries Tour	FCS
11 am-12:30 pm	708	Your Teen Brain: A Work in Progress	STEM
11 am-12:30 pm	710	LEGO Engineering - cont'd	STEM
2-3:30 pm	801	Rumen Investigation	AG/AS
2-3:30 pm	802	Anatomy Lab	AG/AS
2-3:30 pm	803	Go the Extra Mile. It's Less Crowded There!	CEL
2-3:30 pm	805	Are You Ready? The College Transition	COMM
2-3:30 pm	806	You Can't Escape from Communication: The 4-H Escape Room	COMM
2-3:30 pm	807	Buckles, Slumps, and Grunts	FCS
2-3:30 pm	808	Textile Tech	FCS STEM

TUESDAY EARLY AFTERNOON, 1-2:30 PM

101 YOUTH LEADERS ELEVATE ALL EXPERIENCE

CEL

Have you ever thought about how one idea or one thought can change the trajectory of an entire experience? This workshop will set the stage for the rest of YOUR conference experience. Learn from other youth leaders how they "changed the game" with one idea, thought, or collective understanding. You'll come up with your own ideas that you will "carry with you" throughout the conference that could change the entire experience not just for you, but for everybody involved.

Instructor: C. Benzel Jimmerson, Denver Five Points CYFAR/FLTI Coordinator

102 LIFE REIMAGINED

CEL

For many of you it is the time to explore the next phase of your life. Whether you are planning for a big transition to college, finding a summer job, or wanting to change a small habit, we are here to guide you towards new opportunities and ideas. Life Reimagined is a checkup to energize and focus your efforts on turning your possibilities into realities. In this session, you will self-identify your goals and be guided through a process determining how to achieve what's your next step in life. You have spent many years of your life in the 4-H program developing life skills. Now is the time to reflect on those years of learning to chart a course utilizing those skills and achieve new goals.

Instructor: Megan Blaser, 4-H Youth Development Agent, Larimer County and Laurel Kubin, Larimer County Director

103 BUILDING FOR THE BIG ONE

STEM

Want to be an architect or an engineer? How about a geologist? You will need to prepare for how natural disasters can impact structures you build. In this workshop, you will learn how to design a structure to withstand the shaking of an earthquake by understanding how soil types, materials and structural features can affect the success or demise of your structure.

Instructor: Taylor McKinney, Program Coordinator, Arapahoe County

TUESDAY LATE AFTERNOON, 3-4:30 PM

201 MOVIES, MUSIC & MAKING CONNECTIONS

CEL

Movies and music are a part of storytelling. Movies we watch for entertainment give us clues about the people we are and the future we are planning for ourselves. The same is true for our musical choices. Several social issues play out in the entertainment spaces of our world. Our media tell stories about the diverse human experience, and through storytelling we can tell and keep history, explain and share values, and drive our communities toward future development and progress. Come to this session to see how what we see and hear is not always what we think.

Instructor: Robert Franklin, 4-H Youth Development Agent, Denver

202 USING YOUR VOICE TO CHANGE THE WORLD

CEL

Have you ever asked yourself, what is my purpose in this world? Are you comfortable using your voice to create change in your community? This session will explore connecting your passion to your purpose and explore strategies that you can use to have your voice heard. Come to this fun activity-based session and dive into answering the question, "what can I do with my life that is important?" We will then begin the process of how you can connect this passion to using your voice and create positive change in your community. You will learn important tools that will help in you in using your voice. We will finish this session by discovering how you can use these two things to take leadership in your community and your school.

Instructor: Kyle Christensen, FLTI of Colorado Coordinator

203 BUCKLES, SLUMPS, AND GRUNTS

FSC

Buckles, slumps, grunts, and a pandowdy... no, these are not the latest dance moves but this will be a fun workshop all the same where we will make these desserts and their cousins. We will have a great time baking in the new Culinary Lab in the Food and Science and Human Nutrition Department. Skipping dessert at lunch time is highly recommended.

Instructor: Nadine Henry, 4-H Youth Development Agent, Gunnison County

204 BUILDING FOR THE BIG ONE

STEM

Want to be an architect or an engineer? How about a geologist? You will need to prepare for how natural disasters can impact structures you build. In this workshop, you will learn how to design a structure to withstand the shaking of an earthquake by understanding how soil types, materials and structural features can affect the success or demise of your structure.

Instructor: Taylor McKinney, Program Coordinator, Arapahoe County

WEDNESDAY EARLY MORNING, 8:30-10 AM

301 DO MORE. SAY MORE. KNOW MORE.

CEL

Join the New Mexico 4-H State Officer Team to learn about identity, discovery, and personal growth. This in-depth and discussion-based workshop will cover topics including privilege, diversity, and priorities. Participants of this workshop will leave with a better understanding of themselves and others. Hope to see you there and grow with you!

Instructors: New Mexico 4-H State Officers

302 BE SOMEBODY! YOUTH LEADERSHIP

CEL

Every day you are faced with choices and some of these can be challenging. What type of attitude will you decide to have? What do you stand for? How hard will you work to achieve my goals? What do you want to work to achieve? Figuring out the answers to these questions can be tough, but exploring these topics before you encounter a tricky situation can be helpful. Join us as we play fun games that will help you team-build and learn more about yourself. This workshop is designed to help you discover your leadership skills while having a good time. See you there!

Instructor: Danielle Ardrey, Program Coordinator, Arapahoe County

310 PAPER ROLLER COASTERS

STEM

This is a two-session workshop. Register for 310 and 410. Learn the engineering design process as you build your own paper roller coaster. Compete against other groups to build a roller coaster that's exciting, reliable and cost effective.

Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

320 MAPPING YOUR WAY TO BETTER COMMUNITIES

STEM / CEL

This is an all-day workshop. Register for 320, 420, and 520. Did you know that using GPS to collect information about problems and needs can be the first step to making positive changes in your community? Ever think that "crowd-sourcing" input from your friends and neighbors can provide information that when placed on a map, has the power to explain to community leaders exactly where changes need to happen. Are you wondering what job skills you should be learning to make you super-employable? Join 4-H and the CSU Geospatial Centroid and use your own technology (i.e., cell phones) to collect data on issues around campus, learn to build story maps so you can present your findings and then share your work with campus professionals who use geospatial technology every day.

Instructors: Christy Fitzpatrick, 4-H/FCS Agent, Chaffee County and Sophia Linn and Beth Tulanowski, CSU Geospatial Centroid

WEDNESDAY LATE MORNING, 10:30 AM - NOON

401 BE SOMEBODY! YOUTH LEADERSHIP

CEL

Every day you are faced with choices and some of these can be challenging. What type of attitude will you decide to have? What do you stand for? How hard will you work to achieve my goals? What do you want to work to achieve? Figuring out the answers to these questions can be tough, but exploring these topics before you encounter a tricky situation can be helpful. Join us as we play fun games that will help you team-build and learn more about yourself. This workshop is designed to help you discover your leadership skills while having a good time. See you there!

Instructor: Danielle Ardrey, Program Coordinator, Arapahoe County

402 DO MORE. SAY MORE. KNOW MORE.

CEL

Join the New Mexico 4-H State Officer Team to learn about identity, discovery, and personal growth. This in-depth and discussion-based workshop will cover topics including privilege, diversity, and priorities. Participants of this workshop will leave with a better understanding of themselves and others. Hope to see you there and grow with you!

Instructors: New Mexico 4-H State Officers

410 PAPER ROLLER COASTERS

STEM

This is a two-session workshop. Register for 310 and 410. Learn the engineering design process as you build your own paper roller coaster. Compete against other groups to build a roller coaster that's exciting, reliable and cost effective.

Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

420 MAPPING YOUR WAY TO BETTER COMMUNITIES

STEM / CEL

This is an all-day workshop. Register for 320, 420, and 520. Did you know that using GPS to collect information about problems and needs can be the first step to making positive changes in your community? Ever think that "crowd-sourcing" input from your friends and neighbors can provide information that when placed on a map, has the power to explain to community leaders exactly where changes need to happen. Are you wondering what job skills you should be learning to make you super-employable? Join 4-H and the CSU Geospatial Centroid and use your own technology (i.e., cell phones) to collect data on issues around campus, learn to build story maps so you can present your findings and then share your work with campus professionals who use geospatial technology every day.

Instructors: Christy Fitzpatrick, 4-H/FCS Agent, Chaffee County and Sophia Linn and Beth Tulanowski, CSU Geospatial Centroid

WEDNESDAY EARLY AFTERNOON, 1:30-3 PM

502 IDENTIFYING YOUR TRUE COLOR

COMM

You will learn what your primary personality "True Color" is and how that affects communication with the other three colors. You will learn why you connect instantly with some people while others seem impossible to communicate with. By the end of the program you'll know how best to communicate with the other colors to get your point across and solve problems.

Instructor: Mark Platten, Teller County Extension Director

520 MAPPING YOUR WAY TO BETTER COMMUNITIES

STEM / CEL

This is an all-day workshop. Register for 320, 420, and 520. Did you know that using GPS to collect information about problems and needs can be the first step to making positive changes in your community? Ever think that "crowd-sourcing" input from your friends and neighbors can provide information that when placed on a map, has the power to explain to community leaders exactly where changes need to happen. Are you wondering what job skills you should be learning to make you super-employable? Join 4-H and the CSU Geospatial Centroid and use your own technology (i.e., cell phones) to collect data on issues around campus, learn to build story maps so you can present your findings and then share your work with campus professionals who use geospatial technology every day.

Instructors: Christy Fitzpatrick, 4-H/FCS Agent, Chaffee County and Sophia Linn and Beth Tulanowski, CSU Geospatial Centroid

THURSDAY EARLY MORNING, 9-10:30 AM

601 YOU CAN BE AN AGVOCATE!

AG/AS; COMM

In this workshop, you will learn what it means to become an advocate for agriculture (agvocate). With an increasing number of youth and adults becoming generations removed from agriculture, you as the next generation of agriculturalists will be responsible for agriculture education and promotion. We will discuss appropriate avenues for "agvocacy" (media, school presentations, etc.) and you will have the opportunity to develop your own "agvocacy" presentation.

Instructor: Kindra Plumb, 4-H Associate, Phillips County

602 CSU EQUINE ORTHOPAEDIC RESEARCH CENTER AND CSU VETERINARY TEACHING HOSPITAL

AG/AS

This is a two-session workshop. Register for 602 and 702. Tour the Equine Orthopaedic Research Center known worldwide for joint problem prevention and healing research in the horse with some recently expanded work in human athletes. Then tour the CSU Veterinary Teaching Hospital with students in the Doctor of Veterinary Medicine program. These students, in years 3 and 4 of their program, work side-by-side with the exceptional clinicians at the VTH through a series of specialty rotations.

603 TRAVEL THE WORLD WITH 4-H INTERNATIONAL

CEL

Learn from exchange students what it is like to stay with host families in another country, teaching about 4-H in the US and learning about similar programs in countries around the world. Recent travelers from Colorado to Germany, United Kingdom, and Greece will share their stories. Exchange students from Austria, Finland, France, Germany, Greece, Nepal, N. Ireland, Norway, Scotland, and Wales will share information and photos of their countries and compare their youth programs with 4-H programs.

Instructor: Courtney Loflin, 4-H International Programs State Coordinator

604 LIFE REIMAGINED

CEL

For many of you it is the time to explore the next phase of your life. Whether you are planning for a big transition to college, finding a summer job, or wanting to change a small habit, we are here to guide you towards new opportunities and ideas. Life Reimagined is a checkup to energize and focus your efforts on turning your possibilities into realities. In this session, you will self-identify your goals and be guided through a process determining how to achieve what's your next step in life. You have spent many years of your life in the 4-H program developing life skills. Now is the time to reflect on those years of learning to chart a course utilizing those skills and achieve new goals.

Megan Blaser, 4-H Youth Development Agent, Larimer County and Laurel Kubin, Larimer County Director

605 GUSTAFSON GALLERY OF THE AVENIR MUSEUM

FCS

The Gustafson Gallery features regular exhibitions of creative student and faculty apparel design and merchandising scholarship.

606 CSU EQUINE REPRODUCTION LABORATORY

AG/AS

The CSU Equine Reproduction Program has developed leading-edge equine reproduction techniques for the equine industry for over 45 years. Techniques include collection of semen and artificial insemination, recovery and transfer of equine embryos, shipping cooled semen and embryos and specialized techniques in assisted reproduction such as intracytoplasmic sperm injection (ICSI) are now routine in the equine industry, due in large part to the research, education, and outreach efforts of the CSU Equine Reproduction Laboratory. Your visit to the ERL will consist of a tour of our facilities, and demonstration of a stallion collection and evaluation of semen and mare ultrasound.

610 LEGO ENGINEERING

STEM

This is a two-session workshop. Register for 610 and 710. Build marshmallow catapults using LEGO Mindstorms EV3 kits, and compete to see which team can launch their marshmallow the furthest. Explore physics concepts, learn basic LEGO programming, and use your creativity to create a winning design.

Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

THURSDAY LATE MORNING, 11 AM-12:30 PM

701 RUMEN INVESTIGATION

AG/AS

In this interactive workshop, you will investigate ruminant digestive anatomy, explore the rumen in detail with fistulated cattle, remove digesta from the rumen and examine the rumen contents under a microscope.

Instructor: Terry Engle, CSU Animal Science Department

702 CSU EQUINE ORTHOPAEDIC RESEARCH CENTER AND CSU VETERINARY TEACHING HOSPITAL

AG/AS

This is a two-session workshop. Register for 602 and 702. Tour the Equine Orthopaedic Research Center known worldwide for joint problem prevention and healing research in the horse with some recently expanded work in human athletes. Then tour the CSU Veterinary Teaching Hospital with students in the Doctor of Veterinary Medicine program. These students, in years 3 and 4 of their program, work side-by-side with the exceptional clinicians at the VTH through a series of specialty rotations.

704 TEAMWORK MAKES THE DREAM WORK

CEL

Anyone who has been in 4-H long enough to do the pledge knows that community service is an important part of the program. Making a positive change in your community may seem like a big task, but in this workshop, you will learn that everything is easier when you are working as a team. Come join the 2016-2017 State Officers in team building activities because "teamwork makes the dream work!"

Instructor: Colorado 4-H State Officer Team

705 YOU CAN'T ESCAPE FROM COMMUNICATION: THE 4-H ESCAPE ROOM

COMM

The fun new group activity of an escape room has met the match of the 4-H Program. Join a couple Extension Agents who have developed a 4-H themed escape room for you to hone your communication skills and leadership as you work through this adventurous puzzle of games to find clues and escape the room within a set limit of time.

Instructors: Brenda Kwang, 4-H Agent, Boulder County and Kim Morrison, 4-H Agent/Director, Broomfield County

706 THE ART AND SCIENCE OF GOURMET BAKING: THE MAGIC OF STEAM

FCS

Learn how to make popovers, cream puffs, and other pastries that are leavened by steam. We will have a great time baking in the new Culinary Lab in the Food Science and Human Nutrition Department. It is highly advisable to come hungry.

Instructor: Nadine Henry, 4-H Youth Development Agent, Gunnison County

707 AVENIR MUSEUM OF DESIGN AND MERCHANDISING GALLERIES TOUR

FCS

Visit four galleries on this tour! Exhibits include: Tying the Knot presenting exquisite examples from the Avenir Museum's extensive collection of wedding attire. Eco Fashion: Through the Looking Glass features student-designed and created fashions, made of recycled materials. These inspired garments are part of an academic assignment for the design foundations course in the Department of Design and Merchandising.

708 YOUR TEEN BRAIN: A WORK IN PROGRESS

STEM

Ever wonder why you (or other teens) do some of the things you do? Research shows that the teen brain is still developing into the early 20's. Learn about what this means for teen decision making, risk taking, communication with adults, sleep habits, and learning.

Instructor: Annette Haas, 4-H Youth Development Specialist

710 LEGO ENGINEERING

STEM

This is a two-session workshop. Register for 610 and 710. Build marshmallow catapults using LEGO Mindstorms EV3 kits, and compete to see which team can launch their marshmallow the furthest. Explore physics concepts, learn basic LEGO programming, and use your creativity to create a winning design.

Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

THURSDAY AFTERNOON, 2-3:30 PM

801 RUMEN INVESTIGATION

AG/AS

In this interactive workshop, you will investigate ruminant digestive anatomy, explore the rumen in detail with fistulated cattle, remove digesta from the rumen and examine the rumen contents under a microscope.

Instructor: Terry Engle, CSU Animal Science Department

802 ANATOMY LAB

AG/AS

Get an in-depth look at one of the major anatomy teaching laboratories of the Department of Biomedical Sciences on the main CSU campus. The lab is in the Anatomy/Zoology Building.

803 GO THE EXTRA MILE. IT'S LESS CROWDED THERE!

CEL

4-H. Head. Heart. Hands. Health. What's your H? Where do you want to improve? 4-H always has obstacles and things that you may not enjoy, but you have to get through. Can you run the fastest? Solve a problem in no time at all? Maybe you can build the strongest structure. Or you can help someone else with encouragement. Join the Colorado Officers as they help you find your H and strengthen you because no matter the obstacles of life, 4-H is here to help you.

Instructor: Colorado 4-H State Officer Team

805 ARE YOU READY? THE COLLEGE TRANSITION

COMM

Technical college, community college, four-year university – the decision has been made. Now, learn what you need to know to succeed. This workshop will help you to: 1. Understand and manage the normal emotions and conflicts that result from this major transition. 2. Increase communication and problem-solving skills. 3. Create a plan for what to do when faced with situations regarding relationships, healthy choices, academics and finances. Perfect for the high school senior, but also for the sophomore or junior to plan ahead to increase your success!

Instructor: Annette Haas, 4-H Youth Development Specialist

806 YOU CAN'T ESCAPE FROM COMMUNICATION: THE 4-H ESCAPE ROOM

COMM

The fun new group activity of an escape room has met the match of the 4-H Program. Join a couple Extension Agents who have developed a 4-H themed escape room for you to hone your communication skills and leadership as you work through this adventurous puzzle of games to find clues and escape the room within a set limit of time.

Instructors: Brenda Kwang, 4-H Agent, Boulder County and Kim Morrison, 4-H Agent/Director, Broomfield County

807 BUCKLES, SLUMPS, AND GRUNTS

FCS

Buckles, slumps, grunts, and a pandowdy... no, these are not the latest dance moves but this will be a fun workshop all the same where we will make these desserts and their cousins. We will have a great time baking in the new Culinary Lab in the Food and Science and Human Nutrition Department. Skipping dessert at lunch time is highly recommended.

Instructor: Nadine Henry, 4-H Youth Development Agent, Gunnison County

808 TEXTILE TECH

FCS

In this workshop, you will: Design your own fabric and learn how to use Spoonflower.com to have it printed; Explore a variety of creative tools, ranging from pen and paper to your own smart phone; Investigate design elements and principles from STEAM: Beyond the Needle; Learn about smart image and media usage.

Instructor: Marlena Griesse, 4-H Youth Development Agent, Crowley and Otero Counties