



## Idaho 4-H State Teen Association Convention

*June 22-25, 2020  
University of Idaho  
Online Event*

*“The Idaho 4-H State Teen Association Convention is an opportunity for youth to experience college life, explore career opportunities and prepare for a lifetime of success with other Idaho teens.”*



University of Idaho  
Extension



## About the Idaho 4-H State Teen Association Convention (STAC)

A four-day educational event focusing on post-secondary and career exploration. 4-H youth are provided the opportunity to participate in a wide variety of activities including educational workshops; community and campus tours; service-learning projects; state elections; on-campus living; and networking with peers from around the state.

## Virtual STAC 2020

Due to the COVID-19 pandemic, we are moving to an online virtual format for this year. It is our goal to continue to provide a high-quality, interactive opportunity to preserve the integrity and mission of STAC. This year, Virtual STAC will include:

- Guest speaker - Kent Julian, [www.MotivationalYouthSpeaker.com/videos](http://www.MotivationalYouthSpeaker.com/videos)
- Daily Schedule Includes
  - 2-hour sessions will be offered each morning including business meetings, speakers, activities and more. Each session will be hosted by a team of teens
  - 60-minute afternoon sessions where participants can choose workshop or service opportunities
- Clover Connection Celebration

## Who Can Attend

- Youth who have completed the 8<sup>th</sup> – 12<sup>th</sup> grades
- Idaho and Washington 4-H Members (***Washington State University is sending youth to Virtual STAC, please note differences in Idaho and Washington registration included in information below. Washington delegates are welcome to participate in all STAC activities except for the Idaho 4-H State Teen Association Officer elections.***)

## Activities

Delegates will take part in scheduled educational workshops, business meetings, and social activities. See the daily schedule for more detailed information below.

## Registration

- No Cost to Attend
- Early Bird May 15 – June 8, 2020.
  - (Free Event T-Shirt to the first 300 youth who register by Early Bird Deadline!)
- Regular Registration June 9 – June 15, 2020
- **For Idaho 4-H members:** registration is available through 4-H Online at <http://idaho.4honline.com>. Online instructions can be found on the Idaho 4-H State Teen Association Convention webpage or by [clicking here](#).
- **For Washington 4-H members:** registration is available through 4-H Online at <http://washington.4honline.com>.
- When registering, mark your choices for either a Workshop or a Service Learning.

## Virtual Online Etiquette

- **Dress for Success** – Please be sure to dress daily for the event (no jammies), just as you would when attending a live event.
- **Location, Location, Location** – Please be sure to use a location in your home that you would normally allow guests to attend. Maybe choose an office, dining room or living room location, instead of your bedroom or an outdoor space that might make it difficult to hear and engage fully in the event.
- **Lights, Camera, Action!** – Please be sure to turn on your video and mute your microphone when you arrive. We want you and your friends to see each other but be sure to raise your hand when ready to talk so we don't have 300 people talking at the same time.
- **Make the Best Better** – This is a new way to deliver our annual event and we are all learning as we go! Please be patient, respectful and forgiving 😊

## 4-H Variety Show

Delegates who enjoy performing and want to showcase their talents are encouraged to participate in our Annual Variety Show! If you are interested, please submit a video or audio recording before **June 8** to try out for the 4-H Variety Show. Audio or video files may be uploaded to One Drive in the [Variety Show](#) folder.

## Clover Connection Celebration

If we are in "Stage 4" of the Idaho Rebounds guidelines by June 25th, a celebration will be held after the morning session in a face-to-face format. District, county and/or multi-county groups could come together at a common place to celebrate STAC, gather with friends, play games and enjoy a pizza lunch. Participating county/district locations are TBD and shared out to participants as we get closer to the event.

## 4-H State Officers and State Teen Association Convention Steering Committee

- **Idaho 4-H State Association Positions available:** President, Vice President, Secretary, Communications Director, and Activities Director (one-year term)
- **Idaho 4-H Steering Committee District Representative Positions available (4):** Northern, Southern, Central and Eastern (one-year term).
- **Steering Committee Youth Positions possibly (4) available depending on the term of the current youth:** Northern, Southern, Central and Eastern (up to two-year term).

If you would like to run for an Idaho 4-H State Office or are interested in being part of the Idaho 4-H State Teen Association Convention Steering Committee indicate your interest on the registration form. Also, mark your calendars for these important meeting and deadline dates:

**June 1** – Attend the Candidate Orientation Meeting via Zoom at 6:00 pm (PST) 7:00 pm (MTN) at: <https://uidaho.zoom.us/j/98727177855> or call in: (253) 215-8782, Meeting ID: 987 2717 7855.

**June 12** – Submit your Candidate applications and 30 second introduction video to One Drive in the [Candidate Intros](#) folder.

**June 16** – Attend the District Meeting which will include: Nominations for office, STAC Orientation and Clover Connection Celebration. Times and Zoom links TBA.

**June 18** – Those selected to run for State Office will need to submit a 1-minute intro speech (Opening Ceremony). Those selected to run for State Office or District Representative will need to submit a 3-minute campaign speech (Voting Assemblies). A One drive link will be provided to those who are selected to move forward after nominations on June 16.

## TENTATIVE CONFERENCE SCHEDULE

(Times shown are Pacific Standard Time)

### Monday, June 22

9:30 – 9:45 am	Opening Ceremony
9:45 – 10:00 am	Welcome to the UI
10:00 – 10:30 am	Candidate Intros
10:30 – 11:30 am	Activity (Escape Room, Crossword, Virtual Scavenger Hunt)
11:30 – 1:00 pm	Break
1:00 – 2:00 pm	Workshop or Service Learning

### Tuesday, June 23

9:30 – 9:35 am	Morning Welcome
9:35 – 9:45 am	Reach for the Stars! – Kent Julian, Keynote
9:45 – 10:45 am	Officer Candidate Speeches and Q & A
10:45 – 11:00 am	Voting
11:00 – 11:30 am	Activity (4-H Kahoot, Pictionary)
11:30 – 1:00 pm	Break
1:00 – 2:00 pm	Workshop or Service Learning

### Wednesday, June 24

9:30 – 9:35 am	Morning Welcome
9:35 – 9:45 am	DREAM to DO! – Kent Julian, Keynote
9:45 – 10:15 am	District Meeting/Elections/Voting - Breakout
10:15 – 11:00 am	Variety Show
11:00 – 11:30 am	Activity (Emoji Puzzles, Quizlet Live, Bingo Breakout)
11:30 – 1:00 pm	Break
1:00 – 2:00 pm	Workshop or Service Learning

### Thursday, June 25

9:30 – 9:35 am	Morning Welcome
9:35 – 9:45 am	Nothing Can Stop You! – Kent Julian, Capnote
9:45 – 10:15 am	Officer Induction
10:15 – 10:30 am	Evaluation
10:30 – 11:15 am	Activity (Box Stacking Comp., Field games)
11:15 – 12:30 pm	Clover Connection Celebration Lunch (Locations TBA)



## Workshops

Workshops are assigned according to choices you make on the registration form and available space. Workshops are offered Monday, Tuesday or Wednesday from 1:00 pm – 2:00 pm (PST). Links to access the workshops will be located on the STAC Event webpage.

### **Money Ninja Warrior (Monday)**

The Dark Samurai and his army have come to the land, and there are not enough Money Ninja Warriors to stop him. Students will be able to choose what categories of financial apps to learn about and then earn lifeline cards to help them defeat the Dark Samurai later. Once training is completed students will need to use that knowledge to answer questions about the different financial app categories.

### **Climbing: Determined to Go Above and Beyond (Monday)**

Did you know that challenges presented through developing climbing skills can help individuals develop trust in each other as well as setting and achieving goals? Join this virtual climbing experience to tighten the “knot” on your future success!

### **Exploring College Majors and Careers (Monday)**

The sky is the limit! Join a Career Advisor from University of Idaho’s Career Services on a stellar exploration of college majors and how to research careers. Students will gain a better understanding of college major options and educational interests through our major exploration tool. This activity centers on educational interests and possibilities through discussion about personal career preferences and how that might impact what type of degree you want to pursue in college. This will be a great opportunity to begin exploring steps forward after high school and increasing self-awareness regarding jobs, career choices, and degrees that will help you get your potential dream job, or career.

**Bust Your SIGNATURE Move (Monday)** — The best leaders have a signature move, and they know how to use it. In this fun and interactive workshop, audience members discover their “signature moves” (aka personality strengths) and the best strategies to “bust their signature moves.” They also learn two simple leadership questions to help others bust their signature moves as well.

### **The Get Rich Slow Scheme (Monday)**

A crash course in personal finance that will show you both why the financial choices made early in life can have a huge impact later in life, and how you can make better financial choices. The tools and principals taught can be applied to any level of income and help build a strong financial foundation so that you can enjoy life without having to worry about money.

### **Public Speaking and Presentation Building (Monday or Tuesday)**

As 4-Her’s, you are given plenty of opportunities to present in public...but, perfecting this craft is a lifelong journey! The principles for public speaking are the same, but the way in which we provide that information is changing with the utilization of technology. During this workshop,

you will gain a deeper understanding of what it takes to plan and implement a public speaking presentation. This session will explore some of the advantages of using technology to deliver asynchronous presentations using video/audio equipment. Peer to peer learning will take place through small group discussions and participants will be challenged to try something new and utilize technology to further your message!

### **Funding Your Goals (Monday, Tuesday, or Wednesday)**

Whether you are planning to attend a University, trade school or apprenticeship program, paying for higher education is a great worry for any family or youth. This session will help walk you through how financial aid works in the University system, how to find scholarships and how to be successful in obtaining them. The information covered here will be beneficial to youth in the 8<sup>th</sup> grade – 12<sup>th</sup> grade, parents, grandparents, caring adults that want to help kids or adults looking for ways to pursue their secondary education reach their dreams!

### **How to Sew 4-H Fun! (Monday, Tuesday, or Wednesday)**

Ever have a button fall off a shirt or rip your clothes? Learn some basic sewing skills to save your clothes while learning a lifetime skill. You will need a sewing needle, thread, piece of clothing or fabric and one button. If you don't have the supplies, attend to watch me demonstrate how to repair clothing. I will also show you how to re-purpose clothing. Ask a parent/guardian for a piece of clothing you no longer choose to wear which can be cut into a smaller article of clothing.

### **LifeSmarts (Monday or Wednesday)**

Have you heard of LifeSmarts? If not, this is your chance to find out if you and your friends have what it takes to be LifeSmarts champions. LifeSmarts is an online nationwide team competition that teaches essential life skills that will help you be more successful throughout your lives. The more you put into this program, the more you are going to get out of it. There are monthly cash prizes, scholarship opportunities, and the chance to attend the national competition each year. Come and learn how you can get involved in LifeSmarts.

### **Intuition (Tuesday)**

A proverb states that, "Experience is the best teacher." This program is designed to give students experiences making college decisions and finding a way to pay for them. Through the eyes of eight characters, each with different backgrounds and interests, students will experience the consequences of wise and unwise student-loan decisions. It also helps students explore alternatives to student loans and the benefits of considering the long-term impact of educational decisions.

### **Resumes and Interviews That Shine (Tuesday)**

Join Career Advisors from University of Idaho's Career Services in an interactive workshop discussing resumes and practicing interview skills. We will dive into the elements of what makes a good resume. Then as we reflect on skills, strengths and interests, participate in a speed interviewing activity. Learn ways to highlight your skills and stand out as a candidate - in a good way.

### **Employment Feud (Tuesday)**

Employment Feud is a fun interactive way to learn what you need to know to get the job you want. Over 100 professionals were surveyed; you can find out what they say are the most important things you can do to find a job and what they look for in their new employees. This program will help young adults learn what it takes to get a job in a competitive job market.

### **How to Beat Out the Competition and Get Hired for Any Job... Even If Your Resume Stinks! (Tuesday) —**

There is an art and a science to getting hired, and neither are even close to what most people think. Learn the secrets of both from an energetic career consultant who has helped over 1,000 clients move into careers they absolutely love.

### **Mindfulness and Stress Reduction (Tuesday)**

Learn how the power of thought can help you manage and reduce stress, improve your overall well-being, and how exercise and diet can help increase positive effects on your mental state. This workshop will explore practical mindfulness techniques that you can practice in your everyday life. Comfortable clothes and a small piece of chocolate (or similar small treat) are needed for the activities.

### **Making Connections to STEM Careers (Tuesday or Wednesday)**

Learn how to connect a variety of job titles to all areas of STEM! Through virtual group work and energizing discussions, discover STEM and how you can use this knowledge and these skills in your everyday life!

### **Who Moved My Cheese (Tuesday or Wednesday)**

Participants will be introduced to four new characters that might help them understand how other people react to change. This workshop will be a fun way to think about things that are important to us while learning how to deal with the changes we face in life.

### **Exploring Natural Resources (Wednesday)**

Did you know that Idaho has over 37 million acres of public land? We're lucky to have such plentiful forests, rivers, wildlife, and range, but we need people to manage these resources! Join us in one of the best Colleges of Natural Resources in the country (#1 this year for value!) to learn about our spectacular outdoor "classrooms", leading projects and research, and numerous career opportunities to make a difference in the environment. If you're a student interested in better ways to manage and conserve our natural resources, join us in CNR!

### **Credit Score Millionaire (Wednesday)**

Credit Score Millionaire is designed to improve knowledge and actions of students and ultimately lead to improved credit scores. Participants have the potential to save up to \$1000 or more a month through reduced borrowing costs, saved insurance, premiums, reduced utility deposits, better rent options and better employability. Learn about credit scores while participating in this classic gameshow!



### **Drawing Your Line: Relationships, Boundaries, Harassment & What You Can Do (Wednesday)**

Relationships are a huge part of life! In this hands-on workshop participants will learn about and discuss the types of relationships in their lives. We'll discuss what makes a relationship healthy or unhealthy and how to know when your boundaries are being crossed. "You'll be the Judge" as we cross-examine scenarios that might (or might not!) be sexual harassment. To top it all off, participants will learn more about how to respond to harassment and their own conflict style.

### **Making the First Impression (Wednesday)**

When we are looking for a good book to read, sometimes it is the cover that catches our eye and gets us to pick it up and read more. When you walk in for an interview or connect on-line for an interview, what you have on is like a book cover. During this session we will discuss what and what not to wear. We will also talk about backgrounds and lighting for on-line interviews. You will have the opportunity to evaluate some people dressing for an interview.

## **4-H Service Project**

Service-Learning projects are assigned according to choices you make on the registration form and available space. Service projects are offered Monday, Tuesday or Wednesday from 1:00 pm – 2:00 pm (PST). Links to access the workshops will be located on the STAC Event webpage.

### **Rocking the Times! (Monday)**

Are you ready to make someone's day with a Rockin' Rock? Get creative and paint up some rocks to leave on a walking path, in a flowerbed, at a retirement home....the possibilities are endless. You will need: Clean rocks, Acrylic paint, Assortment of paint brushes, and Your Imagination!

### **Folding for Greatness! (Tuesday)**

Come join us to learn about the wonderful art-form of origami! Use your hands to craft something amazing and bring joy to those who are in need during this time. You will need: Any printer paper, some scissors and be ready to create!

### **Pillows of Comfort (Wednesday)**

We all could use a little comfort during this time. What better way to brighten someone's day than by gifting them with something comfortable to hold, snuggle or rest their heads? These pillows can be given to an elderly neighbor, children experiencing stress, or anyone who may need a gift of appreciation or comfort. You will need: 16" x 16" fleece, stuffing or something soft to stuff with (old clothing, towels, soft fabric).

### **Idaho 4-H Youth Development Office**

Shana Codr, 4-H Events Coordinator; Cell – 208-596-6905

Donna R. Gillespie, STAC Steering Committee Chair; Cell – 208-312-4109

