Workshop Descriptions
Washington State 4-H Teen Conference
June 24-27, 2024 • Washington State University

Workshop #1 – Tuesday, June 25, 2024 • 9:00am - 9:50am

College Prep - This workshop, with the director of retention and recruitment for WSU CAHNRS, will cover all aspects of applying to and preparing for college including: admissions, applications, scholarships, financial aid, exploring different majors and advising.

WSU Army ROTC- Presenting all that Army ROTC has to offer! Students will leave with a general knowledge of the opportunities available to them to join the military and go to college at the same time. They will gain an understanding of how the Army ROTC leadership development model works and how ROTC helps pay for college.

Latin Dances - The Juntos 4-H youth from Whatcom County will be doing a workshop on some known Latin dances. We will be teaching about the various dances of Latin American region as well as how to dance a few of them. Participants will learn to do some basic steps to dance cumbia, bachata and other dances.

Chemistry for Everyone – Chemistry for everyone is a class where everyone can learn the basics of chemistry without feeling overwhelmed by its complexity. We cover the basic concepts of atoms and reactions in an enjoyable and hands on way. So, throw on your lab coats and get ready to learn.

Adulting 101: Adulting Skills for Your Finances - Are you just getting started managing your personal finances? Join us as we explore ways to set you up for success with spending plans and building savings for both the short- and long-term. Learn how to manage debt, build credit and protect your financial life.

Fun-ctional Fitness in Space – Join our keynote speaker for a session where you will discuss the effects of space on the human body. Participants will conduct a functional fitness assessment, brainstorm ways to mitigate hazards of deep space travel, and use that data in a design challenge to build a piece of exercise equipment for space. Come dressed to move.

Hearts and Livestock – In this workshop we will talk about the heart beat and the various structures in the heart; we will use a metronome to let the students hear the difference between the heart rate of a mouse (600 beats per minute) and other common livestock animals; and, finally we will allow the students to get hands-on experience with beef, pig, sheep, and mouse hearts.

It’s Not What You Say, It’s How You Say It- This workshop will provide communication skills and the knowledge-base on which to build those skills as youth grow personally and professionally. These skills are critical in leadership roles, college or job interviews, competitions, professional and personal relationships, business or volunteer opportunities, and everyday life situations. EVERYONE needs help to better communicate. These techniques provide youth with a foundation in which to practice and gain confidence.

A career in Ag Sales - Learn about a day in the life of an agricultural sales person, how to prepare for a career in sales and about job options in the industry.
How to Pay for College - Find scholarships starts before Senior year! This workshop will give students the information they need to feel confident that they will be able to pay for college. Students will learn how connections, skills, and experiences can translate to college scholarships. They will learn national, regional, and local sources of funds and how to prepare and apply. Lastly, students will get criteria for evaluating schools and financial aid packages to be able to make the best decision for their future.

Latin Dances - The Juntos 4-H youth from Whatcom County will be doing a workshop on some known Latin dances. We will be teaching about the various dances of Latin American region as well as how to dance a few of them. Participants will learn to do some basic steps to dance cumbia, bachata and other dances.

Wired for Addiction: Effects on the Brain – This workshop explores how addiction changes the brain and affects our thoughts and relationships. This class will help participants understand how addictive behaviors impact not only the individual but also those around them. By learning about the brain’s role in addiction, people can better grasp their struggles and make positive changes for themselves and their loved ones.

You're the First Responder?! – The average person experiences at least two critical incidents in their lifetime. Are you prepared? This scenario-based workshop will help you prepare for the possibility that you are involved in a crisis situation. We will discuss important considerations for a variety of situations like: communication, awareness of surroundings, controlling your breathing and skills you can learn ahead of an incident. Being prepared to act just might help you save a life!

Set Your Mind on Success: The Secret of Goal Setting – Did you know that people who make goals are generally a lot happier than people who don't? Some people though get frustrated with themselves and with the process of goal setting, some people get really busy and forget they have goals. Let's climb the ladder of success on rung at a time. Let's practice goal setting with your friends! We will share how to choose the right goals for you, and how to achieve them!

The Floor is Lava! How to study the Earth and natural hazards - In this Earth Science themed workshop, participants will be split into groups and tasked with solving challenging scientific tasks. Working together, groups will solve problems related to studying natural hazards including calculating the age of rocks, building defenses from landslides, measuring earthquakes, charting ash fall, and evaluating risk of neighboring areas.

Discover Poultry Outside the Coop - Where can your small animal project take you? Have you shown poultry for 5, 10, or even 13 years? What else is out there for you? Discover other adventures your poultry project can take you on through 4-H and beyond. Learn about marketing poultry, standard bred poultry and open shows, the National 4-H Poultry and Egg Contest, YEPA, and careers related to poultry. Youth will learn about careers related to poultry and state-wide (and beyond) opportunities with their birds.

4-H International Exchange - The 4-H International Exchange Program has taken place in Washington for fifty years. There are three branches, or areas of participation: outbound, inbound and year long. Any of these can create opportunities that will expand your thinking, hone your communication skills and learn something new. In this session we will discuss the ways to participate in the program and why it is important to encounter different cultures.

P.A.R.T. Robotics – Join the Palouse Area Robotics Team to learn about how they planned, built, and competed with their robot, Quark! Learn about FIRST robotics competition and how the skills gained via participation in this exciting 4-H project can lead into a career in computer science, engineering, and more!
Workshop #3 – Wednesday, June 26, 2024 • 9:00am - 9:50am

Juntos 4-H/Chopped Challenge #1 – (preference for this workshop will be given to those enrolled in the Juntos 4-H program) This workshop will have two parts, so please also register for Juntos #2 for Workshop #4. In this team-building workshop, 4-Hers will have the opportunity to show their cooking skills by engaging in a Juntos “Chopped” Challenge. 4-Hers will use their communication and creative skills to make the best crepe (thin type of pancake), using limited ingredients and one secret ingredient. Part two of this workshop will be an exploration of WSU’s multicultural student resources with the Multicultural Student Services team.

WSU Economic Sciences presents: Wealth Inequality Game - This simple activity illustrates how in the international economic system, wealth can beget wealth, and the power is in the hands of the wealthy. Through this game we will show some important ideas about wealth inequality, voting rules in international financial institutions and the connection between wealth, merit and fairness.

iDrone Camp with UI #1 – (Must register for iDrone Camp #2 for Workshop #4) This mini-camp is brought to us by University of Idaho for STEM workforce development. Participants will build a drone from scratch; learning the parts and engineering required for drone flight. They will then use a coding program to prepare the drone for flight!

Decoding DNA: Unraveling Genetic Mysteries in Forensics and Agriculture - This workshop will introduce students to basic concepts in animal genetics, and how we use genetics to solve real-life problems. We will begin with a short, interactive discussion about genetics and the basics of DNA as the building blocks for life. We will then extract DNA and learn how to determine the genetic makeup of an organism. Students will break into groups to solve a DNA “mystery” based on a real-life bighorn sheep poaching case. Lastly, we will regroup and discuss the future of genetics including the science behind GMOs and gene editing in animals.

Teens Helping Teens: A Guide to Mental and Emotional Health - This workshop will provide tips on how to care for your emotional and mental health. We will do an activity that helps answer the question “What do you do if someone you know is struggling?” with tips, tricks, and next steps in a handy dandy worksheet! We will also act out a scenario to show how a conversation with a friend may go. Participants will learn about resources at the local, state and national level that can help. They will also learn about personal self-care like sleep, connecting with nature and hobbies.

Get Up and Dance - Looking for a fun, approachable way to incorporate movement into daily life? Get Up and Dance! Learn basic hip-hop skills through games and activities that will help increase physical activity, promote a healthy lifestyle, and decrease potential injury. We will also cover stretching and mindfulness in an inviting environment, so come Get Up and Dance!

College Prep - This workshop will cover all aspects of applying to and preparing for college including: admissions, applications, scholarships, financial aid, exploring different majors and advising.

So, You Don’t Think You Can Lead? YES, You Can! - Leadership is not only for "older people" or those in careers. At any age, you can be a leader but being a competent leader takes skill and perseverance. This workshop discusses: leadership styles, communication and active listening skills, roles leaders must play, how to facilitate consensus and challenges of leadership.
Juntos 4-H/Chopped Challenge #2 – (preference for this workshop will be given to those enrolled in the Juntos 4-H program) This workshop will have two parts, so please also register for Juntos #1 for Workshop #3. In this team-building workshop, 4-Hers will have the opportunity to show their cooking skills by engaging in a Juntos "Chopped" Challenge. 4-Hers will use their communication and creative skills to make the best crepe (thin type of pancake), using limited ingredients and one secret ingredient. Part two of this workshop will be an exploration of WSU’s multicultural student resources with the Multicultural Student Services team.

Stress Management: Practical Tips to Prepare for Life After High School - This workshop will be a combination of lecture and hands-on learning activities. Participants will: learn about stress (what it is, what does it look like), learn about common sources of stress including academic pressures, social pressures, and life changes and engage in stress management activities that they can take with them as they transition to their post-high school lives. Youth will be provided with a journal, will learn some basic mindfulness and meditation techniques, will learn some tips for time management, and will have a list of practical skills to develop that will make them more efficient in their everyday interactions.

You're Hired! Practicing Interview Best Practices – Interviewing is a skill that will serve anyone well throughout their life. Whether it’s a college or job interview, or a first date, there are always new opportunities to make a first impression. In this workshop, students will learn how to interview by serving as interviewers themselves! This table-turning activity will allow students to analyze strengths and weaknesses, highlights and shortcomings, and general best practices of a candidate being interviewed. Come to this workshop with a sense of curiosity and openness to have fun.

Picture Yourself in Agriculture - Join us for "Picture yourself in Agriculture" a workshop focused on expanding your horizon for agricultural jobs. This workshop will give you the opportunity to meet a panel of people working in a variety of agricultural careers. You can ask questions and maybe even learn about jobs you didn't think were agricultural. This workshop will focus on making career connections and bettering the future of agriculture.

iDrone Camp with UI #2 – (Must register for iDrone Camp #1 for Workshop #3) This mini-camp is brought to us by University of Idaho for STEM workforce development. Participants will build a drone from scratch; learning the parts and engineering required for drone flight. They will then use a coding program to prepare the drone for flight!

Discovering Poetry for Presentation Skills - Youth will hear and see a variety of poetry types performed in different ways. Then select a poem to practice and share with a small group. Public speaking is a life skill that we build throughout our 4-H career and use through all levels of school, in giving presentations at work and even promoting ourselves when interviewing for jobs. Youth will leave with a few new tools for public speaking in a low-pressure situation and be able to practice speaking to/in front of a small group.

Keeping Our Food Safe and Healthy - In this workshop, we'll explore various ways to ensure food safety and promote healthy eating habits. We'll kick off with a brief presentation showcasing our lab research projects, followed by an interactive food safety quiz where students will be divided into teams for some friendly competition. Additionally, we'll demonstrate proper hand-washing techniques and guide students through label-reading exercises. Through engaging activities and discussions, participants will gain practical knowledge and potentially discover interests that could influence their future academic and career choices.

What Kind of Leader Are You? - Every person is going to be confronted by the opportunities of leadership in their lives. How do you know when it is time to step up? How do you know when it is time to step back? How do you lead with your friends? How do you lead with other leaders? In this workshop we will help you define your leadership strengths, and give you opportunity to apply your leadership in action!