

WORKSHOPS

VIRTUAL STATE 4-H ROUNDUP

WORKSHOP TYPES

- ▶ **Zoom Only:** Workshops will be a 45-minute interactive Zoom meeting.
- ▶ **Powerful Presentations:** Workshops will be a combination of a prerecorded educational/informational videos that challenge participants to complete a task or project. Afterward, an additional interactive 45-minute Zoom session with the instructor to review and discuss the task or project will take place.

WORKSHOP LIST

▶ Workshops | July 8, 2020

Soaring Through STEM with Speedfest

Type: Zoom Only

Instructor: Dorinda Risenhoover

Time: 10:00 a.m.

Put your engineering skills to work as we design large foam gliders utilizing the engineering design process! In addition, learn how to start an India Class Speedfest team in your 4-H area!

Nutrition and Physical Activity

Type: Zoom Only

Instructor: Janice Hermann

Time: 10:00 a.m.

This workshop will cover the roles of nutrition and fluids in physical activity.

Liquid Nitrogen

Type: Powerful Presentation

Instructor: Rick Clovis

Time: 11:00 a.m.

Liquid nitrogen — is it a liquid, is it a gas? Why does it freeze things? Come learn about the destructive properties of nitrogen.

Telling a Story with Video

Type: Powerful Presentation

Instructor: Quisto Settle

Time: 11:00 a.m.

To tell a story with video, we're focusing on choosing the right story to tell, getting your shots, putting everything in order to make it flow.

Recycling — Turning Trash into Treasure

Type: Zoom Only

Instructor: Keima Kamara

Time: 1:00 p.m.

Youth will learn different waste management practices and how they are design to protect our environment from pollution. Hands-on demonstrations of waste management strategies using landfill enviro-scape model.

After Graduation, What's Next?

Type: Zoom Only

Instructor: Arleen James

Time: 1:00 p.m.

No matter what your specific education and career goals are, one thing is certain: there is a job search in your future.

Oklahoma Rocks

Type: Powerful Presentation

Instructor: Jim Puckette

Time: 2:00 p.m.

Explore Oklahoma's interesting and exciting geology including types and ages of rocks where you live. Learn about aquifers and reservoir rocks essential for supplying water and producing oil and gas.

The Incredible Egg Challenge

Type: Powerful Presentation

Instructor: Jenifer Harbour

Time: 2:00 p.m.

Test your creative side alongside your engineering skills thought this fun challenge. We will be constructing devices to safely hold an egg while traveling back to sold ground.

▶ Workshops | July 15, 2020

Level Up Your Tech Knowledge

Type: Zoom Only

Instructor: Levi Arnold

Time: 10:00 a.m.

This session will cover identifying components of a computer, device safety/security tips, and what to look for when purchasing new devices.

Water Connects Us All

Type: Zoom Only

Instructors: Teegin Crosthwait
and Summer Leister

Time: 10:00 a.m.

Come learn about how water connects us all! You will learn about Bio swells, Bioreactors, and much more! You will also learn how to teach others what you learn.

Design a Simple Birdhouse in Sketchup

Type: Powerful Presentation

Instructor: Qing Lana Luo

Time: 11:00 a.m.

Using Computer Technology to model a 3D object and experience landscape architecture.

River and Stream Erosion Demo with BAE Stream Trailer

Type: Zoom Only

Instructor: Dr. Robert Scott Frazier

Time: 11:00 a.m.

Students will learn about proper stream and river management to prevent erosion by directly using the OSU Stream Trailer. This exercise allows students to “build” water systems and directly observe what happens when erosion is not controlled.

Don't Judge a Burger by its Color

Type: Powerful Presentation

Instructor: Ranjith Ram

Time: 1:00 p.m.

Have you ever thought why beef is red in color? Are you aware of the saying 160°F for one sec when cooking hamburger patties? In this session, participants will make different forms of beef color and will also see how different packaging can affect cooked beef color.

Bugs: Beyond Bogus and Bloodcurdling

Type: Powerful Presentation

Instructor: Andrine Shufan

Time: 1:00 p.m.

Learn about the incredible, scary, fascinating world of entomology!

Opportunities in Veterinary Medicine

Type: Zoom Only

Instructor: Dr. Emi Roberson

Time: 2:00 p.m.

Opportunities within Veterinary Medicine, specifically in USDA APHIS Veterinary Service.

Maple Nut Twist (Dessert Bread)

Type: Zoom Only

Instructor: Colton Trip

Time: 2:00 p.m.

Join us for an afternoon snack! Learn how to make a delicious dessert bread.

► Workshops | July 22, 2020

Control/Automate My World

Type: Powerful Presentation

Instructor: Loren Sizelove

Time: 10:00 a.m.

Robots, artificial intelligence and changing your future. Come learn how to program future technology and explore coding and technology-based career opportunities.

Is Your Vision 20/20 for FCS?

Type: Powerful Presentation

Instructor: Paula Tripp

Time: 10:00 a.m.

Be part of workshop games and activities that help you focus your vision on Family and Consumer Sciences careers that impact youth and adults in skills used every day!

Autonomous Ag Robotics

Type: Powerful Presentation

Instructor: John Long

Time: 11:00 a.m.

Ever wish you had a robot to do things for you? Come find out more about autonomous robotics in agriculture while learning how to build, code and compete with your own autonomous robots.

Citizen Scientist — Hop Into Frog Research

Type: Powerful Presentation

Instructor: Liz Taylor

Time: 11:00 a.m.

Everybody loves frogs. Join the group of citizen scientists and research amphibians in your back yard and neighborhood.

#OKRoundup20 #OK4H 4h.okstate.edu

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