

# Wednesday July 24 Workshops

## 2 Hour

### **Activate Leadership**

Offer our youth opportunities to develop and strengthen their leadership skills. We will focus on team building, communication, decision making, problem solving, setting goals, and help boost their confidence.

### **Beef Carcass Ultrasound: Estimating the beef**

The use of carcass ultrasound scanning can help producers learn more about their breeding stock and used to estimate carcass merit for cattle that are not ready for slaughter.

### **Calving Time Management**

Calving Time Management is hands-on workshop. The workshop is designed to teach individuals the basics of dealing with a difficult calving birth. The workshop will start with a PowerPoint presentation followed by participants working with the Hereford Dystocia Simulator. The HDS is life size cow simulator designed to teach participants how to deal with a difficult calving birth.

### **Drawing Differently: Portraiture for People Who Don't Think They Can Draw**

Join self-taught portrait artist Bailey Hoffner in an exploration of two, non-traditional approaches to drawing: pure contour drawing and group grid drawing. Each type of drawing helps us to let go of the need for control and explore the possibilities of what happens when we try to trace the world around us, without knowing how it will turn out until the end. Participants will get to draw from images and have the option to engage in live model drawing with one another and/or the instructor. All skill and experience levels are welcome, and anyone who doesn't think they can draw is encouraged to attend. We will be using pencil and/or pen, paper, and oil pastels.

### **Insect Adventures**

Come have an Insect Adventure! Entomology at OSU invites you to visit our live bug petting zoo. Get up close and personal with some amazing insects, arachnids, and tons of other arthropods. Learn all about their lifestyles and biology and hear what a career in Entomology involves.

### **Insight Matters: Understanding Yourself and Others**

Throughout this workshop, youth will have the chance to become more aware of themselves and others in both their professional and personal lives. During this workshop, students will get involved in a variety of activities, discussions, and games to gain more insight into themselves and those around them. These skills are essential for preparing youth for leadership roles.

### **Life and Leadership Lessons Learned from Working with Oxen**

Utilizing insights gained from more than forty years of experience with various teams of oxen, this session will explore the lessons learned in leadership, teamwork, communication, and navigating unforeseen challenges. Participants will gain an understanding of the parallels between working alongside oxen and leading human teams. Through a live demonstration, students will witness firsthand the application of leadership principles in action, including yoking, driving, working, and effectively communicating with oxen using voice commands. Topics include patience, persistence, communication, consistency, trust, adaptability, and respect—all essential facets of effective leadership.

### **"Rockin" Around Oklahoma**

Explore the diverse geology and resources of Oklahoma and learn how the geologic history of Oklahoma shaped our state.

### **Round up for Rally! Diving into dog sports**

Want a place to start with learning how to train dogs and compete with them? Rally is a great place to start. In some ways, rally mimics real life, encouraging behaviors like sit, heel, leave it, halt, and come. If obedience is equivalent to being on one's best behavior, rally is more like being basically well behaved in the course of daily life.

### **Use 3D Modeling Software SketchUp to Design a Birdhouse**

It is a project-based hands on workshop. Students will learn to build a birdhouse in 3D modeling software SketchUp.

### **1 Hour**

#### **Animal Adaptations**

Participants will discover the basic habitat needs of animals and explore how living things adapt to seasons and environments.

#### **Becoming a Plant Detective: Diagnosing Common Diseases of Horticultural Crops**

Through this workshop, we hope to introduce participants to common diseases of horticultural crops including vegetables, ornamentals, grapes, pecans, apples, pears etc. and guide them through basic process of diagnosis.

#### **Career opportunities in forestry**

There are tons of career opportunities in the forestry sector. This workshop will guide you through several of them, and how to get there!

#### **Continue Your 4-H Journey in College - Ferguson College of Agriculture**

"You have unique needs, interests, and goals, and we are here to support you in your academic and personal endeavors. We make it a priority to create a family atmosphere in and out of the classroom, challenge you with rigorous and engaging academics, and provide you with real-world experiences related to your future career. Students in our college come from both urban settings and traditional agricultural backgrounds. They are first-generation, legacy, in-state, out-of-state and out-of-country students. This adds strength to the Ferguson College of Agriculture experience. There is no doubt about it — you belong here and we can't wait to help you find your home in our Ferguson Family!"

#### **Fun with Jarcuterie--A New Twist on Charcuterie**

Participants will learn an innovative way to make charcuterie snacks that are creative, healthy, and fun to make and eat and they will get to make their own Jarcuterie snack to enjoy.

#### **Get Moving, Get Healthy**

Have you ever noticed that when you feel great you do great things? That's no coincidence! Having positive ways to manage emotions, fuel your body and being physically active can benefit one's physical and mental health. Join the 4-H Healthy Living Ambassadors to explore hands-on activities to incorporate healthy practices into your life.

#### **Growing Hops in Oklahoma**

Learn about research being conducted on Oklahoma's newest specialty crop- hops! Growth, harvest, laboratory testing and hands-on quality assessment of hops.

#### **Oklahoma State College of Arts and Sciences Recruitment**

Come learn about the College of Arts and Sciences and their diverse areas of study and ways to participate in your interests at college.

### **OSU Athletic Facility Tour**

Orange Power!! You have seen the Cowboys play sports. This will be your opportunity to see behind the scenes in Boone Pickens Stadium and Gallagher Iba Arena. You will see the training facilities, and orange power studio

### **OSU Study Abroad Global Trivia Kahoot!**

Interested in exploring the world? Maybe you've been abroad already and have the desire to travel more. Come play an online game of Kahoot! and test your global trivia skills! Plus learn a bit more about study abroad!

### **Slime Time - Fiber Edition!**

What is fiber? What does it do? Is it important? Come learn about the role that fiber plays in your diet while making fiber slime and a fiber dense snack!

### **Stillwater Martial Arts Self Defense**

Beginner's martial arts workshop. No experience required. Learn essential self-defense techniques and have tons of fun!

### **Teaming Up to Make a Difference**

If you want to feel empowered to succeed as part of a team, this breakout rocks it. Join Eddie Slowikowski for a raucous, high-spirited, musical trivia dance party – and learn amazing Teambuilding skills along the way. This breakout promotes an environment of collaboration, creative thinking, innovation, and outright fun. A highly motivating experience of interactive teamwork – Eddie uses popular culture, today's biggest music hits, and teambuilding things to get participants moving, heart's pumping and the competition flying.

### **Teamwork 101**

A fun hands-on workshop focused on teamwork, leadership, and communication. Build your skills through fun hands-on activities that are designed to get you working together, communication and thinking outside the box.

### **Unleash Your Inner Rockstar: Develop a 4-H Presentation You'll Love!**

Ignite your passion and discover the perfect topic for future 4-H presentations. Through interactive activities and brainstorming, we'll explore your interests, research resources, and develop a topic that ignites your passion!

### **Water, Water, Everywhere**

What is one thing that connects us all...water! Come be a part of water conservation, water quality and science of the water cycle. Explore watersheds, wetlands, engineered conservation practices and more in this water filled workshop!

# Thursday July 25 Workshops

## 2 Hour

### **Analyze data from the world's largest particle collider**

Hands-on analysis of collisions from the Large Hadron Collider (LHC), the largest machine ever built by humans! Participants will learn how to identify different types of fundamental particles produced in the collisions and try to find evidence for the elusive Higgs boson.

### **Crafting Thanks: Creating Handmade Cards**

Sending thank you notes are a foundational skill for 4-H members to express gratitude and thanks. Come join us for a hands-on workshop to learn how to make handmade cards to make your thank you notes a notch above! You will go home with several cards and skills to make more on your own.

### **Crafting your Career**

Participants will engage in professional development aimed to prepare them for life after high school. This workshop will include how to craft a professional cover letter and resume. Students will also strengthen their communication skills by learning the art of an elevator pitch.

### **Legislative 101 Seminar**

This presentation will explain the legislative process and the intersection of the process and politics.

### **OSU Student Farm Tour**

The OSU Student Farm produces market quality vegetables for Our Daily Bread Food and Resource Center in Stillwater. Student employees gain valuable hands-on learning while giving back to the community.

### **Philosophy & the Farm**

In this session you will see how the skills you develop in philosophy can greatly help your scholarly career no matter what program and career path you're in. The critical thinking and analysis skills that philosophy teaches your are highly sought after by employers, and the ethical training that philosophy gives will help to make you uniquely prepared to take on the challenges our world is currently facing. In particular, this seminar will look at how philosophy applies to modern farming and agriculture, biomedical research and engineering, and artificial intelligence systems, today

### **Putting Leadership in Service**

In this workshop you will learn the components it takes to be a servant leader. As well as create a service plan to be able to take home and put to work.

### **Quilted Hearts**

I Found a Quilted Heart is a random act of kindness civic engagement activity. Sew hearts to leave in public areas for others to find.

### **Smart Farming Basics: Programming Microcontrollers for Soil Moisture Monitoring**

Dive into the world of smart agriculture with this beginner-friendly workshop, where you'll learn block programming to monitor soil moisture. No prior skills needed.

### **Tour of The Botanic Garden**

Come walk around The Botanic Garden and see all of our displays!

## **1 Hour**

### **College of Veterinary Medicine Tour**

Ambassadors will be providing tours of the College of Veterinary Medicine to participants.

### **Cooking the Perfect Steak**

Learn our secret to preparing and cooking the best steak in Oklahoma, as well as insight into the food service industry from two hospitality professionals who have a combined 40+ years in the business

### **Dani's Dream: Sharing The Love of Art**

Arts in education is an approach to teaching and learning that utilizes creativity, imagination, and artistic exploration. Learn about Dani's Dream and how to start your own service oriented educational program. Leave motivated with a finished art project.

### **Early Childhood Come Learn about this Profession**

"Take a Tour the Child Development Laboratory, participate in a Make and Take for early childhood learning. "

### **From bugs to dip-n-dots: Science of food**

This session will provide hands-on activities in food science to learn about how food is made and food safety aspects.

### **How to Teach Robotics & Coding to Younger Youth**

This workshop is designed to introduce you to robotics and coding, as well as how to easily utilize the workshop materials in presenting to Cloverbuds in your club and county to ignite their passion in STEM.

### **Microbe Mystery: Decoding with Dichotomous Keys**

Join us in Microbe Mystery: Decoding with Dichotomous Keys! Perform hands-on biochemical tests to identify unknown bacteria using a dichotomous key. Dive into the fascinating world of microbiology!

### **Native Oklahoma fish anatomy and identification**

I will introduce you to work in an ichthyology museum, give you a tour of native fish biodiversity in Oklahoma, and tell you how to best identify a variety of these fish.

### **Problem Solve with Design**

Discover the future! This hands-on program will teach you to use design to solve real-world problems, preparing you for what's ahead. Join us to learn, create, and help shape the world of tomorrow!

### **Renewable Natural Resources in Water and on the Land**

In this workshop you will learn about a few important renewable natural resources that reside in the water and on the land, some being common to Oklahoma.

### **Shutter Savvy: Photography with Your Smartphone**

Unleash your smartphone camera's potential! Learn composition, lighting, editing tools, and creative strategies for impactful images. Attend this session to capture stunning moments effectively!

### **Slay: Leading the Nancy Randolph Davis Way**

"This year marks the 75th Anniversary of Nancy Randolph Davis as the first African American student to enroll at Oklahoma State University. Explore leadership in a unique way and learn to SLAY as a young leader. Identify different leadership styles using various types of candy and participate in a fun, hands on activity designed to improve leadership skills and think outside side of the box - the Nancy Randolph Davis way!"

### **Traditional Items of the Mvskoke People**

Introduction to cultural significant plants associated with the Mvskoke Nation (Muscogee Creek Nation). Students will have the opportunity to see, hold, and experience Weeso, Snakeroot, Tobacco, Bois D'Arc and a variety of other plants species that have shaped the Mvskoke people.

### **Wet Felting (seed bombs!)**

Wet felting: Transforming wool fibers with water, soap, and agitation into sturdy fabric. Demonstrations include seed bombs and gorilla gardening, fostering creativity and sustainability

### **What's within the flame?**

We will investigate a small candle flame to understand what flame is, what is inside the flame, how soot is generated, and how flame is out.

### **Wind Energy Class and Demonstration**

Students will learn the STEM attributes of wind energy and observe a working scale model. Students will build small scale wind turbines and test them.

## **Thursday Evening Workshops – 4pm – 5pm**

### **Building Blocks: Designing Compelling Supporting Materials for Your Speech**

In this dynamic workshop, participants will learn about forms of support, evidence, and source citation by exploring the metaphor of building blocks. We'll dissect the significance of different forms of support in delivering a compelling message, from facts and data to emotional appeals, and everything in between.

### **Butter vs. Margarine: A Tasty History**

We will be talking about the history of butter and margarine and the way people have made, marketed, and fought over the two products. We will make butter and margarine together as we discuss the topic.

### **Computer Science**

What is computer science? What degrees does OSU offer for working with computers? What does programming look like? Play with Sphero balls and circuit boards to experiment with programming and electrical circuitry.

### **Four Secrets Adults Won't Tell You About Conspiracies and Clickbait**

Can you spot fake news? Learn the tricks of clickbait and put your skills to the test in our interactive gameshow separating fact from fiction.

### **How to Be Smart and Safe While Using Technology**

This session will cover how to be smart and safe with your computers, phones, and tablets while attending school or university and using social media.

### **Native Oklahoma fish anatomy and identification**

I will introduce you to work in an ichthyology museum, give you a tour of native fish biodiversity in Oklahoma, and tell you how to best identify a variety of these fish.

### **Navigating Relationships in the Digital Age**

This workshop will focus on the impact of technology and social media on interpersonal relationships, including the importance of boundaries and safety in online relationships. Implications for personal, relational, and professional growth will be addressed.

### **Safe and Savory: A Delicious Workshop**

"Join us in making delicious guacamole and quesadillas in this hands-on workshop! With a specific focus on proper food safety skills in the kitchen. "

### **Say Yes to FCS Education at OSU!**

You'd love to continue leading 4-H in your career? Experience a simulation of the Family and Consumer Sciences/4-H opportunities awaiting you in Cooperative Extension!

### **The Science of Clean Water**

Learn how aquifers and manmade filters clean water. Build a simple water filtration system using 2-liter bottles, test water quality with sensors, and explore filtration speed.

### **Ticks and Alpha-gal Syndrome**

Alpha-gal syndrome is increasing in Oklahoma. Alpha-gal syndrome is a serious, potentially life-threatening allergic reaction triggered by a Lone-Star tick bite. Following a bite, people can have severe allergic reactions after eating red meat or other products containing alpha-gal.

### **Use Your Noodle Team Building**

Hands on workshop focused on teamwork, leadership, and communication. Build your skills through fun hands-on activities that are designed to get your working together, communication and thinking outside the box.

### **Wet Felting (seed bombs!)**

Wet felting: Transforming wool fibers with water, soap, and agitation into sturdy fabric. Demonstrations include seed bombs and gorilla gardening, fostering creativity and sustainability