



4-H PARENT-VOLUNTEER CONFERENCE AND PRE-CONFERENCE

JUNE 23-24, 2023

OSU CAMPUS, NORTH CLASSROOM BUILDING
STILLWATER, OK

Workshops will better prepare parents, volunteers, and Extension staff to engage and retain youth in the 4-H youth development effort.

Registration Option:

- Pre-conference and Conference

\$90 **\$65****

- Conference ONLY

\$65 **\$50****



Registration
and payment
due on or
before
June 2nd.

June 23 Pre-conference Workshops – Select one in-depth workshop. Participants will return home with the tools necessary to implement programming in their club, classroom, or community.

- Project WILD
- Healthy Choices – Fitness for Life

June 24 Conference

- Sixteen (16) unique workshops
- Super Seminar – Coming of Age: Seeing 4-H through Graphic Design
- 4-H Market Place
- Volunteer Recognition Luncheon

**Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact Karla Knoepfli at (405) 744-8882 or karla.knoepfli@okstate.edu at least two weeks prior to the event.

Thank you for
supporting OK 4-H
Volunteers **



OKLAHOMA
4-H FOUNDATION

- T Teamwork** – 4-H is a community of youth, volunteers, families, and Extension staff creating opportunities for growth.
- A Adventure** – The 4-H experience should be envisioning each circumstance as a unique adventure in personal growth.
- R Recognition** – 4-H youth, families and volunteers need to be recognized for cooperating, participating, setting, and achieving self-determined goals, achieving standards of excellence, and even choosing to participate in a competitive event.
- G Guide** - Programming at all levels, assists the group in meeting its goals by showing or directing along the way; using personal influence to guide the group in reaching its goals; and appropriately recognizing initiative, resiliency, and growth.
- E Energize** - The 4-H Positive Youth Development effort is about the act or "process" of growing or influencing youth, families, and communities to be resilient and energized through project work; participation in clubs and project groups; and cooperating with others to identify and meet a community need.
- T Teach** - The 4-H Positive Youth Development effort is about providing quality learning experiences which engage youth and volunteers in learning content through experiential learning.

Pre-Conference June 23

- 9 am **Registration** – North Classroom Building
- 9:30 – 11:30 am **PROJECT WILD** – Lisa Anderson, OK Project WILD Coordinator, University of Central OK
Oklahoma Project WILD allows you to bring together children and animals, nature, and knowledge. It's a winning combination that generates curiosity, captures interest, and unleashes the natural instinct in children to learn. Hands-on activities give life to textbook pages and give you the opportunity to creatively teach about the outdoors within core subjects such as science, math, social studies, and language arts. Project WILD materials support STEM learning and instruction for students in pre-K through grade 12
- HEALTHY CHOICES – FITNESS 4 LIFE** - Jim Rhodes and Missy Quintero
Participants will experience and apply the Get Fit 4Life curriculum. The curriculum is filled with fun activities that can be used in club meetings to promote healthy lifestyles and choices. Objectives of the program
- Educate youth on MyPlate and components of a healthy diet.
 - Empower youth with skills to help them in eating a healthier diet including reading labels, appropriate serving sizes, and how to identify sugars and fats in ingredient lists.
 - Motivate youth to exercise 60 minutes each day through exposing them to a variety of activities that promote physical fitness.
- 11:30 – 1 pm **Lunch on your own**
- 1-3 pm **PROJECT WILD** - continues
HEALTHY CHOICES – FITNESS FOR LIFE - continues
- 3:30 – 4:30 pm **4-H Curriculum Roundtables** – Quick introduction to a variety of great resources.

Conference June 24

- 8:15 – 8:45 am **Registration** – North Classroom Building
- 9 am **Welcome** – Missy Quintero, Oklahoma State 4-H Volunteer Board President
Steve Beck, State 4-H Program Leader
- 9:15 – 10:15 am **Super Seminar** – “Coming of Age: Seeing 4-H through Graphic Design”
4-H provides many opportunities to develop confidence and skills in being an effective communicator. The life skill of communication is about conveying thoughts, ideas, and information. Graphic design is a form of communication use in posters, displays, flyers, digital presentations, photography, video, logos, t-shirts, web design, and so much more! Return home with 10 ready to go lessons that will help 4-H members see the importance of graphic design in society and in mastering their skills in being better communicators.

10:30 11:30 am

Workshop Session 1

"I Place this Class"...Skills and Resources to Prepare Youth for Consumer and Horticulture Judging – Cathy Allen and Shelley Mitchell

Every day you make decisions, what to eat, what to wear, or what produce to purchase. Judging contests can prepare youth to make decisions based on information learned and studied and on facts collected. It can also help you learn to defend decisions.

The 4-H Consumer Decision Making Contest and Horticulture Judging Contest help youth practice making decisions by matching knowledge, skills and abilities against those of others. Participants will take part in a mock contest learning how to rank items based on standards and quality.

Mental Health: Stress Management & Coping Skills – Alexis Graham

This workshop expresses the importance of mental health awareness; the effects of stress on the body mentally, emotionally, and physically; and explores coping strategies with hands-on activities. The knowledge and skills gained can be used in a club setting, workshop, school enrichment, adult volunteer trainings, even your personal life and more.

Preserving the Past and Protecting the Future: Old and New Ways of Home Food

Preservation – Lesa K. Rauh

Since time began, people have been perfecting the art of food preservation and cooking methods. We will journey back in time to consider the "old ways" of making food last longer, and then look at present technologies, as well as trends for the future. Topics will include dehydrating, canning, freezing, and more.

Using Citizen Science to ENERGIZE Youth Volunteerism and Environmental Stewardship – Nicole Colston, Sierra Schupp, Cheyanne Olson, and Jim Pendred

Citizen scientists are volunteers who help scientists by collecting and submitting data. Come learn about existing citizen science programs for monitoring local water resources (from trash clean-up to stream monitoring to backyard rain gauges). Learn how to ENERGIZE your club's local water stewards with quick activities and long-term projects.

Pack Your Bags - Debbie Wilson and Heather Gerard

Ready to pack a bag and take your 4-H members on some awesome trips? Our club has been taking in-state and out of state trips for the past seven years. We will share the do's and a few don'ts of planning fun, educational trips. During the session we will talk about financing the trip, necessary paperwork, and share pictures showcasing our trips across Oklahoma and other states.

11:30 1 pm

Volunteer Recognition Luncheon – Conoco Phillips Alumni Center

4 H Market Place young 4 H entrepreneurs

1:30 2:30 pm

Workshop Session 2

Handmade Stamps & Print-making Art – Alexis Graham

Learn about patterns in different cultures and create handmade stamps to design your own print-making art. Walk away with your stamps and unique artwork as well as the skills to teach your club members, offer school enrichment, conduct a workshop, etc. This project is great for all ages, PreK-adult! Everyone enjoys it and all ages can participate!

Themes Are Not Just for Parties – Rayanne Carpenter

Using 4-H curriculum for club meetings gives a great foundation for member success. This doesn't mean meetings have to be dry. Using a theme, sparks creativity and blends learning with fun. Stop by and see how a simple thing like a straw can create a club meeting packed with information, learning, and fun.

Cultivating Constructive Conversations – Liz Taylor

It's important for your 4-H'ers to feel and safe and included so they can express their thoughts and opinions. Come and learn some fun and engaging ways to get conversations started.

Talk Saves Lives - Shiela Williams LPC-S

Talk Saves Lives is an evidence-based training that provides participants with information about suicide, current research, and what can be done in communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

Easy Activities to Build Outdoor Skills – Kevin Allen and Makenzie Sheldon

Do you sometimes think you don't have all the items needed to teach outdoor skills? This workshop will introduce outdoor activities and skills that don't require a lot of expensive materials and can be taught with items commonly found in your home.

2:45 3:45 pm

Workshop Session 3

Talking Back: Assessment and Feedback Through Alternative Methods – Taylor Shackelford, Kayla Marsh, Emily Sewell, and Lauren L. Cline.

How can we work smarter, instead of harder, while getting to the heart of member's needs? Sticky notes, wellness check-ins, and experiential learning objectives can inform programming and address critical gaps in youth development.

Ready, Set, Glow...with LED Fireflies! – Kelly Wardlaw

Have you ever caught fireflies in your backyard? This activity gives participants a chance to learn about these interesting insects and build a simple circuit to create their own Light-up Firefly Necklace.

Tips and Tricks of Club Organization – Kelli Morgan

Tips and Tricks on how to keep your club organized and well informed from a current 4-H Volunteer.

Make the Jump to Rabbits! – Joy Finch

Do you have 4-H'ers that want an animal project but have a small budget? The answer can be a rabbit. Learn the basics of setting up a rabbit club and check out the Ohio State Learning Lab Rabbit Kit. A rabbit project can teach animal husbandry and a lot more.

Sharing is Caring Cooking Program – Arleen James

Nothing brings people together like food. Come learn about the *Sharing is Caring* cooking program. In 4-H, we can be of service to others by cooking a family meal together and by preparing a meal for a family in need. During our time together, we will learn how the process works and will receive recipes to jump-start the project.

4-H Shooting Sports: Learn by Doing – Amy Richmond

The 4-H Shooting Sports program is an educational activity to foster positive youth development, teach firearm safety, help improve marksmanship, and to enjoy outdoor activities. The program encompasses aspects of volunteer leadership, capacity building for youth and families, and environmental stewardship.

Shooting Sports is attractive to both youth and adults. It fosters a healthy environment where youth interact with and learn from positive adult role models. Each discipline is administered by nationally certified state leaders consisting of extension personnel and volunteers. (Oklahoma State University. Oklahoma 4-H Shooting Sports. 2022)

4:00 4:30 pm

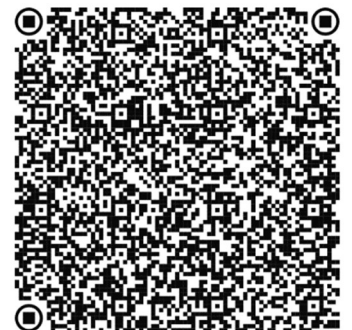
Closing Session with Door Prizes

Questions? 405-744-8882 or
karla.knoepfli@okstate.edu



**The Parent-Volunteer Conference
is brought to you
by the Oklahoma 4-H Volunteer Board.**

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