June 25-28, 2018
University of Idaho Campus
Moscow, Idaho

“Discovering Futures, Leading Communities”
About the Idaho 4-H State Teen Association Convention

A 4-day educational event focusing on post-secondary and career exploration. Both 4-H and non 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.

Who Can Attend

- Youth who have completed the 8th – 12th grades
- Certified Adult chaperones and Certified Collegiate Volunteers
- Both 4-H and Non 4-H Members

Activities

Delegates will take part in scheduled educational, recreational, and social events, with the opportunity during workshops and these events to explore the university campus and make new friends. They will live in a university dormitory, eat in the student dining hall, participate in workshop tracks and campus/community tours, recreation activities, dances, service project and assemblies.

Registration for Delegates

- Early Bird ($270.00) begins April 2 – May 14, 2018.
  - (Registration includes: Lodging, meals, transportation, workshop and presenter fees, entertainment activities, etc.)
- Regular Registration ($295.00) begins May 15 – June 4, 2018
- No registrations will be accepted after June 4, 2018.
- For 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 Non 4-H members: Complete the online registration form.
- On your registration page, mark your choices for Workshops and Tours. Workshop and Tour enrollments will be first come, first served. Some workshops will fill quickly, so there is an advantage to registering early.
- All conference digital photos and conference t-shirts are included in the registration fees.
- Onsite check-in will take place in LLC complex lobby on June 25, between 2 pm – 3:30 pm.
Chaperones

- If you are interested in becoming a Chaperone for this event, please review the [Chaperone Position Description](#) to see if this is an opportunity for you!
- To apply for a Chaperone position, please complete the online [Chaperone Application](#). Notifications will be made to all Chaperones on or before May 1st. Information regarding how to register and pay will be sent at that time. State and local scholarships are available, please inquire at your local County Extension office.

Collegiate Volunteers

- If you are interested in becoming a Collegiate Volunteer or Collegiate Facilitation Coach for this event, please review the [Collegiate Volunteer/Coach Position Description(s)](#) to see if this is an opportunity for you!
- To apply for a Collegiate Volunteer position, please complete the online [Collegiate Volunteer Application](#). Notifications will be made to all Collegiate Volunteers on or before May 1st. Information regarding how to get certified and register will be sent at that time.

Payments

- All payments can be made online (Visa/Mastercard and Webchecks) at [www.uidaho.edu/4hevents](http://www.uidaho.edu/4hevents) under the “2018 STAC Online Payments” icon or paid to the your local UI County Extension office. Early Bird payments are due by [May 14](#) and Regular Registration payments are due by [June 4](#).

Transportation

- For all State and National 4-H Events, the University of Idaho 4-H Youth Development department will arrange public transportation – trains, buses, and/or commercial airlines – to and from events. Because commercial chartered companies are held to higher safety standards with periodic inspections and approved health and safety policies, 4-H requires all youth and chaperones participating in 4-H State and National events to use the transportation arranged for each event. For information, please review the [4-H Transportation Policy](#).
- Fees for bussing is included in the registration cost. Fees cover the expenses associated with all Transportation provided, including, but not limited to: gas; mileage; lodging and accommodations for all bus drivers; insurances; and use of buses for events held off campus during the event.
- Those living in the Moscow area (Incl. Troy, Deary, Bovill) where a bus is not routed through, may travel to the event following the provisions outlined under the “4-H Traveling in Non-Public Automobiles” section of the [4-H Transportation Policy](#).
Lodging
Delegates will stay at the University of Idaho Theophilus Tower Dormitory. Delegates need to bring bedding (pillow, sleeping bag and/or sheets, blankets), towels, and personal toiletry items. Rooms and roommates will be pre-assigned. Counties are grouped together by districts on floors. Changes are not allowed. There is a $60 charge for lost room keys and $5 fee for lost key tags.

Food
Meal service is provided in the Wallace cafeteria. Delegates will be issued a meal card which must be presented at each meal. There is a $15 charge for replacing lost cards.

Dress Code
Dress for this event ranges from casual to semi-formal. Casual for daily activities includes jeans, capris, sweatshirts or t-shirts. Baggy sweats, short-shorts/skirts, and low-cut shirts or tank tops are not permitted under daily casual wear and youth will be asked to change into something more appropriate. Business Casual for officer interviews and speeches (if applicable) - Dresses, skirts (knee length or longer when seated), slacks with nice blouses/shirts or sweaters, nice dress jeans (black Wranglers) are allowed but no blue denim. Closed toe shoes, hard-soled. Semi-Formal for Clover Banquet - Dresses, dressy blouses and skirts (knee-length or longer when seated), or dress pants, shirts and ties. Semi-formal means no denim, bared midriffs and shirttails are tucked in. No flip flops or sport shoes. Sleepwear is to be worn only in individual rooms, not in public areas (halls, meeting rooms, lobby). Be sure to bring jackets and rain gear as well!

Workshop Tracks
Tracks are assigned according to choices indicated on your registration form and available space. Delegates are expected to participate and attend all selected tracks.

Gem State News and Week in Review
All delegates interested in being a photographer or reporter for the Gem State News or Week in Review should register for the Reporting track.

4-H Variety Show
Delegates who enjoy performing are encouraged to submit a video or audio recording before June 15 to try out for the 4-H Variety Show. While last minute acts will be able to try out for a spot in the Variety Show as have in years past, selection may be on a space available basis. Audio or video files may be emailed to the state 4-H Youth Development office, attention Shana Codr (scodr@uidaho.edu). Include your name and telephone number in any emails.
Decorations
Bring supplies to decorate your dormitory room doors to show your 4-H pride and help people get to know you. Please do not bring staples, tacks, nails or any tape that leaves residue for hanging decorations.

4-H Service Project
There will be four opportunities for the 4-H Service Project this year:
1) Blanket Tying – We will be making fleece tie blankets to give to area shelters and Emergency Response crews.
2) Rescue Paracords – We will be making rescue paracord bracelets to donate to military branches throughout the state.
3) Military Thank-You’s – We will be creating and writing military thank you cards to send to our military service personnel. A representative of the military will share his/her experience and discuss the importance and value receiving hand written cards means to those who serve.
4) Soup Making – The Pea and Lentil Commission is donating peas and lentils to make dry soup mixes for our local area shelters and food banks.

Please indicate your service project preference on your registration. Assignments will be first come, first served.

4-H State Officers and State Teen Association Convention Steering Committee
If you would like to run for a 4-H State Office or are interested in being part of the State Teen Association Convention Steering Committee indicate your interest on the registration form. Information will be emailed to you.

4-H State Association Positions available: President, Vice President, Secretary, Media Manager, and Activities Director (one-year term)

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).
TENTATIVE CONFERENCE SCHEDULE

Monday, June 25

2:00 pm  Buses Arrive/Check in
3:30 pm  District Meetings/Get to Know You Activities (Tower Lawn)
4:20 pm  Campus Tour from Theophilus Tower to Administration Building
5:00 pm  District Photos
5:30 pm  All Conference Games/Adult Orientation
6:00 pm  Dinner – Admin Lawn
6:30 pm  Opening Assembly
7:30 pm  Finish Campus Tour from Administration Building to Theophilus Tower
8:00 pm  Floor Meetings
8:30 pm  All Conference Games
8:20 pm  Candidate Orientation/Alternate Act.
8:45 pm  Variety Show Auditions
9:15 pm  Social/Decorate Doors/Unpack
10:00 pm  All delegates on floors
10:30 pm  Lights out

Tuesday, June 26

7:30 am  Breakfast – International Ballroom
8:00 am  Keynote Speaker – Brandon Lee White
9:15 am  District Meetings – Silver, Gold, Borah, Chiefs
10:00 am  Workshop #1
12:15 pm  Lunch - HUB
1:30 pm  Career Tours
4:00 pm  Vandalstore Visit / Alt Activities Rotated in SUB
4:15 pm  Variety Show Rehearsals
5:00 pm  Candidate Interviews
6:00 pm  Dinner – HUB
7:15 pm  Entertainment Show – International Ballroom
8:00 pm  Variety Show
9:00 pm  Group Activity
10:00 pm  Tower Light Show
10:30 pm  Floor Meetings
11:00 pm  Lights Out
**Wednesday, June 27**

- **7:30 am**  Breakfast/Host and Hostess meeting – HUB
- **8:30 am**  District Meetings
- **9:15 am**  Assembly/Speeches/Voting
- **10:30 am**  Workshop #2
- **12:45 pm**  Lunch – HUB
- **1:45 pm**  Service Project
- **2:30 pm**  Workshop #3
- **4:30 pm**  Return to Towers and Prepare for Clover Banquet
- **6:30 pm**  Clover Banquet – International Ballroom (Semi-Formal Meal)
- **9:00 pm**  Clover Dance/Photo Booth/District Competition
- **10:45 pm**  Floor Parties
- **12:00 am**  Return to Floors/Lights out

**Thursday, June 28**

- **8:00 am**  Breakfast/New Officer Meeting— HUB
- **9:00 am**  District Meetings/Officer Photos
- **10:00 am**  Group Activity – Brandon Lee White
- **11:00 am**  Closing Assembly
- **12:00 pm**  Pack and Check Out
- **1:00 pm**  Grab lunches/Load Buses
- **1:30 pm**  Travel Home/End of Event
CONFERENCE POLICIES

University of Idaho 4-H Youth Development faculty and staff, 4-H State Officers and the Conference Steering Committee plan and conduct the conference in accordance with the 2017 University of Idaho Youth Conference policies. Delegates are expected to adhere to these policies. 4-H Members sign an electronic code of conduct upon enrollment for the 4-H program.

Parents/guardians of Non 4-H members will be required to complete and sign a consent form, which provides for adherence to certain policies and health requirements.

2018 University of Idaho Youth Conference Policies
The University of Idaho 4-H Youth Development department wants your week at State Teen Association Convention to be filled with exciting experiences, new friendships, and fun. To help make this happen, each participant is expected to be considerate of others, participate fully in the Conference programs, and observe the following rules.

Assemblies & Workshops
- Attendance at all scheduled events is required. Be prompt in attendance and courteous to all instructors and speakers.
- Workshops are assigned according to choices given on your registration form and available space.
- Name badges are important for gaining admittance to Idaho 4-H State Teen Association Convention events, for identification and to help you get acquainted. Wear your badge at all times.

Dormitory & Meals
- Room assignments made at dorm registration must be kept. Counties are grouped together by districts on floors. Changes are not allowed (in an emergency, we must know where you are).
- Leave valuables at home. We have no way to guarantee their security. Even locked dorm rooms do not always prevent losses. (There is a $60 charge for lost room keys and a $5 fee for lost key tags.)
- Report illness immediately to an adult chaperone. Medical staff are available to provide immediate First Aid assistance on site. In case of emergency, parents will be notified and delegates will be taken to Moscow Family Medicine or Gritman Memorial Medical Center, Moscow.
- Respect for the privacy of others requires that members of the opposite sex are only allowed in common areas on the same floor. No delegate will be allowed in the rooms of the opposite sex.
- Lounges are available on each floor for visiting.
- Dormitory will be locked one-half hour after the close of the evening activity. In your room and quiet time begins, please refer to the schedule for lights out times. After lights out, use phones for emergencies only.
• The removal of window screens or throwing any object out of the dorm windows is strictly forbidden.

• ALL meals are provided during this conference. **Delegates are not permitted to order on/off campus dining to be delivered to the dorms during this event.** If there are mealtime concerns, please contact the event coordinators prior to conference to make accommodations.

• At no time should any youth be alone on campus, youth should engage in the “buddy system” when traveling to workshops, activities, meals or other STAC approved events. Youth should not enter any UI buildings except for attending STAC workshops, activities, meals or other STAC approved events.

• Leaving campus at any time during this event is prohibited without prior arrangements made by the event coordinators. This includes traveling to restaurants, stores, malls, etc. or leaving the conference prior to the close of conference for any reason.

**General**

• Idaho 4-H State Teen Association Convention delegate may ride only in cars driven by Extension staff or chaperones. Only campus or Moscow buildings scheduled for 4-H events are to be entered and then only at times designated on the program.

• Possession of tobacco, vape products, use of alcoholic beverages, illegal drugs, firearms or explosives of any kind is prohibited on campus and anytime during Idaho 4-H State Teen Association Convention.

• Cost of damage or theft of any university property will be billed to the individual responsible (or delegate’s parents) or to the group with which the delegate is associated.

• Permission to leave Idaho 4-H State Teen Association Convention and/or campus at any time must be secured in advance from the Extension staff or chaperone in charge of the county delegation who will then inform the 4-H Youth Development Office.

• Minor problems will be handled by the Extension staff or chaperone in charge.

These policies are intended to assist in providing for the health, safety and social well-being of everyone attending the Idaho 4-H State Teen Association Convention (STAC). Should a situation arise that is not covered by this list, the STAC Steering Committee will handle it in a manner consistent with UI Extension policies.

**Idaho 4-H Youth Development Office**
University of Idaho
Mary E. Forney Hall
875 Perimeter Drive, MS3015
Moscow, ID 83844-3015
208-885-7700 (8:00 am-5:00 pm) OR 208-885-6571 (24 hours, Dorm Office)
Shana Codr, 4-H Events Coordinator
Tracks and Workshops

Workshops are assigned according to choices you make on this registration form and available space. There are two options to choose from: Option A – **ONE 6-hour** workshop track that you can choose based on your interest; or Option B – **THREE 2-hour** workshops that you can customize to fit into your daily schedule based on your personal interest. You can choose only **ONE** (Option A **OR** Option B).

**Option A (6-hour Workshop Tracks)** –
Sessions 1, 2 and 3 (Tuesday AM and Wednesday AM/PM). Tracks will be filled by first come, first served and may fill up quickly, so there is an advantage to registering early. **Choose 1 of the following workshop tracks:** *(Please note: If choosing Option A, do not choose workshops in Option B)*

**REPORTING:** Join the team of writers, photographers and videographers who put together the official news of State Teen Association Convention.

**LEADERSHIP, COMMUNICATION AND BUSINESS IN THE AGRICULTURE AND LIFE SCIENCES:** Agriculture isn’t just about raising animals and growing crops. Explore current issues facing the world’s food, water, and fiber supply, and what researchers are doing to supply the growing population with agricultural products and make a profit doing so.

**LEADERSHIP AND TEAMWORK DEVELOPMENT THROUGH UI REC CENTER:** Learn team building through rock climbing initiatives, and leadership development through low ropes activities and challenges at the UI Climbing Center. The workshop will focus on group dynamics, communication and leadership in a group setting.

**DRONE FLYING:** During this hands-on workshop, participants will get to know what research challenges and opportunities today’s scientists face and how to seek innovative solutions for a better life. They will brainstorm a design concept, discuss them with their peers and implement such ideas to solve real-world problems. About 3-5 students will make a group and build, program and fly a drone!
Option B (2-hour Workshops) –
Workshops will be filled by first come, first served and may fill up quickly, so there is an advantage to registering early. Choose 3 different workshops from the following:
(Please note: If choosing Option B, do not choose a workshop in Option A)

**THE BEAUTY OF RAIN GARDENS: Planning and Designing a Rain Garden for Water-Wise Landscapes (Offered Tuesday AM Only):** This workshop teaches you how to harness rain water to create a water-wise rain garden at your home or property. Participants are introduced to the benefits of capturing and using rain water, including how to reduce standing water after storms, and protect nearby waterways. We will show you examples of how rain water can be captured, stored and used for landscape irrigation, as well as to create beautiful landscapes. We will also show you the benefits of using native and regionally adapted plants for enhancing habitat and aesthetic effect. In this 2-hour workshop you will learn: - How to choose an appropriate site for your rain garden - How to size the rain garden for different types of storms - How to design the rain garden to manage water, reduce irrigation needs and prevent flooding - How to choose appropriate rain garden plants, grasses, and groundcovers for the Palouse and other areas - Tips on keeping your rain garden beautiful and working.

**FUN WITH LED’S (Offered Tuesday AM Only):** In this workshop students, will learn a little bit about electricity, Light Emitting Diodes (LED's), and soldering. We will discuss some basic ideas concerning electricity, including how LED's work. LED's are beginning to dominate our lighting needs, as they last for years and are more energy efficient than incandescent, fluorescent, and even CFL bulbs. The students will build a small LED blinker circuit during the workshop.

**WHAT’S YOUR LEADERSHIP STYLE (Offered Tuesday AM Only):** Have you ever wondered why you mesh with certain people and clash with others? In this presentation, Brandon Lee White, guides participants through his “Own It” personality test and helps students see themselves more clearly. Exercises and acting out real-life situations will make students laugh and help them make the most of their unique personality while effectively relating and leading others.

**KEEPING ORDER (Offered Tuesday AM Only):** Led by the Idaho 4-H State Teen Association Officers, participants in this workshop will learn about parliamentary procedure and how they can use it to have effective, productive meetings.

**MEDICAL SCIENCES (Offered Tuesday AM and Wednesday AM only):** Seventy-Five percent of undergraduate anatomy students at 2 or 4 year schools in the US study human anatomy with preserved cats or fetal pigs or from plastic models. But not at UI! Get up close and personable with our real human bones and our four human cadaver specimens in this workshop. Learn about degree programs and careers involving human anatomy and get hands on experience with cadavers that students don’t normally see until graduate program.
**BATTLE OF THE BANDS AND TRICKED OUT CAR LOT (Offered Wednesday AM Only):**
Design Idaho’s first tricked-out car lot and band stage. Twenty years ago, a downtown hotel in Chapman mysteriously caught fire leaving an embarrassing abandoned lot and grim wall on the corner of Main and Broadway. Participants are tasked with creating a giant mural on the scarred wall to act as a backdrop for the town’s 1st Annual “Battle of the Bands.” The town council asks that the design for the wall, stage, and parking reflect the character of the town and economy of the surrounding region. Great opportunity to let your creativity and imagination run free!

**MISSION TO ACTION! (Offered Wednesday AM Only):** It’s not what you want that counts, but what you DO about what you want. This workshops helps pull your dreams out of the clouds and convert them into a mission statement and goals that you can put into action.

**GO FOR THE GOLD! GETTING HIRED (Offered Wednesday AM Only):** Get a job! What to expect when you apply and interview for a position. What to wear, how to act, how to sell yourself. Possible mock-interviews as time allows.

**EXPLORING CAREERS (Offered Wednesday AM Only):** Join Career Advisors from University of Idaho’s Career Services on an exploration of the world of career possibilities. Career assessments can help you explore your interests, values, and strengths, as well as your potential educational and career interests. Two activities about careers will be offered: 1) use technology to discover potential careers you can explore; 2) have fun discovering your personality preferences and how they can help you reach your career goals! You’ll leave knowing more about yourself and how to get your dream job!

**TRAIN THE TRAINER (Offered Wednesday PM Only):** Running a successful fitness program will be conducted within one, two-hour session. The session will be directed towards participants who have interests in going into the health and fitness industry. The participants will learn 1) Recommended nutritional guidelines when participating in Physical Activity, 2) Metabolic System Requirements and Sustainability, 3) "How-to" effectively instruct one to two strength-training exercises per muscle group, and 4) Elements of successful exercise training programs.

**ANIMAL SCIENCE (Offered Wednesday PM only):** This hands-on workshop will provide participants the opportunity to learn more about retail meat cuts. You will learn the reasons for the difference in cost of meat cuts, experience a variety of preparation and cooking methods, learn about the nutritional value of meat and participate in a taste testing activity.
**EXPLORING COLLEGE MAJORS (Offered Wednesday PM Only):** The sky is the limit! Join Career Advisors from University of Idaho’s Career Services on a stellar exploration of college majors. 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 with regard to jobs, career choices, and degrees that will help you get your potential dream job, or career.

**FOOD FOR THOUGHT: What Nutrition Science teaches us about Fueling the Teenage Brain (Offered Wednesday PM Only):** In this workshop, students will learn what Nutrition Science is and career path options involving this field of study. We will discuss key nutrients of importance during adolescence, with a specific focus on those nutrients necessary for brain growth, development, and function. Students will have an opportunity for hands-on experience as they learn to prepare and taste recipes that include foods rich in key nutrients identified during the workshop.

**#IHEARTYOGA (Same workshop offered 3 times):** Practicing yoga is a fun, easy, and feel-good way to help increase your physical activity levels while also developing balance, coordination, and focus. Yoga combines breathing, controlled postures, and mental focus to improve fitness and decrease stress. Yoga is the perfect way to help you manage the daily pressures that are often placed on teen students. Creating a space for your mind to unwind will help you feel more centered, relieve stress, and boost your self-acceptance and overall well-being. Come hit the mat with us, and experience what yoga can do for you.

**APPAREL DESIGN, MATH AND SCIENCE – OH MY! (Same workshop offered 3 times):** This workshop focuses on scientific and mathematic principles used in fiber art. Hands on activities focus primarily on fabric dyeing techniques using natural dyes as well as some unusual household foods. Participants will also marble fabric and learn the preparation steps in preparing the fabric and solutions for this fun activity. While the dyed and marbled fabrics are allowed to dry, fabric manipulation techniques such as creating 3D forms will be demonstrated. Participants will then have the opportunity to try the various techniques to create their own 3D fabric forms. This workshop demonstrates that art, design, math and science really do work together.

**SO...WHAT CAN YOU DO WITH AN “AG” DEGREE? (Same workshop repeated 3 times):** More than just cows and plows...but those too! In this workshop, you will be able to uncover the exciting possibilities and imagine your future in a college known for preparing students to make profound impacts on our world. Agricultural and life sciences include a broad spectrum of programs that seek to address the most complex challenges while providing meaningful experiences for students. An engaging activity will give you the opportunity to experience hands-on classroom activities and a glimpse into possible careers.
DRAWING YOUR LINE: RELATIONSHIPS, BOUNDARIES, HARRASSMENT & WHAT YOU CAN DO! (Same workshop repeated 3 times): In this interactive workshop participants will discover what makes a healthy relationship, boundaries that can keep it on track, and where to draw their own lines when it comes to sexual harassment. Through small group and large group exercises, self-reflection and fun, you'll come away with a better understanding of what you can do to have healthy, respectful relationships and how to take action when you think your line has been crossed.

YOU CAN MAKE AN APP! (Same workshop offered 3 times): Using Swift Programming, participants in this workshop will learn to code on iPads. Participants will each have an iPad mini to play with coding in Swift Playgrounds. After learning the basics, you can begin to brainstorm ideas for developing your own app!

AN INTRODUCTION TO THE VIRTUAL WORLD BUILDING TOOLS AND METHODS (Same workshop repeated 3 times): VTD hosts a 2 hour workshop on interactive development, walking students through some of the development pipelines associated with virtual world building. The material available would include a sprint course through developing a functional simulation in the Unity 3D game engine. It will include:
- Step by step guide to interactive virtual scene assembly
- Walkthrough of building for different outputs
- Hands-on virtual asset generation
- Brief introduction into C# scripting
- Demonstration of contemporary VR headset experiences
- Preview of student generated experiences in a VR headset
- Demonstration of live face capture technologies for character animation

MAKE AT THE MILL (Same workshop offered 3 times): Join us for a hands-on session in The MILL, UI Library's Making, Innovating, and Learning Laboratory. This workshop will provide an opportunity to engage with emerging technologies that offer the stepping stones for solving real world challenges of the future. Explore The MILL’s many resources, including tools for fabricating and printing (3-D printer and vinyl cutter); open source electronic-based tools for coding and programming (Arduino, Raspberry Pi, and Makey Makey); and tools for virtual and augmented reality (Google cardboard, View-Master, and Leap Motion). Use your creativity and curiosity to collaborate with peers on a simple electronics-based project using Arduino to explore engineering and technology. Take a peek inside The MILL https://mill.lib.uidaho.edu/

YOU CAN BE A HERO! (Same workshop offered 3 times): Accidents can happen any time, any place, to anyone. Learn steps to reduce the risk and improve the chance of success in an unfortunate event. Basic First Aid, use of resources and controlling the scene will be covered in this interactive, role play session. Whether it is an unscheduled dismount from a horse, a health condition or an incident resulting in blood loss, learn to calmly and quickly address the situation and get appropriate help quickly.
**RANGELAND SKILL-A-THON AND BEYOND (Same workshop offered 3 times):**
Rangeland Skill-a-thon competition as our teaching tool. Teens and adults will participate in a mock competition during this workshop. It will involve animal and plant identification, soil typing, and problem solving a chosen range issue. The teens will gain insight into what Rangeland is, its importance, and the issues surrounding rangeland. We will also include our partnerships throughout the state where they will present on different topics surrounding rangeland, while students from the college of natural resources will talk about what it takes to have a career in rangeland and what the career options are in this area of study.

**PUTTING THE PIECES TOGETHER: Goals for the Future - Build Your Future Program (Same workshop offered 3 times):** Do you already have a vision for your future career, but don’t know how to get there from here? Let us help you put the pieces together and begin creating the path to your future career! You will learn how to set goals that are sure to keep you moving in the right direction and set you on your way to success. This workshop will explore the difference between short, intermediate, and long-term career goals and the steps needed to complete your goals. You will create a personalized Career Goal Shield giving you a visual reference to measure your progress and keep you on track. Learning more about workplace expectations of time management, stress management, professional development, communication, teamwork and business etiquette, as well as identifying areas of personal growth that can be incorporated into your individual career goals will help you in building a smoother path to your future.

**JUMP INTO 4-H! (Same workshop offered 3 times):** Being a teen in 4-H means you have access to a whole new world and exciting set of opportunities! Explore the variety of ways to jump in and get involved in a program near you. From community clubs and county teen councils to district and state ambassador programs, there is something for everyone. In this workshop, you will discover the various district, state, national, and international programs that are available to you and find out how to join up with other teens in urban, suburban, and rural communities throughout the state of Idaho. 4-H offers programs that will help you on your way to building your future. We want to help you embark on your personal journey to discover the exciting opportunities available to you in the eight project areas. Some helpful tips will be provided to help you on your path to choosing a 4-H project that suits you.
Career Tours

We will be taking off-campus tours to discover what types of post-secondary career options are available to us after high school. Tours will be filled by first come, first served and may fill up quickly, so there is an advantage to registering early. Bussing is provided for all off-campus tours.

**Gritman Medical Center** - Explore the world of medicine with professionals from Gritman Medical Center. Tour will include x-ray, phlebotomy, nursing, sports medicine/physical therapy.

**Downtown Locally Owned Businesses** – Visit the Moscow Food Coop, One World Café, and the Storm Cellar. Discover how these locally owned business began and what contributes to making them a success in the community.

**Appaloosa Horse Club/Museum** - Learn about the history of the Appaloosa horse, which is as unique and colorful as its coat pattern. Exhibits explore the evolution of the breed, its importance to local Native American cultures, its role in the lives of cowboys, rodeos and circuses, and the history of the Appaloosa Horse Club.

**Palouse Discovery Science Center** - As part of this tour you will work as a group to develop a new exhibit demonstrating a STEAM principle that will complement the current exhibits. You will develop a rough list of materials and cost as well as a description of the exhibit.

**University of Idaho – ROTC** - Many young people are well aware of enlisting into the military but many do not know all of their options and the opportunities associated with becoming a military officer. We will discuss the difference between enlisted and officers’ ranks and the ways in which people receive a commission as an officer. We will also focus on ROTC, going to college, joining the military and becoming an officer.

**Latah County Courthouse - Law, Court, Probation** - Explore the criminal justice system from the street to the courtroom with the Latah County Sheriff's Office, Prosecuting Attorney and Probation Officers.

**Inland Broadcast Radio** – Visit to the local radio station and meet Z-Fun DJ, Steve Shannon, as he walks students through broadcast journalism.

**UI Athletic Training/Physical Therapy Lab** – Come see the athletic training/physical therapy facilities on campus and explore degree and career opportunities available at the University of Idaho.

**Artisan Entrepreneurship – Local Small Business Tour** - Learn how to develop, market and successfully operate an artisan food business. We will be touring three locally owned and operated businesses including Hog Heaven Sausage Works, Moscow Brewing Company and Sister's Cookie Company.
UI Dairy Center – Tour the dairy, beef and sheep research farm at the University of Idaho. Discover how their research relates to real world agriculture issues.

Kenworthy - Come explore Moscow’s premier historic, downtown, community performing arts venue and cinematic art house dedicated to hosting and providing high quality arts experiences to residents of and visitors to the Palouse Region.

Schweitzer Engineering Laboratories - Explore the real life world of engineering sciences at work.

WSU Veterinary School - Learn more about the veterinary sciences, what it takes to get there and all the support it takes to make a clinic work.