The Idaho 4-H State Teen Association Convention is an opportunity for youth to experience college life, explore career opportunities and prepare for a lifetime of success with other Idaho teens.

June 24-27, 2019
University of Idaho Campus
Moscow, Idaho

“The Idaho 4-H State Teen Association Convention is an opportunity for youth to experience college life, explore career opportunities and prepare for a lifetime of success with other Idaho teens.”
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
- Early Bird ($270.00) begins April 1 – May 13, 2019.
  - (Registration includes: Lodging, meals, transportation, workshop and presenter fees, entertainment activities, etc.)
- Regular Registration ($295.00) begins May 14 – June 3, 2019
- STAC Steering Committee/State 4-H Officers Registration Fee $150.00
- Chaperone Registration Fee $150.00
- No registrations will be accepted after June 3, 2019.
- For 4-H members: registration is available through Idaho 4-H Online. 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.
- When registering, 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 24, 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 Certified Collegiate Volunteer for this event, please review the Certified Collegiate Volunteer 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 are to be made online (Visa/Mastercard and Webchecks) at “STAC Online Payments Only” or at www.uidaho.edu/4hevents by clicking on the “STAC Online Payments Only” icon. Early Bird payments are due by May 13 and Regular Registration payments are due by June 3. *Please do not make payments to the county offices. This event is set up to receive online payments only.*

Scholarships

- Friends of 4-H Endowment Scholarship — A total of 52 $100 scholarships are available (13 per UI Extension District). Applications due in 4-H Online by March 8.
- Tractor Supply Company and 4-H Paper Clover — A total of eight full registration scholarships (2 per UI Extension District) are available. Applications due in 4-H Online by March 8.
- Doris Roper (Youth) John Thiessen (Adult) (PDF) — Two endowment scholarships are available for youth and adults to apply for state and national opportunities. Scholarship amounts vary. Applications are due in 4-H Online by the early bird registration deadline or two weeks prior to close of regular registration, whichever comes first.

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 HUB 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, bare 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, videographer or reporter for the Gem State News 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 14** 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](mailto: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) **Rescue Paracords** – We will be making rescue paracord bracelets to donate to military branches throughout the state.

2) **Service for Pets** – We will be making toys, blankets and other items for dogs and cats for the Humane Society of the Palouse.

**Assembly Helpers**

If you are interested in being an assembly helper, please indicate your desire on the registration form in 4-H Online. Assembly helper positions include:

1) **US Pledge Leader** – you will lead the group in the Pledge of Allegiance at one of the assemblies. This will include something like, “Will everyone rise and join me in reciting the Pledge of Allegiance….I pledge allegiance..”

2) **4-H Pledge Leader** – you will lead the group in the 4-H Pledge at one of the assemblies. This will include something like, “Please join me in the reciting of the 4-H Pledge….I pledge my head…”

3) **Sharing** – you can share either a thought for the day, poem, etc. to direct the delegates’ thoughts towards learning/gaining something from the experiences of the day. The conference theme is “Brave, Bold, Silver and Gold; We are Idaho’s Future”. You may share something that relates to the theme or something else that is meaningful to you.
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 is available as a download in the 4-H Online Registration and will also 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 24**

- 2:00 pm  | Buses Arrive/Check in
- 3:30 pm  | Get to Know You Activities (Tower Lawn)/Adult Orientation
- 4:15 pm  | District Meetings (UI Tower Lawn)
- 5:00 pm  | Prepare for Tours
- 5:15 pm  | Campus Tours
- 6:00 pm  | Dinner – Admin Lawn
- 6:30 pm  | Opening Assembly
- 7:15 pm  | Pictures
- 8:00 pm  | Floor Meetings
- 8:30 pm  | Candidate Orientation
- 9:00 pm  | Variety Show Auditions - Social/Decorate Doors/Unpack/Lawn games
- 10:00 pm | All delegates on floors
- 10:30 pm | Lights out
- 10:30 pm | SC/College Staff Debrief

**Tuesday, June 25**

- 7:30 am  | Breakfast – International Ballroom
- 8:00 am  | Keynote Speaker
- 9:15 am  | District Meetings – Silver, Gold, Borah, Chiefs
- 9:45 am  | Travel to Workshops
- 10:00 am | Workshop #1
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:00 pm</td>
<td>Travel to Lunch</td>
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<tr>
<td>12:15 pm</td>
<td>Lunch - HUB</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Washington Career Tours Load/Leave</td>
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<tr>
<td>1:00 pm</td>
<td>Meet on Tower Lawn for Career Tours</td>
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<tr>
<td>1:30 pm</td>
<td>Career Tours</td>
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<tr>
<td>4:00 pm</td>
<td>Service Project/Vandalstore</td>
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<tr>
<td>4:15 pm</td>
<td>Variety Show Rehearsals</td>
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<tr>
<td>5:00 pm</td>
<td>Candidate Interviews</td>
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<tr>
<td>5:15 pm</td>
<td>Travel to Dinner</td>
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<tr>
<td>5:30 pm</td>
<td>Dinner – HUB</td>
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<tr>
<td>7:00 pm</td>
<td>Travel to International Ballroom for Evening Events</td>
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<tr>
<td>7:15 pm</td>
<td>Entertainment Show</td>
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<tr>
<td>8:00 pm</td>
<td>Variety Show</td>
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<tr>
<td>9:00 pm</td>
<td>Group Activity</td>
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<tr>
<td>9:45 pm</td>
<td>Return to Towers</td>
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<tr>
<td>10:00 pm</td>
<td>Tower Light Show</td>
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<tr>
<td>10:30 pm</td>
<td>Floor Meetings</td>
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<tr>
<td>11:00 pm</td>
<td>Lights Out</td>
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<tr>
<td>11:00 pm</td>
<td>SC/College Staff Debrief</td>
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**Wednesday, June 26**

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Breakfast/Host and Hostess meeting – Commons Food Court</td>
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<tr>
<td>8:15 am</td>
<td>Travel to Meetings</td>
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<tr>
<td>8:30 am</td>
<td>District Meetings</td>
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<tr>
<td>9:00 am</td>
<td>Travel to Assembly</td>
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<tr>
<td>9:15 am</td>
<td>Assembly/Voting/Speeches</td>
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<tr>
<td>10:15 am</td>
<td>Travel to Workshops</td>
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<tr>
<td>10:30 am</td>
<td>Workshop #2</td>
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<tr>
<td>12:30 pm</td>
<td>Travel to Lunch</td>
</tr>
<tr>
<td>12:45 pm</td>
<td>Lunch – HUB</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Travel to Service Project/Vandalstore</td>
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<tr>
<td>1:45 pm</td>
<td>Service Project/Vandalstore</td>
</tr>
<tr>
<td>2:45 pm</td>
<td>Travel to Workshops</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Workshop #3</td>
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<tr>
<td>5:00 pm</td>
<td>Return to Towers and Prepare for Clover Banquet</td>
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<tr>
<td>6:00 pm</td>
<td>Travel to Clover Banquet – International Ballroom</td>
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<tr>
<td>6:15 pm</td>
<td>Seating for Clover Banquet</td>
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<tr>
<td>6:30 pm</td>
<td>Clover Banquet Begins – International Ballroom</td>
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</tbody>
</table>
8:30 pm Travel to Towers
9:00 pm Clover Dance/Photo Booth/Floor Parties
11:00 pm Return to Floors
12:00 am Lights out
12:00 am SC/College Staff Debrief

Thursday, June 27
8:00 am Breakfast/New Officer Meeting– HUB
8:45 am Travel to District Meetings
9:00 am District Meetings/Officer Photos
9:45 am Travel to Group Activity/District Rep Photos
10:00 am Group Activity
10:45 am Travel to Assembly
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 2019 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 polices and health requirements.

2019 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; Cell – 208-596-6905
Donna R. Gillespie, STAC Steering Committee Chair; Cell – 208-312-4109
Tracks and Workshops

Workshops are assigned according to choices you make on the 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:** Attend STAC as a Gem State News Reporter! This track captures the essence of STAC and the excitement of the conference. There’s a lot of opportunity to explore and grow if you enjoy photography/video/media this is the workshop for you! We will explore:
- Explore career opportunities;
- Increase digital photography skills;
- Increase video skills;
- Learn how to interview;
- Help promote STAC; and
- Use social media as a marketing tool!

**PROBIOTIC ADVENTURES/INSIDE AND OUT!**
This silver and gold adventure will begin in a food microbiology lab. Learn the roles of microorganisms in our lives, talk about probiotics and the variety of fermented foods available, and perform a few simple fermentations, including yogurt, kefir, and bread. The second session of this workshop will be held in the human anatomy lab and attendees will have the opportunity to learn about the human digestive system and view structures using human cadavers. During the last session, perform a few experiments on products, then (how brave and bold are you?) end with a fermentation celebration where you get to sample fermentation products from around the world!

**GLOBAL EFFORTS TOWARDS ZERO HUNGER BY 2030: MAKING IT HAPPEN!**
Are you up for the challenge of figuring out a way to eliminate world hunger by 2030? This global problem-solving is at the heart of this six-hour session, which begins with an introduction to the Food and Agriculture Organization's "Path to Zero Hunger by 2030" and then narrows with small groups working on projects to address specific aspects of the pathway. Students will have the opportunity to present their project ideas on the last session day. What innovative project idea will you and your teammates create?
Option B (2-hour Workshops) –
Tracks 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 workshops in Option A)*

**INSIGHTS TO INSECTS (Offered Tuesday AM Only):** Participants will take a tour of the William F. Barr Entomological Museum. After the tour students will enjoy an interactive presentation learning about modern evolutionary and entomological research and genomics.

**RESUMES AND INTERVIEWS THAT SHINE (Offered Tuesday AM Only):** Join Career Advisors from University of Idaho’s Career Services in an interactive workshop discussing resumes and practicing interview skills. We will dive into the elements of what makes a good resume. Then as we reflect on skills, strengths and interests, participate in a speed interviewing activity. Learn ways to highlight your skills and stand out as a candidate – in a good way.

**FOOD FOR THOUGHT (Offered Tuesday AM Only):** In this workshop, discover what Nutrition Science is and the career path options involving this field of study. Learn the key nutrients of importance during adolescence, with a specific focus on those nutrients necessary for brain growth, development, and function. Explore this hands-on experience as you learn to prepare and taste recipes that include foods rich in key nutrients identified during the workshop.

**ARCHITECTURE AS FROZEN MUSIC; MUSIC AS LIQUID ARCHITECTURE (Offered Tuesday AM Only):** We all know that music can profoundly impact our moods and emotions. It can make us dance like a fool, or cry like a baby. Can architecture do the same? The 18th century philosopher Johann Goethe thought this when he observed that architecture is frozen music and music is liquid architecture. This workshop explores the similarity of emotionally charged architecture and music. Here you will match your favorite song to high impact building designs that will result in the creation of your own musical slide show.

**CLIMBING AND CHALLENGE (Offered Tuesday AND Wednesday AM Only – If choosing this workshop, it counts as your Tuesday and Wednesday morning options. Please select one of the Wednesday PM options to complete your workshop sessions):** 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.
**HEREOS IN ACTION! (Offered Tuesday or Wednesday AM Only):** 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, CPR, 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.

**INTRO TO COLLEGE SCHOLARSHIPS (Offered Tuesday or Wednesday AM Only):** Paying for higher education can be intimidating. Come learn where to begin in finding and filling out college scholarships! We will go through the differences in scholarships and other forms of paying for college, with emphasis on finding and filling out scholarship applications.

**LEADERSHIP DEVELOPMENT WITH KEYNOTE MARK BLACK (Offered Tuesday or Wednesday AM Only):** (Description will be added to the online registration site once updated)

**MAKE AT THE MILL (Offered Tuesday or Wednesday PM Only):** This workshop introduces Idaho 4-H students to the amazing and fun technology in The MILL, the UI Library’s Making, Innovating, and Learning Lab, while engaging with emerging technologies that offer the stepping stones for solving real world challenges of the future. The two-hour workshop offers students a chance to take part in innovative and playful hands-on activities while building digital skills essential to all types of careers, from science and technology to the arts. The first hour will allow time for demonstration and exploration of 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). During the second half of the workshop, students will use their creativity and curiosity to collaborate with their peers on a simple electronics-based project using Arduino that will stimulate and develop their interest in engineering and technology. Take a peek inside The MILL [https://mill.lib.uidaho.edu/](https://mill.lib.uidaho.edu/)

**AN EXPLORATION OF DANCE (Offered Wednesday AM Only):** Interested in dance and the performing arts? This workshop would be movement-based in modern dance vernacular and improvisation, exploring personal artistry and expression. The movement portion of the workshop would be followed by a round table Q&A about what a career in dance might look like where students can ask questions and explore their options regarding the study of dance and working in a performing arts field.

**TECHNIQUES FOR FISH AND WILDLIFE MANAGEMENT (Offered Wednesday AM Only):** Many modern technologies are used to track fish and wildlife in their natural environments including radio-telemetry, GPS and other satellite-based forms of telemetry, photographic/video tracking, and automated Radio Frequency Identification (RFID) telemetry. This workshop will introduce you to these technologies using hands-on
exercises as well as demonstrations. We anticipate having 4-5 stations that you would choose from, and exercises at each would last 30-45 minutes. Each would involve a brief introduction to the types of information that can be collected with the technology, how the equipment is used, and then opportunities for you to use the equipment to record data. Depending on the equipment, this might also include a display of the data on computer format to show the end-products of their efforts. If possible, we would plan to conduct some/all of these exercises outside.

**EXPLORING WIDE OPEN SPACES/RANGELANDS IN IDAHO (Offered Wednesday AM Only):** Did you know that more than 50% of Idaho’s land cover is rangelands? Come learn about Idaho’s iconic rangelands and learn skills that are used by land managers who work, live, and recreate on rangelands. You will get hands-on experience texturing soils, identifying wildlife and plants, and learning about the dynamic relationship between the environment and wildfires. You will be introduced to the 4-H Rangeland Skill-a-thon and receive key materials for the event. You will also learn about careers opportunities in Natural Resources.

**EXPLORING COLLEGE MAJORS AND CAREERS (Offered Wednesday AM Only):** The sky is the limit! Join a Career Advisor from University of Idaho’s Career Services on a stellar exploration of college majors and how to research careers. 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.

**TRAIN THE "FITNESS" TRAINER (Offered Wednesday AM 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.

**CUPCAKE WARS! (Offered Wednesday AM Only):** Bring fun back into Cupcake decorating! Cupcake Wars will consist of teams of 2 and will have 45 minutes for the completion of each cupcake design. Designs must meet the theme requirements. The team will work together for the duration of the event and will have one chef and a sous chef, who will then swap at the start of the second theme design. Teams who sign up will know the themes before the competition and may bring added items for the competition. A list will be sent out with what you can and cannot bring along with the
theme announcement. If you don’t have a partner, no problem, we will team you up with another teen which will be even more fun!

**FUN WITH LED’S (Offered Wednesday PM 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.

**DUDS TO DAZZLE (Offered Wednesday PM Only):** Using curriculum created by Texas A&M, this workshop will focus on the following: Idea Generation and Skill Development - youth will do a hands on activity, making something new from a used item; Public Speaking - youth will learn the importance of good communication skills and identify qualities of an effective speaker; Getting to Know Your Sewing and Supply Kit - youth will learn about sewing tools and how to correctly use them through a fun, hands on activity; Teamwork - youth will learn the importance of teamwork and identify the qualities that improve teamwork within a group; Fabric Care and Fiber Characteristics - youth will learn about three natural fibers and three manufactured fiber and two blended fibers and their characteristics; and Creating a Business Plan - youth will learn to create a business plan and the importance of finding a target market. As you can see, this is an innovative presentation that will have our youth learning how to think outside of traditional programming.

**LEADERSHIP AS A CAREER PATH (Offered Wednesday PM Only):** Learn with the Idaho 4-H State Teen Officers about how to use the leadership skills you are developing now in high school, after high school, and beyond. Officers will share fun games and activities they have been learning from their experiences representing you at regional, state and national events.

**WHAT IS BIODIESEL AND HOW IS IT MADE? (Offered Tuesday AM, Wednesday AM or Wednesday PM):** Did you know you can make fuel to run your truck on French fry oil? Biodiesel is a renewable fuel that can be used to run your truck or school bus. In this workshop, students will be shown how we make biodiesel from used vegetable oil on campus, and learn how it is better for the environment. It includes a tour of our biodiesel production facility, a lesson on energy, and a hands-on scientific experiment.

**UNIVERSITY OF IDAHO ROTC (Offered Tuesday AM, Wednesday AM or Wednesday PM):** 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.
JUMP INTO 4-H! (Offered Tuesday AM, Wednesday AM or Wednesday PM – Please note: Build Your Future participants must sign up for one of the offered sessions as part of the BYF program requirements): 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.

UNIVERSITY OF IDAHO LIVESTOCK PROGRAM OPPORTUNITIES (Offered Tuesday AM, Wednesday AM or Wednesday PM): Ever wonder what is in those big white barns on the U of I campus? Take a tour of the livestock facilities and learn what opportunities U of I students have to be involved with these programs. This tour will be hosted by former Idaho 4-H students to showcase the livestock programs on campus. Learn how the beef center helps to meet the teaching, research and outreach needs of the university as they relate to beef cattle. Investigate classes offered that give students hands-on experience in cattle breeding, feeding and nutrition, handling, vaccinations, branding, calving, cattle marketing and other areas.

WHAT YOUR NOSE KNOWS (Offered Tuesday AM, Wednesday AM or Wednesday PM): How good are you at smelling different scents? Did you know that certain foods, like cilantro, may smell different to different people? Why does food taste different when you have a cold? Why do you stop smelling a certain odor if you’re exposed to it for a while? In this food science workshop, you’ll learn how experts identify different aromas and try your hand at identifying a few common aromas found in foods. We’ll start with why aroma is important to the flavor of different foods. Then, we’ll cover how your brain detects aromas and what can go wrong with your ability to detect aromas in different situations. We’ll also talk about common techniques used to help food scientists learn to better identify aromas. You’ll be able to practice these techniques as we talk about them. Finally, you’ll have a chance to identify some unknown aromas. You may be better at identification than you think!
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 Wild At Art. 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.

**Pape Machinery/Northwest River Supply** - From big machines to outdoor recreation these two equipment dealers provide our communities with outdoor equipment, jobs, parts and service across the country and around the world.

**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.

**Interstate Aviation** – Interested in the world of Aviation? This is the tour for you! Come discover what it takes to be a pilot and the different career opportunities that are available now and in the future.

**Humane Society** – Do you value the bond between humans/animals? At this tour, you will discover dedicated individuals who strive to provide shelter for homeless pets, promote compassion toward the treatment of all animals and work tirelessly to find new homes for pets in our community. Learn about what it takes to operate an area shelter and the community service opportunities they provide.

**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.

**University of Idaho Livestock Tour (Please note – if signed up for the Livestock Program workshop, please select a different tour):** Ever wonder what is in those big white barns on the U of I campus? Take a tour of the livestock facilities and learn what opportunities U of I students have to be involved with these programs. This tour will be hosted by former Idaho 4-H students to showcase the livestock programs on campus.