

2009 Florida 4-H Congress - Blast from the Past

Educational Workshop Summaries

(All workshops subject to change)

Animal Sciences

Animal Sciences - Meats: (50 spots)

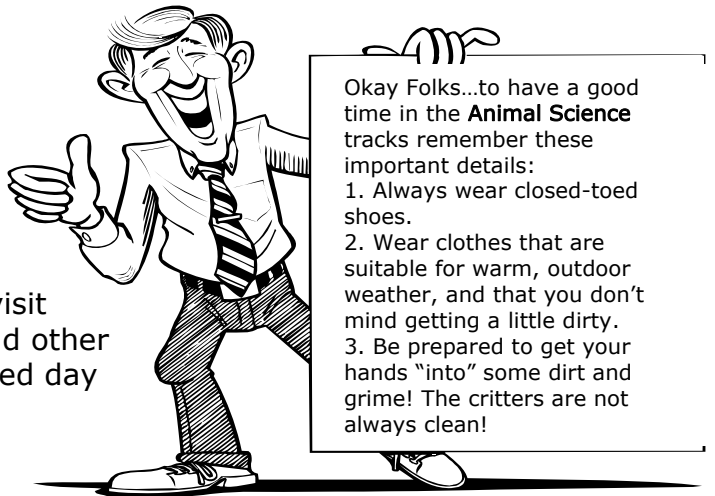
The Meat We Eat

The 2009 4-H Congress "The Meat We Eat" Workshop will give youth an opportunity to learn about, see, and participate in the meats industry. This fun-filled day will include pork fabrication, sausage/ground beef production, food safety, and general meat science activities. Participants will tour a USDA-inspected facility, meet with UF professors, and participate in a taste panel.

Animal Sciences - Horse: (40 spots)

Carriage Museum

We will venture into the Past and visit one of Florida's premiere carriage museums. The tour will visit the Austin Carriage Museum in Ocala, Fl. This is a working horse farm where the group will visit the equine barn, the carriage museum, and other facilities on the farm. This will be a fun-filled day of equine fun!



Career Development & Workforce Prep

Career Development and Workforce Prep A: (25 spots)

Part 1: Exploring Opportunities in the College of Agricultural and Life Sciences

Explore the exciting opportunities available to students in agricultural and life sciences. Did you know that CALS students go on to successful careers as everything from veterinarians and wildlife biologists to food engineers and plant breeders (and much more!)? 4-H members will learn about the departments, majors, minors and student development opportunities available to students in the UF College of Agricultural and Life Sciences.

Part 2: Finding Your Dream Job

When you have been asked, "What to do you want to be when you get older?" or "What is your dream job?" do you always have an answer? Do you know how to go about researching your career ideas? How do you know if a job is really the job for you? These are only some of the topics that are going to be discussed during this workshop. At the end of this two hour workshop, the participants will:

- ✓ Have an understanding of developing their resume
- ✓ Have an understanding of what resources are available when seeking employment
- ✓ Have an understanding of the application and interview process
- ✓ Have an understanding of how their college life can relate to their future career

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Part 3: Finding the Entrepreneur in YOU!

"Finding the Entrepreneur in YOU" is for youth who are interested in discovering more about what it takes to become an entrepreneur. Youth will identify skills and abilities needed to assist them in operating their own business. This workshop will provide an opportunity for youth to put their creative juices in to action by designing and marketing their very own created product. Youth will work in small groups and have the opportunity to present their product to others.

Citizenship & Leadership Education

Citizenship & Leadership Education: (25 spots)

Part 1: There Is No "I" in Team, but There Is A "ME"

The purpose of this workshop will be to improve the leadership abilities of senior level 4-H members. This session will focus on leadership education through enhancing applicable team building skills. Since the workshop will center on team building a great deal of the objectives will be accomplished through participants working as teams. Information taught will be derived from an undergraduate leadership course at the University of Florida in which the presenter serves as a teaching assistant. Topics will include understanding dynamics, overcoming conflicts in teams, and accomplishing organizational goals through effective teamwork.

Part 2: Citizenship & Leadership

This will be an interactive session with lecture, group activities, and other fun experiences. More later!!!! Stay tuned.

Communication Arts

Communication Arts: (40 spots)

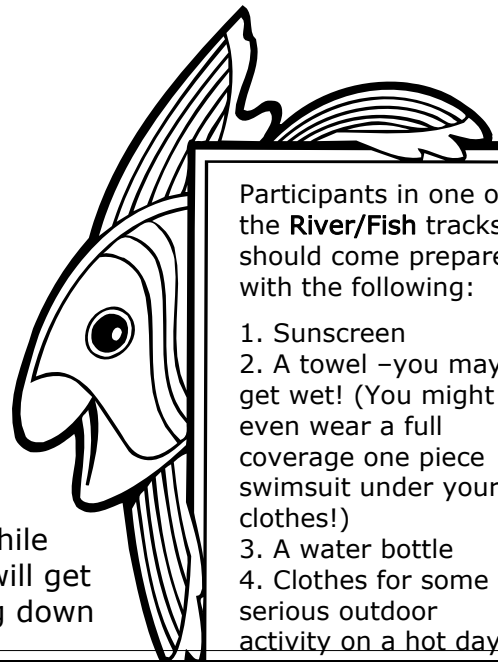
Spend a day with the University of Florida Department of Theatre and Dance exploring the many different programs and careers available within the field. Be prepared to do some hands-on activities and learn some of the skills needed to be successful as you work your way through a series of workshops exploring the field.

Environmental Education (E.E.)

E.E. River Track: (50 spots)

WATER: One of Florida's Most Precious Resources

You will travel to the Ichetucknee Springs where you will be introduced to the importance of Florida's natural underground water system, the native animal species and their place in our ecosystem, along with other environmental concerns. You will help restore some park trails while learning about the environment. After lunch you will get to experience the fun of Florida's waters by tubing down



Participants in one of the **River/Fish** tracks should come prepared with the following:

1. Sunscreen
2. A towel –you may get wet! (You might even wear a full coverage one piece swimsuit under your clothes!)
3. A water bottle
4. Clothes for some serious outdoor activity on a hot day!

the river. You MUST wear closed toed shoes, preferably ones you don't mind getting dirty! Bring your one piece bathing suit, sunscreen, towel and mask.

E.E. Fisheries Track: (30 spots)

Exploring Florida's Aquatic Resources

During this hands-on overview of Florida's water resources, aquatic plants, insects and fish you will learn about the biology and reproduction of the Gulf Sturgeon and other fish; aquatic invertebrate collection; identification and ecology; aquatic plant identifications, biology and control; aquaculture practices; pond management and water quality. In addition you will learn about University research, teaching and extension programs in fisheries and aquatic sciences, and potential careers in aquaculture, limnology, entomology, fisheries, botany, aquatic weed control, library science, computer science, video production, and veterinary medicine. Participants will also have the opportunity to go fishing for bass, bluegill and catfish in ponds at the department.

E.E. Shooting Sports Track: (25 spots)

Shooting Educational Basics

Participants will learn the principles of shooting safety, parts of a firearm, eye dominance, muscle and breathing control, and sight alignment. The disciplines of rifle, shotgun and archery will be covered in this workshop and participants will be able to practice using these firearms on a live range.

E.E. Land Judging Track: (25 spots)

Land Judging

This workshop will provide students the opportunity to participate in a land judging exercise at the UF/IFAS Plant Science Research and Education Center in Citra, FL. This is hands-on training and no prior land judging or soils experience is needed. Land Judging is a contest whereby students make decisions about how to wisely use the land. The focus is on land conservation, sustainability, and productivity in agricultural activities. Students start by observing soil pits to estimate important land properties such as seasonal high water table, depth to root limiting layers, and soil fertility. This information is then used with a set of rules where students invoke logic to make their land use recommendations. This exercise mirrors the activities of professional soil scientists and crop advisors. Students gain valuable experience interpreting soils, which is a highly sought after skill in today's agricultural and environmental fields.

Individual & Family Resources

Individual & Family Resources: (25 spots)

Part 1: Fast Food Selection

Fast Food is here to stay. Drive-thru is super convenient for families running from one evening activity to another and for those busy weekends. Many families with teens have fast food for dinner at least once or twice a week. Once teens can drive, their fast food stops may increase. Poor fast food choices though, contribute to obesity and poor health. Intakes of healthy foods and needed nutrients drop. This interactive session will focus on Fast Food menu selection. Through role-playing activities and contests, participants will be able to learn about the best "picks" from Fast Food restaurants.

Part 2: MythBusters goes Retail

In this three part workshop, which will begin with a game that will tackle retail myths and misconceptions, students will be encouraged to share their opinions and engage in discussion. A presentation will demonstrate the University of Florida's involvement in retail and explore different opportunities and career paths in the retail industry. Finally,

the workshop will end with a mock interview session to experience an interview first hand!

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Part 3: It's All About the Cake

In this workshop you will learn how to decorate cakes. You will travel to the Alachua County Extension Office where you will first learn about the art of cake decorating. You will then be split up into small groups and put your new knowledge to use and decorate your own cake! Not only is cake decorating fun, but you will learn how it can be cost effective versus store bought cakes. You'll learn a fun, new skill, meet some new friends and can have your cake...and eat it, too!

Entomology/Photography Track

Entomology/Photography Track: (35 spots)

Project WINGS

Journey into the amazing world of butterflies through Project Butterfly WINGS ("Winning Investigative Network for Great Science.") Participate in authentic, hands-on, collaborative research investigating butterflies.

This introductory WINGS workshop is designed for participants without previous knowledge of butterflies. Fun and easy inquiry activities provide a quick way for youth to learn about butterflies and the WINGS program.

A day of fun hands on activities is planned from the Project WINGS Curriculum, combined with a session on basic digital photography: composition, light, and perspective. A tour of the UF Butterfly Rainforest and website demonstrations. WINGS premieres nationally this year as S.E.T. (Science Engineering and Technology) Curriculum.

Experimental Science

Experimental Science Track: (25 spots)

Why Pots Get Hot (But the Handle Doesn't) and Other Science Questions....

This workshop will explore the world of thermal and chemical energy. Participants will be doing various lab experiments to learn about endothermic and exothermic chemical reactions, how heat and cold affect chemical reactions, how to build their own thermometer, and various other principles of science

There will be a competition in the afternoon to determine which team is the National Champion of "Rubber Stopper Chunkin" using only the materials and the lessons learned from the morning sessions.

Science & Technology

Science and Technology: (25 spots)

Part 1: Bio-ethanol Production

Students will learn how ethanol (fuel alcohol) can be made from the cellulose in woody fibers and inedible plant materials. They will perform simple experiments that demonstrate solubilization of biomass (an important pretreatment step to making ethanol) using a combination of enzymes, acid and heat, view fermentation and distillation processes in operation in our new state-of-the-art biofuels pilot plant and carry out tests for fuel quality, along with receiving instruction in process safety and proper handling of products

Part 2: Integrated Solar-Wind-Biodiesel System

Students will learn how solar and wind energy can provide the energy needed to drive the process for producing biodiesel fuel. They will be taken to our renewable energy field site

location to observe such a system in full operation, and gather operating performance data, along with receiving instruction in related safety issues.

Science & Sustainability

Science and Sustainability: (25 spots)

Part 1: Biotechnology - The science of DNA

The Human Genome, Genetically Modified Organisms, Cloning – what do these headlines all have in common? DNA! In this hands-on laboratory workshop, you will see and practice the basic tools of biotechnology, or DNA science, while learning about the field's exciting applications and careers. Biotechnology is commonly used for forensic analysis, to diagnose and treat diseases, and to make high-yield pest-resistant crops. Isolate your own DNA sample and see the results of a genetic engineering experiment that makes bacteria glow in the dark!

Part 2: Bees, Bees, Bees

Participants will be given full bee suits (must be returned) as the workshop will be taught using live honey bee colonies where participants will have the opportunity to locate and see first-hand the parts of a bee hive (e.g. workers, drones, queen, brood, etc.) and even taste fresh honey right from the comb. Using the live colonies as illustrations, the presenter will teach students about general honey bee biology, the effects and results of pollination, some specifics about the beekeeping industry, and the disorder that threatens the very existence of honey bees.

Part 3: Green, Not Just a 4-H Color

Sustainability and "Going Green" are very timely and important concepts in today's energy-conscious world. Youth participating in this workshop will learn the importance of incorporating "green" practices into their everyday lives and how those practices can make a difference over time. Youth will also learn some practical and simple ways to incorporate "Going Green" into their daily routines and share some of the "green" things they're already doing. Finally, youth will work in teams and develop and "invisible" clothes line that not only promotes energy efficiency, but looks beautiful too!

Plant Science & Sustainability

Plant Science and Sustainability: (25 spots)

Part 1: Wilmont Gardens Project

This project will focus on plant science and environmental education. Youth will be participating in a service learning project at Wilmont Gardens and will be planting a tree. They will also be learning gardening techniques and plant identification.

Part 2: Green, Not Just a 4-H Color

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State 4H Council

State Council:

State 4-H Council Officers will have their own track this year. Only current State Officers are to sign up for this track. If you are running for a state officer position you must register for your top three other choices of workshops. Newly elected officers will be added to the track after the voting process.

IMPORTANT

You will all need to bring \$5-10 to your workshop on Thursday for lunch. Many of you will be off campus, so be prepared! We don't want you to go hungry.
