

{Track Workshops}

Tuesday, July 31st and Wednesday, August 1st (9:30am-12:30pm) - Must Attend Both Sessions

The Meat We Eat!

Presented by Brian Estevez

The 2018 4-H University "The Meat We Eat" Workshop will give youth an opportunity to learn about, see, and participate in the meat industry. This fun-filled two-day workshop will include pork fabrication, sausage production, food safety, and general meat science activities. Participants will also learn about and engage in the Florida 4-H Tailgate Contest. Participants will tour a USDA-inspected facility, meet with UF professors, and participate in a taste panel.

MUST WEAR LONG PANTS AND CLOSED TOED SHOES BOTH DAYS

Exploring Equine Sciences: The Mane Event

Presented by Kelsey Irvine, Amanda Morgan, Margaret Strickland, Amy Hedstrom

The world of Equine Sciences involves everything from anatomy, genetics, animal behavior, and so much more. Come spend 2 days exploring Equine Sciences and the opportunities that ride along with it in the Exploring Equine Sciences: The Mane Event workshop.

MUST WEAR LONG PANTS AND CLOSED TOED SHOES BOTH DAYS

Leading Self, Leading Others

Presented by Stacey Ellison

Before you can lead others, you must be able to lead yourself. In this workshop we will explore a variety of facets of self-leadership including self-awareness and personality, time management, poise, professionalism, and podium pizzazz.

BRING WRITING UTENSILS

Positive Civil Discourse

Presented by Debbie Nistler

Participants will understand how to gather accurate information to have a productive debate and then how to approach a topic in a discussion that stays fact centered and positive.

Leadership through Improvisational Theater

Presented by Derby Sale

Even the best leaders have to improvise at times! Other than making things up as you go, what else can be learned from improv? This workshop will provide many laughs and some deep thinking about what improv can teach us about leadership and teamwork.

*Florida 4-H reserves the right to modify Workshop times, locations, and other details upon its discretion.

So You Wanna be Camp Staff?

Presented by Kelsey Haupt

Do you love Camp and think you have what it takes to spend a summer living at Camp? Are you interested in learning more about Camp job opportunities? Then this workshop is for you! Join us as we explore the camping world through fun and adventurous activities. We will give you an insight into what it means to be camp staff, the skills required, and opportunity to participate and explore camp-like activities. Get ready for some camp FUN!

MUST WEAR CLOSED TOE SHOES AND BE IN COMFORTABLE CLOTHING – A BATHING SUIT IS SUGGESTED.

Living on My Own

Presented by Taylor Spangler

This workshop will help youth understand financial management topics, including budgeting, check writing, balancing a checkbook, and credit. Youth will also participate in a "Living on My Own" simulation where they will experience what it is like to earn money and manage that money to pay for expenses.

Animal Science 101

Presented by Kalan Taylor

If you show livestock or are interested in livestock then this workshop is for you! This 2 day workshop combines animal science curriculum with real world experiences to teach you the importance of animal well-being and product quality.

MUST WEAR CLOSED TOED SHOES

Playing the Game!

Presented by Laura Valencia

Soccer it's the fastest growing sport in the United States. Get on the Game and learn about rules, techniques, skills and a lot more about Soccer. Keeping YOU healthy and injury free is the GOAL of this class.

MUST WEAR ATHLETIC SHOES. ATHLETIC CLOTHES RECOMMENDED. CLEATS/SHIN GUARDS ARE OPTIONAL.

Soil2Super

Presented by Marnie Ward, Crystal McCazzio, and Wendy Mussoline

We are growing 4-H from the ground up! Come "dig" into soil and explore the world under your feet! Then investigate alternative uses for things like food waste as we adventure into energy recovery. Soil2Super is a hands-on and fun filled adventure you will not want to miss.

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Discovering Aquatic Habitats, Wetlands Restoration, and Florida's Fisheries

Presented by Genevieve Mendoza, UF Fisheries, and Sweetwater Wetlands Park

Participants will get hands-on experience learning some of the fundamental concepts of aquatic habitats. Get a chance to test various water parameters, such as clarity, dissolved oxygen, temperature, pH, and hardness! Participants will also collect live aquatic invertebrates; a biologist will teach participants about the role of invertebrates in aquatic habitats, and expose them to several activities that demonstrate the importance of fisheries and aquaculture. Learn about Wetlands Restoration and Protection. Participants will learn about The Paynes Prairie Sheetflow Restoration Project, restoring more than 1,300 acres of wetlands and wildlife habitat in Paynes Prairie Preserve State Park while improving water quality in Alachua Sink and Paynes Prairie.

MUST WEAR CLOSED TOE SHOES. SUNSCREEN AND A HAT IS SUGGESTED.

Careers in Local Government

Presented by Dallas Daniels and Grace Carter

Do you enjoy keeping up with the news and knowing what is happening in politics? Do you love coming to 4-H Legislature or Day at the Capitol and learning more about how your government works? Do you want to have a job that allows you to make your community better? If so, this is the workshop for you. You don't have to run for a political office to work for the government. In America, over 20 million people are employed by the federal, state, or local government. In this workshop, we will explore some of those job opportunities. You will travel around Gainesville and hear from government employees, such as people who work in the County Manager's Office, Voting Technicians for the Supervisor of Elections, State Attorney's, and more. You will also discover what sort of education is required for various careers in local government, and how you can make your community, your country, and your world a better place.

Biotechnology and Smart Agriculture

Presented by Zhaohui Tong, Eric McLamore, Sanjay Shukla, Jorge Barrera, Ioannis Ampatzidis

The biological Engineering workshop will introduce students to various concepts that are currently used in biological engineering area in two dedicated sections: 1) biosensor and biomaterial session; 2) Smart Agriculture and sustainable water. The participant will explore how scientists are using bio technology to improve agricultural operations; Learn about biomaterials and biosensors; experience hands on smart agriculture projects using robotics machinery for sustainable water resources.

MUST WEAR CLOSED TOED SHOES

Heartsaver First Aid/CPR AED Certification

Presented by Patty Boyte and UF Health/Shands

Teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants. First Aid/CPR Certification is included in this course. Certification Cards will be provided.

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Florida 4-H Shooting Sports

Presented by Bill Tillett and Jerry Culen

In this workshop we travel to a shooting range where you will learn how to load, fire and safely handle some of the firearms and archery equipment in the Florida 4-H Shooting Sports program such as air rifles, 20 gauge shotguns, and recurve and compound archery equipment. Sink a battleship with arrows, powder a clay with shot, and practice your marksmanship. If this sounds great to you, come join us!

MUST WEAR CLOSED-TOE SHOES, HAT IS HELPFUL.

Got Milk?

Presented by North Florida Holsteins and Chris DeCubellis

Wonder where Publix gets their milk?? Explore the dairy industry's past, present, and future in Florida. Learn about breeds of dairy cattle, dairy nutrition, and dairy cattle management. Learn about opportunities in 4-H dairy projects, events, and activities. Tour a local commercial dairy that happens to be one of the most innovative and successful in the world. Learn about Embryo Transfers and what dairy farmers are doing now to remain a sustainable industry. Explore 4-H Dairy Quiz Bowl Trivia.

MUST WEAR CLOSED-TOE SHOES, HAT IS HELPFUL.



{Discovery Workshops}

Tuesday, August 1st (1:00pm-4:30pm)

Why do People Act That Way? Understanding Differences

Presented by Keith Diem

Are you sometimes puzzled, or even frustrated, because other people think and act differently than you? Besides personality differences, people exhibit diversity in cultural norms, learning styles, religion and worldview, generational differences, and more. As our country's population shifts, diversity is increasing. This workshop will give you ideas for understanding why other people aren't the same as you. Whether you are traveling internationally or simply working with classmates or co-workers, recognizing your own hidden biases and developing an appreciation for the differences in others are essential for becoming a successful global citizen in a world of differences.

Life After 4-H? We've Got You Covered

Presented by Michelle Curtis, Florida Farm Bureau Federation and Amy Hedstrom

Have you ever wondered what you will do when you graduate 4-H? Do you still want to be involved in agriculture projects and make a difference in your community? This workshop is for you! Discover how Farm Bureau is more than just insurance and can provide those exact opportunities.

Exploring Veterinary Medicine

Presented by Phillip Buchyn and Amanda House

Come join us for an afternoon at the UF College of Veterinary Medicine! This interactive day will include a session on the veterinary school requirements and admissions process, as well as tours of the small and large animal hospitals. The remaining time will be split into learning about different areas of veterinary medicine. Case rounds and live animal demonstrations.

Discovering Cancer Mutations

Presented by Jamie Ramos

The University of Florida Health Cancer Center Discovery program will encompass cancer research from the gene level to the protein level and examine cancer patient data using bio-informatics tools. Students will learn about the different techniques used in cancer research, participate in a hands-on experiment and learn how to use an online database to analyze cancer genomics data.

Entrepreneurship

Presented by Vanessa Spero, Brent Broaddus, and Andy Toelle

Are you eager to start your own business? Does your mind think of the latest greatest inventions? Then this is your track! Learn all about the world of entrepreneurship through hands on activities presented by local inventors.

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Teens as Teachers: Training for Healthy Living

Presented by Andrea Lazzari and Laura Valencia

Interested in becoming a Healthy Living Teen Ambassador in your county? Sponsored by United Healthcare, Food Smart Families program, this training will give youth the fundamental background training to teach others in their county about making healthier choices in their everyday lives.

Global Citizenship Through 4-H

Presented by Georgene Bender

Experience the States' 4-H Exchange Program from delegates here in Florida from Japan. Did you know 4-H is in 80 countries world-wide? Learn about 4-H in nearby countries, in the Caribbean, as well as many opportunities for global citizenship without traveling. Taste snacks from other countries, make a craft, learn songs, wear a variety of costumes from other countries. Join us for a fun and educational workshop.

Clogging 101

Presented by Madeline Carroll and Morgan Dykes

Take a chance and see if you have the right moves! This 3-hour workshop will teach you the basics of clogging, it's like tap dancing, but better! Clogging is great exercise, good for the heart, and fun!

ATHLETIC SHOES REQUIRED, CLOGGING SHOES ARE OPTIONAL

Invasive Species: Invading Near You!

Presented by Delhia Albrecht

Do you want to learn about invasive species and their impacts on Florida's natural environments? Come join us to learn more about invasive species, why they are a problem, and what you can do to help! Participants will also receive free materials and resources and learn some fun and engaging activities to share with their club - including Lakeville: A Natural Resource Management Activity.

Incredible Insects

Presented by Rebecca Baldwin

Join us as we learn about the fascinating world of the insects. You will have the opportunity to interact with the arthropod petting zoo and learn some myth busting facts about insects and how they impact humans and the environment. Participants will learn about the 4-H Insectathon Competition and how they can begin their own insect collection.

Gavel Games

Presented by Diana Smith and Grace Carter

Are you a leader in your 4-H Club or Council? Are you looking to take your 4-H Meetings to the next level? Are you interested in competing in the Florida 4-H Gavel Games? Come to this session to learn about intermediate to advanced parliamentary procedure skills.

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Etiquette 101

Presented by GERALYN SACHS

This workshop will cover proper etiquette for everyday living as well as those special occasions. Attendees will delve into a variety of social situations that often make us ask ourselves "What IS the appropriate thing to do?" Youth attending this workshop are sure to come away with a deeper sense of social confidence and the practical tools needed to interact positively with other people, which can add to their future success in the work place.

UF RecSports: Living in Motion

Presented by UF Recreational Sports

UF RecSports will provide an overview of their facilities, programs, and offerings while educating students on the importance of maintaining healthy lifestyles. Students will get the chance to discuss health and wellness as well as the opportunity to get active and have some fun!

GYM CLOTHES, TENNIS SHOES, WAIVER MUST BE SIGNED.

CALS – College of Agricultural and Life Sciences

Presented by Dr. Elaine Turner, Dean of College of Agricultural and Life Sciences

Participants will have the opportunity to explore the many majors and opportunities the College of Agricultural and Life Sciences has to offer them, with the help of current students, faculty and staff in the CALS Department!

