

2024 Colorado State 4-H Conference - Tuesday, June 18							
FCS					FCS		
Track 1					Track 2		
Time	Workshop	Location	Description	Time	Workshop	Location	Description
1:2-3:30	Nature Journaling for Mindfulness	Trial Garden	Looking for a relaxing workshop and a chance to get outside? During this workshop, participants will explore the world of nature journaling and how it can be used as a tool to connect with nature and practice mindfulness.	1:00-1:45	The Secret to Adulging - LifeSmarts Contest	Avenir Classroom	Do you buy stuff? Do you like to buy good stuff? In LifeSmarts, you can learn about smart shopping that they don't teach you in school. Then you get to compete head-to-head with other kids from across the country. Learn adulging skills and make it fun with your friends.
2:45-3:30	The Secret to Adulging - LifeSmarts Contest	Avenir Classroom	Do you buy stuff? Do you like to buy good stuff? In LifeSmarts, you can learn about smart shopping that they don't teach you in school. Then you get to compete head-to-head with other kids from across the country. Learn adulging skills and make it fun with your friends.	200-2:45	Clothing and Textiles Across Centuries and Cultures	Avenir Museum	Come visit the Avenir Museum, CSU's collection of historic apparel and textiles (and biggest 'closet' in Northern Colorado), and enjoy learning about how a museum cares for artifacts and plans exhibits.
3:45-4:30	Clothing and Textiles Across Centuries and Cultures	Avenir Museum	Come visit the Avenir Museum, CSU's collection of historic apparel and textiles (and the biggest 'closet' in Northern Colorado), and enjoy learning about how a museum cares for artifacts and plans exhibits.	3:00-4:30	Nature Journaling for Mindfulness	Trial Gardens	Looking for a relaxing workshop and a chance to get outside? During this workshop, participants will explore the world of nature journaling and how it can be used as a tool to connect with nature and practice mindfulness.
STEM					STEM		
Track 1					Track 2		
Time	Workshop	Location	Description	Time	Workshop	Location	Description
1-2:30	Microbiology	Micro building	Microbe hunters: In this track, student will explore hands on activities to extract microbes from soil, learn about infectious diseases, and see bacteria under the microscope. Students are encouraged to bring a sample of soil from their neighborhood. They will be given a QR code to monitor the growth of bacteria from their soil even after they leave CSU.	1-2:30	Tour of Eng	Engineering building	Explore the Engineering Building at CSU with the Mechanical Engineering team as we start up the Jet Engine and explore the power of Electrical and Computer Engineering in AI Technology and aerospace systems engineering.
3:00-4:30	Tour of Eng	Engineering building	Explore the Walter Scott Jr., Bioengineering Building with current CSU Engineering Ambassadors. Learn about the research, pathways, and hands-on demonstrations in Biomedical, Chemical and Biological Engineering.	3:00-4:30	Microbiology	Micro building	Microbe hunters: In this track, student will explore hands on activities to extract microbes from soil, learn about infectious diseases, and see bacteria under the microscope. Students are encouraged to bring a sample of soil from their neighborhood. They will be given a QR code to monitor the growth of bacteria from their soil even after they leave CSU.
Leadership					Leadership		
Track 1					Track 2		
Time	Workshop	Location	Description	Time	Workshop	Location	Description
1:2-3:30	Design Thinking for Leadership	Nancy Richardson Design center	In this workshop students will explore the five tenants of design thinking (empathize, define, ideate, prototype, and test) while applying their learning to think about how they can become better leaders in their communities. Students will focus on future-oriented thinking and how, starting today, they can use design thinking to build a better tomorrow.	1:00-1:45	Commanding Leadership	ROTC Room	Explore leadership skills, problem solving skills, and resilience.
2:45-3:30	Commanding Leadership	ROTC Room	Explore leadership skills, problem solving skills, and resilience.	200-2:45	Rams Against Hunger	Rams Against Hunger- Mason Street Location	Make a Difference Today! Activities include sorting, organizing, and inventory of food items for a local food bank.
3:45-4:30	Rams Against Hunger	Rams Against Hunger- Mason Street Location	Make a Difference Today! Activities include sorting, organizing, and inventory of food items for a local food bank.	3:00-4:30	Design Thinking for Leadership	Business	In this workshop students will explore the five tenants of design thinking (empathize, define, ideate, prototype, and test) while applying their learning to think about how they can become better leaders in their communities. Students will focus on future-oriented thinking and how, starting today, they can use design thinking to build a better tomorrow.

2024 Colorado State 4-H Conference - Wednesday, June 19							
FCS				FCS			
Track 1				Track 2			
Time	Workshop	Location	Description	Time	Workshop	Location	Description
8:00-9:30	Police Dog Training and Careers	205 University Square	4-H is about exploring new projects and learning life skills. Many of the things we do may create a spark and lead you to a lifelong career. Come learn what it is like to train a dog for obedience and scent tracking in a police career. A K-9 officer with the Fort Collins Police Department will discuss what a career in this field is like. They will also bring their dog and discuss obedience training and scent tracking skills.	8:00-8:45	Managing Stress so Stress Doesn't Manage You	Gifford room 235	We all face stress and while some stress is necessary and even beneficial, our brains can only do so much to manage this on our own. Participants will share some of the stressors they face and brainstorm with their peers about tools and techniques they utilize to help them stay on top of challenges and stress.
9:45-10:30	Managing Stress so Stress Doesn't Manage You	Gifford room 235	We all face stress and while some stress is necessary and even beneficial, our brains can only do so much to manage this on our own. Participants will share some of the stressors they face and brainstorm with their peers about tools and techniques they utilize to help them stay on top of challenges and stress.	9:00-9:45	Money Habitudes	Gifford room 203	Money Habitudes is a fun interactive and constructive way to learn about our habits and attitudes (Habitudes) about money. Participants will discover the how, why, and when they spend, save, give, or invest. This program promotes conversations with partners/families to encourage positive financial relationship skills.
10:45-11:30	Money Habitudes	Gifford room 203	Money Habitudes is a fun interactive and constructive way to learn about our habits and attitudes (Habitudes) about money. Participants will discover the how, why, and when they spend, save, give, or invest. This program promotes conversations with partners/families to encourage positive financial relationship skills.	10:00-11:30	Police Dog Training and Careers	205 University Square	4-H is about exploring new projects and learning life skills. Many of the things we do may create a spark and lead you to a lifelong career. Come learn what it is like to train a dog for obedience and scent tracking in a police career. A K-9 Officer with the Fort Collins Police Department will discuss what a career in this field is like. They will also bring their dog and discuss obedience training and scent tracking skills.
12:30-2:00	Dog Toys and Care Packages	Gifford 235	As a follow-up to the Police Dog Training and Careers presentation, we will be making dog toys and care packages for K-9 units and police officers to thank them for all the service they provide to communities.	12:30-1:15	Join the Fun - Family Consumer Science (FCS) Contests: Quiz Bowl and Skill-A-Thon	Ingersol - Seminar Room	Take your Family Consumer Science (FCS) skills to the next level. FCS Bowl is a knowledge bowl team competition that challenges your knowledge in some FCS topics. Can you buzz in with the answer first? The FCS Skill-a-Thon is an overall contest that covers skills and knowledge gained by participating in all aspects of the Family and Consumer Science projects. Let's see how many FCS items you can identify.
2:15-3:00	Join the Fun - Family Consumer Science (FCS) Contests: Quiz Bowl and Skill-A-Thon	Ingersol - Seminar Room	Take your Family Consumer Science (FCS) skills to the next level. FCS Bowl is a knowledge bowl team competition that challenges your knowledge in some FCS topics. Can you buzz in with the answer first? The FCS Skill-a-Thon is an overall contest that covers skills and knowledge gained by participating in all aspects of the Family and Consumer Science projects. Let's see how many FCS items you can identify.	1:30-2:15	Go from Anxious to "Nah, I've got this!"	Gifford 203	Standing in front of a class get you nervous? Feel peer pressure to do or say a particular thing? Everyone has anxiety in certain situations, but it can present differently for each person. How do you recognize when you are anxious? What can you do about it? In this interactive workshop, you'll learn more about how anxiety presents, work together in groups to share what helps you, and learn a few new tools to manage your anxiety.
3:15-4:00	Go from Anxious to "Nah, I've got this!"	Gifford 203	Standing in front of a class get you nervous? Feel peer pressure to do or say a particular thing? Everyone has anxiety in certain situations, but it can present differently for each person. How do you recognize when you are anxious? What can you do about it? In this interactive workshop, you'll learn more about how anxiety presents, work together in groups to share what helps you, and learn a few new tools to manage your anxiety.	2:30-4:00	Dog Toys and Care Packages	Gifford 235	As a follow-up to the Police Dog Training and Careers presentation, we will be making dog toys and care packages for K-9 units and police officers to thank them for all the service they provide to communities.
STEM				STEM			
Track 1				Track 2			
Time	Workshop	Location	Description	Time	Workshop	Location	Description
8:00-9:30	Introduction to Basic Landscape Design Principles	Nutrien 247	Join us for a fun 90 min workshop learning the basics of hand graphic techniques and basic landscape design forms. In this workshop you will be able to take your own hand drawn plan home with you.	8:00-8:45	Plant ID for Natives and Waterwise Plants	Nutrien- 135	Learn the basics of plant identification. Learn plants that have ornamental use along with Colorado natives that work well in our landscapes. You will have to opportunity to learn basic plant requirements, uses in the landscape and identifying features.
9:45-10:30	Grow Institute	Nancy Richardson Design (room 120)	This workshop will engage participants in exploring and addressing global challenges that impact food security in communities around the world, including here in Colorado. The Colorado GROW Youth Institute will be presented as an opportunity to further engage with these issues and connect with other young leaders with a passion for addressing global issues at the intersection of agriculture, sustainability, and food security.	9:00-9:45	Grow Institute	Room confirmation tbd	This workshop will engage participants in exploring and addressing global challenges that impact food security in communities around the world, including here in Colorado. The Colorado GROW Youth Institute will be presented as an opportunity to further engage with these issues and connect with other young leaders with a passion for addressing global issues at the intersection of agriculture, sustainability, and food security.
10:45-11:30	Landscape Irrigation Components and Applications	Monfort Quad (east side)	Time to cool off in the mid-June heat, come visit our Landscape Irrigation demo and learn about different methods of irrigation for landscapes. Also learn about water saving measures that irrigation managers are taking by implementing the newest technology.	10:00-11:30	Balancing Act	Nancy Richardson 121	Do you want to find your center of gravity? Do you want to make simple tasks seem impossible and seemingly impossible tasks simple? It's easy when you know the secret, and couldn't everyone use a little more balance in their lives?
12:30-2:00	Balancing Act	Nancy Richardson 121	Do you want to find your center of gravity? Do you want to make simple tasks seem impossible and seemingly impossible tasks simple? It's easy when you know the secret, and couldn't everyone use a little more balance in their lives?	12:30-1:15	Nancy Richardson Design Lab Tour	Nancy Richardson Design	The Nancy Richardson Design Center houses design studios, fabrication/prototype/creation labs, presentation spaces, classrooms, and computer labs. The outdoor spaces, including the Inspiration Alley, the Oasis, the Park, and the Café Terrace offer unique opportunities for alumni gatherings, tailgates, and student interaction.
2:15-3:00	CAMS academy	Nutrien - Room 163	Gain an affinity towards agriculture careers and problem solving. Improve your leadership skills as you explore the issues in and around agriculture today and in the future.	1:30-2:15	CAMS academy	Nutrien - Room 163	Gain an affinity towards agriculture careers and problem solving. Improve your leadership skills as you explore the issues in and around agriculture today and in the future.
3:15-4:00	Rocket Science	Nancy Richardson 121	What goes up must come down. Construct and launch your own rockets while exploring Newton's Laws of Motion and the forces of gravity.	2:30-4:00	Community Service		
Leadership				Leadership			
Track 1				Track 2			
Time	Workshop	Location	Description	Time	Workshop	Location	Description
8:00-9:30	Strengths Coaching	Library	Learn what your strengths are and how to use them to increase your leadership skills.	8:00-8:45	Caring for Nature	Agricultural Experiment Station	This service opportunity focuses on nurturing plants through watering, pruning, and weeding. Learn about what grows best in your region and get a chance to meet a turtle and its fishy friends.
9:45-10:30	Caring for Nature	Agricultural Experiment Station	This service opportunity focuses on nurturing plants through watering, pruning, and weeding. Learn about what grows best in your region and get a chance to meet a turtle and its fishy friends.	9:00-9:45	Canvas Credit Union	Plant Science 001	In-person, expert-led and interactive sessions designed to help you make smart financial decisions.
10:45-11:30	Canvas Credit Union	Plant Science 001	In-person, expert-led and interactive sessions designed to help you make smart financial decisions.	10:00-11:30	Strengths Coaching	Library	Learn what your strengths are and how to use them to increase your leadership skills.
12:30-2:00	Slice - The Power of Leadership	LSC	There is no one right way to lead, and everyone has their own style. In this workshop explore leadership styles and strengths.	12:30-1:15	Art of Inclusion	Natural Resources	The CAE4-HA Inclusivity Team looks forward to combining Art with Inclusion! Workshop participants will use artistic expression to discuss and process the idea of inclusion and being inclusive with their peers. Activities will be arts-based.
2:15-3:00	Art of Inclusion	Natural Resources	The CAE4-HA Inclusivity Team looks forward to combining Art with Inclusion! Workshop participants will use artistic expression to discuss and process the idea of inclusion and being inclusive with their peers. Activities will be arts-based.	1:30-2:15	Take Your Leadership to the Next Level	Plant Science w212	4-H provides amazing opportunities for leadership growth and personal development, but what happens when your time as a 4-H member is over? Come learn about how to take your leadership to the next level by engaging in industry-relevant organizations that will take the foundation you have laid in 4-H and start to put the finishing touches on your leadership style and abilities.
3:15-4:00	Take Your Leadership to the Next Level	Plant Science w212	4-H provides amazing opportunities for leadership growth and personal development, but what happens when your time as a 4-H member is over? Come learn about how to take your leadership to the next level by engaging in industry-relevant organizations that will take the foundation you have laid in 4-H and start to put the finishing touches on your leadership style and abilities.	2:30-4:00	Slice - The Power of Leadership	LSC	There is no one right way to lead, and everyone has their own style. In this workshop explore leadership styles and strengths.

2024 Colorado State 4-H Conference - Thursday, June 20							
FCS Track 1				FCS Track 2			
Time	Workshop	Location	Description	Time	Workshop	Location	Description
8:00-9:30	Is Leathercraft In Your Future?	Nancy Richardson	Learn about the 4-H Leathercraft project and the resources available to help you discover the beautiful craft of leatherworking. With leathercraft skills, you will be able to tap into home-made gift giving, or it may even lead to a small business. Create your own leathercraft project to take with you.	8:00-8:45	Clothing and Textiles Across Centuries and Cultures	Avenir Museum	Come visit the Avenir Museum, CSU's collection of historic apparel and textiles (and biggest "closet" in Northern Colorado), and enjoy learning about how a museum cares for artifacts and plans exhibits.
9:45-10:30	Clothing and Textiles Across Centuries and Cultures	Avenir Museum	<i>Money Habitudes</i> is a fun interactive and constructive way to learn about our habits and attitudes (Habitudes) about money. Participants will discover the how, why, and when they spend, save, give, or invest. This program promotes conversations with partners/families to encourage positive financial relationship skills.	9:00-9:45	Money Habitudes	Gifford Room 203	<i>Money Habitudes</i> is a fun interactive and constructive way to learn about our habits and attitudes (Habitudes) about money. Participants will discover the how, why, and when they spend, save, give, or invest. This program promotes conversations with partners/families to encourage positive financial relationship skills.
10:45-11:30	Instant Social	Univeristy Square	We all live a fast life with moments passing us by, so let's slow down and create memories together! This fun workshop will be about how you can create new friendships and learn how to capture those moments. We will be using instant film cameras and your phone camera to document these stories.	10:00-11:30	Is Leathercraft In Your Future?	Nancy Richardson	Learn about the 4-H Leathercraft project and the resources available to help you discover the beautiful craft of leatherworking. With leathercraft skills, you will be able to tap into home-made gift giving, or it may even lead to a small business. Create your own leathercraft project to take with you.
12:30-2:00	Humane Society	Gifford Room 235	As a community service project, we will be making dog and cat toys for the Humane Society.	12:30-1:15	Instant Social	Avenir Museum & Trial Gardens	We all live a fast life with moments passing us by, so let's slow down and create memories together! This fun workshop will be about how you can create new friendships and learn how to capture those moments. We will be using instant film cameras and your phone camera to document these stories.
2:15-3:00	Money Habitudes	Gifford Room 203	<i>Money Habitudes</i> is a fun interactive and constructive way to learn about our habits and attitudes (Habitudes) about money. Participants will discover the how, why, and when they spend, save, give, or invest. This program promotes conversations with partners/families to encourage positive financial relationship skills.	1:30-3:00	Smoothies	Gifford Rooms 134, 130	Smoothies are great, especially during summer as a cool, tasty meal. But have you thought about the actual nutritional value of a smoothie? As you get older, dietary habits become even more important than when you're in the teenage years. Lifestyle choices are more than just physical exercise. Choices need to include nutritional value, too. Come learn the nutritional value of smoothies and how to add special items like beans or avocados to make them extra healthy! You will make and taste smoothies, and take away great recipes to try at home.
STEM Track 1				STEM Track 2			
Time	Workshop	Location	Description	Time	Workshop	Location	Description
8:00-9:30	Colorado 4-H State Senate	NRDC	Leadership fun with the 4-H Senate	8:00-8:45	Pollinators	Biology 134	What are pollinators and how important are they? Explore the balance of nature and the intricate relationship between plants and animals.
9:45-10:30	Energy institute	Biology 133	Tear apart water molecules while you harness the power of hydrogen! We'll learn one effective way to get hydrogen from water, use the hydrogen to make electricity and look at how the fuel of tomorrow might just be the simplest atom of all!	9:00-9:45	Energy institute	Biology 133	Tear apart water molecules while you harness the power of hydrogen! We'll learn one effective way to get hydrogen from water, use the hydrogen to make electricity and look at how the fuel of tomorrow might just be the simplest atom of all!
10:45-11:30	Pollinators	Biology 134	What are pollinators and how important are they? Explore the balance of nature and the intricate relationship between plants and animals.	10:00-11:30	Colorado 4-H State Senate	NRDC	Leadership fun with the 4-H Senate
12:30-2:00	Reggie's Health Rocks!	TBD	You are both a Friend and a Mentor! Become better at both as you learn how to build healthy relationships and improve	12:30-1:15	Our Energy	Pavilion	Where does our energy come from and how can we find new ways of producing it? Power up as you explore the possibilities of a cleaner and brighter future.
2:15-3:00	Bug Zoo	Bug Zoo	The CSU Bug Zoo strives to bring a deeper appreciation for arthropods through hands-on learning opportunities with live insects. It is home to over 30 different species of arachnids, insects, and other arthropods.	1:30-2:15	Bug Zoo	Bug Zoo	The CSU Bug Zoo strives to bring a deeper appreciation for arthropods through hands-on learning opportunities with live insects. It is home to over 30 different species of arachnids, insects, and other arthropods.
				2:30-3:00	Educational Games	TBD? Academic Village	Adult advisors will lead hands-on games/activities
Leadership Track 1				Leadership Track 2			
Time	Workshop	Location	Description	Time	Workshop	Location	Description
8:00-9:30	Introduction to Basic Landscape Design Principles	Nutrien 247	Join us for a fun 90 min workshop learning the basics of hand graphic techniques and basic landscape design forms. In this workshop you will be able to take your own hand drawn plan home with you.	8:00-8:45	The Art of Bringing People Together: The Critical Role of Facilitative Leadership in Hyper-partisan Times	Nutrien 163	This workshop will focus on leadership skills that can help bridge divides and counter polarization in order to build capacity for communities to address their shared problems more effectively. It will introduce the concept of wicked problems as a key tool to reframe conflicts, and review research in social psychology and brain science that make it difficult for us to have the conversations we need to have. Participants will learn how to lead in ways that avoid triggering the worst in human nature and tap into the best, particularly our creative problem-solving skills
9:45-10:30	Landscape Irrigation Components and Applications	Monfort Quad (east side)	Time to cool off in the mid-June heat, come visit our Landscape Irrigation demo and learn about different methods of irrigation for landscapes. Also learn about water saving measures that irrigation managers are taking by implementing the newest technology.	9:00-9:45	Ruben Flores- Using Your Leadership Skills to Build a Better Tomorrow	Nutrien 102	Through brief discussions with fellow workshop participants and getting creative during hands-on activities, 4-H members will explore how their interests and strengths will prepare them for the future. Students will reflect on answering the question: "What will you do when you graduate from high school?"
10:45-11:30	Plant ID for Natives and Waterwise Plants	Nutrien- 135	Learn the basics of plant identification. Learn plants that have ornamental use along with Colorado natives that work well in our landscapes. You will have to opportunity to learn basic plant requirements, uses in the landscape and identifying features.	10:00-11:30	Is Your Voice Being Heard?	Nutrien room 306	Agriculture is a vital industry in Colorado and the United States, but because we have less than 2% of the population engaged in production agriculture, at times it can feel that our voice is muffled or even ignored. Have you thought about how you can be an advocate for agriculture in your local community, across the state, and even in the nation? Here is your chance to learn about how to speak and have your voice be heard.
12:30-2:00	Water Center	Nutrien room 306	Decreasing water supplies due to climate change and increasing water demand from population growth is leading to increased competition among water uses for agriculture, industry, cities/towns, the	12:30-1:15	The Art of Leadership	ROTC	This workshop will prepare you to create cohesive teams, engage in strategic decision making, and how to develop commitment to success.
2:15-3:00	The Art of Leadership	ROTC	This workshop will prepare you to create cohesive teams, engage in strategic decision making, and how to develop commitment to success.	1:30-3:00	Foundational Life Skills for Leadership (from current CSU students)	Animal Sciences 033	Navigating adulthood in college is scary, but with the right tools and organization skills, you won't have to fear! Come to this workshop if you want to have fun while also being productive.

2024 Colorado State 4-H Conference - Thursday, June 20				
Livestock				
Track 1				
Time	Workshop	Location	Description	
8:00-9:30	BQA	ARDEC	Beef Quality Assurance (BQA) is a nationally recognized beef producer education program. BQA covers many aspects of beef production including stockman ship, cattle handling, cattle health, responsible antibiotic use and beef quality. completing the program will receive their producer BQA certification. This session will run from 8:00 - 11:00 AM. 4-H'ers will be contacted prior to State Conference for attendance list.	
9:45-10:30	Genetics	ARDEC	Dr. Samantha Cunningham will provide hands-on activities in learning more about livestock genetics	
10:45-11:30	AgNext	ARDEC	AgNext is a leader research in animal and ecosystem health while enhancing profitability of the supply chain! Come and learn what's next!	
Livestock				
Track 2				
12:30-2:00	Meats Evaluation and Quality	Animal Science	Come and learn about the Meat Science program and how to know what a good 'cut' of meat can look like. Explore into the learning process of each step!	
2:15-3:00	Beef Sticks for Back Packs	Animal Science	Join Dr. Bob Delmore and team for a community service learning project to provide snacks for youth in Colorado!	
Equine				
Track 1 and Track 2				
Time	Workshop	Location	Description	
9:00-10:40	Vet Science	Equine Center	Basic first aid/bandaging - How to administer vaccines - Basic sutures - Biosecurity and more!	
10:40-12:20	Nutrient and Feeding	Equine Center	Importance of weighing feed - Hay/Hay Quality - Learn about feeds and feed ingredients	
Lunch Break				
1:00-2:40	Marketing/Social Media	Equine Center	Sales photo/conformation shots - Tips and tricks for what to post and not post online - Discussion of marketing/advertising careers	
2:40-3:00	Relection of Day	Equine Center	Discussion of days events/activities. What next?	