



**2023 State 4-H Conference Workshop Schedule**  
***“Opening Doors” To New Possibilities***

**Tuesday, June 20: 1:00-2:30pm**

1. **Canvas Stadium Tours**

**Location:** Smith Alumni Center/Canvas Stadium

**Description:** Tours will start in the Smith Alumni Center and give a look into Canvas Stadium. The tour covers about a mile of ground, making stops at the Smith Alumni Center, the New Belgium Porch, the Indoor Club level, the Stadium Club level, the Markley Family Hall of Champions, and the offices for CSU Football operations.

2. **FCS Bowl Workshop**

**Location:** Ingersoll Meeting Room

**Description:** Come and play Family Consumer Science (FCS) Bowl to learn more about this State 4-H Conference contest. This is a quiz bowl that asks FCS questions. You will learn how the contest is run by experiencing what it is like to be a FCS Bowl participant by playing in a mock FCS Bowl game. You will also learn the roles of the officials: moderator, judges, equipment operator, scorekeeper, and timekeeper. 4-H Specialists and leaders are also encouraged to attend to learn how to get teams started in their counties.

3. **CSU – Who We Are**

**Location:** Nutrien Room 135

**Description:** This session will provide an opportunity for participants to learn about CSU from a 33,000-foot view. CSU Admissions Counselors will cover who we are, the programs we offer, the financial aid that’s available and how to apply to CSU. The second half of this session will be a campus tour led by the CSU Rural Initiative Accessible Education Specialists. We will be split into five groups for the campus tour. This session is presented by the CSU Rural Initiative and the CSU Office of Admissions

4. **Backstage: UCA Tour**

**Location:** [Lobby of Griffin Concert Hall](#)

**Description:** Go backstage at CSU’s world-class University Center for the Arts with a behind-the-scenes look at our music, theatre, and dance programs by touring performance spaces and production shops. Located in the former Fort Collins High School, the UCA is also home to two museums: the Gregory Allcar Museum of Art, the Avenir Museum of Design & Merchandising.

5. **CSU Weather Station Tour**

**Location:** [CSU Weather Station \(Plum Ave\)](#)

**Description:** Take a guided tour of one of the longest operating weather stations in the western United States. Weather observations for research, teaching and public information have been conducted on the CSU campus since the early 1870’s. This tour will showcase the instruments that are used to measure temperature, humidity, precipitation, evaporation, winds, solar radiation and more. Many of the instruments date back to the 1950’s and are still operational today! Learn how the data are used and how you can access the data for yourself as well.



6. **Rocky Mountain Student Media**

**Location:** [Lory Student Center - near Campus Information Desk](#)

**Description:** Students at Rocky Mountain Student Media operate a radio station, a TV station, a magazine, a newspaper, a daily news website, a documentary film unit, an advertising and marketing agency, and a whole lot more. About 250 students from all areas of campus work for or volunteer with us each year to learn the necessary media and management skills needed to have a successful career. Come explore CSU's independent student media operation and learn about the unique programs that have been keeping students informed and documenting CSU life since 1891.

**3:00pm-4:30pm**

7. **Write Your Own Personal Mission Statement**

**Location:** Ingersoll Meeting Room

**Description:** Using a series of questions youth will take a deep dive into their goals, values, beliefs, attitudes, needs and wants. Applying what they discover about themselves, participants will work to craft their own personal mission statement. These statements can help ground us, dismiss distractions, and act as a guide during tough decisions. Youth will walk away with a greater sense of self and clearly defined goals that provide a clearer path towards individually measured success.

8. **4-H for Every-1**

**Location:** Ingersoll Lower Level

**Description:** This workshop will explore different games, ideas, and activities to help Junior 4-H Leaders better engage with 4-H from different backgrounds and experiences. Get ready to take away fun and easy ways to help you make sure everyone feels included in your 4-H communities!

9. **IFYE Presentation**

**Location:** Ingersoll Event Room

**Description:** Do you like learning about other cultures? Would you love to travel to another country yourself? Or have your family host a young adult for 3 weeks from another country? Experience an opportunity unlike any other and come to our presentation to travel through pictures, stories, and activities to learn about the IFYE organization and what makes our program unique. In 2022, Colorado sent three IFYE representatives to Wales, Switzerland, Finland, and England for 3 or 6 months to live with host families and welcomed two representatives from Slovenia and Wales to stay with Colorado host families. Decide now to set your goal to be an IFYE in a few years!

10. **CSU History and Mystery Tour**

**Location:** [Front Entrance - Student Services](#)

**Description:** What are the mysteries of CSU's history? Join us as we learn the history of how CSU began. Tour inside some of the oldest buildings on campus and discover what our historic buildings have been home to over the years. Find out which buildings have ghost stories, myths and legends – maybe you have stories of your own to share. Learn some of the theories as to why CSU's oldest building burned down in 1870 and where the remains have been placed. Discover the mysteries that have attributed to CSU's history on this **walking** tour.



11. **Sustainability in Plain Sight Tour**

**Location:** [East side of the Lory Student Center - South Pollinator Garden on the plaza](#)

**Description:** Join Stacey, the CSU Campus Energy Coordinator, on a green walking tour of Main Campus. Let's walk and talk and explore a few of the things that enable and support sustainability action and practices here at CSU. Sustainability at CSU is a team sport. We'll explore and discuss the things you may or may not see that help CSU achieve its sustainability goals, and the role students, faculty, staff, alumni, and friends play. Every one of us makes a difference!

12. **Designing and Building a Future Together Tour**

**Location:** [RDC 123 - Prototype Lab Entrance \(first floor, north wing\)](#)

**Description:** The Nancy Richardson Design Center (RDC) is a hub for innovation, designed as a dynamic space to invite curiosity and inspire collaboration. Join the tour to see our fabrication labs in action, including virtual and augmented reality; vinyl, textile, and UV printing; laser cutting and etching; digital modeling; 3D printing and scanning; wood working; metal fabrication; fabric assembly; and screen-printing equipment.

**Wednesday June 21: 8:30am-10:00am**

13. **From Mouth to Manure Pile**

**Location:** [ETRC](#), 735 S Overland Trail. We will meet outside of the Adams arena.

**Description:** A story about how feed gets into horses, goes around a few twists and turns in the digestive tract, and ends up back onto the ground in a manure pile. Hands on learning with topics including how eating influences behavior (and the other way around), how the digestive tract works (and why horses are so prone to colic), and what manure can tell us about health (learn how to do a fecal egg count!).

14. **Biology Teaching Collection Tour**

**Location:** [Biology Building - SW corner \(inside by the salt water tanks\)](#)

**Description:** Visit the teaching collections of the Department of Biology to see the amazing animal materials we use to teach the "ology" courses and learn about evolutionary adaptations throughout the tree of life! Get an up-close look at their collection of over 13,000 mammals and birds, one of the largest collections in the U.S.

15. **Sustainability in Plain Sight Tour**

\*Repeated: Please see description above

16. **IFYE Presentation** \*Repeated: Please see description above. **Location: TBD**

**10:30am-12:00pm**

17. **Little Shop of Physics Hands-on Science Experience**

**Location:** [NESB](#) room B322 1231 Libby Coy Way

**Description:** We believe science is more fun when you do science yourself. At the Little Shop of Physics Inspiration Station, you will experience a fun guided hands-on activity and then explore our three Engagement Spaces filled with 50+ hands-on science experiments, including a sensory friendly room. For more details about us, check out our website: <https://www.lsop.colostate.edu>.



18. **Engineering Experience**

**Location:** Walter Scott Jr. College of Engineering

**Description:** Join the Walter Scott Jr. College of Engineering to learn about what being an engineer is like while also checking out and engaging in several lab demos in our state-of-the-art engineering laboratories. Contacts: Steve Johnson, Matt Camper, Bella Pulido

19. **Clothing and Textiles Across Centuries and Cultures**

**Location:** Avenir Museum at 216 E Lake Street

**Description:** 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. Please have the attendees gather at the front entrance of the Avenir Museum at 216 E Lake Street (just to the east of the main UCA).

20. **CSU History and Mystery Tour**

\*Repeated: Please see description above

21. **Biology Teaching Collection Tour**

\*Repeated: Please see description above

**1:30pm-3:00pm**

22. **Stronger together. Learn how to better support your friends and family that are experiencing mental health challenges and hard times.**

**Location:** Ingersoll Event Room

**Description:** Can you remember a time when someone else was there for you when life seemed hard or impossible. The future of farming and ranching depends on strong farming and ranching communities. None of us are meant to do it alone. Come learn about the importance of social connections and the role you can play in supporting the mental and emotional well-being of others in your community. Just like livestock need their herd, corn needs its rows, we need each other. Farming and ranching in the 21st century is hard, and the future depends on us to provide food, fiber, and fuel for human survival. The only way we can survive is together. This session will discuss how to better support your peers and yourself when times are tough. It will involve small group discussions about what you can do in your community to begin building these supportive relationships now.

23. **Write Your Own Personal Mission Statement**

\*Repeated: Please see description above

24. **Robotics Workshop**

**Location:** Edwards Hall

**Description:** What can a brick teach you about careers in STEM? How do you get a robot to do what you want it to do? How do you design a robot to perform a task? Explore the basics of LEGO Robotics and coding in this interactive workshop.

25. **Biology Teaching Collection Tour**

\*Repeated: Please see description above



26. **Backstage: UCA Tour**

\*Repeated: Please see description above

27. **Rocky Mountain Student Media**

\*Repeated: Please see description above

**Thursday June 22: 9:00am-10:30am**

28. **Health Rocks!**

**Location:** Ingersoll Event Room

**Description:** The State 4-H Senate will be spending time with you on healthy choices as they relate to the lives of teenagers. Being able to understand and have the skills about healthy choices is important for all youth to start learning so please join the State 4-H Senate in going through this concept and topic related to Healthy Choices.

29. **From Mouth to Manure Pile**

\*Repeated: Please see description above

30. **CSU Scavenger Hunt**

**Location:** Monfort Quad

**Description:** This session includes a fun, interactive scavenger hunt where 4-H are on teams of two. Each team will be given a campus map and questions that require the team to explore campus for the answers. The teams are competing against the clock and other teams. This session is presented by the CSU Rural Initiative and the CSU Office of Admissions. Admissions will provide CSU branded items for the winning teams.

31. **Beef Quality Assurance**

**Date & Time:** Thursday June 22 from 9:00am-12:30pm

**Location:** Classroom in CoBank building at [ARDEC](#)

**Description:** 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.

23a. **Write Your Own Personal Mission Statement (added on 5.9.23)**

\*Repeated: Please see description above

**11:00am-12:30pm**

32. **Goal Setting**

**Location:** Ingersoll Event Room

**Description:** One of the most important things when choosing what doors to open is to have the ability to set goals. If you are interested in learning more about setting goals, then please join the State 4-H Senate and learn hands on skills related to setting goals.

33. **Little Shop of Physics Hands-on Science Experience**

\*Repeated: Please see description above



34. **CSU History and Mystery Tour**

\*Repeated: Please see description above

35. **Rocky Mountain Student Media**

\*Repeated: Please see description above

\*22a. **Stronger together. Learn how to better support your friends and family that are experiencing mental health challenges and hard times. (added on 5.10.23)**

\*38a. **Clothing and Textiles Across Centuries and Cultures (added on 5.15.23)**

\*Repeated: Please see description above.

**2:00-3:30pm**

36. **Athletic Department**

**Location:** CSU Canvas Stadium

**Description:** Get a first-hand look at our CSU's sports medicine facility, find out more about sports medicine, its role in competing at the highest levels, and staying as healthy as possible

37. **Stronger together. Learn how to better support your friends and family that are experiencing mental health challenges and hard times.**

\*Repeated: Please see description above

38. **Clothing and Textiles Across Centuries and Cultures**

\*Repeated: Please see description above

39. **Backstage: UCA Tour**

\*Repeated: Please see description above

40. **Designing and Building a Future Together Tour**

\*Repeated: Please see description above

41. **Bugging out at the CP Gillette Museum of Arthropod Diversity**

**Location:** [Hartshorn - North Entrance](#)

**Description:** The CP Gillette Museum of Arthropod Diversity in an on-campus treasure that is part of the Department of Agricultural Biology. We are the 16<sup>th</sup> largest insect collection in the nation, and we house about 4.7 million specimens. Our holdings include many important agricultural pests and represent much of the vast diversity along the Rocky Mountain regions. Our museum is a very active research collection that is committed to the three pillars of our land grant mission: research, teaching, and outreach/extension.

\*8a. **4-H for Every-1 (added 5.12.23)**

\*Repeated: Please see description above



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