



Time **Tuesday, June 16**

1:00PM-2:30PM	Workshops	Title	Presenter (s)	Description of Workshop
	Tour Track 1	CSU Campus Tour	Cindy Hoang	Kick off your CSU experience with a guided tour and welcome session! This is your chance to get to know the campus you'll be exploring over the next few days, see where students live and learn, and get a feel for what life as a Ram is all about. We'll visit the Oval, Lory Student Center, Rec Center, and an academic building, plus, you'll have time to ask questions and check out spots you'll be spending the week in.
	Tour Track 2	CSU Ghost Tour	Brenda & Sofia	Step into the spooky side of campus with a guided CSU Ghost Tour, where you'll hear eerie stories, local legends, and unexplained happenings tied to historic buildings and past residents. This fun and slightly chilling experience is perfect for anyone curious about the mysteries that may still linger at CSU after dark.
	Tour Track 3	CSU South Campus Tour	Barbie	Take a trip to CSU's South Campus and explore veterinary and animal science in action. Participants will take part in a veterinary-focused experience while learning more about related programs and opportunities.

2:45PM-4:15PM	Workshops	Title	Presenter (s)	Description of Workshop
	Tour Track 1	CSU Stadium Tour	Kristie McGinnis	A sneak peek into Canvas Stadium, covering about a mile of ground, making stops at the Smith Alumni Center, the New Belgium Porch, the Indoor Club level, the Stadium Club level, and the Markley Family Hall of Champions.
	Tour Track 2	CSU Campus Tour	Cindy Hoang	Kick off your CSU experience with a guided tour and welcome session! This is your chance to get to know the campus you'll be exploring over the next few days, see where students live and learn, and get a feel for what life as a Ram is all about. We'll visit the Oval, Lory Student Center, Rec Center, and an academic building, plus, you'll have time to ask questions and check out spots you'll be spending the week in.
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Time **Wednesday, June 17**

8:15AM-9:45AM	Workshops	Title	Presenter (s)	Description of Workshop
	FCS Track 1	Exploring How Work Ethic Impacts Productivity and Wellbeing	Chad Reznicek	Agriculture is a highly demanding occupation where hard work is an essential component of success. Join us for an interactive workshop designed to help promote a mindset of working smarter instead of harder. We will explore values and traditions around work habits and how to make small adjustments that increase the odds of success while improving work-life balance.
	FCS Track 2	Art Smart: Create with Respect	Perri Pelletier and Jen Loewen	This workshop will use artmaking as a lens to explore the difference between cultural appreciation—honoring and uplifting traditions—and cultural appropriation, the use of cultural elements without understanding or respect. Drawing inspiration from folk and indigenous crafts, we'll examine how practices like beading and weaving span many cultures, while also recognizing that specific patterns and designs often hold distinct cultural meanings. Participants will be encouraged to engage thoughtfully, support artists from within these communities, and approach creative work with curiosity, respect, and cultural awareness. The workshop will also incorporate elements of civil discourse, fostering open, respectful dialogue as we reflect on our roles and responsibilities as artists.
	STEM Track 1	CSU Foothills Campus exploration	CSU Foothills Campus	Get ready for a CSU Foothills Campus exploration day! Come prepared with questions and a good attitude as we explore together.
	STEM Track 2	Wind Turbine and Design Lab	Mike Estergard - Energy Institute	Learn about the science and engineering of the tallest forms of electric generation- wind turbines. Compete with other student teams in creating a functioning fan blade design while learning about turbine basics and doing some fact-checking of common misunderstandings of these modern clean energy marvels.
	Career Pathway Track 1	State 4-H Senate - Elements of Leadership	State 4-H Senate	<i>Elements of Leadership: Join the State Officer Team as we 'dig into' and explore the 4 essential elements of leadership.</i>

Career Pathway Track 2	Enterprisingly Human - Skills for the Future
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Join the College of Liberal Arts for a science fiction activity where you can create dream teams to run futuristic invention projects. Learn about the value of arts, humanities, and social sciences while problem-solving the challenges of tomorrow.

Kristen Mullen

10:00AM-11:30AM Workshops

Title	Presenter (s)	Description of Workshop
FCS Track 1 Design Trends Exploration Lab	Fashion Department	In this workshop, you'll explore what's trending right now in fashion, interiors, and design - and what's about to be next. You'll break it down to spot the colors, styles, and ideas that are shaping the vibe. Then you'll create your own mood board to show off your vision and bring your style to life!
FCS Track 2 H is for Health - The Masters of Self Care	Kirsten Wulfsberg	In this interactive team-based event, you'll play a jeopardy-inspired game focusing on the various ways self-care can add to your personal health. You'll be put into groups of 4 and then put to the test! Progress through the various stages of this game by answering questions and performing tasks...can you and your team be the Masters of Self Care? Let's see!
STEM Track 1 Pathways in the Atmospheric Sciences	Atmospheric Scientists	grad students at CSU showcasing different pathways in the field, hands on demonstrations on weather science, and a weather
STEM Track 2 The Sound of Opportunity: Music Pathways	Jessica Warner	Take a tour of the School of Music, Theatre, and Dance, then get hands-on with music as you explore how sound, technology, and creativity work together. Learn how these skills connect to different programs and careers in music.
Career Pathway Track 1 Sowing Stewardship	Brooke Carlson	This workshop is a chance to check out and try out some lessons for elementary-aged students that can be used to teach about agriculture in your community. These lessons revolve around stewardship and how we can teach others to care for the land while having a little fun.
Career Pathway Track 2 State 4-H Senate - Elements of Leadership	State 4-H Senate	Elements of Leadership: Join the State Officer Team as we 'dig into' and explore the 4 essential elements of leadership.

1:00PM-2:30PM Workshops

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FCS Track 3 Fuel for Performance: Case Study Challenge	Kira Shyrock	Have you ever had a time when you felt tired or "out of energy" during school or sports? Learn how your food and beverage choices can impact your energy, mood, and performance in activities. Through a series of case studies, participants will learn how to build confidence in choosing healthy foods that can fuel your work and play.
FCS Track 4 Career Exploration: Nutrition and Food Science	Jadyn Ford	Do you like food? So do we! Our students go on to be registered dietitians, sports nutritionists, food product developers, flavor chemists, and so much more. Join our session to learn about the many opportunities in CSU's Department of Food Science and Human Nutrition.
STEM Track 3 Green Jobs: Exploring Forests Careers	Danielle Ardrey - Colorado State Forest Service	Green Jobs: Exploring Forests Careers Want a job that makes a difference? Come experience world of green jobs, where you can help the planet and build a solid future for yourself. We're going to dive into hands-on activities that show how you can work outdoors, boost environmental health, and create positive change—all while building a cool career.
STEM Track 4 Unearthing the Human Experience	Josh Zaffos, Anthropology and Geography	Have you ever wondered what truly makes us human? Step into the shoes of an anthropologist and explore the mysteries of the past.
Career Pathway Track 3 Ram County Meats	Ram Country Meats	Colorado State University, JBS Global Food Innovation Center - Tour a state-of-the-art meat processing facility. View spaces used for animal holding, slaughter and processing. Sample and learn about beef sticks that are manufactured in Colorado. Volunteer to assist the program by boxing beef sticks for distribution to local charities.

Career Pathway Track 4	Construction Management: Blueprint to LEGO Bridge	Jazmin Arias	Students will work in teams to take on the role of a construction manager by building a LEGO bridge. Participants will practice plan reading, estimating project costs, managing materials procurement, and completing the construction of their bridge. Through this activity, students will experience how real construction projects are planned and managed from start to finish. The session will start with an introduction to the Construction Management program at Colorado State University.
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2:45PM-4:15PM	Workshops	Title	Presenter (s)	Description of Workshop
FCS Track 3		Archiving Agricultural Stories	Tami Eggers and Linda Meyer	History, Archives, Agriculture and Storytelling: Using oral history and research skills, you will help tell the story of a rare apple variety that has been brought back from the brink of extinction. In this hands-on workshop, you will dig into Colorado's agricultural past, discover treasures of the archives, and learn from an arborist and an archivist. Come curious and leave with skills and a story that matters.
FCS Track 4		Civil Discourse for Life	Lilly Lucas and Lisa Sholten	How do we look at an issue from different viewpoints and debate both sides respectfully, peacefully, and to elevate our moral compass? How can we learn from experiences to help frame our opinions in a positive way? How can we take negative experiences and turn them into positive change? Civil discourse is the practice of deliberating about matters of public concern with others in a way that seeks to expand knowledge and promote understanding. This workshop will explore the topic of civil discourse and how skills can be gained by attending national 4-H conferences.
STEM Track 3		Unearthing the Human Experience	Josh Zaffos, Anthropology and Geography	Have you ever wondered what truly makes us human? Step into the shoes of an anthropologist and explore the mysteries of the past.
STEM Track 4		Green Jobs: Exploring Forests Careers	Danielle Ardrey - Colorado State Forest Service	Want a job that makes a difference? Come experience world of green jobs, where you can help the planet and build a solid future for yourself. We're going to dive into hands-on activities that show how you can work outdoors, boost environmental health, and create positive change—all while building a cool career.
Career Pathway Track 3		cATALyst-Activating Teachers and Leaders in Agriculture	Katharine Eshelman	Through this workshop, we will explore what it means to be an agriculture educator, and how we can teach others about agriculture. By the end of the workshop, you will be prepared to head back to your community and teach others about agriculture!
Career Pathway Track 4		Discover How You can make a difference in Health	Tiffany Lipsey	During this workshop, attendees will get a behind the scenes look at research labs and outreach programs in the Department of Health and Exercise Science. Our areas span the range from healthy populations to those with chronic disease. Considering a future career in health? Come check out the areas of study and try your hand at some of the tests!

Time Thursday, June 18

10:00AM-12:00PM	Workshops	Title	Presenter (s)	Description of Workshop
Equine Track		Equine Hands-On 4-H Workshops	Jonathan Vrabec and Devan Catalano	This hands-on 4-H workshop explores how genetics shapes the traits we see in horses—from coat color to performance—and what that means for breeding and management. In the second half, participants will tackle real-world equine “wicked problems,” like feeding, health, and management decisions with no single right answer. Through fun activities and group challenges, participants will build skills in critical thinking, teamwork, and decision-making.
Livestock Track - Workshop		Speak Up for Agriculture	Colorado Beef Council	Get ready to speak up and stand out! In this fast-paced workshop, 4-H members will explore the power of advocacy in agriculture – especially when it comes to beef. Through fun, interactive activities, you'll learn how to tell your agriculture story, share facts about beef production, and bust common myths with confidence. Whether you're talking to friends, teachers, or on social media, this workshop will help you become a stronger voice for the food, farms, and families that feed the world.
Livestock Track - Workshop		Calf Care Basics	Kathy Whitman	Join us for a hands-on workshop where participants will learn the essentials of calf care, including proper calf processing techniques such as tagging and identification, naval treatment, and how to mix and administer colostrum to ensure a healthy start. Come try your hand at drenching a calf.