



2016 NATIONAL 4-H CONGRESS EDUCATIONAL WORKSHOPS

WORKSHOP: Attention - Get It & Keet It

INSTRUCTOR: Gayle Mingledorff

MISSION MANDATE: Citizenship

DESCRIPTION: You are in charge but no one is listening! Learn three simple steps to become the “Pied Piper” everyone listens to, believes and follows.

WORKSHOP: Dancing with the Stars

INSTRUCTOR: Wayne Zwick, Allure Dance Studio

MISSION MANDATE: Healthy Living

DESCRIPTION: Shaun Johnson, Hines Ward, Kirstie Alley, Donnie and Marie, and Julianne Hough all showed their talent on Dancing with the Stars. Here’s your chance. The class will teach you basic steps in all the current dances. Healthy lifestyles involve movement – what better way to move than with dance steps.

WORKSHOP: Diversity - Southerners, Lawyers and Blonds

INSTRUCTOR: Dr. Mitzi Downing, North Carolina State University

MISSION MANDATE: Citizenship

DESCRIPTION: Are you Pigeonholed in a land of Penguins? Have you ever felt judged based on your appearance or on how you talk or where you are from? Have you ever misjudged someone? Stereotypes are stubbornly persistent! Like icebergs, stereotypes are largely hidden deep in our subconscious minds yet they influence our actions every day. Come and have fun while exploring diversity and see what’s up with those Southerners, Lawyers, Blondes & Jocks. Understanding “Diversity” means more today than ever before . . . Come explore with us!

WORKSHOP: Expanding Horizons through Group Involvement

INSTRUCTOR: GCSU Outdoor Education, Dr. Liz Speelman

MISSION MANDATE: Citizenship

DESCRIPTION: An introduction to group development activities with intention. Each team will engage in a set of activities focusing on decision-making, respect for diversity, and effective communication. Facilitators from Georgia College’s Department of Outdoor Education will model and debrief strategies matching activities with outcomes and enhance transfer of learning through the use of strategies. Participants will engage in activities followed by discussion of potential use back at home.

excite



spark



ignite



✿ National 4-H Congress

4-H, The Youth Development Program of the Cooperative Extension System, prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

WORKSHOP: Bolls, Bales, and Big Business

INSTRUCTOR: Mandy Marable, Lauren Boykin, & Lindsey Hayes, University of Georgia

MISSION MANDATE: Science

DESCRIPTION: 4-H members will prepare to teach a workshop on Cotton Production to elementary school students in the Atlanta Public Schools. Workshops will include teaching skills and scientific information.

WORKSHOP: Yoga

INSTRUCTOR: Sedef Dion, Grounded Yoga

MISSION MANDATE: Healthy Living

DESCRIPTION: Is your life too stressful, do your muscles feel so uptight? Yoga is the thing for you! Its physical exercises, special postures, and relaxation techniques will make you a new person, relaxed and ready to take on your next stressful situation. Yoga tones your muscles, flexes your joints and strengthens your body.

WORKSHOP: GTL – Give, Talk, Learn: the Power of Service Learning

INSTRUCTOR: Justin Crowe, University of Tennessee

MISSION MANDATE: Citizenship

DESCRIPTION: Many of us need some GTL in our lives. Service learning gives us the opportunity to give, talk and learn through helping others and reflecting on those experiences. Join this workshop for a hands-on look at innovative service learning projects, the essential steps to service learning and tips on making service meaningful for both the participants and the beneficiaries. This workshop is full of hands-on, fun activities and even a few door prizes!

WORKSHOP: Healthy Gourmet

INSTRUCTOR: Hyatt Chefs

MISSION MANDATE: Healthy Living

DESCRIPTION: Hyatt Regency Atlanta's chefs have distinguished themselves some of Atlanta's premier chefs. They specialize in the farm to table emphasis always looking for the best in foods that are available locally.

WORKSHOP: Healthy Living with Food, Fun and Fitness

INSTRUCTOR: Dr. Courtney Dodd, Texas A&M University

MISSION MANDATE: Healthy Living

DESCRIPTION: Explore the world of healthy living with fun activities that will center around food, fun and fitness! This interactive session will feature a POUND – Rockout workout, will put your decision making skills to test when it comes to physical activity and healthy eating, and involve interactive ways to explore the world of nutrition. Come ready to move, interact, and have FUN while learning.

WORKSHOP: Irish Dance

INSTRUCTOR: Anna Johnson, Drake School of Dance

MISSION MANDATE: Healthy Living

DESCRIPTION: Irish Stepdance has its roots in old Ireland. It has been made tremendously popular throughout the world by the dance company Riverdance. You will find the quick, intricate footwork to be fun and challenging. It not only is a form of artistic expression but a great aerobic exercise.

WORKSHOP: Junk Drawer Robotics and Drones

INSTRUCTOR: Beverley Connelly-Brown & Sharon Lone, Clemson University

MISSION MANDATE: Science

DESCRIPTION: Science and Technology is an essential part of life. With the world evolving into tech zone, Drones and Robotics are probably the most advanced equipment in the technology world. Robotics and Drones in a technological context, is an unmanned robots and flying robot. The Robots may be remotely controlled and Drones can fly autonomously through software-controlled flight plans in their embedded systems working in conjunction with GPS. Participants will get the opportunity to learn about the history, how to build, operate, program as well as be engaged in to the many uses of drones and robotics. The 2016 National youth Science Day "Drone Discovery" activity will be introduced as well as other robotics and technologies as a round table of activities.

WORKSHOP: Mindshift

INSTRUCTOR: Laura Bovitz & Sean Fagan, Rutgers University

MISSION MANDATE: Healthy Living

DESCRIPTION: Mindshift provides participants methods to create their own individual "mind map" to help them shift their mindset and set goals. It will demonstrate how to avoid making excuses for things you think you can't do and show that a mindset shift is possible for anyone. Learn how to change "de-motivation" to motivation. Learn how to create a positive, healthy, and productive mindset that helps you to learn how to set goals that work for you.

WORKSHOP: Increasing Independence and Quality of Life for Individuals with Disabilities

INSTRUCTOR: Shepherd Spinal Center Staff

MISSION MANDATE: Science

DESCRIPTION: The workshop is designed to increase delegates' awareness of the challenges faced by people with physical disabilities. The Shepherd Spinal Center is ranked among the nation's top rehabilitation hospitals for spinal cord and brain injury. The workshop is interactive. The instructors will bring a variety of pieces of equipment used to help patients.

WORKSHOP: Pilates

INSTRUCTOR: Renee Pauley

MISSION MANDATE: Healthy Living

DESCRIPTION: Pilates works from the inside out by strengthening the core muscles that support the spine. Pilates is a series of rhythmic exercises that strengthen and balance the body, while lengthening the muscles and increasing flexibility. By focusing on quality of movement rather than quantity, Pilates can retrain your body to move more efficiently – a great benefit to anyone looking to improve their performance or overall health. Pilates is a total body workout utilizing multiple muscle groups simultaneously, creating a symmetrical workout that integrates the upper and lower body with the core resulting in a balanced, strong, lean, and flexible body that is less prone to injury.

WORKSHOP: Social Media

INSTRUCTOR: Herbert "Herby" Agnew, Georgia Association of Educator

MISSION MANDATE: Science & Citizenship

DESCRIPTION: Social media is it a boon or a bust - it depends on how you use it. It can help you get a job or keep you from getting one. This class will help you understand how to effectively use this great tool while making you aware of security issues including how to avoid having you identify stolen and the etiquette of social media.

WORKSHOP: Speed Meeting

INSTRUCTOR: Sarah McKinney, University of Georgia

MISSION MANDATE: Citizenship

DESCRIPTION: One thousand people will attend National 4-H Congress. How will you ever meet them all? Speed Meeting is the answer or at least part of it. You will have the opportunity to make new friends from all over the country in a totally fun way.

WORKSHOP: The Coolness of Science

INSTRUCTOR: Scott Taylor, University of Florida

MISSION MANDATE: Science

DESCRIPTION: Participants will do experiments creating new chemical compounds from basic household materials - making slime, creating their own polymer balls, and building gumdrop skyscrapers. Can something be a solid and a liquid at the same time - an experiment with an isotropic mixture will answer the question. All experiments will be hands-on and done by the participants, and discussion will center around the concepts of physical and chemical changes. Participants should be prepared to "get their hands dirty" doing all the mixing, kneading, and anything else required for the success of the experiment

WORKSHOP: The Six Most Important Decision You Ever Make

INSTRUCTOR: Donald Reed, West Virginia University

MISSION MANDATE: Citizenship

DESCRIPTION: Teens will explore Sean Covey's Six Most Important Decisions: School, Friends, Dating, Education, Self-Image and Addiction. Special Emphasis will be placed on how teens can win arguments with their parents and get more privileges on the weekends. This workshop includes much role playing and peer feedback. All participants will receive a free copy of Covey's work.

WORKSHOP: Zoonotic Disease Detective

INSTRUCTOR: Center for Disease Control, Led by Joe Gregg

MISSION MANDATE: Science & Healthy Living

DESCRIPTION: What are zoonotic diseases, how do they spread, how can we stop them. The CDC works on preventing outbreaks around the nation. Learn the process for finding, tracking and curing diseases.

WORKSHOP: Zumba

INSTRUCTOR: Susan McGhee

MISSION MANDATE: Healthy Living

DESCRIPTION: Exercise doesn't have to be a drudgery when there are things like Zumba. Created by Alberto "Beto" Perez, Zumba involves dance and aerobics elements. Involving following the music with repetitive movement. Zumba's choreography incorporates hip-hop, samba, salsa, meringue, mambo, martial arts, and some Bollywood and belly dance moves. It is addictive – you will love it.