



COMMUNITY ACCELERATORS WORKSHOP GUIDE

MARCH 12TH – 16TH, 2025 | WASHINGTON D.C



At Ignite by 4-H 2025, there will be 2 optional workshop slots and 8 required workshop slots and to pre-register to attend:

- 2 Career Connections Workshops (optional)
- 4 Track Workshops (required)
- 4 Explore Workshops (required)

Each workshop has limited capacity and once the capacity is reached, we will be unable to add additional seats for that workshop. We encourage you to register early!

Teen workshop registration opens **January 10 at 7 p.m. ET** All required forms must be completed by that time to register for workshops. Workshop registration closes on **February 2 at midnight ET**. Teens that do not register for workshops by February 2 will be assigned to open workshops.

Workshops are required for all teens to attend and teens must go to the workshop they registered for!

National 4-H intends to continue developing contributing leaders of strong character through our workshops including the following characteristics:



Positive purpose

Guiding your actions to create value, spread kindness, foster harmony, or make a meaningful difference.



Self-regulation, humility, and control

Ability to recognize and manage your emotions, limitations, flaws, and imperfections when faced with challenges while continuing to value others.



Honesty and integrity

The foundation to build trust and maintain strong, ethical relationships in personal, professional, and social contexts



Ignite Workshop Types

Career Connections Workshops are optional to attend, but do require pre-registration. These workshops cover topics such as life and career readiness, public speaking and more! These workshops will take place during the Career Exploration Expo so you may choose to spend your time having 1:1 conversations with leaders offering practical advice, sharing career stories and helping teens navigate the many opportunities that lie ahead.

The Career Connections Workshops will take place on Thursday, March 13 at the following times:

- 11:30 a.m. – 12:30 p.m.
 - 1:30 p.m. – 2:30 p.m.
-

Track Workshops will be specific to the track you sign up for and indicated by the colors below:

- **Agriscience**
- **Community Accelerators**
- **Healthy Living**
- **STEM**

The Track Workshops will take place on Friday, March 14 at the following times:

- 3 p.m. – 4 p.m.
 - 4:15 p.m. – 5:15 p.m.
 - 6:30 p.m. – 7:30 p.m.
 - 7:45 p.m. – 8:45 p.m.
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Explore Workshops allow teens to explore other tracks and maybe even discover a new spark! The decision is yours to choose any workshop of interest to you. Explore Workshops will take place on Saturday, March 15 at the following times:

- 9 a.m. – 10 a.m.
- 10:15 a.m. – 11:15 a.m.
- 12:15 p.m. – 1:15 p.m.
- 1:30 p.m. – 2:30 p.m.





Career Connections Workshops Thursday, March 13, 2025

Career Connections Workshop 1: 11:30 a.m. - 12:30 p.m.

- 005 Public Speaking: Building Resiliency in Youth
- 046 Talking About Communication: 4-H Style
- 055 Speak Up! Building Confidence in Public Speaking
- 071 Time Savvy, Talk Ready: Skills for Thriving in the Professional World
- 095 Skills Over Titles: Embrace the Future of Work
- 096 The Power of Transferrable Skills: Where to Find Them and How to Grow Them
- 110 IYKYK: 4-H College Pathways
- 116 Talk the Talk: Public Speaking Skills for the Bold and Brave
- 120 Finding Your Voice to Spark Your Passion
- 123 The "In" on LinkedIn: Creating Your Profile & Learning to Network

Career Connections Workshop 2: 1:30 p.m. - 2:30 p.m.

- 006 Building a Better You
- 046 Talking About Communication: 4-H Style
- 055 Speak Up! Building Confidence in Public Speaking
- 071 Time Savvy, Talk Ready: Skills for Thriving in the Professional World
- 095 Skills Over Titles: Embrace the Future of Work
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- 116 Talk the Talk: Public Speaking Skills for the Bold and Brave
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Career Connections Workshop Descriptions

005 Public Speaking: Building Resiliency in Youth

Melissa Bright

Rutgers, The State University of New Jersey, New Jersey

Ready to conquer the crowd? The secret to being an amazing public speaker isn't just practice—it's practice with a dash of confidence, a sprinkle of knowledge, and a whole lot of passion! In this high-energy, interactive workshop, you'll dive into fun, confidence-boosting icebreakers and get the inside scoop on how to deliver presentations that wow your audience. Whether you're new to speaking or looking to level up your skills, this hands-on class will have you feeling prepared and fired up to give a blue ribbon presentation every time. Let's make speaking in front of a crowd feel like a breeze!

006 Building a Better You

Melissa Bright

Rutgers, The State University of New Jersey, New Jersey

Ready to level up your future? Building a Better You! is the ultimate workshop designed to help you unlock your full potential! In this hands-on experience, you'll dive into the essentials of resume building, crafting the perfect cover letter, and mastering the art of dressing to impress. But that's not all! You'll also get to practice your interview skills in a fun, supportive environment. Plus, you'll create your very own "YOU" statement—an empowering, personal affirmation to boost your confidence and keep you motivated. Whether you're prepping for your first job or just want to sharpen your professional skills, this workshop has everything you need to step into the future with confidence and style! Let's build a better you—one skill at a time!

046 Talking About Communication: 4-H Style

Navonne Owen & Erica Willing

University of Maryland, College Park, Maryland

Unlock the Power of Communication & Public Speaking! Ever wondered if communication and public speaking are the same thing? The answer might surprise you—they're not! While both are essential to our daily lives—whether at school, work, in family conversations, or during meetings and events—most of us (youth and adults alike) don't always find these skills come naturally. But don't worry, we've got you covered!

In this workshop, you'll discover the key differences between communication and public speaking, and why each is so crucial—for both you as an individual and for society. Through fun, hands-on activities, you'll gain strategies to build confidence, improve your skills, and learn how to make your voice heard effectively—whether you're speaking in front of a crowd, in a meeting, or simply having a conversation. You'll leave equipped to communicate more clearly and powerfully in your everyday life, 4-H activities, and beyond!

055 Speak Up! Building Confidence in Public Speaking

Jay Langley & Nevaeh Stegall

Louisiana State University, Louisiana

Public speaking can feel intimidating, but with the right tools, resources, and practice anyone can turn those nerves into confidence! In this interactive workshop, students will discover proven tips and techniques to improve their public speaking skills and manage the fear that often comes with speaking in front of others. From calming your nerves to delivering a powerful message, this workshop is all about helping you communicate clearly and confidently, whether you're in the classroom, at an event, or in any situation that requires speaking up. Leave ready to tackle any speaking challenges with courage.

071 Time Savvy, Talk Ready: Skills for Thriving in the Professional World

Kirsten Cowan & Jenna Jones

University of Maryland, College Park, Maryland

In today's fast-moving world, mastering time management and communication is the key to standing out. Time Savvy, Talk Ready is an interactive workshop designed specifically for teens to help you succeed in both your personal and professional life. Learn how to manage your time effectively, communicate with confidence, and navigate tough conversations—skills that will set you up for success in school, work, and beyond.

Through hands-on activities, real-world scenarios, and practical tips, you'll walk away with tools to thrive in any job or situation. Whether you're aiming for a summer job, an internship, or stepping into leadership roles, this workshop gives you the confidence and skills to tackle it all and make your mark!

095 Skills Over Titles: Embracing the Future of Work

Jonathan Ernst

Bayer

The world of work has totally changed, and it's all about skills now! Bayer, a global leader with over 95,000 employees, is shaking things up with a cool new approach called Dynamic Shared Ownership. Instead of sticking to old hierarchies, they're empowering people to focus on their strengths and collaborate across teams to make things happen. In this session, Bayer leaders will show you how thinking differently about your skills can help you crush your career goals early on. Get ready to learn how to own your potential and make an impact, no matter where you're starting from!

096 The Power of Transferrable Skills: Where to Find Them and How to Grow Them

Heidi Spahn

Corteva Agriscience

In today's fast-paced world, success is all about how you use your skills in every part of life. Whether it's school, your future career, or personal growth, the skills you've built through 4-H are your secret weapon to thrive in any situation. Join us for an interactive workshop where you'll learn how skills like communication, teamwork, and leadership can give you an edge, no matter where life takes you. Whether you're figuring out career paths, prepping for college, or boosting your confidence, these skills will help you stand out and succeed. Come discover your strengths and learn how to use them in ways you never thought possible!

108 Ag in Unexpected Places Panel

Farm Foundation

This panel discussion explores the growing diversity of careers in agriculture, highlighting unconventional roles such as programmers, artists, and data scientists who are transforming the industry. Experts will share insights on how technology, creativity, and innovation are reshaping the future of farming and food production.

110 IYKYK: 4-H College Pathways

Dr. Daniel Sullen

Auburn University, Alabama

This interactive workshop guides high school students through the essential steps to higher education. From decoding the college admissions process and mastering SAT/ACT test strategies to filling out applications and exploring scholarships, students gain practical insights for each step of their journey. Engaging activities and expert-led sessions also cover the basics of student loans, empowering participants to make informed financial decisions for their college years. This 4-H experience ensures that students feel confident and prepared to take on the next big chapter of their lives.

116 Talk the Talk: Public Speaking Skills for the Bold and Brave

Kierra Eck

Kansas State University, Kansas

Want to become a master speaker who grabs attention and keeps people hooked? In this fun and interactive class, you'll learn how to own the stage, project your voice, and keep your audience engaged from start to finish. You'll practice with your peers, get hands-on feedback, and discover your unique speaking style, all while building the confidence to speak up in any situation. Whether you're giving a presentation or just want to sound more confident, this class will help you connect with any crowd and make your message unforgettable. Let's level up your public speaking skills and have fun doing it!

120 Finding Your Voice to Spark Your Passion

Paige Dupps

Purdue University, Indiana

Did you know that 75% of the world's population is afraid of public speaking? You don't have to be one of them! In this workshop, you'll learn how to use your own experiences and passions to become a confident, powerful speaker. Whether you're delivering a speech on stage or acing a one-on-one interview, we'll teach you the essential skills to communicate clearly and connect with any audience. Let's turn that fear into your greatest strength!

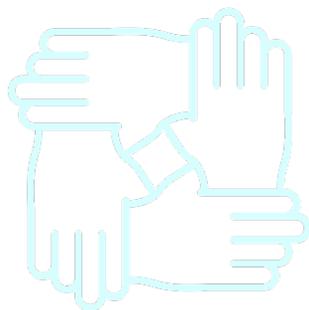
123 The "In" on LinkedIn: Creating Your Profile & Learning to Network

Monica Osborn

Iowa State University, Iowa

Log on to an engaging session about the professional development platform, LinkedIn! Whether you are a networking newbie or looking to polish up your profile, this workshop is perfect for you to harness your online potential. In this workshop, you will discover how to create a standout profile that gets noticed, tips for expanding your network, and strategies to staying updated on the site. Don't miss out on this opportunity to connect, learn, and grow your professional presence!





Community Accelerators Track Workshops Friday, March 14, 2025

Track Workshop 1: 3 p.m. - 4 p.m.

- 022 Breaking Barriers: Understanding Different Abilities
- 037 Passion to Action: Creating Teen-Taught Curriculum - Part 1
- 050 Flash Judgements
- 086 The Power of Belonging: Transforming STEM Spaces Together
- 092 Mastering the Vibe: Behavior Hacks for Smooth Events & Positive Interactions!

Track Workshop 2: 4:15 p.m. - 5:15 p.m.

- 022 Breaking Barriers: Understanding Different Abilities
- 037 Passion to Action: Creating Teen-Taught Curriculum - Part 2
- 050 Flash Judgements
- 090 Bridging the Gap: Inclusive Leadership in Youth-Led Programming

Track Workshop 3: 6:30 p.m. - 7:30 p.m.

- 047 Bridging Generations: Youth Adult Partnerships for Change"
- 060 Words Matter: Using a Language of Belonging - Part 1
- 081 Mental Health for Changemakers
- 090 Bridging the Gap: Inclusive Leadership in Youth-Led Programming

Track Workshop 4: 7:45 p.m. - 8:45 p.m.

- 009 Green and Gold: Building Resilient Communities with Agricultural and Financial Literacy
- 036 Building Stronger Communities: Empowering Teen Support Networks
- 057 Food 4 All: Planning Healthy and Accessible Events
- 060 Words Matter: Using a Language of Belonging - Part 2
- 081 Mental Health for Changemakers
- 091 Sensory Spaces: Creating a Break Space without Breaking the Bank



Track Workshop Descriptions

009 Green and Gold: Building Resilient Communities with Agricultural and Financial Literacy

Kaden Ambers & Carmen Jackson
University of Illinois, Illinois

This engaging workshop is designed to enhance students' understanding of personal finance and agricultural literacy. Participants will learn practical budgeting skills, explore the vital role of agriculture in society, and discover how these topics intersect with the well-being of different communities. Through interactive activities and discussions, students will gain valuable insights into managing finances and the importance of agriculture in shaping a sustainable future.

022 Breaking Barriers: Understanding Different Abilities

Vera M. Bullard & Brenda Vales
University of California System, California

This presentation aims to equip youth with the knowledge and skills to adapt programs, ensuring all participants have a variety of opportunities to engage and succeed. By fostering a more community-based approach, attendees will learn how to create collaborative and welcoming environments for everyone, regardless of ability.

036 Building Stronger Communities: Empowering Teen Support Networks

Morgan Dunlap & Gabriel Townsend
Washington State University, Washington

This workshop will give you all the tools you need to launch your own teen-led initiatives and spark change! You'll discover how to choose meaningful topics, design engaging materials, learn about time commitments, all while leading discussions and activities and a basic format that can be adapted by teen groups around the country. Teens will learn about the WSU 4-H Teens Helping Teens Suicide Prevention Task Force as an example to guide your planning and will be given the opportunity to brainstorm and create your own mental health or suicide prevention task force.

037 Passion to Action: Creating Teen-Taught Curriculum

Emma Davidson, Emmaline Leandro & Oliver Leandro
University of New Hampshire, New Hampshire

This interactive, hands-on workshop is designed to help teens turn their passions into meaningful teaching opportunities. Participants will learn how to design their own curriculum, develop effective teaching strategies, and create engaging, real-world activities. Fostering leadership skills and confidence, this workshop encourages personal growth and equips attendees with practical tools to continue refining and sharing their curriculum at home. By the end of the session, each teen will be prepared to confidently lead, inspire, and teach others.

047 Bridging Generations: Youth Adult Partnerships for Change"

Becca Berglie, Ariana Blake, Dr. Erika Bonnett, Dr. Tonya Price & Isabella Thompson
Virginia Tech, Virginia

At 4-H, youth-adult partnerships are at the heart of our work, especially when it comes to community advocacy and making an impact. How can youth and adults collaborate in ways that empower teens and move our efforts forward? Join the Virginia 4-H Ambassadors for an interactive session on how we can leverage our unique strengths to create effective and supportive youth-adult partnerships. Discover strategies for building collaborative teams that work together toward shared goals and positive community change.

050 Flash Judgements

Kailee Anderson Forsythe & Becky Willis
University of Tennessee, Tennessee

We are all guilty of looking at a person and assuming the best or worst about that person. The Flash Judgment lesson is based on making quick assumptions about people before getting to know them. A series of pictures will be shown to the students to get feedback about the person. After several have expressed their opinions about the picture, the teacher will give information about the person.

057 Food 4 All: Planning Healthy and Accessible Events

Emma Lloyd, Liz Ronzio & Jack Woodard
Virginia Tech, Virginia

Do you enjoy good food at events? In this interactive workshop, you'll learn how to plan to have food that accommodates a variety of dietary needs while promoting healthy choices. Through hands-on activities and small group discussions, you'll explore how to make sure everyone has options that they can enjoy and eat safely. You'll leave with practical tips for incorporating food into your events and ensuring all participant's needs are met!

060 Words Matter: Using a Language of Belonging

Mayyadah Zagelow
Washington State University, Washington

Using intentional language that fosters belonging helps create a culture where everyone feels valued and respected. Through games, activities, and artwork, participants will explore the importance of choosing words with care and emphasizing respect for individuals' names and identities. Participants will leave with practical tools to foster welcoming 4-H spaces both online and in person.

081 Mental Health for Changemakers

Micah Palacios and Sofia Rodriguez
Texas A&M University, Texas

In this interactive workshop, you'll explore how to care for your mental health while making a difference in the world. Youth will create a personalized "self-care solar system" and take part in engaging activities like mindful movement exercises and quick stress-relief techniques, such as deep breathing. You'll leave with your own mental health toolkit, packed with practical self-care strategies that help you stay resilient and energized in your work to support 4-H opportunities for All. Get ready to move, create, and discover how to thrive as a changemaker!

086 The Power of Belonging: Transforming STEM Spaces Together

Akshay Kumar & Priya Kumar
Washington State University, Washington

Got a passion for STEM and a desire to make it a place where everyone can thrive? This workshop is your chance to tap into your creativity and confidence while exploring how we can all help make STEM spaces more welcoming and supportive. Through fun activities, hands-on projects, and open discussions, we'll look at how different challenges can pop up in STEM—and brainstorm clever ways to shift the conversation. Whether you're facing challenges yourself or looking to lift up others, you'll leave with a toolkit of strategies to help create an environment where everyone feels like they belong and can shine.

090 Bridging the Gap: Building Positive Youth Leaders

Nicole Cash & Yusuf Dogan
University of Minnesota, Minnesota

Presented by the team behind the IDEA Summit, this workshop will focus on the functional meaning of belonging and explain how leadership can be elevated by creating welcoming spaces. Through group discussion, we will establish what welcoming environments can look like across rural, suburban, and urban communities and brainstorm adaptable methods of including everyone. Participants will add a new leadership skill to their toolbox and return home with practical ways to foster belonging in their 4-H communities.

091 Sensory Spaces: Creating a Break Space without Breaking the Bank

Evelynne Madsen, Lynnelle Madsen, M.Ed, Cecilia O'Geen & Kelly O'Geen
University of California System, California

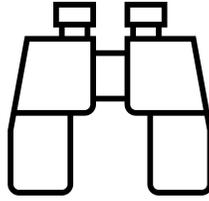
In this hands-on workshop, participants will explore the different sensory systems and learn how sensory preferences can impact daily life. You'll gain an understanding of sensory integration and discover creative, low-cost ways to design and implement sensory spaces using everyday items. Plus, you'll create your own sensory tool to take home, equipped with new ideas for enhancing environments and supporting well-being.

092 Mastering the Vibe: Behavior Hacks for Smooth Events & Positive Interactions!

Evelynne Madsen, Lynnelle Madsen, M.Ed, Cecilia O'Geen & Kelly O'Geen
University of California System, California

In this interactive workshop, participants will explore practical strategies for managing behavior and ensuring that meetings, camps, and conferences run smoothly. You'll learn how to apply evidence-based practices (EBPs) to promote positive interactions and create an environment where all youth can thrive. Through real-world examples and hands-on activities, you'll leave with a set of tools to handle unexpected interruptions and support long-term success for all participants.





Explore Workshops Saturday, March 15, 2025

Explore Workshop 1: 9 a.m. – 10 a.m.

- 004 Clear Lungs, Clear Mind: Empowering Youth to Make Positive Choices
- 007 Minute to STEM It! Fast-Paced Activities Teaching Hands-On STEM Principles
- 008 Harnessing The Future: Exploring Artificial Intelligence in 4-H
- 009 Green and Gold: Building Resilient Communities with Agricultural and Financial Literacy
- 012 The Great Escape
- 019 Develop Your Business to the 4-H Tank!
- 023 Picture This: The Science Behind the Shot
- 028 Squad Goals: Building the Ultimate Team!
- 035 Build Your Team with Ricochet! An Extreme Leadership Adventure
- 036 Building Stronger Communities: Empowering Teen Support Networks
- 042 Conflict Resolution: Freeze Frame
- 051 Making Waves: Driving Change in Your Community Through Youth-Led Initiatives
- 056 Empowering Youth Voice: Transform Your Community, One Idea at a Time!
- 057 Food 4 All: Planning Healthy and Accessible Events
- 061 Veterinary Science Experience! Hands-on Activities Teaching Basic Veterinary Skills
- 064 "The Artist in You": How to Link Your Creative Side to STEAM Activities
- 085 Find Your Window
- 089 Taming Anxiety Through Theatre Arts
- 091 Sensory Spaces: Creating a Break Space without Breaking the Bank
- 097 In My Safety Era: Building a Healthier, Happier Culture!
- 099 The Power of Iron: How Tech Grows Your Food
- 107 Cheese Lab: Create Farm Fresh Mozzarella
- 111 The Green Scene: 4-H Garden Explorers

Explore Workshop 2: 10:15 a.m. – 11:15 a.m.

- 004 Clear Lungs, Clear Mind: Empowering Youth to Make Positive Choices
- 007 Minute to STEM It! Fast-Paced Activities Teaching Hands-On STEM Principles
- 008 Harnessing The Future: Exploring Artificial Intelligence in 4-H
- 012 The Great Escape
- 019 Develop Your Business to the 4-H Tank!
- 023 Picture This: The Science Behind the Shot
- 035 Build Your Team with Ricochet! An Extreme Leadership Adventure
- 042 Conflict Resolution: Freeze Frame
- 051 Making Waves: Driving Change in Your Community Through Youth-Led Initiatives
- 056 Empowering Youth Voice: Transform Your Community, One Idea at a Time!
- 061 Veterinary Science Experience! Hands-on Activities Teaching Basic Veterinary Skills
- 062 The Magic of Paper Quilling
- 064 "The Artist in You": How to Link Your Creative Side to STEAM Activities
- 066 Less Stress is Best!
- 083 Stress Less, Achieve More: A Student's Guide to Thriving in School and Beyond
- 085 Find Your Window
- 089 Taming Anxiety Through Theatre Arts
- 097 In My Safety Era: Building a Healthier, Happier Culture!
- 099 The Power of Iron: How Tech Grows Your Food
- 107 Cheese Lab: Create Farm Fresh Mozzarella
- 111 The Green Scene: 4-H Garden Explorers
- 119 Bug Bites: Exploring the World of Edible Bugs



Explore Workshop 3: 12:15 p.m. - 1:15 p.m.

- 002 Bullet Journaling: An Analog System for the Digital Age
- 005 Public Speaking: Building Resiliency in Youth
- 014 FBI: Who to Blame for Foodborne Illness? Managing Food Safely from Source to Plate
- 016 Uncovering Clues: Introduction to Forensic Entomology
- 021 Cowboy Code
- 039 Shoot for the Moon...
- 045 Questing Clovers Retreat: Re-Imagining 4-H Camp - Part 1
- 049 Preparing for Financial Uncertainty: Build Your Financial Resilience
- 062 The Magic of Paper Quilling
- 063 The Puzzle Called Leadership
- 066 Less Stress is Best!
- 068 Made in America: Reviving Local Industry for a Stronger Future
- 069 Investigating Climate Justice
- 079 Step to the Beat: Line Dancing Fun!
- 088 Startups: Zero to One
- 093 Design for All: Creating Cool & Accessible Graphics for Every Eye!
- 094 Plan C and the Rest of the Alphabet
- 099 The Power of Iron: How Tech Grows Your Food
- 112 Fit & Kickin': 4-H Soccer & Wellness
- 113 Gear Up & Get Hands-On: Automotive Tools 101 for Teens!
- 115 Fashion Forward
- 117 Trash to Treasure: Transforming Waste into Neighborhood Gardens
- 122 Unstoppable You: Drive Change Locally - Part 1

Explore Workshop 4: 1:30 p.m. - 2:30 p.m.

- 002 Bullet Journaling: An Analog System for the Digital Age
- 006 Building a Better You
- 014 FBI: Who to Blame for Foodborne Illness? Managing Food Safely from Source to Plate
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- 049 Preparing for Financial Uncertainty: Build Your Financial Resilience
- 063 The Puzzle Called Leadership
- 068 Made in America: Reviving Local Industry for a Stronger Future
- 069 Investigating Climate Justice
- 080 Find Your Flow: 4-H Yoga
- 083 Stress Less, Achieve More: A Student's Guide to Thriving in School and Beyond
- 088 Startups: Zero to One
- 093 Design for All: Creating Cool & Accessible Graphics for Every Eye!
- 094 Plan C and the Rest of the Alphabet
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- 113 Gear Up & Get Hands-On: Automotive Tools 101 for Teens!
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Explore Workshop Descriptions

002 Bullet Journaling: An Analog System for the Digital Age

Danielle Gapinski

University of Illinois, Illinois

In our fast-paced, digital world, it's easy to get swept up in the convenience of having everything at our fingertips. But there's something uniquely powerful about putting pen to paper. As psychologist Lara Jakobsons, MD, explains (2017), writing by hand forces us to slow down and engage in mindfulness, activating parts of our brain in ways that typing just can't match. Bullet journaling, in particular, offers a variety of benefits: it helps you organize tasks, track your thoughts and feelings, identify stressors, and even process complex emotions or unhelpful thought patterns. Plus, it can boost self-insight, build confidence, and foster empathy. But here's the best part: it's not just about jotting down to-do lists. Bullet journaling encourages creativity, turning your personal goals, reflections, and achievements into a work of art that's as functional as it is expressive. Ready to get organized and inspired? Your bullet journal awaits!

004 Clear Lungs, Clear Mind: Empowering Youth to Make Positive Choices

Kenan Bridges

University of Florida, Florida

Join us for Health Rocks!, in this workshop, you'll dive into the real-world impact of substances like tobacco, alcohol, and drugs, and discover how they affect your body and mind. Get hands-on with activities that show you just how smoking messes with lung capacity, and learn how addiction can take hold. This workshop isn't just about learning—it's about empowering you to make smart choices and help your peers stay strong in the face of risky behaviors. Don't miss this opportunity to equip your peers with essential knowledge and resilience against risky behaviors. Come for the knowledge, leave with the confidence to make a difference!

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Melissa Bright

Rutgers, The State University of New Jersey, New Jersey

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006 Building a Better You

Melissa Bright

Rutgers, The State University of New Jersey, New Jersey

Ready to level up your future? Building a Better You! is the ultimate workshop designed to help you unlock your full potential! In this hands-on experience, you'll dive into the essentials of resume building, crafting the perfect cover letter, and mastering the art of dressing to impress. But that's not all! You'll also get to practice your interview skills in a fun, supportive environment. Plus, you'll create your very own "YOU" statement—an empowering, personal affirmation to boost your confidence and keep you motivated. Whether you're prepping for your first job or just want to sharpen your professional skills, this workshop has everything you need to step into the future with confidence and style! Let's build a better you—one skill at a time!

007 Minute to STEM It! Fast-Paced Activities Teaching Hands-On STEM Principles

Deborah Ivie, Alyssa Larsen, Dena Larsen, Lance Larsen & Gavyn Paskins
Utah State University, Utah

Get ready for a Minute to STEM It! challenge where you'll put your skills to the test in a fast-paced, STEM-filled competition! In this workshop, you'll break into teams and race through five exciting challenges, each one showcasing a cool STEM principle in a fun and easy-to-replicate way. It's all about thinking on your feet, problem-solving, and having a blast while learning! Whether you're building, racing, or experimenting, you'll leave with a new way to look at the world around you. Ready, set, STEM!

008 Harnessing The Future: Exploring Artificial Intelligence in 4-H

Mary Taggs
Iowa State University, Iowa

Step into the exciting world of Artificial Intelligence (AI) and discover how this game-changing technology is reshaping industries around the globe. In this hands-on, interactive session, you'll explore the basics of AI, dive into its real-world applications, and discuss the ethical considerations behind its use. Through engaging activities and exploring cutting-edge AI projects, you'll see how AI is making a difference in fields like agriculture, science, medicine, and more. By the end, you'll have the tools and knowledge to harness the power of AI for creating innovative solutions and shaping the future. Whether you're interested in tech, business, or social impact, this workshop will help you become a future leader in the AI-driven world!

009 Green and Gold: Building Resilient Communities with Agricultural and Financial Literacy

Kaden Ambers & Carmen Jackson
University of Illinois, Illinois

This engaging workshop is designed to enhance students' understanding of personal finance and agricultural literacy. Participants will learn practical budgeting skills, explore the vital role of agriculture in society, and discover how these topics intersect with the well-being of different communities. Through interactive activities and discussions, students will gain valuable insights into managing finances and the importance of agriculture in shaping a sustainable future.

012 The Great Escape

Josphine Chiu, Sophia Ivie, Maddie Thornton & Pamela Van Wagoner
Utah State University, Utah

Ready to break out of the ordinary? Join The Great Escape workshop, where you and your team will tackle tricky puzzles, crack codes, and face exciting challenges in a pop-up escape room! It's all about teamwork, problem-solving, and thinking outside the box as you race against the clock to escape. Once you've made your escape, you'll unlock even more cool skills as you learn how to teach STEM concepts through the power of escape rooms. We'll show you the tricks of the trade and give you the tools to design your very own escape room experience. Think you've got what it takes to escape and create? Come put your problem-solving skills to the test and discover how fun learning can be when it's all about adventure!

014 FBI: Who to Blame for Foodborne Illness? Managing Food Safely from Source to Plate

Pablo Hernandez & Sandy Hernandez
University of Florida, Florida

The FDA and other agencies have set strict rules for everything from pesticide use on farms to cold storage in trucks and proper handling in supermarkets. But with all these regulations in place, the question remains: can we truly trust that our fresh food is safe to eat? In this exciting workshop, you'll become "FBI agents" on a mission to investigate food safety! You and your team will be assigned an active case where you will be pinpointing the source of contamination,, identifying the pathogen and putting in place recommendations to contain, eliminate and set guidelines to prevent future foodborne illness outbreaks. From tracking systems to smart storage solutions, you'll dive deep into the world of food safety, uncovering the tools and techniques that keep our meals fresh and secure. Get ready to put your detective skills to the test and uncover the truth about what's really happening behind the scenes!

016 Uncovering Clues: Introduction to Forensic Entomology

Dr. Sabrina Hayes & Crystalgale Hunter

Florida A&M University, Florida

Ready to solve a mystery? In this thrilling one-hour workshop, high school students will step into the world of forensic entomology—the science of using insects to crack criminal cases! Kick things off with a fast-paced intro to forensic entomology and how bugs are key to solving crimes. From there, you'll get your hands dirty (figuratively, of course!) exploring insect life cycles and learning how to identify the creepy crawlers that can make or break a case. Then, it's time for the real fun: you'll jump into a crime scene simulation, where you'll use your new entomology skills to crack the case—all thanks to the insects that show up on the scene! Get ready for a mix of science, mystery, and hands-on action as you dive into the fascinating world of forensic bugs!

019 Develop Your Business to the 4-H Tank!

Taylor Thigpen

University of Florida, Florida

Ready to turn your passion into a product? It's time to put your creativity to the test, just like the hit show, "Shark Tank", team up to create or choose an idea that could make a real difference! You'll develop your product, perfect your pitch, and present it to your fellow participants—aka the sharks. At the end, you'll invest in each other's ideas with fake money, but real prizes await the most creative and impactful pitches. Gather your team, unleash your creativity, and get ready for an exciting competition that could land you the win!

021 Cowboy Code

Wyatt Jensen-Brown, Heather Thomson & Madeline Wallen

Utah State University, Utah

Get ready to saddle up for an adventure in cowboy culture with our "Cowboy Code" workshop! Explore the exciting mix of classic cowboy ethics and cutting-edge tech that's transforming modern agriculture. You'll try hands-on activities like equine DNA analysis and trick roping, all while discovering how science and tradition come together in ranching. Not only will you gain a new appreciation for farmers and ranchers, but you'll leave with a plan to make a real impact in your community. Don't miss your chance to dive into the legacy of the Cowboy Code and become a voice for the future of agriculture!

023 Picture This: The Science Behind the Shot

Jennie Thomas

Rutgers, The State University of New Jersey, New Jersey

Ever wonder how those perfect photos you see every day are made? Every day we interact with photography without really thinking about it. In advertising, on social media, in school and in libraries. In Picture This: The Science Behind the Shot, we'll dive into how we turn the 3D world around us into 2D magic! Ready to unlock the secrets behind the lens? Get hands-on and discover how light, lenses, and angles come together to create the pictures we can't stop scrolling through!

028 Squad Goals: Building the Ultimate Team!

DeLayna Barr & Raquel Schiess

Utah State University, Utah

Collaboration is key to success in every part of life—whether it's at school, in your future career, or with friends and family. In this fun and interactive workshop, you'll discover how to work effectively with others by understanding each person's strengths and weaknesses. Through games, activities, and group discussions, we'll dive into four main personality types, exploring the unique strengths and challenges of each. You'll learn how to use these insights to build well-balanced, high-functioning teams where everyone's contributions are valued. By the end, you'll have practical tools for working together and succeeding, no matter who you're teaming up with!

035 Build Your Team with Ricochet! An Extreme Leadership Adventure

Cindy Hernandez, Darlene Locke, LeAnne Pollock & Jordan Smith

Texas A&M University, Texas

Ready to rock your leadership skills? Join the Texas 4-H team for an exciting ride through Ricochet: An Extreme Leadership Adventure (based on the Iowa 4-H curriculum)! This isn't your average leadership training – it's an action-packed, hands-on experience that gets participants actively involved in learning the core skills every leader needs to succeed. Our youth leadership team has completed this awesome training and now they're taking the reins as facilitators for groups of all sizes – from small teams to entire schools! Through Ricochet, participants will dive into a series of fun, interactive challenges that build everything from teamwork to decision-making and communication. If you're ready to take on the challenge and help lead others, Ricochet is your chance to shine. Come discover how fun and rewarding leadership can be, and walk away with skills you can use in any situation. Don't miss out – leadership starts here!

036 Building Stronger Communities: Empowering Teen Support Networks

Morgan Dunlap & Gabriel Townsend

Washington State University, Washington

This workshop will give you all the tools you need to launch your own teen-led initiatives and spark change! You'll discover how to choose meaningful topics, design engaging materials, learn about time commitments, all while leading discussions and activities and a basic format that can be adapted by teen groups around the country. Teens will learn about the WSU 4-H Teens Helping Teens Suicide Prevention Task Force as an example to guide your planning and will be given the opportunity to brainstorm and create your own mental health or suicide prevention task force.

039 Shoot for the Moon...

Charramaiyne Brown, Amberly Gilmore, Bekah Gilmore, Amanda Jolly, Kate Wardlaw, Kelly Wardlaw, Ph.D. & Cody Yount

Oklahoma State University, Oklahoma

...even if you miss you will land among the stars! Get ready for a stellar journey where the sky's the limit! In this out-of-this-world class, we'll build rockets, explore the moon phases, and craft cup planetariums. Whether you're a space enthusiast or a future astronaut, you'll walk away with three hands-on activities to inspire the next generation of explorers in your community.

042 Conflict Resolution: Freeze Frame

Cristen Haynes, Izette R McNealy, Grace Short & Sarah Short

Auburn University, Alabama

In this interactive activity, you'll explore how emotions like anger can impact problem-solving and learn strategies for resolving conflicts peacefully. Through the FREEZE FRAME exercise, you'll identify common triggers that lead to conflict and develop the skills needed to manage those situations effectively. By the end of the session, you'll have practical tools for addressing disagreements in a calm and constructive way, leading to better outcomes for everyone involved.

045 Questing Clovers Retreat: Re-Imagining 4-H Camp

Vincent Bass, Treena Gower Foster, Casey Walden, Tracy Wilson

Oregon State University, Oregon

Once upon a time in Oregon, a group of 4-H staff members envisioned a camp where youth could come together, make new friends, explore new passions, and express themselves freely. This camp, centered around creativity, curiosity, and all things "geeky," offers a welcoming environment for everyone. The Questing Clovers Retreat (QCR) was designed to engage youth who may feel overlooked by traditional programs, ensuring that all participants—regardless of their background or personal experiences—can find a place to belong. Each fall, Oregon 4-H brings this vision to life, inviting youth to join in a variety of classes tailored to different interests, abilities, and preferences, where everyone is encouraged to be their authentic selves.

049 Preparing for Financial Uncertainty: Build Your Financial Resilience

Zariya Etzioni & Dr. Richard Whittington

Tuskegee University, Alabama

In a world of constant economic change, it's crucial to be ready for whatever comes your way. Join us for an interactive workshop where you'll gain the skills to confidently navigate financial uncertainty! You'll dive into the connection between financial literacy and emotions, learn smart budgeting strategies, and discover how to research investments like a pro. Plus, you'll explore the power of income diversification to build long-term financial resilience. Whether you're planning for the future or handling today's ups and downs, this workshop will empower you with the tools to stay financially strong—no matter what life throws at you.

051 Making Waves: Driving Change in Your Community Through Youth-Led Initiatives

Esther Bonney

University of Maryland, College Park, Maryland

Do you have a passion or project that could make a real difference in your community? Ready to take action and create change? Join us for a high-energy session where you'll learn how a young 4-Her transformed their project, Nurture Natives, into one of the most impactful youth-led nonprofits in the nation. Through hands-on activities and practical strategies, you'll discover how to turn your own ideas into powerful projects that inspire others and make an impact. Leave with the tools, inspiration, and confidence you need to launch your own movement and create lasting change!

056 Empowering Youth Voice: Transform Your Community, One Idea at a Time!

Paige Wray

University of Idaho, Idaho

Ready to make a real impact in your community? The Lead to Change (L2C) process is your powerful tool to drive positive transformation! This hands-on experience empowers young leaders like YOU to identify the most pressing issues in your community and develop innovative solutions. Through a Community Needs Assessment, you'll not only brainstorm groundbreaking projects, but also evaluate their real-world impact. L2C is all about amplifying youth voices and turning fresh ideas into meaningful actions—with the support of passionate adults who want to see you succeed. Get ready to lead the charge, spark change, and make a difference that lasts!

057 Food 4 All: Planning Healthy and Accessible Events

Emma Lloyd, Liz Ronzio & Jack Woodard

Virginia Tech, Virginia

Do you enjoy good food at events? In this interactive workshop, you'll learn how to plan to have food that accommodates a variety of dietary needs while promoting healthy choices. Through hands-on activities and small group discussions, you'll explore how to make sure everyone has options that they can enjoy and eat safely. You'll leave with practical tips for incorporating food into your events and ensuring all participant's needs are met!

061 Veterinary Science Experience! Hands-on Activities Teaching Basic Veterinary Skills

Bonnie Boyden, Becky Ridgeway & Jeanne William

University of Maryland, College Park, Maryland

Do you have an interest in exploring a career related to veterinary science? Participants will explore practical skills from participating in hands-on activities highlighting this 5-lesson curriculum. Activities will include animal flight zones, diagnosing the patient, small animal handling and more through the use of animal simulators. Throughout the workshop you will experience a variety of activities that participants could use to educate other youth throughout their communities and be provided the free 5-lesson curriculum

062 The Magic of Paper Quilling

Barb Johns & Ameesha Patel

Rutgers, The State University of New Jersey, New Jersey

Ready to transform simple strips of paper into stunning works of art? With just a few easy tools and a spark of creativity, anyone can master the art of paper quilling! This relaxing and therapeutic craft is a fantastic way for youth to express themselves, unwind, and dive into a world of creativity. In this workshop, participants will not only create beautiful, intricate designs but also boost their emotional well-being and develop important life skills like patience, focus, and problem-solving. Join us for a fun, hands-on experience that's as rewarding for the mind as it is for the soul!

063 The Puzzle Called Leadership

Barbara Barga, Caroline Holloway, Amanda Wainwright & Anna Lynn Wainwright

University of Maryland, College Park, Maryland

Ready to have fun while developing your leadership and communication skills? Join us for a series of exciting, quick 5-10 minute activities that will get you thinking, speaking, and leading in new ways! In this workshop, youth will explore their own leadership styles, learn valuable teaching techniques, and sharpen their verbal communication skills—all while playing interactive games that make learning both fun and impactful. Come for the fun, stay for the skills that will help you lead and communicate with confidence!

064 "The Artist in You": How to Link Your Creative Side to STEAM Activities

Barbara Barga, Caroline Holloway, Amanda Wainwright & Anna Lynn Wainwright

University of Maryland, College Park, Maryland

Who is the artist inside YOU? How can creativity boost your self-confidence, and where does science come into play in the process? Join us for a hands-on exploration of the connection between creative expression and positive self-concept! Through fun, interactive projects, you'll not only unleash your inner artist, but also learn how creativity can help you grow as a confident individual. Plus, you'll get to take home your unique creations to share with your club members. It's time to get creative, boost your confidence, and discover the science behind it all!

066 Less Stress is Best!

Elyse Daniel

University of Georgia, Georgia

Stress is something we all deal with, but how do you manage it in a healthy way? In this workshop, we'll dive into understanding the signs and symptoms of stress, explore what causes it, and learn practical strategies for handling daily stressors. You'll discover how to cope with different levels of stress while maintaining a balanced, healthy lifestyle. We'll also take a holistic approach to overall wellness, covering physical, emotional, mental, and nutritional health—so you can feel your best and stress less. Join us for a fun, empowering session that will leave you equipped to live more calmly and confidently!

068 Made in America: Reviving Local Industry for a Stronger Future

Nathan Dube, Marina Legere and Sadie Olmsted

University of Maine, Maine

Want to make a global impact starting right at home? Join us for an exciting deep dive into local industries, niche markets, and unique products—and discover how they shape the world! We'll explore why keeping production—and the people behind it—local is key to building stronger communities and sustainable economies. Why should your future career stay close to home, and how can YOU be part of the solution? Through hands-on activities, lively group discussions, and fun, thought-provoking games, you'll uncover the power of supporting local businesses and gain insights into how you can create positive change in your community and beyond.

069 Investigating Climate Justice

Chaz Fieldson, Jude Robison

Washington State University, Washington

This workshop will explore how climate change disproportionately affects the people and places least responsible for the problem. Participants will engage in hands-on activities such as a vocabulary game using Heads Up!, a climate-themed Jeopardy challenge, and small-group projects that create micro-videos for social media. Through these interactive activities, youth will develop a deeper understanding of the complex impacts of climate change on different groups of people.

079 Step to the Beat: Line Dancing Fun!

Kaytlyn Graver

Ohio State University, Ohio

Ready to kick up your feet and learn some awesome moves? Join us for a lively workshop where we'll teach you step-by-step line dances straight from Ohio! Whether you're a beginner or just looking to brush up on your skills, this workshop will have you dancing in no time. Come for the fun, stay for the moves, and get ready to groove with us!

080 Find Your Flow: 4-H Yoga

Molly Avers

Ohio State University, Ohio

Take a deep breath and join us for 4-H Yoga, a relaxing experience for everyone! Whether you're new to yoga or an experienced yogi, you'll learn a variety of peaceful poses and calming breathing techniques that help you relax, refresh, and focus. This workshop is all about finding balance and well-being, so come unwind and discover the benefits of yoga at your own pace.

083 Stress Less, Achieve More: A Student's Guide to Thriving in School and Beyond

Aspen Gauthier

University of Maine, Maine

Are you feeling overwhelmed by the pressure of school and extracurriculars? You're not alone! This workshop, designed by students, for students, is here to help you tackle academic stress and find balance in your high school and college life. We'll dive into practical strategies and stress-busting techniques that will help you succeed without the struggle. Through interactive group activities and hands-on tools, you'll discover ways to manage your time, stay organized, and handle academic pressures with ease. Plus, you'll leave with tips, tricks, and materials you can use every day to stay calm, confident, and on top of your game. By the end of the workshop, you'll feel empowered, equipped with the tools you need to thrive in both school and life—without the stress!

085 Find Your Window

Lana Cederlof, Kyle Jordan & Malia Sheaffer

University of California System, California

Throughout life, we're constantly passing by new windows—each offering a fresh perspective and a new opportunity to grow. Find Your Window will take you on a journey of exploration, helping you discover your passions, build meaningful relationships, and create a supportive community where you can truly thrive. Through interactive activities and thought-provoking discussions, you'll learn how to embrace new views, connect with others, and unlock the potential for personal growth and success. It's time to open the window to your future!

088 Startups: Zero to One

Karan Jain & Priya Kumar

Washington State University, Washington

Got a passion for startups or a spark of an idea? This workshop is your launchpad to turning that idea into reality! Whether you already have a concept or are just starting to brainstorm, we'll walk you through the exciting process of taking an idea from scratch to the early stages of a company. You'll learn the key elements of a startup pitch deck, engage in activities, and explore how to validate your ideas, analyze your market, and decide what your prototype should look like. Ready to make your startup dreams a reality? Let's build something great together!

089 Taming Anxiety Through Theatre Arts

Seamus Schwaba

University of Minnesota, Minnesota

Join us for a fun, imaginative, playful, and interactive workshop led by teenage stage director and community theatre founder, Seamus Schwaba. This exciting session will use playful theatre games and exercises to help you unlock your ability to be present, confident, and relaxed—unlocking the ability to live in the moment! Whether you're stepping into the spotlight or navigating everyday life, the skills you'll gain from this workshop will boost your confidence and help you tackle anything with a smile. Get ready for a whimsical, wacky, and wonder-filled experience that will leave you feeling empowered and ready to take on the world!

091 Sensory Spaces: Creating a Break Space without Breaking the Bank

Evelynne Madsen, Lynnelle Madsen, M.Ed, Cecilia O'Geen & Kelly O'Geen

University of California System, California

In this hands-on workshop, participants will explore the different sensory systems and learn how sensory preferences can impact daily life. You'll gain an understanding of sensory integration and discover creative, low-cost ways to design and implement sensory spaces using everyday items. Plus, you'll create your own sensory tool to take home, equipped with new ideas for enhancing environments and supporting well-being.

093 Design for All: Creating Cool & Accessible Graphics for Every Eye!

Evelynne Madsen, Lynnelle Madsen, M.Ed, Cecilia O'Geen & Kelly O'Geen

University of California System, California

Step into the shoes of a low-vision peer and discover how to make your digital content more inclusive! In this hands-on workshop, you'll learn the 4 Cs of Accessible Design—how to choose inclusive Color schemes, optimize Capacity for readability, select the right Characters (fonts), and craft Clear and meaningful Content that works for everyone. Through interactive activities and real-world examples, you'll gain the tools to make your graphics, posts, and online presence more accessible to individuals with low vision and blindness. Walk away equipped to create digital experiences that are truly inclusive and welcoming for all!

094 Plan C and the Rest of the Alphabet

Faith Apodaca & Liz Espie

Texas A&M University, Texas

Everyone loves the "A"—it's the perfect grade, the best seat on the plane, and the first plan we often focus on. But what happens when "A" doesn't work out? What about the Creative plan, the Dream plan, or the Unexpected plan? Often, we get so attached to our first idea that we struggle to think beyond it when things don't go as planned. This workshop will help you see that there's more to success than just one approach. By learning to embrace multiple solutions and be flexible in your thinking, you'll be ready to adapt and find new ways to reach your goals. After all, there's more than one letter in the alphabet—and more than one way to succeed!

097 In My Safety Era: Building a Healthier, Happier Culture!

Jana Davidson, M.Ed, Thomas Jewett, Chance Jacobson & Brian Kuhl, MBA

North Dakota State University, North Dakota and Progressive Agriculture Foundation

Teens have the power to spark real change, and this workshop will show you how to use that influence to make your community safer and healthier! Through the Progressive Agriculture Safety Day® (PAF Safety Day) program, you'll dive into fun, hands-on activities that teach life-saving safety skills—skills you can easily bring back to your 4-H club, school, or neighborhood. You'll learn how to lead engaging safety projects, discover awesome resources for over 30 health and safety topics, and connect with peers to create lasting, positive change. Plus, find out how 4-H and the PAF Safety Day program team up to bring STEM and safety together, so you can take your impact to the next level. Let's get ready to lead the way and make our communities safer—one fun activity at a time!

099 The Power of Iron: How Tech Grows Your Food

Representatives from Case IH and New Holland, brands of CNH

CASE IH

Get ready to dig into the cool connection between farm tech and the food we eat! Join Case IH and New Holland, brands of CNH, in an interactive workshop to discover how machines like the Case IH Axial-Flow combine help bring popcorn to your snack bowl and how the New Holland Forage Harvester is key in getting meat on your plate. Jump into the fascinating world of iron and technology!

107 Cheese Lab: Create Farm Fresh Mozzarella

Marie Arick, Malec Carpenter, Sarah Carpenter, Channing Crosby, Harper Holt, Shellie King, Jade Lowery & Cathia Schmarje
University of Florida, Florida

Supported by Saputo

Ever wondered how cheese goes from a farm to your favorite pizza? Join us to dive into the fascinating world of dairy science by making your own mozzarella cheese! You'll explore the history of cheese, learn some basics of cheesemaking, pick up some food safety skills, and food science insights. Whether you're a foodie or a science lover, this workshop will leave you craving more—and maybe even inspire your next big career!

111 The Green Scene: 4-H Garden Explorers

Beth Beers, Kate McLynn

University of the District of Columbia, District of Columbia

Ready to make your school garden bloom? Learn how to grow a thriving garden from the ground up! We'll show you how we help schools with everything they need—whether it's supplies, expert advice, or hands-on support from UDC Master Gardeners. Get ready for fun activities like urban composting, creating soil blocks for seedlings, and building garden beds that actually thrive. Whether you're new to gardening or a pro, you'll leave with all the skills to take your school garden to the next level!

112 Fit & Kickin': 4-H Soccer & Wellness

Diego Lahaye, Josue Peña, Guillermo Villalta

University of the District of Columbia, District of Columbia

Kick it with UDC 4-H Soccer and level up your game, leadership, and nutrition skills! This workshop will take you through the unique stages of our award-winning soccer program, from winter leagues to summer tournaments, all while building teamwork, sportsmanship, and a sense of community. Learn what made us the Best Urban Extension Program in the Northeast in 2023, and how you can be a part of it! Plus, get hands-on with a fun activity to create your own homemade electrolyte drink to fuel your game. Whether you're a player or a coach, this workshop shows you how to mix sports, leadership, and healthy living for success both on and off the field!

113 Gear Up & Get Hands-On: Automotive Tools 101 for Teens!

Nathan Faletic & Luke Preyss

Purdue University, Indiana

Ready to roll up your sleeves and dive into the world of automotive tools? Join us for a fun, interactive workshop where you'll get the chance to work with some of the coolest tools in the shop! From tap & die sets to snap ring pliers, multimeters, and precision measurement tools—this hands-on experience will teach you how to use these tools like a pro. Whether you're into cars, small engine mechanics, or just love getting your hands dirty, you'll learn valuable skills you can use right away. But that's not all—this workshop will also show you how to set up your very own automotive safety & maintenance workshop in your community!

115 Fashion Forward

Deja Hatchett

University of Kentucky, Kentucky

Ready to put your creativity to the test while saving the planet? In this hands-on workshop, you'll dive into the world of sustainable fashion, discover how to reduce waste, and get the inside scoop on how what you wear affects the environment. After a quick intro on the life cycle of your clothes, you'll team up to design a totally wearable masterpiece made from 100% recycled materials—just like on Project Runway! You'll showcase your design on the runway, get feedback from your peers, and walk away with new ideas for shopping smarter and making eco-friendly fashion choices. Let's turn waste into style and be part of the solution!

117 Trash to Treasure: Transforming Waste into Neighborhood Gardens

Victoria Wiggins

Louisiana State University, Louisiana

Dig into a world where trash transforms into treasure! In this workshop you will learn how to think outside the box and turn everyday waste into thriving, inexpensive gardens that grow fresh food while recycling for a greener future. Learn how to recycle trash into an ideal growing oasis that transforms pesky landfill items into productive garden beds. Recycle those kitchen scraps too by taking common kitchen scraps to regrow healthy and fresh vegetables. Discover how easy and affordable it is starting gardens from trash while making healthy food choices available for all!

119 Bug Bites: Exploring the World of Edible Bugs

Dr. Edda Martínez Caléz & Myriam Meléndez Morales

University of Puerto Rico, Puerto Rico

Ever thought about eating insects? In this workshop, you'll discover why bugs could be the next big thing in food! Learn about the surprising nutritional benefits, eco-friendly advantages, and cultural importance of edible insects. You'll explore how insects can help solve global hunger, dive into cool careers in entomology, and even get creative with insect-based recipes. Ready to bug out in the best way possible and help build a more sustainable food system? Let's dig in!

122 Unstoppable You: Drive Change Locally

Susan Barrows

University of Massachusetts, Massachusetts

Discover how to turn a challenge in your school or community into real, lasting change! This hands-on workshop will show you how to team up with local leaders, brainstorm creative solutions, and build an action plan that gets results. You'll learn how to network like a pro, connect with key community partners, and take practical steps to make your vision a reality. Get ready to collaborate, think outside the box, and leave inspired to make a real impact where it matters most. Let's turn your ideas into action and create a better future—together!