

2008 Teen Focus Seminar, Workshop and Morning of Service Descriptions

Wednesday, June 25, 2008 - Seminar Session I

100 Explore the College of Agriculture and Natural Resources at the University of Maryland
Learn about majors, careers and opportunities for college bound students. Both four and two year programs in the college will be highlighted as well as application and scholarship tips.

101 Jazz Up Your Resume

This program will focus on helping 4-H teens improve their resumes for out-of-state trip consideration, for college applications, scholarships, and applying for jobs.

102 Disability Awareness

How do you respond to people who are different from you? Learn about ways teens can create welcoming environments for all people by understanding disabilities and inclusion.

103 Teens and Deployment

This session addresses a variety of teen deployment-related concerns brought about by changes in the home and coping mechanisms for dealing with the absence of a parent.

104 Making Meetings Fun!

When work is not work, work becomes fun. Learn how to make club meetings fun for yourself and younger members. Great workshop for 4-H junior leaders and other teen leaders!

105 Public Speaking

Conquer your fears! Learn some quick and easy steps for becoming a confident speaker. You'll never have to worry again about making a public presentation.

106 Teens and Money

Learn some financial fundamentals that can help you now and into the future! This session will cover the basics of spending, saving, credit and debt!

Wednesday, June 25, 2008 - Seminar Session II

200 The College Admissions Process

Planning for college can be exciting and stressful. This session will give you a head start in the admissions process, helping you to learn some of the important steps to take as you head for the future.

201 Interview Etiquette

Whether you're looking for a job, preparing for a 4-H interview, or getting ready to meet a college admissions counselor, this session will help you with skills to put your best foot forward!

202 Youth Political Activism

Do you want to make a difference in your community and be a part of the political process? This seminar will introduce you to civic engagement with a special focus on meeting and working with elected officials. For future politicians and voters alike!

203 Get Moooooving

Learn about 4-H dairy projects, opportunities in the dairy industry, dairy research at the University of Maryland! This seminar will get you moooooving ahead, whether you live on a farm or in the city!

204 Leadership 101

Down the Leadership road we go! Learn how to develop your own leadership skills and how to drive others down the leadership road.

205 Stress Management

Too much going on? Take a few minutes (or 60) and learn some basic techniques for managing stress. The seminar will introduce relaxation, time management, and other tools for coping.

206 Meals in Minutes

Preparing healthy meals in minutes can be fun as well as filling. Learn some tips to make a tasty meal from refrigerator to table in just minutes! Come ready to help prepare and to taste testing these recipes.

Wednesday, June 25 Afternoon Workshops

All workshops provide 2 ½ hours of hands-on, interactive training. Most focus on ways you can share your new knowledge with others!

300 **Animal Science**

Do you want to learn more about animals and animal science? There are lots of opportunities at the University of Maryland. Visit the campus facilities, interact with faculty and staff and learn about exciting technology and research projects. This workshop may also include some hands-on activities related to the care and showing of animals.

301 **Are You Up for a SET (Science, Engineering, and Technology) Challenge?**

Science is all around YOU!! Discover the science within your 4-H projects! Come and experience fun activities that highlight the role and importance of science in your everyday life!!

302 **Clover Power**

Interested in furthering your leadership skills to be able to promote market and grow the Maryland 4-H program? This workshop will focus on building leadership skills and introducing the concept of philanthropy in your community.

303 **Expressive Arts**

Explore a variety of options in this class! A step workshop will cover the basic step team skills for beginners as well as innovative ideas for advanced steppers. Not into dance? Join a drumming circle and learn a skill that brings people together. If you want something more hands-on, check out the fabric art workshop. Explore the arts with this fast paced class.

304 **GIS/GPS**

This interactive workshop is designed to introduce teens to this fast growing technology. Learn about GPS and GIS and how you can implement this technology to impact and change your community!

305 **Kitchen Science**

Yes, there is a chemist, or maybe a biologist, or maybe even a pharmacist in your kitchen. This session uses kitchen activities – food prep, tasting, and other skills to emphasize the science that is evident in all your kitchen activities!

306 **Natural Resources - Naturally WILD**

Are you interested in protecting our environment? In this workshop we will explore how people use natural resources and why we need to conserve our resources. Participants will complete several hands-on simulation activities and receive a set of six detailed lesson plans that can be taken home and taught to local 4-H clubs and other youth groups.

307 **Up for the Challenge**

Are you Up for the Challenge??? Health and fitness go hand in hand. Test healthy recipes that are fun to make and taste good! Be active – get moving – be fit, and explore the internet resources available for healthy decision making.

308 **Windows Movie Maker**

Do you want to make your own movie? The Windows Movie Maker program will allow you to import audio and video from a digital video camera to your computer and use the imported content to make your own movie. After editing the audio and video content in Windows Movie Maker, which can include adding titles, transitions, or effects, you can then publish your final movie and share it with your friends and family!

309 **50/50 Advisory Council Leadership Institute**

This session is specifically for the adult and teen members of the Maryland 4-H 50/50 Advisory Council. The leadership institute will focus on skills for effective board and council leadership, including empowering and motivating members, fostering teamwork and inclusive environments, and strategies for gathering input and making recommendations about 4-H programs at the local and state level.

Thursday, June 26 Morning of Service

These sessions will give you a chance to learn and to “give back”!

400 **Going Green**

What does it take to “go green”? Hands-on projects to make a difference in the environment will be offered in this session.

401 **Head, Heart, Hands, and HEALTH**

What do you do? What do you say? This program emphasizes skills such as communication, stress management, and internal strength to resist risky behavior. You’ll learn skills for teaching others how to make healthy decisions, especially to reduce youth tobacco and drug use.

402 **Hunger 101**

In this session, you’ll experience the reality of hunger in our area and have a chance to organize the donations that we’ll make to a local food bank.

403 **Leading Change**

What’s advocacy got to do with service? Speaking up for a cause you believe in does make a difference. Learn about a different type of service-learning.

404 **Operation: Military Kids**

Maryland 4-H is proud to be a part of the national 4-H military partnership. 4-H and Military Teens will participate in a Speak Out for Military Kids workshop to become community advocates for military families while learning the basic skills for developing a presentation, educating community citizens about the military culture.

405 **Reading Buddies**

Create a theme-based program that you can use to excite children in your community about reading and have a chance to experience being a “reading buddy”!

406 **Sewing for Kids**

You will need some sewing machine experience for this class as you create caps for kids with cancer and learn how to use your creative abilities for other “sewing for kids” projects.