

## 2025 State 4-H Roundup Workshops

### Wednesday 2-Hour Workshops

Title	Description
From Discussion to Decision: Parliamentary Procedure in Action	This hands-on workshop will introduce students to parliamentary procedure and teach them how to successfully navigate and contribute to meetings and other formal settings.
From Seed to Flavor: A Hands-On Guide to Vegetable Quality and Taste	Hands-on workshop where you'll learn how to grow vegetables with exceptional taste and quality, while also learning about the various types of vegetables.
Greenhouse Tour and Macrame Leaf Hangings	Tour the greenhouses on OSU's campus, then make a small macrame leaf to hang on your wall! No prior experience necessary. Supplies included. Bring your 1970's vibe.
Jiu Jitsu 101 - 10 Essential Self Defense Techniques	Big or small, coordinated or not, you will learn how to escape from 10 of the most common dangerous situations. Additionally, you will develop confidence to assert yourself, set boundaries, and de-escalate conflicts.
Legislative 101 Seminar	This seminar will explain and discuss the intersection of politics and policy in the legislative process.
Road Map to Becoming a Traffic Safety Lifesaver	An interactive workshop where members learn, play, and compete while promoting safe driving through games, creative projects, real-world advocacy, and planning impactful traffic safety campaigns that work with 4H.
STEM with Dimension: 3D Pen workshop	This workshop will provide an engaging, hands-on experience where participants will learn to use 3D pens to create three-dimensional objects. The session will cover basic techniques, safety guidelines, and creative project ideas.

### Wednesday 1-Hour Workshops

Title	Description
A New Leaf for Life	This is the story of life on our planet. Explore life's diversity and adaptability, and how to organize them. Speculate how your favorite creatures could change in the future.
Accurate Ag Books	Learn more about Accurate Ag Books. Explore engaging children's literature with hands-on activities aligned with educational standards that youth can utilize to grow their leadership skills by conducting fun workshops during the week of read an accurate ag book.
Athletic Tour - O'brate Stadium	OSU Baseball is on the rise in the Big 12! Tour the O'brate Stadium and the baseball training facility.
CAN You be a Structural Engineer?	This hands-on workshop is a great opportunity for participants to build a project and learn about structural engineering, one of the most important jobs in our modern world!
Careers in Forestry	Learn about careers in the forest sector with Oklahoma Forestry Services!

Creative Ice Breakers and Games for Teens	You've been asked to conduct an ice breaker or game, and you don't know what to do! Not everyone loves to sing about a boy and a girl in a canoe so come and learn some creative and exciting activities that will leave everyone laughing and having fun. You'll go home with a booklet of ideas to take back to create your own fun.
Floral Design Basics: Creating Beautiful Arrangements	Join us for a hands-on Floral Design Basics workshop, where 4-H members will learn the fundamentals of floral arrangement. Participants will explore design techniques, color coordination, and flower care while creating their own unique arrangements. This interactive session is perfect for beginners and those looking to refine their creative skills in floral design. Come ready to learn, create, and have fun!
Forensic Files: Crack the Case!	A crime has been committed, and it's up to you to solve the case! Step into the role of a forensic scientist as you analyze a staged crime scene, dust for fingerprints, and extract DNA to uncover the truth. Using real forensic science techniques, you'll examine evidence, eliminate suspects, and crack the case before time runs out. Think you have what it takes to be a detective? Join us for a hands-on mystery where science holds all the answers!
Hacking AI to Improve Your Club	Discover how AI can enhance your 4-H club! This hands-on workshop explores practical AI tools to improve meetings, streamline activities, and spark creativity, helping you lead with innovation and efficiency.
Hands-on Ag Advocacy	Learn how to effectively advocate for agriculture to all audiences using real life situations.
How to become a State 4-H Ambassador! An immersive race towards leadership!	A fun, hands-on display of how making the choice to apply to become a State 4-H Ambassador can help your 4-H career and beyond. Leadership! Scholarship! Service! Teamwork!
Introduction to automation and robotics applications	Automation in the world of manufacturing applies to equipment or technology that helps to complete a job efficiently and safely. The presentation covers three activities aimed at stimulating interest along with awareness in emerging new technologies. The first activity focuses on demonstrating a pick and place assembly collaborative robot that will build LEGO airplanes. The students will "learn" from the cobot and build their own LEGO airplanes. Collaborative robots are designed to work in coordination with humans closely. The second activity is a demonstration of an unmanned autonomous mobile robot used in warehouses to carry materials from one place to another. The students will be exposed to the concepts of mapping a floor layout along planning a mission to move the robot from one place to another. The third activity is using wireless measuring instruments like the calipers to measure a set of nearly identical parts and identify the defective part. A computer connected to the caliper will record the measurements and verify if it's a good part. Each of these activities will be manned by one of the presenters listed. The

	students will be divided into three groups and rotated between the three activities.
Landscape Design & Drawings	This is a creative hands-on workshop about landscape design drawings.
Monarch Migration	Youth will participate in activity which demonstrates the challenges Monarch butterflies are exposed to as they complete their annual migration.
Neurodiversity in STEM	Explore the impact of neurodiversity in STEM, and its influence on cognitive, social, and educational development. This session will offer insights to aid you in engaging neurodiverse 4-H members. You will gain insights into how neurodiversity influences learning styles and social dynamics, enabling you to create more inclusive and effective programming.
Piecing it Together	Participants will design and create a custom t-shirt. We will discuss how project work fits together like puzzle pieces emphasizing how to tie your project work to civic engagement.
Sew cool	In this sewing workshop you will get to learn the basics about sewing machines, sewing safety, participate in a service project, and have fun with some competitive sewing trivia!
Teambuilding Workshop	Teaching teambuilding with games.
The Science of Clean Water	Learn how aquifers and manmade filters clean water. Build your own simple water filtration system using 2-liter bottles, test water quality with sensors, and explore filtration speed.
Wildcrafting/Foraging from Food to Medicine	Learn about plants & herbs in our region that can be foraged for food and medicine. We will also discuss plant identification safety and some common poisonous look-alikes.

### Thursday 2-Hour Workshops

Title	Description
Be Our Guest (Event Planning Basics)	This workshop is designed to help give you the basics to plan your next event. From planning the menu to decorating to everything in-between. Simple, but hands-on to give you the confidence you need to plan an event.
Crafting Happiness with Handmade Cards	This workshop will focus on reviewing how to properly write a thank you card so that they can send thank you notes that are meaningful and appropriate to others. The majority of the time will be spent in hands-on practice to make a variety of hand-made cards to take home.
Emblems, Governments, and leadership	A workshop on government, including forms of governance, the range of ideologies, learning about country leaders, and the symbols of a nation.
Jiu Jitsu 101 - 10 Essential Self Defense Techniques	Big or small, coordinated or not, you will learn how to escape from 10 of the most common dangerous situations. Additionally, you will develop confidence to assert yourself, set boundaries, and de-escalate conflicts.
Oklahoma State University Student Farm	Tour of Student Farm property, students will see crops growing, machinery, and infrastructure of the Farm.

OSU Museum of Art tour of "Fur, Fangs, Feathers & Fins"	Explore "Fur, Fangs, Feathers & Fins" at OSU Museum of Art! From amphibians to apex predators, celebrate wild animals in their natural environments. Birds, fish, mammals, and reptiles—Go WILD!
Sensors and Smart Ag	Learn the basics of the technology used in Smart Agriculture. Explore how to use sensors and program a circuit board to tell you when your plant needs water.
Teaching Art in Miniature	Discover the fun of Artist Trading Cards—tiny canvases (2.5" x 3.5") that make creativity easy and exciting! In this hands-on workshop, you'll explore the Elements of Art (Line, Shape, Color, Space, and Value) while designing unique mini masterpieces. Whether for fun, relaxation, or 4-H projects, you'll leave with fresh ideas, a portfolio page, and inspiration to keep creating!
Tick Identification and Case Studies/Work Through Clinical Parasitology cases	Learn how to identify tick species as well as what diseases they can carry. Learn how this affects animals and humans. Work through some real-world cases of parasitology and learn what some common parasitology issues are!

### Thursday 1-Hour Workshops

Title	Description
Becoming a Plant Detective: Diagnosing Common Diseases of Horticultural Crops	We want to continue and build on last year's 4-H workshop. We will provide hands-on experience to attendees on diagnosing important diseases of horticultural crops.
Being Mindful with Technology for Personal and Relationship Health	This workshop dives into how tech and social media shape you and your relationships. Learn about setting boundaries, staying safe online, and how it all impacts your personal, social, and future career growth!
Exploring careers in Early Childhood and Tour the CDL	Tour the Child Development Lab in NRDW and explore the opportunities for careers in Early Childhood Education and Child Services careers in HDFS. Give participants hands-on crafts projects that develop early learning for children under age 8.
Exploring Geoscience	Students will investigate geologic materials and processes via hands-on activities. Topics may include rocks, minerals, fossils, water testing, glaciers, and more.
Family and Consumer Sciences (FCS) is STEM: The Science and Math of Origami!	Explore the STEM connections in Family and Consumer Sciences through origami! Learn how geometry, design, color, and problem-solving come together in this hands-on, educational workshop.
From Milk to Mozzarella: The Science of Stretch	In this hands-on session, students will learn the science and art of making fresh mozzarella from scratch. Discover the process, stretch the cheese, and enjoy the delicious results!
From Oops to Awesome: Why Mistakes Help Us Grow	Do you ever worry about making mistakes or feel like everything has to be perfect? Perfectionism can actually stop us from trying new things and growing. In this session you'll discover how mistakes are actually stepping stones to becoming awesome!
Getting in the Weeds	Learn the basics of turfgrass management. Participants will learn basic tools needed to maintain O'Brate Baseball Field.

Hack Proof: Staying Safe in the Digital World	A practical and engaging session designed to teach teens how to protect themselves online. From spotting phishing scams to creating strong passwords and securing social media accounts, this class covers essential cybersecurity skills.
How to Adult	Think you are ready to navigate adulting, manage your own money, and live your best life? In this fun, fast-paced, and entertaining financial journey, you will get to try out real world financial decisions (without actually having to pay rent - yet). You'll have to balance needs vs. wants, make money smart choices, and avoid financial pitfalls - all the while competing to see who is best at adulting.
How to Make your own Boba through Spherification	Learn how to transform drinks into popping boba through the process of Spherification, which is part of Food science!
Inspire Others with OSU-Teach	In this session you will learn about OSU Teach - a unique OSU dual degree program in which students earn a content degree AND receive a secondary education degree.
Just Roll With It	Fresh spring rolls can be a healthy snack or appetizer for any occasion. Use your imagination to create layers of color swathed in magical rice wrappers. Whether you include fruit or veggies, fresh spring rolls are fun to make and get your daily servings of deliciousness. * Food Allergens Alert - peanut, soy, sesame, fish, seafood, tree nuts may be used in some of the sauces or by cross-contact. *
Leading Through Lenses: A hands-on workshop connecting agriculture, leadership and photography	This hands-on workshop will give you the opportunity to learn more about leadership and agriculture all around you through the use of photovoice.
Pathogen Pursuit	Pathogen Pursuit is an interactive epidemiology challenge where students use black light to uncover hidden germ hotspots and analyze clues to trace the outbreak back to Patient Zero. Can you stop the spread in time?
Planning Your Future with the Ferguson College of Agriculture	Join us for an exciting workshop where 4-H members will explore the opportunities, programs, and resources available at the Ferguson College of Agriculture at Oklahoma State University!
Promoting Mental Health in Rural Families and Communities	This program explores mental health, stress, and the challenges rural communities face in getting support. Learn how YOU can break the stigma, support others, and help create a more open, supportive community.
Put Your Best Foot Forward	Our manners say a lot about us so what do yours say about you? Do you know the proper way to use all of your silverware when dining in a special setting? Are you up to date on the proper way to write a thank you note or introduce someone properly? Come and join in this hands-on session where you will leave confident and ready for future engagements.
Rainfall in 3-D with the Oklahoma Mesonet	Tracking rainfall is extremely important for agriculture. The Oklahoma Mesonet provides easy ways to visualize rainfall patterns from maps to 3-D models.

Rivers in Motion: Learning About Floods and Solutions	Explore how rivers flow, how flooding happens, and ways to reduce flood impacts using barriers, vegetation, and other strategies. Get hands-on with a stream trailer to see water in action!
Say Yes to FCS Education at OSU!	Join the session to experience why your county FCS educator rocks! You'll discover how you, too, can make a difference for 4-H'ers and adults through an amazing career!!
Smart Spending & Savvy Eating	In this presentation, we'll explore the exciting game of Money Habitat to understand how your money values influence your financial behaviors and decision-making. Then, we'll connect this with the importance of meal planning — a crucial life skill that not only helps you save money but also ensures you make healthier food choices.
States of Matter with Liquid Nitrogen	Just a vibey program flexin' the states of matter with some lit liquid nitrogen to EXPLODE, CRUSH, FREEZE, SHRINK, and munch on stuff, ya feel?
Talking Trash - Waste Management	Learn different waste management practices and how they are design to protect our environment from pollution. More specifically, learn about: <ul style="list-style-type: none"> <li>♦ Recycling, challenges in recycling and items made from recycled products.</li> <li>♦ Hands-on demonstration of waste management strategies using landfill enviro-scape model.</li> </ul>
Tour of Boone Pickens School of Geology Facilities and Laboratories	Tour of Boone Pickens School of Geology Facilities and Laboratories.
Vision for your Future	In this workshop, youth will use the Brighter Futures Curriculum to create vision boards focused on their SMART goals for college, careers, or 4-H projects.
Yaupon - The Original Caffeinated Drink of North America	Students will have the unique opportunity to learn about Yaupon Holly (Ilex Vomitoria) and its cultural connection to Native American Tribes of the southeastern United States. Students will learn about the rich history of "Yaupon Tea", its scientific background, and current/future uses. In this session, each student will learn how to identify Yaupon in its natural setting as well as sustainable harvesting techniques. Before leaving, each student will get to see roasted and dried Yaupon leaves and have a chance to sample Yaupon Tea which is now commercially available in the United States.
You Don't Have to Be a Rocket Scientist to Have STEM	We'll design, build, and launch 2-Liter Bottle rockets while showing how easy and fun STEM can be for youth. Learning happens naturally along the way as they discover the excitement of rocketry. STEM might seem difficult, but this is a great way to introduce it into your program in a fun and engaging way.