



Ohio 4-H Teen Conference
February 20, 2010
Columbus Convention Center



Conference Information

Full Time Registration

To register for the 2010 Conference, complete the Conference registration form found with this registration booklet and return it to your county Extension office. The registration fee is \$30. Registration fees cover all program costs and the luncheon. Parking privileges are not included in the registration fee.

Cancellation Policy

Registration fees will be refunded if your cancellation is received by 5:00 p.m. on February 5, 2010. No refunds will be available after February 5. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus, OH 43210.

Educational Programs Registration

To register for sessions, indicate your first, second and third choices for each time period on the registration form. You will need to return the registration form to your county Extension office by the deadline established by your 4-H Educator. All workshops will be filled on a first-come basis. Most sessions will last 60 minutes. All facilities are fully accessible.

4-H Share Fair

You'll want to remember this year's conference by visiting the 4-H Share Fair. The 4-H Share Fair will feature educational displays, National 4-H Supply items, and promotional materials. Does your county have a cool 4-H Teen Activity or program that you would like to tell other 4-H teens about? If so, contact Beth Boomershine (boomershine.10@osu.edu) to reserve display space. We'll provide the table – you provide the display and handouts.

Conference Schedule

(Tentative)

8:00 a.m.	Registration Desk Open
8:45 a.m.	Posters & Exhibits Open
9:00 a.m.	Session I
10:15 a.m.	Session II
11:30 a.m.	Session III
12:30 p.m.	Speaker, Luncheon
2:00 p.m.	Session IV
3:15 p.m.	Session V

Educational Program Choices

100 GOT Service?

Got service? Running on empty when it comes to new ideas for community service in your 4-H club? Need a fill-up? Then take a service pit-stop to learn about some new creative community service projects. Service and 4-H builds strong teens by engaging them in civic duties, learning leadership skills, communication skills, and team work. Participants will be given resources on where to find service projects on-line, grants and special community service work days, such as the National Make A Difference Day and National Youth Service Day. Got 4-H? Got Service? Yes...you do! Limited to 50 participants. Presented by: Nadine Fogt and Garrison Fogt

101 Join The Wellness Challenge

Wellness is an essential quality to have for all ages. The wellness challenge is fit to incorporate all aspects of a healthy lifestyle including ones physical, emotional, spiritual and mental health. It is also designed to focus on healthy food alternatives to accommodate everyone's schedule. Participants in this workshop will gain a better understanding of what it means to be "well" and make it a way of life not only for themselves but for people in their clubs and community. Limited to 100 participants. Presented by: Kim Catchpole, Ashley Krogel, Rebecca Olinsky, and D' Amber Million

102 Wow! Where Did That Theme Come From?

Ever leave a camp planning or Fair Board meeting saying "That sounds a lot like last year's theme or didn't we do that theme a few years ago?" Learn the secret to releasing creativity in your planning group of camp counselors, Jr. Fair Board, Teen Leadership Council, 4-H Club, etc. Come up with great themes every time and never the same one twice!! Join us to play "Name That Theme", "How Many Themes Can There Be?" and other group games to discover the five easy steps to dynamite theme development. Do you already have your themes selected for this 4-H Camp or Fair year? Don't Despair! Leave with great group activities to help lead your peers in designing activities, programs and events based on your theme. Limited to 75 participants. Presented by: Patty House and Clark County 4-H Teens

103 Teens Rock & Rule, PART I (Sharing Experiences)

There's a movement happening.... locally, statewide, and nationally. Youth are becoming more active in making the decisions that are important in their lives. And people are listening! Ohio 4-H is in a time of change and your voice needs to be heard! Why is youth involvement vital in making important decisions? Come to this session to discuss why the youth contribution to making decisions is necessary. Share the exciting leadership successes you have been involved in and challenges you have faced. Discuss how youth and adults working together can create an open atmosphere that leads to a positive impact of the youth voice in your club, organization, and community. This session's discussion will be facilitated by a partnership of adults and the Youth Advisory Committee of Cuyahoga County. Minimal "teaching" will be used. You don't need to attend Teens Rock & Rule PART II (Tools to Use) to come to this session, but you may find it useful. Limited to 50 participants. Presented by: Greg Yost, Robin Stone, Tiffany Walker and members of the Youth Advisory Committee of Cuyahoga County.

104 Marketing My Presentation Skills

I'm in high school now. I am thinking about college and my future career. I need to get a job and be able to work with co-workers. I will need some scholarships to help me through school. How should I be preparing for all these major life events? I need to "market" myself to let others know what I can/want to do. The bottom line.....I need to focus on and practice good presentation skills! Participants in this session will learn skills for scholarship and job interviews, plus practice other skills that may be helpful in college classrooms and on the job. Speaking to others can be fun and rewarding if you are prepared! Limited to 100 participants. Presented by: Judy Villard-Overocker

105 You Wore That?

This session will look at making the right impression for success. Sure interview skills are very important, but you can wear the wrong thing and not get the top score, leadership position, scholarship, job, etc. And don't think this is just for girls. Gentlemen need to take notice too! Let's dress for success!! Limited to 50 participants. Presented by: Becky Barker

106 Let's Make a Snack

Are you tired of the same old snack at your club meetings? Do you need some new ideas to get your club excited about refreshments? In this workshop you will get recipes for some great snacks that are perfect for 4-H club meetings. You will learn how to prepare the snacks, plan for the appropriate number of guests and get some fun presentation ideas. You'll also learn how to teach your fellow members how to make some great snacks. Come hungry! Limited to 50 participants. Presented by: Kathy Tackett

107 Challenge This . . . Roller Coasters, Gizmos and Gadgets

Looking for activities to spark the imagination of kids at club meetings, camps, fairs or weekend retreats? Join Dr. Bob and experience some of the best in science challenge activities using simple materials and easy to follow instructions. Take the roller coaster challenge, bungee jump an egg, hunt the elusive Velociraptor, test your reaction time, out run gravity, safely drop breakable objects and more. You will be amazed how fun science can actually be. Limited to 50 participants. Presented by: Dr. Bob Horton

108 Campers Bouncing Off The Walls: Supporting AD/HD Campers

At a typical camp you are likely to have about 8 to 15 children diagnosed with AD/HD or other behavioral disability such as Oppositional Defiant Disorder. What should you know if an AD/HD camper is in your cabin? In this session we will address symptoms of AD/HD and discuss organizational and behavioral strategies that will help you help these campers. Limited to 50 participants. Presented by: Laryssa Hook

109 Risky Business

Camp Counselors face different scenarios and challenges involving programming, campers, and other counselors and staff members daily. If you have ever wondered ways to meet and exceed these challenges, attend this interactive workshop! Make sure to bring your creative minds with you, as you will be asked to 'think outside the box' in working to solve these 'risky' situations. Limited to 50 participants. Presented by: Hannah Kohler

110 State 4-H Ambassador Orientation I - Introductions and Ambassador Basics

All new 2010-11 State 4-H Ambassadors should register for this session, as well as graduate Ambassadors who are serving on the Graduate Ambassador Panel and helping with the orientation program. This first hour of the new Ambassador Orientation will be devoted to new Ambassador get-acquainted and group-building activities, a panel discussion with recent Ambassadors who will share tips and ideas for making the most of your Ambassador

experience, and a review of the responsibilities and opportunities involved with being an Ambassador during the coming year. Presented by: Kathy Pepple and Larry Hall

111 Teaching Skills You Don't Know

How would you teach skills that you aren't familiar with? It's easier than you might think! You don't have to be a professional to teach skills, just an understanding of how learning happens. Discover how to teach (and learn) new skills in this hands-on session. Limited to 50 participants. Presented by: Kristen Van Ness and Karin Coyne

112 Funding Your Club's Activities: The Basics of Grant Writing

Across the United States, youth are taking action to improve their neighborhoods, schools, communities, and the environment. Increasingly, opportunities exist for teens and young adults to obtain funding for community service activities, either as individuals or through youth organizations such as 4-H. This session focuses on the basics of grant writing for teens. Developing your ideas, finding sources of funding, the components of a proposal, the review process, and final reports are topics that will be covered. Tips for preparing an outstanding proposal will be included, as well as information on specific grants for youth. Limited to 100 participants. Presented by: Kristi Lekies and Neethi Johnson

113 You Did What With My Jeans?

Old jeans can be more than jeans! In this session, participants will see how to make 2 purses, a cell phone/ipod carrier, a vest and how to personalize a denim jacket. Limited to 50 participants. Presented by: Kathy Moser

116 Growing Up WILD

You must also register for session #216. This class provides hands-on activities paired with a curriculum for Cloverbud aged youth. All activities are centered around getting kids active and outdoors. Each activity includes a craft and a snack. All participants will make samples to take home. To become certified in Growing Up WILD, you must participate in at least two sessions and pay \$12 for the curriculum. Limited to 50 participants. Presented by: Laura Walker

Session 2 - 10:15 - 11:15 a.m.

200 Club Self Assessment

"To Make The Best Better" is a motto we should apply to our 4-H club meetings, as well as to our own project work. This workshop will demonstrate fun and engaging ways to involve members in identifying both the best things about their club and those things that could use improvement. Club officers, youth leaders, and adult advisors can then use the information provided by the assessment as they plan "better" meetings and activities designed to meet the needs and interests of today's 4-H members. Limited to 75 participants. Presented by: Carolyn Belczyk

201 Join The Wellness Challenge

Wellness is an essential quality to have for all ages. The wellness challenge is fit to incorporate all aspects of a healthy lifestyle including ones physical, emotional, spiritual and mental health. It is also designed to focus on healthy food alternatives to accommodate everyone's schedule. Participants in this workshop will gain a better understanding of what it means to be "well" and make it a way of life not only for themselves but for people in their clubs and community. Limited to 100 participants. Presented by: Kim Catchpole, Ashley Krogel, Rebecca Olinsky, and D' Amber Million

202 Operation Military Kids - County and State Opportunities for Teens

Do you want to enhance your teen leadership experience with a new audience? Then consider applying as a volunteer for Operation: Military Kids. Since 2005 Ohio 4-H teens and adults have been helping military kids in camps, Family Readiness Conferences, day camps and mobilization briefings. Learn how the Knox County OMK team works with branches of the military to build resiliency in military families. Limited to 150 participants. Presented by: Larry Hall and OMK Camp Counselors & Volunteers

203 Retreat, Retreat! Ideas for Creating Your Own!!

This workshop will take you through the steps to have a successful retreat with older teens. Areas for the workshop include community service ideas, educational demonstrations, skits, team challenges, and icebreakers. Participants will be actively engaged in carrying out activities that could occur throughout the retreat. Be prepared to share ideas and engage in entertaining and innovative happenings and build a team along the way! Limited to 50 participants. Presented by: Hannah Kohler

204 Am I The Leader I Want to Be?

Am I the leader I want to be in my 4-H Club and in county activities? Do I need to set better goals so I can be a stronger leader? This session will offer creative ideas to make 4-H more special and meaningful for youth and adults, plus offer team building tips for group settings and group motivation activities. Participants will learn how to set personal goals and plan, teach and/or give leadership to programs and activities on the club and county level. Limited to 100 participants. Presented by: Judy Villard-Overocker

205 You Wore That?

This session will look at making the right impression for success. Sure interview skills are very important, but you can wear the wrong thing and not get the top score, leadership position, scholarship, job, etc. And don't think this is just for girls. Gentlemen need to take notice too! Let's dress for success!! Limited to 50 participants. Presented by: Becky Barker

206 Eliminating Risk: Pipe Dream and Wrong-Minded

There are a number of strategies for reducing risk at 4-H youth events, but the complete elimination of risk is impossible and alienates youth from participating. Come experience a healthy, interactive debate on risk vs. reward--training you to identify the best course of action in several common 4-H settings. Ideas for managing risks in your 4-H activities will be shared. Limited to 100 participants. Presented by: Tim Tanner and Vicki Schwartz

208 Camp Themes: It's All in the Name!

It's all in the name! Or should we say "theme!" Camp themes can make or break your camp! Learn the whys, the whats, and the ways on picking a theme that will make your 4-H'ers want to come to camp and their parents gladly want to send them off to 4-H camp. You bring your imagination, enthusiasm, and your love for camp to this session and you will walk out with a dozen new theme ideas to share with your county. Counselors, what's in your wallet? A camp theme that rocks! Limited to 50 participants. Presented by: Nadine Fogt, Garrison Fogt, Tori Adams, Sarah Peterson and Brian Seaton

209 Cell Phones: Etiquette for Teens

Gone are the days of "party lines" when you had to wait your turn to use the telephone. Instant communication became possible with the age of cell phones. Along with the use of cell phones come responsibilities. This session will cover the do's and don'ts, as well as common sense and courtesy when using your phone. Limited to 50 participants. Presented by: Susan Russell

210 State 4-H Ambassador Orientation II

All new 2010-11 State 4-H Ambassadors should sign up for this session. During this second hour of Ambassador Orientation, will involve participants in "learn by doing" activities related to working with the media and putting your best foot forward as spokespersons for the Ohio 4-H Program. In addition, Ambassadors will learn about and begin signing up for 2010-11 Ambassador Leadership Opportunities. Please bring your planner/calendar with your list of commitments noted to avoid time conflicts with your Ambassador responsibilities. Presented by: Kathy Pepple and Larry Hall

211 Show Your Cat at the Fair and Discover PetPals!

Come and learn more about how you can show your cat at both your county Companion Animal judging and at the State Fair. We will go over the three projects that are offered for cats, as well as what to bring to judging. Examples will be shown from past Outstanding of the Day and Clock Trophy winning Cat projects, and cats will be on hand so you can see how to properly show them for showmanship. Finally, for those of you who think your cat will never in a million years let you show it, we will go over some tips for winning over "shy" kitties. There will be several rescue cats for you to see, all of which came with some temperament issues, and we will explain what we have been doing to resolve them, while gaining our cats love and trust. And, if you need one more reason to attend this session, come see our rescued Bengal kitties! These are hybrid cats that are part leopard, and we have 4 of them from just under a year old to 3 years old. Limited to 50 participants. Presented by: Erica Clouse

212 A Career That Can Change The World

Do you enjoy working with people to better your local community? Do you REALLY know what your Extension Educator does? Do you want to change the world? In this session, you will learn how you CAN change the world, one person at a time. Discover what a day in the life of an Extension professional is REALLY like and how the Agricultural & Extension Education Program at Ohio State can prepare you for a career in Extension, outreach, and engagement. See what you can be doing now to prepare for college and how to navigate the admissions process. You will hear from faculty and students in the program and have some Buckeye materials to take home with you. Limited to 75 participants. Presented by: Marlene Eick and Scott Scheer and Joe Zimmerman

213 Don't Let Others Get The Best of You

Is "Brassy Britney" the idea squelcher at 4-H Club meetings? Does "Foul Mouth Mike" leave you flabbergasted in the 4-H cabin? Are you looking for a corner to hide every time you see "Hothead Hank" barging into the Junior Fair Board Office? "Don't let others get the best of YOU! Join us to fill your psyche with positive strategies to take on the most difficult people in your 4-H circles. Learn effective ways to deal with challenging peer, camper, parent and volunteer behaviors. Discover how ATTITUDE and ACTION can resolve even the worst of situations. Have FUN learning how you can always put your best foot forward for positive interactions and customer service as a 4-H Teen Leader, Camp Counselor, Junior Fair Board Member or Club Officer. Limited to 75 participants. Presented by: Patty House and Janet Wasko Myers

214 He Said, She Said

"He Said/She Said" is an interactive session where participants get to discuss the successes and pitfalls of dating. Through group discussion, we uncover the things that make dates go well, and not so well, and arrive at some ways to better understand one another and improve communication. Limited to 75 participants. Presented by: Mary Beth Albright

215 Up-Cycling Denim

Up-cycling means adding value to an item by recycling it into something new and useable. In this session, we will be sharing samples and ideas you can use in recycling old jeans into lots of new uses. Participants will have the opportunity to complete a small make-it/take-it project during the session. Also, if you or your family have clean used jeans that you would like to donate to the "From Blue to Green" project, that recycles jeans into insulation for Habitat for Humanity Houses, please bring them to the collection box in this workshop. Limited to 30 participants. Presented by: Mary Roediger

216 Growing Up WILD

You must also register for session #216. This class provides hands-on activities paired with a curriculum for Cloverbud aged youth. All activities are centered around getting kids active and outdoors. Each activity includes a craft and a snack. All participants will make samples to take home. To become certified in Growing Up WILD, you must participate in at least two sessions and pay \$12 for the curriculum. Limited to 50 participants. Presented by: Laura Walker

Session 3 - 11:30 a.m. - 12:15 p.m.
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300 Club Self Assessment

"To Make The Best Better" is a motto we should apply to our 4-H club meetings, as well as to our own project work. This workshop will demonstrate fun and engaging ways to involve members in identifying both the best things about their club and those things that could use improvement. Club officers, youth leaders, and adult advisors can then use the information provided by the assessment as they plan "better" meetings and activities designed to meet the needs and interests of today's 4-H members. Limited to 75 participants. Presented by: Carolyn Belczyk

301 Defending Your Space On-Line

Facebook and MySpace are among the most popular social networking sites in the world right now. How can you protect your reputation for Colleges, parents and student organizations? Also learn ways Ohio 4-H Counties are using technology to promote 4-H. Limited to 75 participants. Presented by: Mark Light, Annie Davis, Nadine Fogt and Heather Gottke

302 Around The World With Ohio 4-H

Did you know that you can invite the world into your living room by hosting an international exchangee through Ohio 4-H? Did you know that you can travel to other countries and live with a host family through Ohio 4-H? Come learn about the many opportunities available to you! Interactive discussions and hands-on activities will be utilized. Learn about other cultures, other ideas, other languages and other ways of life! Limited to 75 participants. Presented by: Mary Lynn Thalheimer

303 Teens Rock & Rule, PART II (Tools to Use)

"They are just from a different generation and don't get it! Why can't they just let us do it our way." Have you said or heard this when talking about adults? How can youth and adults embrace shared decision making in an effective manner that will benefit everyone? Youth & adult partnerships are critical to move forward with ideas and agendas. Here's a chance to find out more about what makes adults tick and gather a few tools to help you work with them. This session will be co-presented by a group of youth who have planned a conference for 450 youth! You don't need to attend Teens Rock & Rule PART I (Sharing Experiences) to come to this session, but you may find it useful. Limited to 50 participants. Presented by: Greg Yost, Robin Stone, Tiffany Walker and members of the Youth Advisory Committee of Cuyahoga County.

304 Telling My 4-H Story via the State 4-H Achievement Awards

Many 4-H members dream about competing for one of the State 4-H Achievement Awards, but others know little about these awards, how to complete the application, good record keeping, how to make your 4-H achievement record look outstanding and the benefits of completing an achievement record for competition. During this workshop, participants will learn about the various categories of recognition, basic selection procedures and criteria, how to secure and complete an Ohio 4-H Achievement Record and tips for making the achievement awards form look competitive. Criteria to be covered includes: writing a personal 4-H story, collecting story telling photos, 4-H project work and participation, recognition and honors, leadership, community service/citizenship and non-4-H experiences. This will be a hands-on work session. Information on these forms is also a great start for scholarship and other awards applications. Limited to 100 participants. Presented by: Judy Villard-Overocker

305 Project Runway: 4-H Edition

Come join the 2009 State 4-H Fashion Board as we hold our very own Project Runway. In this session you can come and learn about the seven clues of fashion. You will also learn how to better accessorize your outfits to complete a total look. And what project wouldn't be complete without its very own fashion show. As participants you will be put into groups, the groups will then create their own outfit with accessories using recyclables such as trash bags, newspaper and brown bags and of course duct tape. Other creative art supplies will also be provided. No need to bring anything except your creativity and excitement to walk your very own runway. Limited to 75 participants. Presented by: State 4-H Fashion Board

306 Making Posters With Pizzazz

4-H'ers use posters for many things – as visual aids for demonstrations, as project displays for sharing what they have learned and for publicizing important events. In this workshop 4-H'ers will learn how to make nice-looking, informative, easy-to-read posters that enhance their presentations. Come prepared to participate as everyone will try out several new techniques in the art of poster-making. Take home a booklet of hints and ideas that can be put to use immediately. Limited to 50 participants. Presented by: Kathy Tackett

307 Introduction to Clicker Training

Animal training has a long history of existing as an art. With what is now known about learning, animal training is a science. Learn the basics of clicker training and how it can be useful to any animal species you are working with. Limited to 50 participants. Presented by: Kristen Van Ness and Karin Coyne

308 The Future is Green: How 4-H Activities Can Lead to Careers in Environmental Stewardship

Environmental projects and community service activities have long been a part of the 4-H Program in Ohio. This workshop will help teens become more aware of emerging career areas and job opportunities involving “green technologies” and promoting sustainability. Career areas will involve possible jobs involving science, business, or technology. Beginning with a brief overview of a “Career Action Plan” format, the session will also share information on new careers. Hands-on activities will help teens examine how their past 4-H activities can help them “build their resume” for their career plan, and suggest additional ways to “go green” in their future 4-H involvement. Session will include list of resources to help youth explore career possibilities. Limited to 50 participants. Presented by: Gregory Siek

309 An Introduction to Sudoku

Sudoku is the new trend in brain training. Most Sudoku materials do not explain to the average beginner tips and ways to look at solving the puzzles. It is a game learned by doing. This session will give you some strategies to use in solving these brain challenging exercises. Are you a never done one beginner - come learn how, a frustrated solver – come pick up some hints that may help you succeed, an addict – come share some tips with us. Fun for all and good for you too! Limited to 75 participants. Presented by: Julia Herron

310 State 4-H Ambassador Orientation III - Assignments & Installation Ceremony

All new 2010-11 State 4-H Ambassadors should register for this session. During this final hour of orientation, new Ambassadors will sign up for more leadership opportunities, receive your Ambassador shirts and nametags, have Ambassador photos taken, and be recognized in the Ambassador Installation Ceremony. Presented by: Kathy Pepple and Larry Hall

311 Animal Sciences Opportunities Update

This session is designed to showcase youth opportunities offered through the 4-H Animal Science program area. 4-H members will have the opportunity to interact with coaches for various state judging teams, event/clinic organizers in program areas, and how to register for events that are in the animal based program area. Additionally this program will introduce how youth should use the new website to obtain information about opportunities as well as supporting information for project interest areas. Limited to 100 participants. Presented by: Paul Kuber

312 Recreational Dance: Making the Best Programs Better

Recreational Dance was a pilot 4-H project in Hancock County many years ago and has remained a way to enhance camp, Jr. Leadership programs, and other programs for middle-schoolers and teens. This session is for you if you want to not only learn some dances, but get ideas for using them in your 4-H program. Tips will be given for teaching the dances as well as how to be a good follower. We will also cover appropriate dances to be taught to different age participants. Limited to 50 participants. Presented by: Susan Russell and members of the Hancock County Jr Leadership Club

313 4-H Dogs 2010

Attend this session if you are taking a 4-H dog project or just want to find out what's involved in 4-H dogs. Learn what's new in the dog program for 2010, watch canine freestyle and rally demos and learn how to get started, and what to expect at this year's State Fair Dog Show. Limited to 75 participants. Presented by: Pattie Stover and Lucinda Miller

314 Hoppin' To It!

The purpose of Rabbit Breed ID contests are to test the 4-H member's knowledge of the different rabbit breeds using the ARBA Standards of Perfection or The Official Guide Book Raising Better Rabbits & Cavies. The Breed ID Team is open to youth with animal projects in 4-H as a new way to be involved with their animal projects beyond care, feeding and showmanship. You are invited to come explore hands-on the world of 4-H Rabbit Breed ID teams. Limited to 50 participants. Presented by: Lisa Hoffmann

Session 4 - 2:00 - 3:00 p.m.

400 Dog Poop Initiative

Oh the world of camp counseling! Have you ever thought that you could be considered a pooper by your counseling peers - one who makes a "mess"? How about a pointer - the one who sees the problem but does nothing about it? Maybe you should attend our session and find out how you can be the scooper and a hero - the one who takes care of the problem! So come and attend our session and get the scoop on poop -- the Dog Poop Initiative. Limited to 50 participants. Presented by: Kathy Booher and Jayne Roth

401 Buckeye Leadership Workshop - What's In It For Me?

Learn about Buckeye Leadership Workshop (BLW) - an interactive learning and sharing workshop dedicated to the idea that education through recreation is a very effective learning tool. BLW provides a powerful learning environment in which anyone who works with people, professionally or on a volunteer basis, can develop programming for groups of all ages. One of the unique characteristics of BLW is participants are given the opportunity to teach as well as learn. Limited to 75 participants. Presented by: Larry Hall

402 Keeping Teens Involved in Camping Through 4-H Teen Camp

It seems that 4-H teens are always looking for more ways to spend time at camp. Southern Ohio Teen Camp has been able to continue to offer a positive camping experience for older youth for more than 30 years. Teen Camp offers a unique 4-H camping experience for teens ages 13-18 in which campers have the opportunity to try new things and interact with others in a positive environment. The camp format is set up so that teens can choose the activities that they would like to participate in. The teens who attend the camp come from across the nine-county camping corporation, as well as surrounding counties. The camp provides an important opportunity for teens to take part in a fun educational activity in a rural community with few activities for teens. Led by counselors and staff, teens participate in a positive social experience while gaining necessary life skills, creating positive relationships and taking part in unique leadership opportunities. Limited to 75 participants. Presented by: Erin Dailey and Jo Williams

403 I'm "Working" at Camp Counseling

4-H camp counseling is an outstanding opportunity for teens to develop teamwork, learn about responsibility, demonstrate initiative, and solve real life problems. The interesting thing is that many teens in our camp counseling program are not making the connection that these are the same skills that employers are looking for in their current and future workforce. Participants in this session will share key skills for success as a camp counselor and learn how to make the critical connection with the workforce. Participants will also discuss how to apply the experiences they have had as a camp counselor to make sure they are getting the most value from those experiences when entering the world of work. Limited to 75 participants. Presented by: Nate Arnett, Nadine Fogt, Theresa Ferrari, Tracy Winters, and Tonya Bowman

404 "VIP" Teens-Service Learning with the Vision in Preschoolers Program

Teens, if you enjoy working with preschoolers, are interested in pursuing a career in the medical, educational or special needs professions, and want to mobilize your community around a great service learning/community service project; this is the session for you. Come learn from other 4-H teen VIP volunteers and 4-H professionals about the University/Community Model Vision in Preschoolers (VIP) FREE vision screening program. This is a great opportunity to build community, obtain and develop valuable workforce preparation and life skills, and increase the number of preschoolers (ages 3-5) in your community getting their vision screened. Oh, and don't forget you get to work with other teen leaders in your area to develop your program's events and screenings with the help of a VIP volunteer coordinator! Limited to 50 participants. Presented by: Jackie Krieger and Heather Neikirk

406 Risky Business

Camp Counselors face different scenarios and challenges involving programming, campers, and other counselors and staff members daily. If you have ever wondered ways to meet and exceed these challenges, attend this interactive workshop! Make sure to bring your creative minds with you, as you will be asked to 'think outside the box' in working to solve these 'risky' situations. Limited to 50 participants. Presented by: Hannah Kohler

407 Challenge This . . . Roller Coasters, Gizmos and Gadgets

Looking for activities to spark the imagination of kids at club meetings, camps, fairs or weekend retreats? Join Dr. Bob and experience some of the best in science challenge activities using simple materials and easy to follow instructions. Take the roller coaster challenge, bungee jump an egg, hunt the elusive Velociraptor, test your reaction time, out run gravity, safely drop breakable objects and more. You will be amazed how fun science can actually be. Limited to 50 participants. Presented by: Dr. Bob Horton

408 You Made The Cut -- Now Make It Count!

Now that you have been selected to serve in a leadership role, do you know what is expected? Are you sure that you can meet those expectations? What happens if you fall short? Often teens get involved in leadership roles that leave them stranded - short on time and unsure how to cut back on their responsibilities. If you are on the Junior Fair Board, Food & Fashion Board, a Camp Counselor, Teen Leader, or 4-H CARTEENS facilitator, come find out how to make your leadership experience count. Limited to 100 participants. Presented by: Lisa McCutcheon and Joy Sharp

409 The Future is Green: How 4-H Activities can Lead to Careers in Environmental Stewardship

Environmental projects and community service activities have long been a part of the 4-H Program in Ohio. This Workshop will help teens become more aware of emerging career areas and job opportunities involving "green technologies" and promoting sustainability. Career areas will involve possible jobs involving science, business, or technology. Beginning with a brief overview of a "Career Action Plan" format, the session will also share information on new careers. Hands-on activities will help teens examine how their past 4-H activities can help them "build their resume" for their career plan, and suggest additional ways to "go green" in their future 4-H involvement. Session will include list of resources to help youth explore career possibilities. Limited to 50 participants. Presented by: Gregory Siek

410 More Mixers and Icebreakers (All New!)

All new! This fun, interactive, and hands-on session promises to provide you with new mixer and group games ideas that you can do back home in a variety of settings. Limited to 100 participants. Presented by: Ed Werner

411 Preparing for the Junior Fair Livestock Sale

Whose responsibility is it to contact Junior Fair livestock buyers? The Junior Fair Market Livestock Exhibitor. This session will focus on how to contact buyers, how to make an appropriate contact and successful ways to do it. Other special touches, ideas and ways to bring buyers to the Jr. Fair Livestock Sale will be shared. In addition, participants will get the chance to share ideas that work in their counties. Limited to 60 participants. Presented by: Nancy Snook and Bruce Zimmer

412 No Brainer: Best Choice? Does It Depend?

This session will be devoted to helping teens identify their typical style of decision making and amount of thought put into a decision. The presenters will use activities and small group discussion to help teens understand steps to making informed decisions. Scenarios used will allow participants to practice and discuss when a "no brainer" decision is appropriate or what should be considered in making an informed decision. Spending time looking at decisions should improve the way future decisions are made. We hope to make a difference in the way teens think about the choices they make everyday. Informed decisions give the best possible outcome in life. Limited to 50 participants. Presented by: Brenda Young and Mary Beth Albright

413 Music Brings 4-H to Life

Music brings vitality to 4-H, gets members to interact and cooperate, promotes leadership among teens, and is FUN! During this session you'll get acquainted, sing, act, dance, have the opportunity to test your leadership skills, and of course, have fun! Limited to 60 participants. Presented by: Barbara and Sarah Blackburn

418 State 4-H Fashion Board Selection Interviews

2010 Ohio 4-H Fashion Board Candidates who have been invited for interviews will be participating in a series of activities with current Fashion Board members, advisors, and master clothing educators during this session. If you are your county's Fashion Board nominee, please sign up for this session. Limited to 50 participants.

Session 5 - 3:15 - 4:15 p.m.

500 Flash Judgements and First Impressions: How Accurate Are You?

Whether we admit it or not, we often treat people differently based on our assumptions and biases. That behavior often translates into showing people acceptance, indifference, or avoidance. In this workshop, participants will participate in several exercises from the "Flash Judgements" curriculum, a program designed to help examine basic assumptions and biases toward all people. Limited to 75 participants. Presented by: Steve Brady and Minnie Taylor

501 It's About Time

So much to do and so little time!! What is a teen to do?? This session will focus on time management skills and techniques to help make life a little more manageable. Identifying time wasters, prioritizing, learning to use technology to help manage time and other techniques will be explored. Limited to 50 participants. Presented by: Nancy Snook

502 Making Your Junior Leader Program Hang From the Wall

Are you looking for ways to make your Junior Leaders program unique or different? This session will share ideas for meetings, activities, projects and fundraisers along with exploring those items necessary to be an effective group. We will take part in some activities and demonstrations as groups and look at ways to be a leader in your county's group by bringing new ideas and perspective to your Junior Leader program. Join us for a session that just might have you hanging from the wall or jumping like a frog! Limited to 50 participants. Presented by: Travis West and Cassie Turner

503 How To Be Everyone's Favorite Camp Counselor

Everyone wants to be the camp counselor that everyone loves...so how do you have fun, get your campers to breakfast on time and gain lasting respect and admiration from your campers? It is truly a balancing act to accomplish all of that but there are ways to help make this challenge easier. This session will allow both teens and adult leaders to learn ways to help make their camp a success by giving teen counselors the tools to succeed. It will suggest new ideas for working with both large and small groups and will offer strategies for counselors to use this camping season and beyond. This will be a fun and interactive session that will allow participants to take home many new ideas to share with others. Limited to 75 participants. Presented by: Erin Dailey, Katie Downey and Jackson County Camp Counselors

504 Surviving a Job Interview

Are you really ready for a job interview? Witness a demonstration of good and poor interviews. Discover ways to prepare for ten major questions that an interviewer may pose to an applicant. Limited to 150 participants. Presented by: Larry Hall and Amelia McElhaney

506 Making Posters With Pizzazz

4-H'ers use posters for many things – as visual aids for demonstrations, as project displays for sharing what they have learned and for publicizing important events. In this workshop 4-H'ers will learn how to make nice-looking, informative, easy-to-read posters that enhance their presentations. Come prepared to participate as everyone will try out several new techniques in the art of poster-making. Take home a booklet of hints and ideas that can be put to use immediately. Limited to 50 participants. Presented by: Kathy Tackett

509 Cell Phones: Etiquette for Teens

Gone are the days of "party lines" when you had to wait your turn to use the telephone. Instant communication became possible with the age of cell phones. Along with the use of cell phones come responsibilities. This session will cover the do's and don'ts, as well as common sense and courtesy when using your phone. Limited to 50 participants. Presented by: Susan Russell

511 The 3 W's of Animal Care

WWW, what does it mean to you? Come and test your knowledge in a hands-on activity with the Coshocton County Beef/Sheep/Swine Teen Board and learn the importance of the 10 Good Production Practices. Limited to 75 participants. Presented by: Coshocton County Beef Sheep/Swine Board, Lin and David Hamric, and Sheila and Scott Graves

512 No Brainer: Best Choice? Does It Depend?

The session will be devoted to helping teens identify their typical style of decision making and amount of thought put into a decision. The presenters will use activities and small group discussion help teens understand steps to making informed decisions. Scenarios used will allow participants to practice and discuss when a "no brainer" decision is appropriate or what should be considered in making an informed decision. Spending time looking at decisions should improve the way future decisions are made. We hope to make a difference in the way teens think about the choices they make everyday. Informed decisions give the best possible outcome in life. Limited to 50 participants. Presented by: Brenda Young and Mary Beth Albright

518 State 4-H Fashion Board Selection Interviews

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520 Ohio 4-H Teen Council Meeting

Current members of the Ohio 4-H Teen Council, as well as applicants for the 2010 Teen Council, are invited to take part in the Teen Council Meeting.