

2009 Teen Leader and Charting Weekend

- PURPOSE:** To provide 4-H members personal development experiences to help them better understand themselves, and display more personal confidence when assuming leadership positions and when taking part in Charting workshops.
- WHO:** West Virginia 4-H members: participant age range is 13 - 19 and participants may not be beyond their 1st year in college.
- WHEN:** Feb. 27 – March 1, 2009
- WHERE:** WVU Jackson's Mill
Directions to WVU Jackson's Mill - <http://www.wvu.edu/~exten/depts/jmill/jmdirect.htm>
- COST:** The cost is \$74.00 per person, \$60.00 for first time attendees.
- EVENT Webpage:** <http://kanawha.ext.wvu.edu/tlw>

REGISTRATION:

The registration postmark deadline for Teen Leader and Charting Weekend is **Tuesday, February 10, 2009**. **There is an additional \$15 late registration fee for all registration material received after the deadline.**

Arriving at the Mill:

The Weekend registration is 6:30-8:00 PM on Friday. Camp closes at 10:00 AM on Sunday.

Participants will report to their assigned cottage first. Participants will then report to Harrison Cottage Assembly to see the nurse and get their meal ticket. Registration at Jackson's Mill will start at 6:30pm. **Each participant will be sent a letter of confirmation listing their cottage assignment prior to the event.**

COUNTY RESPONSIBILITY:

Counties will need to send one chaperone for every 10 campers attending from your county. **Include Registration Form and Health Form for all chaperones.**

Each participant will select a 1st and 2nd choice for each of the two workshops as shown on the registration form. If a participant selects Charting, s/he will be in the Charting sessions during both workshops. Registration and Health form must be completed and have signatures.

Counties will need to complete the online registration for each camper and chaperone by entering participant information at <http://www.peopleware.net/2633a> Click on 2008 Teen Leader and Charting Weekend and follow the onscreen directions.

Counties must have all participant's and chaperone's paper Registration and Health form postmarked and mailed by **Tuesday, February 10, 2009** to C/O 2008 TLW, Lindsey Kalivoda, 618 Knapp Hall, PO Box 6031, Morgantown, WV 26506-6031

REFUND POLICY:

Request for refunds must be made in writing and faxed, postmarked or e-mailed to: Lindsey Kalivoda, 618 Knapp Hall, PO Box 6031, Morgantown, WV 26506-6031, Lindsey.Kalivoda@mail.wvu.edu by February 18, 2009. **NO REFUNDS will be made for no-shows.** (There is a \$15 refund processing fee. No refunds will be made for amounts less than \$15 after deduction of the processing fee).

Workshop I – Please list your 1st and 2nd choices.

___ **100 Charting:** If you select Charting, you will be enrolled for all periods. **Do not select a 2nd, 3rd, and 4th period**

___ **101 H2O Training 101:** If you select **H2O Training 101**, you will need to select **H2O Training 102 and H2O Training 103**. The H2O workshop will train you to teach hands-on water quality programs and activities to a 4-H Club.

___ **102 Hands on Science 101:** If you select **Hands on Science 101**, you will need to select **Hands on Science 102 and Hands on Science 103**. Learn about and carry out a variety of hands-on science experiments that explore basic science concepts and principles, like thermo reactions and acids/bases, suitable for use in camp assemblies and camp classes.

___ **103 SPIDERS, SNAKES, HEIGHTS, BEING EATEN BY BEARS: OVERCOMING LIFE'S #1 FEAR:**

Spiders...Snakes...Heights...Being Eaten by Bears! Common fear and phobias, to be sure. Remember what it's like to ride a roller coaster? As the roller coaster seems to stop for a second at the top of the first steep track after a long, slow climb, you know what's about to happen but there's no way to avoid it now. Just hang onto the handrail, palms sweating, heart racing, and brace yourself for the wild ride down! For many people, that's what it feels like when it's time to speak in public. Whether it's giving a report in class, speaking at an assembly, or giving a demonstration or talk at a 4-H club meeting, speaking in front of others is the number one fear most people reported in several research projects. If you're paralyzed just thinking about making presentations or are an accomplished public speaker, this interactive class will help you develop confidence and skills that will help you in school, in your extra curricular activities, college and career interviews, and beyond.

___ **104 Game On!:** If you select **Game On**, you will need to select **Making the Team and Becoming the Ultimate Game Leader**. Tired of playing the same game every month at your 4-H club meeting? Looking for something new and exciting to play at your next 4-H event? This session will focus on a variety of activities that you can use next time you're asked to lead a game with a group of people. Games and activities can be used with both large and small groups in a variety of indoor and/or outdoor settings.

___ **105 Camp Counseling 101:** If you select **Camp Counseling 101**, you will need to select **Camp Counseling 201**. This workshop will aim at educating participants on how to be an effective camp counselor. The workshop will focus on interactive and hands-on games and activities that will educate teens on effectively serving as a positive influence and mentor to younger 4-H campers. Please note: The West Virginia 4-H program now requires those interested in serving as a camp counselor to attend at least 4 hours of face-to-face camp counselor training prior to serving as a counselor. This workshop would serve as one hour toward that requirement.

___ **106 Unconditional Animal Friends:** The purpose of this seminar will be to assist participants: 1) to recognize the bond between companion animals and their owners; 2) to learn the mutually beneficial roles companion animals have with people; and 3) to understand the power of companion animals and discover ways of becoming involved.

___ **107 Make Your 4-H Exhibit Electrifying!:** Tried of making a boring poster or tri-fold for your 4-H project exhibit year after year? Find out how to add some spark to your 4-H exhibit by learning some basics about electrical circuits. In this workshop, you will learn how to take items from around the house (some old Christmas lights, aluminum foil, tape and a battery) and create an interactive 4-H exhibit that is fun for you and those individuals who get to explore it. As a teen leader, you can also share your interactive poster with your club as part of a visual presentation or skill-a-thon.

___ **108 Do you C.A.R.E. about your community?** Are you tired of the same old, same old? Learn how to change the same old community service projects into fun, educational service learning experiences. Expand on existing service projects and make them interesting and fun. Explore your interests and learn how to develop projects that will get everyone involved. Participants will take tools back to their counties to show others how to expand and energize the usual community service projects clubs do together.

___ **109 What's Your Style?:** This workshop will explore the five most common leadership styles or types used with groups. The participants will determine their leadership style and have an opportunity to use their style within the group. The group will be given situations in which to lead others using the various leadership styles.

___ **110 Global Education:** Life in Nepal-Learn about life in third world Asia from a returned Peace Corps Volunteer. View beautiful images of the Himalayan Kingdom. Develop new found respect for the vast differences in the lives we live.

Workshop II – Please list your 1st and 2nd choices.

___ **201 H2O Training 102:** If you select **H2O Training 102**, you will need to select **H2O Training 101 and H2O Training 103**. The H2O workshop will train you to teach hands-on water quality programs and activities to a 4-H Club.

___ **202 Hands on Science 102:** If you select **Hands on Science 102**, you will need to select **Hands on Science 101 and Hands on Science 103**. Learn about and carry out a variety of hands-on science experiments that explore basic science concepts and principles, like thermo reactions and acids/bases, suitable for use in camp assemblies and camp classes.

___ **203 SPIDERS, SNAKES, HEIGHTS, BEING EATEN BY BEARS: OVERCOMING LIFE'S #1 FEAR:**

Spiders...Snakes...Heights...Being Eaten by Bears! Common fear and phobias, to be sure. Remember what it's like to ride a roller coaster? As the roller coaster seems to stop for a second at the top of the first steep track after a long, slow climb, you know what's about to happen but there's no way to avoid it now. Just hang onto the handrail, palms sweating, heart racing, and brace yourself for the wild ride down! For many people, that's what it feels like when it's time to speak in public. Whether it's giving a report in class, speaking at an assembly, or giving a demonstration or talk at a 4-H club meeting, speaking in front of others is the number one fear most people reported in several research projects. If you're paralyzed just thinking about making presentations or are an accomplished public speaker, this interactive class will help you develop confidence and skills that will help you in school, in your extra curricular activities, college and career interviews, and beyond.

___ **204 Making the Team:** If you select **Making the Team**, you will need to select **Game On and Becoming the Ultimate Game Leader**. Go beyond typical recreation and understand how teambuilding activities can make your 4-H club meetings or 4-H events better than ever. Participants will experience a variety of hands-on team building activities which they can use in various settings. Focus will be placed on activities that emphasize fundamental team building and teamwork concepts.

___ **205 Camp Counseling 201:** If you select **Camp Counseling 201**, you will need to select **Camp Counseling 101**. This workshop will aim at educating participants on how to be an effective camp counselor and will contain different material than the Camp Counseling 101 session. The workshop will focus on interactive and hands-on games and activities that will educate teens on effectively serving as a positive influence and mentor to younger 4-H campers. Please note: The West Virginia 4-H program now requires those interested in serving as a camp counselor to attend at least 4 hours of face-to-face camp counselor training prior to serving as a counselor. This workshop would serve as one hour toward that requirement.

___ **206 Fun with Agriculture!!!:** This workshop will present fun and creative ways to incorporate agriculture into your club meeting programs and/or camp classes. Learn different ways in which agriculture teaches us about history, reading, math, and science.

___ **207 Together We CAN...:** Have you ever been in a situation where you wondered if you were the one that was different? Has anyone ever said something about someone who was different that made you step back and think? What are the things that YOU can do to make a difference? This session of open discussions consists of group activities, in-depth conversations, and will even leave you with something to take home.

___ **208 Making Your Generation Count:** What social issues are important to you? Who are the heroes of your generation? A generation is a group of people who grow up at about the same time having a variety of common experiences. Come discover the unique characteristics and traits of your generation, the Millennials. Have fun in this interactive workshop learning about what makes intergenerational relations click. This information is fun to learn and will be valuable to you in your service efforts, and as you prepare for college or the workforce.

___ **209 Putting the Action into FACilitaTION:** Facilitation is one of those trendy words that is vague enough to be able to cover almost anything when it comes to working with groups. Quite simply, a facilitator's job is to make it easier for the group to do its work. By providing non-directive leadership, the facilitator helps the group to make decisions. Good facilitation is hard work but it can be fun, too! This workshop will demonstrate effective facilitation strategies such as brainstorming, small group discussion with flip chart recording, round robin, and merge method. Participants will learn tips for effectively working with people in groups and the challenges of being a facilitator. They will leave the session with a small facilitator's bag ready to lead their next group meeting.

___ **210 Do You Know Your Neighbor:** In recent years there has been a decreasing trend of social network in our society. We belong to fewer organizations that meet, know our neighbors less, and socialize with friends and family less frequently. Relationships with others matter. This session will examine the importance of social network and their ability to revitalize our communities and meet human needs.

Workshop III – Please list your 1st and 2nd choices.

___ **301 H2O Training 103:** If you select **H2O Training 103**, you will need to select **H2O Training 101 and H2O Training 102**. The H2O workshop will train you to teach hands-on water quality programs and activities to a 4-H Club.

___ **302 Hands on Science 103:** If you select **Hands on Science 103**, you will need to select **Hands on Science 101 and Hands on Science 102**. Learn about and carry out a variety of hands-on science experiments that explore basic science concepts and principles, like thermo reactions and acids/bases, suitable for use in camp assemblies and camp classes.

___ **304 Camp Counseling 101:** If you select **Camp Counseling 101**, you will need to select **Camp Counseling 201**. This workshop will aim at educating participants on how to be an effective camp counselor. The workshop will focus on interactive and hands-on games and activities that will educate teens on effectively serving as a positive influence and mentor to younger 4-H campers. Please note: The West Virginia 4-H program now requires those interested in serving as a camp counselor to attend at least 4 hours of face-to-face camp counselor training prior to serving as a counselor. This workshop would serve as one hour toward that requirement.

___ **305 Becoming the Ultimate Game Leader:** If you select **Becoming the Ultimate Game Leader**, you will need to select **Making the Team and Game On**. Participants will go beyond simply experiencing recreation and teambuilding activities to learning how to successfully lead recreation sessions. Focus will be placed on activity selection, understanding your audience, facilitation, philosophy of recreation and other related areas. Participants will be able to take skills learned during this workshop and apply them to their own recreation and team building sessions on the local, county and state level.

___ **306 Make Your 4-H Exhibit Electrifying!:** Tired of making a boring poster or tri-fold for your 4-H project exhibit year after year? Find out how to add some spark to your 4-H exhibit by learning some basics about electrical circuits. In this workshop, you will learn how to take items from around the house (some old Christmas lights, aluminum foil, tape and a battery) and create an interactive 4-H exhibit that is fun for you and those individuals who get to explore it. As a teen leader, you can also share your interactive poster with your club as part of a visual presentation or skill-a-thon.

___ **307 Who Is Hiding Behind That Screen?:** OMG someone has hacked MYSFACE. What is this comment? Has this ever happened to you? Let's have a conversation about cyber bullying and see if we can agree on some ways to understand what happens when someone is bullied on-line. This workshop will help you become a part of the solution--not the problem.

___ **308 What Are Your True Colors?:** Working with others can be difficult, especially when team members don't understand different personality styles. Some prefer to lead, some prefer to follow...it's all about personality type. In this workshop you will have fun learning about your personality type and how to work well with others with different personalities. Fun, team building games will be played to demonstrate the different personalities and how they can work best together.

___ **309 Teens as Camp Counselors:** This workshop will examine the various roles and responsibilities teens can assume as a functional member of a residential camp staff. Topics will include: Risk Management, Positive Behavior Techniques, I Am Your Cabin Counselor, and Teens As Class Instructors. Teens will gain an appreciation for what it means to be an effective, responsible counselor.

___ **310 College 101:** If you select **College 101**, you will need to select **College 102**. "Strategies for 1st year college success: Equipping high school seniors before they face the challenges of college life. Making the transition from high school to college can be one of the biggest challenges in life. The first year dropout rate stands at 26% nationally. This program presents key points that high school seniors must know BEFORE they depart for college. It is based on first-hand advice from real students on college campuses across the country. Numerous video segments are included. The program is for ANY STUDENT going away to ANY COLLEGE."

___ **311 Youth Can Evaluate Too:** Most of the time, young people are the target of an evaluation rather than the evaluators. Find out how you can be the one to discover if your club or camp is doing a great job or just a so-so job of reaching its goals and objectives. Be the one that decides how your 4-H group can be better at what it wants to do. Participants in this workshop will plan an evaluation of a program or project of their choice and will meet after the workshop to carry it out.

Workshop VI – Please list your 1st and 2nd choices.

___ **401 Take A Hike!:** Session participants will review the 4-H Hiking Trails project book and learn games and activities to lead a successful hike.

___ **402 Recreational Dance for Everyone:** This workshop will focus on a variety of recreational group dance activities. Participants will be able to take activities they learn, such as circle dances, mixers, folk dances and other fun dance activities, and adopt them for use in 4-H club and camp settings.

___ **404 Camp Counseling 201:** If you select **Camp Counseling 201**, you will need to select **Camp Counseling 101**. This workshop will aim at educating participants on how to be an effective camp counselor and will contain different material than the Camp Counseling 101 session. The workshop will focus on interactive and hands-on games and activities that will educate teens on effectively serving as a positive influence and mentor to younger 4-H campers. Please note: The West Virginia 4-H program now requires those interested in serving as a camp counselor to attend at least 4 hours of face-to-face camp counselor training prior to serving as a counselor. This workshop would serve as one hour toward that requirement.

___ **405 A Real NASA Space Mission:** Become a part of a real NASA space team and complete mission program.

___ **406 Stampin Green:** Learn the basic steps in rubber stamping. In this class, you will find ideas that can help you add a unique personal touch to all of your handmade stamped creations. When you create something handmade, you are taking the time to show someone you care. The recipients of these heartfelt expressions are touched and your relationships are strengthened.

___ **407 Money Habitudes for Teens:** Financial education is more essential than ever and an important piece of that understands how everyday choices, even little ones, can impact the future. Becoming aware of one's habits and attitudes about money can be an eye-opening first step to taking control of those choices. Youth who learn early to make intentional financial decisions will have a significant advantage over those who do not. Money Habitudes for Teens provides a hands-on, non-threatening way for teens to discover their own habits and attitudes about money and determine if they are helping or getting in the way of them making good financial choices.

___ **408 What are your true colors?:** Working with others can be difficult, especially when team members don't understand different personality styles. Some prefer to lead, some prefer to follow...it's all about personality type. In this workshop you will have fun learning about your personality type and how to work well with others with different personalities. Fun, team building games will be played to demonstrate the different personalities and how they can work best together.

___ **409 The Slight Edge:** In order for you to be the best YOU that YOU can be, stop waiting for life to happen and start pursuing your dreams now!!! This seminar will lead you through basic philosophy in the choosing to think differently than your peers. What is your attitude and how does your brain work with that attitude? We will spend time discussing that attitude and what success means to you.

___ **410 College 201:** If you select **College 101**, you will need to select **College 102**. What current College Sophomores wish they had known before they started their Freshman year. Based on real research with video clips of real college students.

___ **411 Extreme Fruits and Veggies:** Fruit and vegetables are not only nutritious, but can be a work of art. Participants in this workshop will be exposed to carving, decorating, and preparing foods using fruits and vegetables. They will also sample uncommon varieties, explore a fascinating array of garnishing and decorating techniques, and learn the nutritional value of this food group.