

Using Your Voice to Make Change

In this workshop you will learn how to identify a root cause and recognize the importance of the various government levels. You will then choose an issue and figure out how to ignite change by learning how to write a letter to government officials.

Living on a 20 Bean Salary

Managing money means making choices. There is never enough money available for all of the things we'd like to have or do. Come learn about budgeting and making the most of your finances.

Understanding Your Money

Money matters. You have a whole lifetime to earn, save, invest and spend it. To avoid making costly mistakes in your future, don't wait a lifetime to learn how to spend and save wisely. This is your opportunity to learn how to make the most of every penny to achieve the financial independence you want.

College Financing and Scholarships

Everyone knows that college can be very expensive and figuring how to finance college can be confusing. There are various types of student loans, grants and scholarships available. We will be presenting on the different options and how to find scholarships. After all, why borrow money when you get some for free?

Building Leaders with LEGO!

Participate in a variety of leadership activities using LEGO bricks. Experience the challenge of giving and following directions, work together in a team to complete a building activity and take the skills you learn back to your club and county. Just like LEGO, everything in 4-H is awesome!

Pathways to Your Future

Have you wondered about your path after high school? Join us to learn how to identify personal sparks, connect them to your future educational and career plans, and discover your individual pathway to higher education.

Creating an Agricultural Education Event

In this workshop, participants will learn the basics of event planning, as well as the benefits and specifics of an agricultural education event. Young leaders, especially those with an interest in agriculture, will find this workshop useful in their future project planning.

Community Garden

A fun workshop where teams must work together to create a cost-effective garden to feed a population. Along the way delegates will learn the importance of a healthy diet and how they can leave a positive affect on their community.

Take Action to #BeTheFirst Tobacco-free Generation

Hear from a Campaign for Tobacco-Free Kids National Youth Ambassador on how she advocates to create positive change in her community by educating her peers and decision-makers about the dangers of tobacco and nicotine products like e-cigarettes and advocate for ways to protect young people from a lifetime of addiction.

Getting Your Dream Job: How to Make Networking Work for You

How does one get a job? How do you network? What even is networking? Networking is an important skill that is the action of interacting with others to exchange information and develop professional or social contacts. In this session you will learn helpful tips to network your way into the job you want!

Planting the Next Generation of Environmental Scientists

Do you like nature and the outdoors? In this workshop, you will learn to lead fun, hands-on activities that show why trees are an important part of our environment. You can use these activities for project, club, county, and community level events.

Planting the Seeds of English

California is a true melting pot of cultures, and we have learned to celebrate and embrace our cultural diversity. This workshop will teach fun, hands-on activities and games that will enable youth to work with English as a Second Language (ESL) youth by supplementing and encouraging literacy.

Mindfulness – The Power Within

Explore the capabilities of your mind. Learn how mindfulness can help you relieve stress and enjoy the present.

Investigate, Don't Instigate!

An interactive workshop where you will learn how cultural views influence communication. Learn how to investigate, validate and appreciate others who may have a different conflict resolutions style than your own.

Engage. Activate, Advocate.

Elevate your activist voice with lighthearted topics such as, Does Lightning McQueen have life insurance or car insurance? Participants will learn the different types of activism and their place in civic engagement.

Breaking 4-H News

Video is a very important media in today's world. Workshop participants will learn ways to use that media to promote their 4-H activities. Workshop will teach the steps involved in developing an informative and interesting newscast about 4-H activities and events. With coaching from the presenters, participants will plan and record an interview of another 4-Her for a newscast that will be displayed during the final assembly.

The Good, the Bad, and the Ugly!

This workshop teaches event planning 101. How to plan a great 4-H event while having an effective youth - adult partnership. Participants will not only learn event planning tips, but how to deal with conflict along the way and resolve issues that may arise. Participants will also learn how to reflect and evaluate post event in order to make the next one even better!

Leading a Mindful Me Project

Mindful Me is a curriculum designed for teen leaders to deliver to children 5-8 years old. During this session you will get an overview of the curriculum and guidance in how to be a Mindful Me Teen Teacher in your county. This session will prepare youth to lead a project in their county/club program.

Be an Influencer!

In this workshop you will learn how to be an influencer and receive tools to explore, understand and create a solution for environmental issues in your community.

Youth Voice in Action at National Conference

An amazing opportunity to learn about the 4-H National Conference trip! Learn about the trip and get some tips on how to apply. As well as get insight on what 4-H offers to help members make a difference in their community.

Livestock Quiz Bowl

This workshop will introduce participants to the Livestock Quiz bowl, what it is, how it works and how they can practice and build a team to enter in the 2020 State Livestock quiz bowl competition. Plus as



a bonus they will get to test their knowledge in swine, sheep, goats, beef, dairy, small animal productions, and current events in the livestock industry.

Financing a UC Education

Come learn and test your knowledge about the financial aid programs offered at the University of California. We will utilize a web-based platform as a multiple choice Q & A session. Prizes will be offered to the top 3 participant scores.

LGBTQ & Dialogue

Leaders should be prepared to work with individuals from all backgrounds. This session will help to build cultural competency in working together with members of the LGBTQ+ Community.