

4-H MARCH INSTITUTES

DIY: Disruption, Innovation & You



A Professional Development Series for North Carolina 4-H Professionals



Creating a Culture of Innovation

By Mitzi Downing

If we asked you to think of a creative person, you might imagine a musician with a guitar, or a young person, painstakingly fitting Legos together to create a flying car or perhaps one of your co-workers.

What you almost certainly wouldn't think of is an office stacked full of program supplies or a messy cubicle.

Creativity, we think, happens in wide open spaces, brightly colored rooms, and studios. It happens from disorder and experimentation at 9:00 pm or 3 am, not the middle of the work day.

That can be true. But it is also true that creativity and innovation happen between 8 to 5, in a conference room, with people wearing 4-H polos. It comes from a series of small observations, recombinations of ideas, and opportunities that give us time to connect, reflect, grow and energize.

This year's conference theme was designed to inspire and motivate. We hope you enjoy this conference to its fullest.

CONFERENCE AT A GLANCE

**THREE AMAZING GENERAL
SESSIONS -
INCLUDING LIGHTNING
SESSIONS**

**DAY 1:
CLOVEROLOGY:
INNOVATING YOUR
PRACTICE**

**DAY 2:
NEW RESEARCH &
INNOVATIONS**

**DAY 3:
DO IT YOURSELF
(NO ONE ELSE CAN)**

Day 1: March 10, 2020 / Sessions I & II

CLOVEROLOGY: INNOVATING YOUR PRACTICE

12:30 - 1:00 pm On-Site Registration / 3rd floor of Talley

Session I Workshops / 1:00 - 2:30 pm

- 4-H Clubs 101 / Room 3222
- First Aid / Room 3285
- NEW: 4-H Common Measures / Room 4280
- *4-H Summer - What is it, how to do it & why/ Room 3210 (Offered only once)

2:45 - 3:15 pm Break

Session II Workshops (Repeats) / 3:30 - 5:00 pm

- 4-H Clubs 101 / Room 3222
- First Aid / Room 3285
- NEW: 4-H Common Measures / Room 4280



Day 2: March 11, 2020 / Sessions III, IV, V & VI

NEW RESEARCH, INNOVATIONS & DISRUPTIONS



8:00 - 8:30 am On-Site Registration / 3rd Floor Talley

**Session III: 8:30 - 10:00 am / NEW: 4-H Thriving Model
- General Session / Hatteras & Ocracoke Ballroom**

Facilitators: Dr. Mike Yoder & Special Guests

10:00 - 10:30 am Break

Session IV Workshops / 10:30 - Noon

- Going Up In Smoke: Vaping & Other Drugs Uncovered / Room 3285
- How to Recruit Volunteers and "then" Recognize & Inspire them on a Budget / Room Currituck
- Target Building A Strong 4-H Shooting Sports Program / Room Ocracoke

12:15 - 1:15 Networking Lunch / Hatteras & Ocracoke Ballroom / *Create Your Own "To-Go Style Hot Lunch" so, you can eat in one of the many common spaces, outside, or stay in the ballroom.

SPECIAL OPPORTUNITY

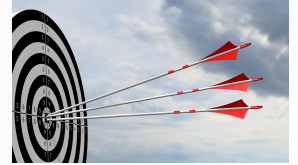
Take advantage of Carmichael Gym while you're here on campus. Use the Special Gym passes in your registration packet to gain access.

Day 2: March 11, 2020 / Sessions III, IV, V & VI

NEW RESEARCH, INNOVATIONS & DISRUPTIONS

Session V Workshops (Repeat) / 1:30 - 3:00 pm

- Going Up In Smoke: Vaping & Other Drugs Uncovered / Room 3285
- How to Recruit Volunteers and "then" Recognize & Inspire them on a Budget / Room: Currituck
- Target Building A Strong 4-H Shooting Sports Program / Room: Ocracoke



3:00 - 3:30 Howling Cow Ice Cream Sundae Break



Session VI: 3:30 - 5:00 pm / Lightning Talks & Roundtables - General Session / Hatteras & Ocracoke Ballroom

- Brandi Boaz, *Reality Store*
- Jackie Helton, *4-H Food Programs, Working with Your FCS & Ag Agents*
- Jamilya Martineau - Lopez, *Affirming Transgender and Gender-nonconforming Youth is Saving Lives*
- Jonathan Smith, *Preparing Gen Z for Leadership*
- Crystal Starkes, *Catch Their Eye: Visuals & Promotional Items That Spark*
- Tracy LeCompte, *Teens Leading Cloverbuds*

Lightning Talks will last for no more than 5 minutes each. At the conclusion of the Lightning Talks presenters will move to their station to host a series of round-robin talk discussions. Attendees will have the opportunity to rotate through several stations where you can ask questions and or learn more about the topics of your choosing.



*Leadership and
learning are
indispensable to
each other.
~John F. Kennedy*

Day 3: March 12, 2020 / Sessions VII, VIII & IX

DIY: DO IT YOURSELF (NO ONE ELSE CAN)

8:00 - 8:30 am On-Site Registration / 3rd Floor Talley

**Session VII: 8:30 - 10:00 am / Grow Your Program with Middle Manager Volunteers
- General Session / Hatteras & Ocracoke Ballroom**

Facilitator: Rebecca Harrington, Director of Operations & Systems,
Minnesota 4-H

10:00 - 10:15 am Break

Session VIII Workshops / 10:30 - Noon

- You Said What: Civil Discourse / Room 3222
- C.O.P.E - The REALities Behind Human Trafficking in NC /
Room 4280
- Prioritize You: Caring For Yourself So You Can Care For
Others / Room / 3285

Noon - 1:15 Networking Lunch / Hatteras & Ocracoke Ballroom

Session IX Workshops (Repeats) / 1:30 - 3:00 pm

- You Said What: Civil Discourse / Room 3222
- C.O.P.E - The REALities Behind Human Trafficking in NC /
Room 4280
- Prioritize You: Caring For Yourself So You Can Care For
Others/ Room / 3285

Conference Ends at 3:00 pm - Travel Safe!



NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C.A&T, U.S. Department of Agriculture, and local governments cooperating.

Session Descriptions

Day One - Tuesday, March 10, 2020

4-H Clubs 101 / Facilitator Dr. Shannon McCollum

4-H Clubs are a great way to supports long-term youth development and build community with our youth while instilling essential life skills such as leadership, communication skills, and nurturing relationships. This session will be help you understand the very basics of starting a 4-H club.

4-H Summer - What is it, how to do it & why/ Room 3210 / Facilitators: Dave Herpy, Angela Brisson, Others TBD (*This is session is only being offered once)

Join your fellow agents for a panel discussion on 4-H Summer Residential Camping. You'll learn why summer camp is such a critical experience for young people and how your county 4-Hers can benefit from staying at one of the three residential 4-H summer camps in North Carolina. These 4-H camping champions have decades of combined camping experience and will share how to get started with 4-H camp, pro tips on coordinating and managing the camp experience, camper recruitment, fundraising and program sustainability. We'll also be joined by former camper turned camp counselor to share a first-hand testimonial on how and why 4-H residential camping is so important for the 4-H youth of North Carolina.

First Aid, CPR, AED Training / Facilitator Laura Hill, NC State Fire Marshall's Office

*This course covers basic first aid practices when encountering common illnesses and injuries, such as cuts, minor burns, seizures, choking or allergic reactions. Additionally, the course provides an overview of how to perform bystander CPR and how to use an automated external defibrillator, when one is available. After the presentation, the participants will practice bystander CPR and learn to operate an AED on a manikin. *This is not a certification session.*

New: 4-H Common Measures / Facilitator: Autumn Guin

The National 4-H Common Measures instruments are designed to assess the impacts of 4-H programs in science, healthy living, civic engagement, college/career readiness, and universal positive youth development. Come explore the new Common Measure evaluation instruments and how you can best implement them in your programs.

Day Two - Wednesday, March 11, 2020

New: The 4-H Thriving Model / Facilitators: Dr. Mike Yoder and Special Guests (Pending)

The 4-H Thriving project aims to look more closely at the ways in which 4-H contributes to the positive development of youth. The model outlines the ingredients of a high quality 4-H program and how high quality programs help youth participants thrive and achieve key developmental outcomes. In collaboration with Dr. Ryan Gagnon of Clemson University, the model was successfully piloted tested in 2017, and retested in 2018 with youth in the 4-H program. The 4-H Thriving Model advances our understanding of how positive youth development programs like 4-H impact the lives of young people.

Going Up in Smoke - Vaping & Other Drugs Uncovered Facilitators: Susan Foster & Virginia Johnson, Poe Health Education Center, Raleigh, NC

This session will introduce you to the current trends regarding alcohol, tobacco and other drugs; health risks associated with adolescent use/abuse; North Carolina laws; and techniques for open communication and dialog with adolescents.

Session Descriptions Continued / Wednesday, March 11, 2020

How to Recruit and "then" Recognize & Inspire Volunteers on a Budget / Facilitator: Dr. Sarah Kotzian

Everyone needs more volunteers but how do you successfully recruit them AND keep them coming back? Join us for a session full of innovative practices on volunteer recruitment, retention and recognition.

New: Target Building a Strong 4-H Shooting Sports Program / Facilitators: Art Bradley, Jessica Drake, Sandy Hall, Liz Peterson, Chad Ray & Charles Young

As the fastest growing 4-H program in North Carolina, shooting sports point more youth than ever in the right direction. Managing a 4-H Shooting Sports program in your county can be a daunting task. In this workshop, participants will acquire information regarding starting a 4-H Shooting Sports program, training requirements for instructors, risk management and safety procedures, programming suggestions, state rules and regulations for competition in the state and national levels.

4-H Lightning Talks & Roundtable Discussions: *Lightning Talks will last for no more than 5 minutes each. At the conclusion of the Lightning Talks presenters will move to their station to host a series of round-robin talk discussions. Attendees will have the opportunity to rotate through several stations where you can ask questions and or learn more about the topics of your choosing. Presenters include:*

- ***Brandi Boaz, Reality Store*** / *Teach real world decision making without real world consequences. Easy reproducible program ideal for working with teens in any 4-H delivery mode.*
- ***Jackie Helton, 4-H Food Programs, Working with Your FCS & Ag Agents*** / *4-H Food Programs are so popular we have over 10 different sessions throughout the year. One of the reasons we are successful is because we work with our FCS & Ag Agents to implement the programs. I will share resources and evaluation tools to help you get started.*
- ***Jamilia Martineau - Lopez, Affirming Transgender and Gender-nonconforming Youth is Saving Lives*** / *Recent studies show that 30-50% of transgender teens have attempted suicide. The research is clear: Having an accepting adult in their lives exponentially decreases suicide attempts and greatly improves mental health outcomes.*
- ***Jonathan Smith, Preparing Gen Z for Leadership*** / *Generation Z is predicted to be a smaller generation than preceding ones. Therefore, more of today's students are going to be expected to lead at some point in their lives. You'll learn about the Habitudes by Growing Leaders program and how I use it to help students develop leadership habits and attitudes.*
- ***Crystal Starkes, Catch Their Eye: Visuals & Promotional Items That Spark*** / *Catch the eye of the passer by with great 4-H visuals and see some of the promotional items used for Union County's Clover Gala, and more.*
- ***Tracy LeCompte, Teens Leading Cloverbuds*** / *Learn about an easy to duplicate cloverbud club implementation model, led by teens under the supervision of an adult.*

Session Descriptions Continued

Day Three - Thursday, March 12, 2020

Grow Your Program with Middle Manager Volunteers / Facilitator: Rebecca Harrington, Director of Operations & Systems, Minnesota 4-H

4-H youth development programs value volunteers—those individuals who donate their time to work in some capacity. The most successful programs have a volunteer system that is expanded to involve middle management volunteers. This session will equip staff to understand their part in leading middle-management volunteers, identify and design roles for middle-management volunteers, and cultivate volunteers to serve in these important roles.

What Did You Say: Civil Discourse in the 21st Century / Facilitators: Cintia Aguilar, Dr. Michelle Eley, Dr. Susan Jakes, Kittrane Sanders

This session will focus on civil discourse by defining what it is—and isn't—and how it plays an important role in defining how professional educators engage with diverse youth. There are multiple factors that make thinking about civil discourse critical in our time: first, we are increasingly living and working in enclave environments; second, we have a highly polarized and partisan political culture; third, we find high levels of distrust by the public for both professionals and institutions; and fourth, some question the place of civil discourse when so many issues seemingly demand immediate action.

Project C.O.P.E. - The REALities Behind Human Trafficking in NC / Facilitator: Kiricka Yarbough Smith, C.O.P.E. Project Administrator, NC DOA

Human trafficking is one of the fastest growing crimes in the United States and NC ranks 8th in the nation. Come learn about project C.O.P.E., a youth-focused program that aims to increase awareness about human trafficking, and the factors that make youth susceptible to trafficking.

Prioritize You: Caring For Yourself So You Can Care For Others / Facilitator: Katie Belusa, Coordinator Wellness Programs, NC State University

As 4-H professionals you spend significant time caring for others, but you may struggle to take of yourself. This session will explore why caring for your own needs is so important and will break-down how to make that happen. Topics will include: self-care, burnout, sleep, stress and time management, and more.



HOW TO REGISTER

How to Register: To register for this year's Institute complete the short 4-H March Institute Registration Google Form (click on the icon on the right) AND register for Workshops in XLMS.

This year we will offer two (2) options for registration - Full time (\$90) and 1-Day Only (\$60).

Conference Registration is open now and will close on Monday, February 17, 2020. Workshops are on a first-come, first-serve basis. REGISTER TODAY!

4-H March Institutes - DYI: Disruption, Innovation & You

Event Dates: March 10 - 12, 2020
Event Location: Talley Student Union, NC State Campus
If you have Registration or Logistics questions please contact Sarah Williams at snwill13@ncsu.edu
If you have Conference Program questions please contact Dr. Mitzi Downing at mitzi_downing@ncsu.edu
Registration will close on Monday February 17, 2020 at 5:00 pm

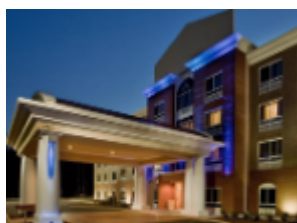
* Required

Parking on NC State Campus: The 4-H March Institute will take place during NC State's Spring Break so, parking will not be an issue. Closer to the event we will send out a link to a form where you can secure a parking pass for the Coliseum Parking Deck.

Lodging: We have secured several locations for lodging all of which include a "hot" breakfast. Attendees should make their own lodging reservations.

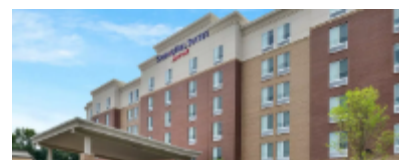
- Holiday Inn Express Hotel & Suites near NC State University | 3741 Thistledown Drive Raleigh, NC 27606 USA Hotel: 919-854-0001 / Room Rate: \$120/night / Room block close date: Feb 25, 2020
 - To make reservations, your guests can call 919-854-0001 or 1-800-HOLIDAY. Guests should request group code N4H or group title NCSU 4H Professional.
- Embassy Suites by Hilton Raleigh Crabtree | 4700 Creedmoor Rd. Raleigh, NC. 27612 Hotel: 919-645-1468 F: 919-782-7225 / Room Rate: \$129/night / Room block close date: Feb 22, 2020
 - Please mention that you are part of the 4-H Institute room block and give the group code 517. Online, after selecting the dates, click "check rooms & rates" then click on "have a special rate?" and type in the group code 517.
- SpringHill Suites by Marriott Raleigh | Cary 1128 Ledsome Ln. Cary, NC 27511 / Room Rate: \$120/night Room block close date: Feb 14, 2020
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