



NC STATE
EXTENSION

North Carolina 4-H
Campus Box 7655 NCSU
Raleigh, NC 27695-7655
(919)515-8466 – Phone

North Carolina 4-H's Virtual Volunteer Training
Saturday, May 30, 2020

Register Online:

<https://forms.gle/M4uZJV4Y88VEcn8i7>

Cost

The conference is FREE, and open to the first 400 North Carolina 4-H Volunteers who register.

Registration / Session Access

Participants must register online using the link above. Registration will close on Wednesday, May 27 at 12 Noon. On Friday, May 29, 2020 everyone registered will receive an email containing access information (online and via telephone) for all of the sessions.

Recorded Sessions

Each session will be recorded, and everyone registered will receive access to these sessions following the conclusion of the conference.

Accessibility

Accommodation requests related to a disability should be made by May 20, 2020 to Dr. Sarah Kotzian, 919-515-8480, Sarah_Kotzian@ncsu.edu.

Conference Schedule

- 8:30 AM Welcome
Dr. Mike Yoder, Associate Director; State Program Leader North Carolina 4-H, NC State Extension
- 9:00 AM Workshop Session 1 (Please Choose 1)
- A. **Awards Opportunity**, *April Dillon, Area 4-H Agent*
 - B. **4-H Horse Program Updates and Ideas for Social Distance Meetings**, *Alaina Cross, Extension Associate - Equine Program and Lori Stroud, Extension Assistant - Horse Husbandry*
 - C. **Virtual Avian Bowl**, *Dr. Mary Fosnaught, Extension Associate - Poultry Science*

- 10:00 AM Workshop Session 2 (Please Choose 1)
- A. **A Mindful Moment**, *Kenan Bridges, NC 4-H Healthy Living Coordinator - NC 4-H*
 - B. **Best Practices and Helpful Hints for 4-H Presentation Videos**, *Dr. Shannon McCollum, Extension Associate – NC 4-H*
 - C. **Pollinators**, *Liz Driscoll, 4-H Specialist – Crop and Soil Science, Entomology and Plant Pathology, and Horticultural Science*
- 11:00 AM Lunchtime Learning Session
Mr. Jones Loflin
- 12:30 PM Workshop Session 3 (Please Choose 1)
- A. **Improv Public Speaking**, *Emily Worth, State 4-H Council President – NC 4-H and Leah Jackson, State 4-H Council Secretary/Treasurer – NC 4-H*
 - B. **Vermicomposting**, *Peggie Lewis Joyce, Area 4-H Agent – NC 4-H*
 - C. **Working With 4-H Youth in an Online Space**, *TBD*
- 1:30 PM Closing Session
Dr. Rich Bonanno, Associate Dean and Director, NC State Extension

Workshop Descriptions / Needed Supplies

4-H Horse Program Updates and Ideas for Social Distance Meetings

Learn about the virtual summer programming, including a virtual horse show, that the 4-H Horse Program will be conducting this summer, ask questions, and get ideas and support for keeping 4-H horse clubs engaged while practicing social distancing.

A Mindful Moment

Mindfulness is a practice of bringing attention to our "moment to moment" experiences. Take this moment to learn tips and tricks to help you stay calm and focused!

Awards Opportunities

Participants will learn about the vast opportunities for district and state 4-H awards that all 4-H'ers can work towards throughout their 4-H career.

Best Practice & Helpful Hints for 4-H Presentation Videos

This session is designed to give 4-H Volunteers information that will be helpful as you are working with your 4-H'ers on recording their 4-H Presentation Videos. We will discuss the 2020 Presentation Competition, share tips to help with composing the videos, helpful ways to record and save the videos

Improv Public Speaking

In this session, participants will engage in a few improv activities that will sharpen and build public speaking skills. This will not only be fun for 4-H volunteers, but also useful as they help train 4-H'ers for confidence in presentations, quick and creative thinking skills and help prepare youth if they are interesting in running for a 4-H officer position. Come ready to have fun!

Pollinators

Explore the wondrous world of pollinators through dancing, racing, eating, planting and playing.

Vermicomposting

Explore the world of worms eating your garbage. This will be a demonstration on how to assemble a worm bin and keep it healthy.

Virtual Avian Bowl

Participants will experience a hands on introduction into a Virtual Avian Bowl. A mobile device with QuizBowl Systems app downloaded and a zoom compatible computer are needed to participate in this session

Working With 4-H Youth in an Online Space

Together we will explore what it mean to work with 4-H youth in an online environment. Best practices as well as tips and tricks will be shared.