

**75th Annual
State 4-H Congress
June 3-4, 2021
University of Missouri - Columbia**



**STATE 4-H
CONGRESS**

University of Missouri | Columbia, MO



STATE 4-H CONGRESS IS SPONSORED BY:



Jason and Marty (Hoffmeister) Orris

Aaron and Erica Baker



Missouri 4-H,

It is my privilege to welcome you to the 75th Annual Missouri State 4-H Congress! Although we had to transition to a virtual format, your State 4-H Council has spent countless hours to make sure that your time with us will be nothing short of incredible. During our two days, you will experience career workshops, civic engagement opportunities, and above all, an opportunity to grow your leadership skills while networking with other 4-Hers from across the state.

I remember my first State Congress four years ago. I was extremely excited to be attending as it was an event that I had heard great things about while growing up. Although this year will look drastically different from the years before, it is my hope that it will be no less amazing and inspiring. As members of the largest youth development organization in the world, we have the opportunity to impact the lives of those around us every day. By attending Congress, you will have the opportunity to learn skills that, when combined with your talents, will be able to improve your club, community, country, and world.

As I wrap up my year as President, I wish to tell you that it has been an honor and blessing to serve you and the organization that has impacted me in more ways than I could imagine, and for that, I thank you. On behalf of the State 4-H Council, we look forward to seeing you at our Diamond Jubilee, the 75th Annual Missouri State 4-H Congress!

Sincerely,

Seth Hansen

2020-2021 Missouri State 4-H Council President

2021 State 4-H Congress Agenda

THURSDAY, June 3, 2021

- 9:30-10 am** Regional meetings
- 10-10:30 am** Opening assembly– Pledges, Welcome from State Extension 4-H and National 4-H dignitaries
- 10:45-11:45am** Assembly led by Patti Dobrowolski of You're Your Creative Genius*
- 12-1 pm** Lunch break
- 1-2 pm** Career sessions
- 2:15-3:00 pm** Officer candidate speeches and officer election. **VOTING CLOSSES AT 5:00 PM**
- 3:00 pm** Social Time with State 4-H Council

FRIDAY, June 4, 2021

- 9:30-10 am** Assembly– recognize outgoing officers, regional reps & advisors; install new regional reps, officers and advisors
- 10- 10:15 am** Break
- 10:15-10:45 am** Keynote speaker– Kent Julian
- 10:45-11 am** Closing remarks from new 4-H Council president

*Are you tired of people asking “What do you want to be when you grow up?” This workshop will help you think about your future in a way that will open new possibilities. Starting with an on-line assessment that helps you better understand your unique strengths and interests, you will learn how to translate your abilities in to “Agilities” which are the work activities that make up every job. Then hold on as you launch into a creative process where you can look at your current reality, dream about what you want to do in the future and think about steps you can take to turn your desired future into reality! Draw Your Future with Your Agilities is a fun, exciting way to help anyone think about future career options and start exploring. Join us for this fun workshop presented by The DeBruce Foundation in partnership with Up Your Creative Genius.

Keynote Speaker



Kent Julian is a lot of things: crazy-in-love with his wife, proud father of three, Certified Speaking Professional (CSP) with the National Speaker Association, owner of two successful businesses, author, swim coach, fish-taco lover, and proud bald guy. But this wasn't always the case.

He started out as an “at-risk” kid who couldn't read in third grade. When he graduated high school, his SAT scores were so low that he had to take Development Studies just to get into college—on probation.

From these humble beginnings, he went on to graduate college cum laude and earned summa cum laude honors with his Master's degree. After graduation, he led several youth organizations before becoming the executive director of a national youth organization that served approximately 2,000 youth groups across the United States.

After almost 20 years in non-profit work, he did something crazy... he launched his own business. Now he speaks, writes, and consults leaders all over the world. You can find his work online in cool places like Entrepreneur.com, Success.com, HuffingtonPost.com, GoodMenProject.com, and more. He also hosts his own successful podcast called The Live It Forward Show with Kent Julian.

2021 CONGRESS OBJECTIVES

1. Provide quality age appropriate learning experiences for 4-H youth ages 14-19, through Career/College sessions and other leadership opportunities.
3. Provide 4-H youth an opportunity to become acquainted with one another.
4. Facilitate the election of the next year's State 4-H Council's Officers and install regional representatives.

“Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability, or protected veteran status. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America.”

REFUNDS

Refunds will not be available for this event.

REGISTRATION:

You must be at least 14 years of age before January 1, 2021 to attend. You may attend more than once, subject to county approval. The cost of this year's conference is \$50.00.

Registration through 4HOnline (<http://mo.4honline.com>) will open on **March 1, 2021** and extend through **April 15, 2021**. *We cannot accept registrations after April 15.*

2021-2022 EXECUTIVE OFFICER CANDIDATES

PRESIDENT—ETHAN VANDERWERT
BRADEN CONSTANT
VICE PRESIDENT—MICHAEL DIECKMANN
TREASURER—ANNA LOUCKS
SECRETARY—ADA TUCKER
OUTREACH COORDINATOR—CAROLINE MAYES

Be sure to check your emails regularly regarding Congress registration, updates and important information!

Career Sessions

Thursday, June 3 from 1-2 pm.

This year there will be one 60-minute Career Session. Give us your first and second choices.

A. My Preparedness Initiative

My Preparedness Initiative (MyPI) is a national award-winning youth preparedness, leadership and educational outreach program for teenagers (13-19) across Missouri. This session will outline and demonstrate several of the hands-on activities taught through the program, such as how to stop bleeding, how to bandage a wound, how to do a head-to-toe medical exam, or maybe how to transport an injured person. You will also learn the importance of developing a communication plan and a family emergency kit.

B. Exploring Careers in Environmental Sciences and Education

Environmental education aims to educate the public about nature and environmental issues. What are the career pathways for a major in environmental sciences with an emphasis in education and outreach? Come and learn more about this new degree program offered by The School of Natural Resources at Mizzou.

C. The Basics of Electricity

Have you ever wondered how lights and computers work or had to do basic electrical repair? Come and find out how electricity works, and learn how to be safe with electricity!

D. Future of Fashion

We will explore the future of the fashion industry post COVID. Since dress and shopping behaviors shifted, new & exciting opportunities await for you as part of one of the largest industries in the world. Come learn about the ways you can contribute to this dynamic, evolving industry!

E. Diagnostic Imaging Careers: Radiography and Beyond

In this session, 4-H'ers will learn about medical imaging's role in medical diagnosis. We will define important terms and distinguish the different health professionals who work in medical imaging. We will explore the different kinds of imaging available and where that imaging can take place. Finally, we will discuss the process of becoming a radiographer and how the 4-H'ers can prepare for that field.

F. Careers in Natural Resources

This session will cover various careers in the natural resources fields. This includes careers in forestry, fisheries, wildlife and conservation.

G. Food for Thought: Understanding the Meaning Behind Label Claims on Meat Products

When shopping for fun you are constantly bombarded with different statements and claims on food packaging. Meat products are no exception! Take a stroll past the meat counter and you will see labels with claims about health, production practices, and ingredient content. What is uncured bacon? If one package of chicken breast say free of artificial grown hormones, but another doesn't, then is one better than the other? How truly 'free' is 'cage free'? We will explore some of today's popular claims of meat products and seek to understand the true meaning behind them.