

2024 Discovery Days Class Session Options

SPARK SESSIONS – Wed June 5th – 1 hour - Choose two

Class Name – Max Capacity – Description – Any Fees

Be a part of the 48 Hours of 4-H Service Challenge and Serve your Community!

Youth Council Members will share information about the 48 Hours of 4-H Service Challenge, help participants consider projects for their communities and the planning process.

Beginner Bowling – First Session ONLY

Max - 25

Student will learn to bowl as they are bowling in the K-State Union Bowling Center

Bird Watching - Merlin and Other Cool Nature Apps

Max – 24

450 bird species have been found in Kansas. Merlin is a great citizen science tool used to identify and document birds. Tablets will be provided for student use. Students will ID birds using mounts, photos set up along a nature hike, any live birds witnessed on KSU campus, and using bird song calls. As time allows, we will delve into some other great apps like iNaturalist, Seek, and Star Chart.

Code, Create, and Conquer: Your Pathway to Software Engineering

Dive into the cool world of software engineering with us! This workshop is like no other - you'll get to play around with coding, learn how to make your own apps, and even explore how big systems are built. Ever wondered how apps like Snapchat or games like Fortnite work? We'll show you the ropes, from the basics of programming to using cool tools that professionals use to make the apps you love.

Whether you're just curious about tech or thinking about a career in software, this workshop is the perfect place to start. You'll get to do real coding, and even work on a fun project. Learn how to break into tech, and meet some people in the industry! Don't miss out on this adventure into the world of software engineering - it's your first step towards becoming a tech wizard!

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

Engage the Fun in Leadership!

Min – 15 Max – 30

Engage the Fun in Leadership! This SPARK session will get you up and moving! We will look at several leadership games that promote collaboration, listening, and speaking. They will also spark fun and laughter! Leadership skills can be learned best through fun engagement. We will reflect on the difference between deciding to do something and actually taking that leap and doing it. Many great ideas never get off the ground. You will leave with several activities to take back to your groups and an action plan to help you be the leader that engages people.

Exploring Alpha of Clovia: Alternative Housing at K-State

Imagine sharing a college experience with students that share your background in 4-H and forming amazing connections along the way! Join us for a house tour, an opportunity to meet current Active members, and experience the fun of our sisterhood as we create a memento for you to take home. Alpha of Clovia is a 4-H Cooperative Leadership House located near campus. Since 1931, the women of Alpha of Clovia have lived together in a cooperative manner – sharing housework and possessions to reduce the overall cost of living. Throughout the years, women at K-State from various backgrounds across the country have become members, participating in activities such as: philanthropies, house retreats, the annual national Clovia meeting, and homecoming, among other social events. Clovia gives women the opportunity to acquire and grow their leadership skills while making friendships that last a lifetime! Open for all High School women interested in attending K-State in their future and learning more about the Clovia sisterhood.

Finding Your Purpose - An Exploration of Career Opportunities in Agriculture

Helping you identify (or explore) your dream job through opportunities at K-State. The College of Agriculture has many pathways, and this is your chance to explore and see where you may fit. Are you a Future Wildcat in Agriculture?

Flora, Fauna, BANG!

Max - 43

Discover your SPARK with a Team of Current 4-Hers. We will cover the Psychology of Shooting and then step outside for a few activities to embrace Nature.

Fueling Your Inner Athlete

Your teenage years are formative years for your body. This is when your body is growing and changing the most and when you are pushing your body to its physical limits. Learn how the food you put in your body can either fuel your tank or leave you running on empty. In this class we will get down to the nitty gritty about what we are putting in our bodies. We will discuss how the type of food, number of

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

calories, and daily intake of carbohydrates, sugar, caffeine, and sodium all affects the body. Learn what energy drinks are safe, how to buy healthy snacks at the convenient store, and how to pack your lunch bag for your next sporting event. Whether you are trying to build muscle, lose weight, or just want to make better choices, this class is for you!!!

Getting Hands-on Horticulture

Max - 50

In "Getting Hands-on Horticulture" students will rotate through stations working directly with plants. Students will tour the greenhouse facility and gardens on K-State's Manhattan campus and explore various careers in horticulture such as floriculture, greenhouse management and nursery production.

Kansas Youth Leadership Forum (KYLF)/Applying for State Council

Get an understanding of the interview process by doing a mock application and getting advice on what to put on your application to get on Youth Leadership Council. A KYLF run through as well as revealing the theme.

KSU's Hal Ross Flour Mill Tour

Interested in seeing how wheat gets turned into flour? Come tour K-State's unique flour mill to find out what it takes! You learn about the process of flour milling and will see the same state of the art equipment and automation found in one of today's commercial flour mills.

Let's Vacation at a National Park

During this session you will learn why it's important for people to have awesome experiences at National Parks and how this positively impacts society. Come learn about the National Park Service and the fun careers in the field of Park Management and Conservation.

Livestock Project Selection

Do you love livestock? Have you never showed an animal before? Well here is an opportunity for anyone to learn more about the livestock project. In this livestock selection class we will focus on what makes a good 4-H livestock project. We will explore the beef, meat goat, sheep, and swine projects and talk with professionals in the livestock industry. They are going to share the keys to good livestock selection and help you succeed in your 4-H livestock project.

O.H. Kruse Feed Technology Center Tour

Interested in learning what it takes create that bag of feed you feed to your livestock or poultry? Come tour our state-of-the-art feed mill to see how we make feed for K-State Livestock and Poultry.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

Raising Future Assistance Dogs - Dog Training

You have heard of a service dog before. But who trains them? How are they trained? Have you ever had an interest in training dogs? What kind of dogs are allowed to be a service animal? Join us to learn more about how you could help raise a puppy and build the foundations of a future assistance dog.

Shaping the Future

Wondering what to do after high school, how to explore your options, and how to start exploring a professional career in early childhood? Come with your mobile device/phone to use as we play an interactive game, win prizes and even experience play. Kansas Child Care Training Opportunities has served as the leader in Kansas for helping early childhood professionals for nearly 40 years. KCCTO is located on the K-State campus and is part of the College of Health and Human Sciences. We offer non-credit-bearing courses for certificates. Most of our courses are online asynchronous, and we also offer live virtual courses and in-person options as well. During this SPARK session, you will learn more about early childhood, the many professional career paths that are linked to this field of study, and how you can begin exploring now.

Superstar Livestock Show - \$5 Fee

Min- 5 and Max – 20

Do you have a passion for showing Livestock? Do you wonder about how to include everyone in this passion? Learn about Teach youth the steps to put together a livestock show for underprivileged youth.

Talk the Talk and Walk the Walk

The best way to become a good public speaker is to practice, practice, practice. The best way to become an excellent public speaker is confidence, knowledge and passion. In this hands-on, active workshop you will not only get to participate confidence boosting ice breakers, but you will also learn how to effectively give a blue ribbon presentation.

In this workshop, we will discuss....

- appropriate visuals, length of presentation, context, citations, and how to connect with your audience.
- Plan to be engaged, and think outside of the box but most importantly, plan to develop a toolbox of tips and tricks that will enable you to become a more confident public speaker.

The goals of this workshop are to:

- To develop cooperation, support, and respect for one another.
 - o This is accomplished by working in groups to:
 - o Trust themselves and others to accomplish difficult, and nerve-wracking tasks.
 - o Talk, listen, encourage, help, accept, and understand, those who struggle with public speaking.
 - o Reduce stress, reduce nerves, and gain confidence!

Activities:

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

We will be utilizing activities from a variety of sources – Activities might include: “Silent Speakers”, “Getting Alphabetter at Speaking”, “Imaginary Creatures”, “Tongue twisters” and “Order, Order”.

“Trailblazers: Becoming Tomorrow’s Leaders” – First WED Session ONLY

Max 200

In this engaging and interactive lesson, students will explore the exciting world of leadership with Professor Mike Finnegan! Whether you’re already a 4-H member or new to the program, this session is designed to empower you with essential skills that will serve you well beyond the classroom. Get ready to discover your leadership potential, enhance your communication abilities, and ignite your passion for making a positive impact! **** IF you take this one, you might want to also sign up for a connected 1.5 hour session, Crop Circuits: Growing Leaders in Ag Systems. ****

Visual Thinking Strategies for Civil Discourse

Min – 7 Max – 12

Find out about Leadership and Communications classes at K-State use Visual Thinking Strategies to promote the civil exchange of ideas. This is an interactive workshop, so come ready to share!

What is a Personality Type & How Does it Connect to the World of Work? – 2:30 to 3:30pm ONLY

Have you ever been interested in learning about your personality type and how it directly connects to a work environment? In this breakout session, first, you will start by completing an interest inventory, figure out your personality type and what that means, and then, leave with work environments that connect with your personality type.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

Participants need to fill their THURSDAY morning and afternoon with a combination of 1 ½ Hour session and/or Half Day sessions. They could take two 1 ½ hour sessions in the morning and one Half Day Session in the afternoon as an example. OR They could do two Half Day sessions to fill their Morning and Afternoon Sessions. OR they could do 4 1 ½ Hour sessions with 2 in the morning and 2 in the afternoon.

1 ½ HOUR SESSIONS – Thurs June 6th

Class Name – Max Capacity – Description – Any Fees

100 Years of Teen Slang – Thursday

Morning ONLY

Max - 24

In this interactive session participants will create pictures of their own voices called spectrograms, learn about how texting and tech impact language, and uncover how teens in Kansas used language to form social ties over 100 years ago using tools from the field of linguistics.

A New Chapter: Finding & Transitioning Into Your New Home

Learning to navigate the complexities of living on campus away from your support systems for the first time doesn't need to be challenging and intimidating! In this session, learn how to research, apply, and choose on-campus housing options that fit you, while learning tips for successfully transitioning into living on your own in college. Experience a small bit of what college life will be like and how to develop healthy eating, hygiene, and wellness routines to thrive academically and personally.

Bale Builder+ - Second Thurs Morning Session and Both Afternoon Sessions

Min – 9 Max - 15

✿ Hey 4-H Designers! ✿

Are you ready to roll up your sleeves and dive into the exciting world of architecture? Join us for an Architectural Workshop where you'll get to unleash your creativity and build public furniture! 🏠 ✨

😊 Let your imagination run wild as you and your friends team up to design and construct a full-scale piece of public furniture made of straw bales. From funky benches to quirky sculptures, the possibilities are endless—and the results will be worth sitting on! 😊

🧑 But wait, there's more! You won't just be playing with straw—you'll be part of a dynamic trio of

K-STATE
Research and Extension





Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.


K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

teams: model makers, drawing projection crew, and construction wizards. Together, you'll tackle every step of the process, from sketching out your ideas to bringing them to life in 3D.

 Get ready to mix creativity with a touch of tech. With the help of a camera and projector, you'll transform your scale model into a larger-than-life drawing, ready to guide your construction efforts with precision and flair.

 And speaking of construction—get ready to get move some straw! With teamwork, dedication, and a whole lot of fun, you'll stack and shape 30 bales into something fun.

Let's build the future together—one straw bale at a time! 

Building A Better You

In this workshop, youth participants will be able to build a professional resume, learn the proper way to answer interview questions and gain tips on how to dress to impress.

Learn by doing is the best method that is utilized by 4-H members and 4-H professionals across the nation. This workshop will host many different types of confidence boosting activities, while gaining knowledge on how to create the best professional cover letter and resume. In this workshop we will discuss appropriate interview questions and answers, the proper format of a professional resume, how to connect with your audience during an interview and we will review some tips and tricks on how to dress to impress.

Plan to be engaged and come prepared with knowledge of your background to use in your resume. BUT most importantly, plan to develop a toolbox of tips and tricks that will enable you to become a more confident professional to be career ready.

CATS CUPBOARD - **Community Service** – Late Thurs Morn and Early Thurs Afternoon sessions ONLY

Max – 25

Can you help give back to those that may be in a time of need? We are in need of support in Stocking Shelves, Verifying Inventory, Monitoring Food per Safety Guidelines, and possibly helping with our Social Media. Come check out Cats Cupboard!

Chocolate 101 – Fee \$10 – Thursday Morning ONLY

Min – 10 Max – 25

In this class youth will learn about the wonders of chocolate as well as get to taste a variety of chocolate flavors. Secrets about the science of baking with chocolate and cocoa will be explored as well as learning about the cocoa plant and the controversy over fair trade in this industry. A look at careers in the chocolate industry will also be explored. If you like to bake and you love chocolate this class is for you.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

Code, Create, and Conquer: Your Pathway to Software Engineering

Dive into the cool world of software engineering with us! This workshop is like no other - you'll get to play around with coding, learn how to make your own apps, and even explore how big systems are built. Ever wondered how apps like Snapchat or games like Fortnite work? We'll show you the ropes, from the basics of programming to using cool tools that professionals use to make the apps you love.

Whether you're just curious about tech or thinking about a career in software, this workshop is the perfect place to start. You'll get to do real coding, and even work on a fun project. Learn how to break into tech, and meet some people in the industry! Don't miss out on this adventure into the world of software engineering - it's your first step towards becoming a tech wizard!

Country Swing Dance - \$5 Fee – Morning ONLY

Max - 26

Learn the basics of country swing dancing, two-stepping, and line dancing in this fun and energetic class!

Crop Circuits: Growing Leaders in Ag Systems – Morning ONLY

What if the seeds of change are planted not in soil, but in people? Leadership requires nurturing. Through this interactive workshop, you'll practice your leadership and learn more about systems thinking! From teamwork to decision-making, we'll cultivate leaders who thrive in any field.

EPAW: Feeding Your Best Friend – Second Morning and First Afternoon Sessions ONLY

Min – 10 Max – 20

In partnership with Hill's Pet Nutrition, the Kansas State University Pet Food Program will provide hands-on experience formulating pet diets and putting them into action by baking their dog treats to take home.

This 1.5-hour session is designed to help participants learn about companion animal health and how essential nutrition plays a role in the well-being of pets. Participants will be provided an overview of the functionality of ingredients in pet food and treats and design their pet food to meet their pet's lifestyle. After instruction, participants can bake their pet treats in the KSU Pet Food lab kitchen while learning about career opportunities in the pet food industry.

Explore Engineering – Afternoon Sessions ONLY

Min- 10 Max – 50

Explore Engineering will give you the opportunity to learn more about the types of engineering, career options and how to successfully transition to an engineering degree in college. This experiences includes an interactive presentation, tour of the engineering facilities and multiple hands-on activities all led by

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

engineering students and faculty. Come to learn more about how your creativity and problem solving skills can be applied in engineering!

Exploring Livestock Reproduction – Last session on Thurs Afternoon ONLY

Min – 10 Max – 28

Exploring Livestock Reproduction class will be a hands-on-class that will grow your understanding of livestock reproduction. First we will look at reproductive anatomy and understand parts of the reproductive tract. Next we will dive deeper into methods in which pregnancy can occur. Finally we will look at the gestation period of animals and see how a fetus grows throughout the pregnancy. Get ready for a fun, hands-on approach to livestock reproduction with some of the very best here in the K-State Animal Science Department

Finance in the Real World

Explore money and finance through the eyes of a Personal Financial Planner while examining the impacts of education on careers.

Food Safety and You

Max – 20

Come learn about Food Safety and the steps you can take to practice these principals in your own kitchen. About 1 hour of the session will be content in the form of Demonstrations and Games. The last 30 minutes will be a tour of the Lacy's Fresh Faire Commercial Kitchen in Justin Hall, as well as a scavenger hunt related to all things food safe!

From Plate to Palate: Mastering Nutrition and Dining Decorum

Min – 5 Max – 30

Explore the values of healthy meal planning, preparation, and food safety while learning dining etiquette to impress friends, family, and employers alike.

Introduction to Meat Judging

A broad overview of meat judging will be demonstrated, with opportunities to learn and practice the basics of meat judging and a tour of the meat lab.

Kansas Department of Wildlife & Parks Game Warden K9 Units – 2nd Morning and 1st Afternoon Sessions ONLY

This workshop will education students on conservation law enforcement in Kansas. Kansas Game wardens and their K9 partners will talk about career opportunities and complete demonstrations with their K9 partners.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

Konnichiwa! Hello to 4-H Global Experiences - \$1 Fee – Thursday afternoon sessions ONLY

Min – 5 Max - 25

Konnichiwa!! Come meet two Japanese High School students (and their host siblings), who have attended schools in Kansas this year as 4-H Academic Year Program (AYP) Exchange students. They, and the Kansas 4-Hers who went to Japan and South Korea last summer, will teach you about their lifestyles, at school and in their communities. In addition, you will experience typical Japanese foods, games, clothing, language and crafts through hands-on group activities. Also, learn what it is like to be a 4-H delegate to another country. Be ready to learn how you can travel to another country or serve as a host family, too.

Mutt School Tours – Thursday afternoon sessions ONLY

Min- 5 Max – 18

Want to learn more about the Dog project? During this session we will tour Mutt School. Just like the 4-H dog care and training project and mutt school, we train dogs on different disciplines.

Mystery Bag Cooking Contest - \$5 Fee – Thursday afternoon sessions ONLY

Min – 8 Max - 20

Teams of 4 participants. Each team will have a cooking station with an electric skillet, cooking utensils, and any condiments needed. The teams will be given a mystery bag containing one item from each of the five MyPlate food groups and one novelty item. Each team must devise a meal plan with their items. They will have thirty minutes to create an edible dish. Once the meals are cooked and plated, the teams will explain their creation, give reasons for its health benefits, and will be judged based on the taste and appearance of the dish.

Restoring You!

Min- 5 Max – 20

Learn more about your muscular system and mental awareness for a better you. Too many of us are quick to jump in and out of physical activities without thinking about the main component: stretching. These techniques can help you physically achieve wellness along with strengthening your mental muscles.

Through Yoga, guided meditation, and physical therapy techniques you will learn how to be a more restorative you. Developing healthy habits to tackle the most stressful situations ahead.



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

Rock Detectives: Unraveling the Stories Hidden in the Earth – Thurs Morn Session ONLY 10:30- Noon

Max – 18

The objective of this session is to emphasize the diverse career paths and opportunities available in geology. Additionally, engaging activities such as mineral and rock identification, as well as demonstrations of the processes shaping landforms, will be conducted to make the session enjoyable and interactive.

“Spark Your Entrepreneurial Spirit: Youth Entrepreneurship Challenge”

Min - 10 Max – 100

Meet fellow aspiring entrepreneurs and unleash your creativity, innovation, and business expertise. Learn about the exciting opportunities awaiting you in the Youth Entrepreneurship Challenge! Get ready to brainstorm! Engage in interactive activities and exercises to generate innovative business ideas that solve real-world problems and meet market demands. Learn the art of pitching your ideas with confidence and conviction and turn your passion into profits that supports entrepreneurship and small business development in Kansas!

Soil Biology Simplified – Thursday Morning ONLY

An introduction to the soil food web and show how it provides nutrients to plants, builds soil structure, prevents pests/disease and weeds, and carbon sequestration.

The Importance of Physical Activity – Thurs Morn ONLY – 8:30am – 10am

We are going to provide an interactive session about the importance of physical activity. We will engage in fun brain energizers as well as learn about how physical activity impacts our overall health. Lastly, we will discuss ways to be active as well as learn about how physical activity is discussed throughout our kinesiology program.

Tools of the Future, Today - Generative AI – Thurs Afternoon ONLY

We'll play with chatGPT (maybe AI art tool) and discuss how to use said tools ethically and effectively. We'll have them do a project to demonstrate knowledge. Maybe a speech or a poem of some kind.

Upon a Time: Creative Bookmaking – Thurs Afternoon Only 1:15pm-2:45pm

Min – 10 Max – 20

Find inspiration for creative writing in the exhibition "Upon A Time: Create Your Own Adventure" and then create a book for your writing.



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

What NOT to do in an Interview!

Min – 18 Max – 30

What NOT to do at an interview! This class will give you practice and feedback on your responses to real interview questions. This interactive class will get you up and moving and engaging in conversation with each other. You will also identify the behaviors to avoid during an interview as well as understand why. This session will end with practical ideas and tips to begin your search for both scholarships and employment.

The Wonders of Wool - \$8 Fee- Thursday morning ONLY

Max – 10

Explore the beauty and versatility of wool with Senior National Make It With Wool Ambassador, Katie Buhler, during this interactive fiber arts workshop! You will explore the diverse ways you can use natural fibers to create clothing, crafts, and more as you learn the process of wool felting and create a one-of-a-kind ornament or keychain to take home and enter in your county fair.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

½ Day SESSIONS – Thurs June 6th

Class Name – Max Capacity – Description – Any Fees

Agronomy Feeding the World – Making a Difference Through Crops and Soils– Afternoon Only

Agronomy is the key step in feeding our world. Spend the morning outside at the K-State Agronomy Education Center at the North Farm on the edge of campus. Participants will get hands-on experience learning the practice of identifying key crops, range plants and weeds. Observe the soil types key plants grow in and gain an understanding of weather that impacts their growth.

ATV Safety Riding Course - \$15 Fee

MAX -8

The ATV Safety Rider Course provides a fast-paced hands-on ATV session that includes pre-ride inspection, starting and stopping, quick turns, hill riding, emergency stopping and swerving, riding over obstacles, and more. You will be provided with a loaner ATV, helmet, goggles, and gloves. Personal goggles, gloves, and DOT or SNELL-rated helmets may be used. You will need to wear a long-sleeved shirt or jacket, long pants, and over-the-ankle boots. There will be some online instruction that needs to be completed prior to class.

Chopped Food Challenge - \$15 Fee

Min – 12 Max – 24

If you have ever wanted to be a Food Network star, this is the class for you! Teams of 4-H members will create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

Chuckwagon Cooking - \$25 Fee

Max - 12

Have you ever watched the original "The Cowboys" movie with John Wayne and wondered what it would be like to live and work on a cattle drive? This 3-hour course is designed to give participants a general idea how cowboys lived and ate while herding cattle from Texas to Kansas. Participants will learn the basic parts of a Chuckwagon, the historical significance of the its designed, and why it is an important part of Kansas cattle history. Participants will also learn about cast iron pots "Dutch Ovens" and will use them to prepare a simple meal that will be enjoyed by all when finished. Previous

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

participants are asked to select a different class, so new participants have the opportunity to take this class.

Content Creator for a Day

Min – 4 Max – 20

Interested in content creation? Familiar with Instagram? Love Kansas 4-H? This session is for you! In this session, you'll learn all of the basics of using social media as a promotional tool - from why it's important to creating real posts for Kansas 4-H and K-State Research and Extension. Participants will get hand-on experience in creating meaningful stories, timeline posts, and reels.

Create and Share with the Hale Library Sunderland Foundation Innovation Lab

Max – 20

In this workshop you will demonstrate the skills you have learned in 4H by crafting in the Innovation Lab and make a video to demonstrate what you have learned and created. Think of it as a way to show off the skills you develop in 4-H and using the video to recruit more youth to join.

Feeding the World – Crop Improvements Through Agronomy– Thursday Morning ONLY

Crop improvement is a key outcome of research in Agronomy and takes place through the reproduction of crop plants. Gain an understanding of flowers and reproduction of crop plants, the breeding process, lab and field equipment used and the new technology used to help improve crops.

Flour Power: Milling & Baking

Min – 6 Max – 16

Did you know that our favorite products to eat require different types of wheat and flour? We will investigate how different wheats act when they are milled. Participants will observe the wheat milling process followed by hands-on baking. They will mix, shape, and bake various baked goods that can be taken home.

K-State Farm Tours – Thursday Morning ONLY

Min – 10 Max – 28

K-State Farm Tours is an awesome chance to get off campus and get to visit many of the K-State farms! During these visits you will be meeting with farm managers and other great K-State faculty who work with/at the various farms. You will get to see what its like to work on research projects as well as functioning livestock operations. So if you love livestock, want to see a livestock operation in action, or are curious about livestock research, consider taking this class to learn more about various parts the of livestock industry.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

Launch Pad Legends - \$15 Fee –

Min – 5 Max – 25

Get ready to launch into the exciting world of rocketry! Join us for a thrilling workshop where you'll uncover the secrets of aerospace, dive deep into the physics behind rocket propulsion, and even build your very own altimeter and rockets. Whether you dream of exploring the cosmos or simply love hands-on experimentation, this workshop promises an unforgettable journey that could ignite a passion for a future career in aerospace. Don't miss your chance to blast off with us and discover the endless possibilities as a Rocket Scientist!

Put Your Talents to Work for You - \$20 Fee – Thursday Afternoon ONLY

Did you know that you possess talents that can help you solve problems and build new products and businesses? Come join Blair Kocher from the Center for the Advancement of Entrepreneurship at K-State and Chandra Plate, Gallup Builder Profile Talent Coach for an exciting look at your natural talents and how you can develop and apply them to help solve problems and start businesses. In this session you will apply your talents in an activity to help you think outside the box and understand how businesses are built. A tour of the K-State Center for the Advancement of Entrepreneurship and the College of Business Administration is an extra bonus as you explore the many ways which K-State can support your spark.

Red Cross CPR & First Aide Certification - \$75 Fee for Certification

Min – 6 Max - 18

Is working in the Health fields your calling? Maybe you are going to be a babysitter or work with young children this summer. Youth can learn about and become **CERTIFIED** in CPR/First Aide. Also learn to properly use an AED defibrillator etc.

Relationship & Interpersonal Skills Education (RISE) Youth Leaders

Min – 3 Max – 25

In this session, RISE Youth Leaders will learn essential skills to promote mental health and healthy relationships in teens through interactive, hands-on activities. They will get to engage in various scenarios where they will learn how we can address the same issue from a prevention and an intervention lens. They will also learn about different careers that promote mental health and relationship well-being, including relationship education and couple and family therapy, tour the family center, and participate in a mock therapy session.

Repro Nerd Herd - \$10 Fee

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

2024 Discovery Days Class Session Options

During this session you will learn about reproductive anatomy and physiology, using the bovine as a model. This session will be composed of a couple of powerpoint presentations on anatomy and physiology of the reproductive system, as well as the biotechnologies available and used in the cattle industry. Furthermore, and perhaps more importantly, this session holds a hands-on component, where you will have the opportunity to interact with real reproductive tracts from cows, observe pregnancy diagnosis performed by ultrasonography, and many other activities related to reproduction. Dress to get dirty!

Thrifty Threads - \$25 Fee

Let's go shopping! Yes, during this class, you get to go shopping in the local thrift stores in Manhattan. Join us and learn techniques on how to shop on a low budget and what to look for. Your task for the afternoon is to bring \$25.00 with you to go shopping. You will choose and purchase an outfit and accessories to make a complete outfit for \$25.00 or less. Then we will return to campus where you will model your outfit for judges. If you win the best outfit for the cost you paid, you will win a prize.

Wetland Wonders

Min – 5 Max - 20

Wetlands in Kansas? Kansas is home to the largest wetland in the United States - Cheyenne Bottoms. Explore how wetlands are productive ecosystems by comparing samples of plants, animals, soil, and water taken from Cheyenne Bottoms with samples found on campus. Participants will actually get in the water of Campus Creek to test water samples and collect aquatic invertebrates.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment
Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.