### Monday at 9:00 AM Tuesday at 10:00 AM

Scheman 230 Scheman 230

"FFA is LIT"

Ryan Matthews, Ohio FFA State President Through this workshop, students will learn that everyone is a leader in FFA and that we have numerous opportunities to grow. It will highlight the skills we can obtain being a leader so that we can apply them in and out of the blue jaket.

# Monday at 9:00 AMScheman 240Tuesday at 10:00 AMScheman 240"Engaging the Next Generation in ORV Safety"

Charles Jennissen, M.D. and Pam Hoogerwerf, B.S.

This workshop will familiarize students with the Safety Tips for ATV Riders program which can be used to teach all-terrain vehicle and side-by-side safety to a variety of youth audiences.

#### Monday at 10:00 AM Scheman 230 Tuesday at 8:00 AM Scheman 220 "Social MEdia"

Tess Siebel, Virginia FFA State President In this workshop, students will identify the different roles that people play in social media, reflect upon their individual influence, and discover how they can be a positive voice on these platforms.

#### Monday at 10:00 AM Scheman 240 Tuesday at 10:00 AM Scheman 220 "#Goals"

Erin Bacon, Tennessee FFA State Secretary In this workshop, members will learn how they can work with the people around them to meet their goals. Members will be doing some super exciting activities to discover how they can work as teams to achieve their goals and take advantage of all the super awesome opportunities that come their way!



Workshop Schedules

#### Monday at 11:00 AM Scheman 230 Tuesday at 11:00 AM Scheman 220 "Start with Why"

Claire Baney, Indiana FFA State President Emily Kilmer, Indiana FFA State Secretary Many of us know what we do, but how many of us can truly say WHY we do it? By developing your WHY, you can discover the path you need to take to be successful. Based on the Simon Sinek book, Start with Why, we will see that when you determine your why, you will have more insight into the purpose, cause, or belief that inspires you to do what you do.

#### Monday at 11:00 AM Scheman 240 Tuesday at 11:00 AM Scheman 230 "3,2,1, Action!: Building Relationships"

Mariah Alvarez, Past Florida FFA State Officer This workshop seeks to understand and explore relationships! Members will be transported to a movie set in order to understand the different roles in a relationship and how best to build them. It explores themes of embracing diversity, the storm, norm, and perform model, as well as the different relationships we build as FFA members.

## Workshop Schedules

#### Monday at 12:00 PM Scheman 240 Tuesday at 11:00 AM Scheman 240 "I can WIN at ISU"

College of Ag and Life Science Ambassadors Come join Iowa State's best while participating in Minute to Win it Games -- Iowa State style! Learn how you can WIN at ISU by joining the College of Ag and Life Sciences team. Create your Cyclone game plan by learning about majors, clubs, and campus life to create the ultimate student experience.



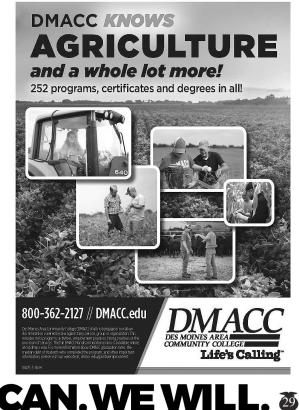
#### Monday at 1:00 PM Scheman 220 "Teamwork Makes the Dream Work" Maryland FFA State Officers

Whether it's FFA of any of the many things we, as students, are involved in - teamwork is one of the most critical skills we can have. This workshop will take a unique look at how team dynamics can appear in all areas of our lives.

#### Monday at 1:00 PM Scheman 230/240 Tuesday at 9:00 AM Scheman 230/240 "Comparison Kills, Strength Builds" Erica Baier

National FFA Secretary In this workshop, we will dive into the underlying reasons of why we compare ourselves to others and the toxicity it can bring into our lives. From there, we will discover our own strengths and how we can choose to apply those in our journey of self-growth and service to others.

#### CAREER SHOW MADE POSSIBLE BY:



#### Monday at 2:00 PM Tuesday at 9:00 AM "Being Cor

Scheman 220 Scheman 220

#### "Being Committed" Kelli Mashino

Nebraska FFA State Vice President Students will learn the difference between being convinced and being committed. They will learn what it means to be committed and will think of their passions and how those passions play into committment.

#### Monday at 2:00 PM Scheman 230 Tuesday at 12:00 PM Scheman 250 "FFA Quiz Bowl"

Iowa PAS Officers

The 2018 PAS Quiz Bowl is a highly competitive, agriculture knowledge-based, team event that everyone can participate in! Gather your group of five, put your thinking caps on, and come test your ag knowledge against your fellow FFA members. Winners will receive prizes and bragging rights!

#### Tuesday at 8:00 AM Scheman 230 "Thank You, Thx, I Appreciate It" Maryland FFA State Officers

As FFA members, we have a TON to appreciate! Identify elements of your life that you're thankful for and explore methods to effectively express your gratitude.

#### Tuesday at 12:00 PM Scheman 252 "It Takes One"

Jordan Stowe, Past Alabama FFA State Officer "It Takes One" is an interactive and upbeat workshop focusing on the power we have as individuals. During our time together, we will look at the impact we have, the roles we can play in teamwork situations and how to make a difference in the lives of those around us!

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