



## 2016 Teen Conference Workshops

### **Session A 8:30-10:15AM**

#### **A-1 Chef Buck's Etiquette**

**Eric Larsen, WSU Extension Volunteer Specialist**

Have you ever sat down at a table and wondered why there were 3 forks, 3 spoons, 2 knives, and 3 plates? This workshop is for you then! Chef Buck will navigate you through the layout of the table so the next time you sit down for a formal meal everyone will be looking to you for which fork to use or how to pass the salt and pepper. Competition for acceptance into colleges and good jobs is becoming increasingly tough and those who possess social skills that are well developed and natural, will stand out in the crowd and have a big leg up on their peers. Come learn Chef Buck's secret recipe to etiquette success. Now don't forget to place that napkin in your lap! Excuse me... no phones at the table!

#### **A-2 3 Essential Skills for Post High-School Success: Marketing Yourself, Communicating Effectively, and Persevering Through Challenges**

**Nico Patel, AHEC Senior Project Associate**

Get some very practical takeaways on how to navigate life after school. Learn how to stay motivated in troubled times, spot lies in conversations, and rock a first impression.

#### **A-3 Examine the Evidence**

**Anna Wilson, Forensic Scientist, Washington State Patrol Crime Laboratory**

Participants will discover what it is like in a real crime lab, explore the expanding field of forensic science, and put their newfound knowledge to the test by examining the evidence.

#### **A-4 Let Your TRUE Colors Shine!**

**Bridget Rohner, WSU Extension Youth & Families**

Discover your personality and discuss possible careers best suited for your personality.

#### **A-5 Think Like an Entrepreneur!**

**Jordan Tampien, WSU Extension Community Economic Development Regional Specialist**

What is an entrepreneur? This Interactive workshop introduces participants to the life of an entrepreneur. We will talk about coming up with that brilliant business idea and walk through the process of turning that idea into a business that the participants will present in front of the group. We will introduce business principles in an easy-to-learn format.

#### **A-6 Relationship Survival Guide**

**Amy Voltz, Alternatives to Violence of the Palouse, Coordinator of Domestic Violence Services**

**Brenna Tate, Alternative to Violence of the Palouse, Sexual Assault Prevention Educator**

Navigating relationships can be a challenge. Join our interactive seminar that will be your guide to identifying and creating healthy relationships with people all around you, from those who you just met all the way up to

dating partners. Hone your abilities in assertive communication, respect, and boundaries in small and fun group exercises. Measure your personal bubble, learn how to say no and respect no, and test your skills at compromise. Be the person that everyone turns to for relationship advice: be it makeup or break up.

**A-7 A Day in the Life of a Vet**

**William Dernell, WSU College of Veterinary Medicine**

Ever wonder what it takes to be a veterinarian? Well wonder no more! Students will spend two hours observing small and large animal veterinarians. They will also learn the things they need to do now if they are interested in a career in veterinary medicine. In addition, students will get the opportunity to see an equine treadmill demonstration.

**A-8 Make it and Take it Sausage**

**Paul Kuber, WSU NE Livestock Regional Extension Specialist**

Americans consume food animal derived products every day. This workshop is designed to instruct participants in "Artisanal Sausage" making. Using basic skills and techniques, most consumers can make their own sausage capitalizing on custom homemade/local products. Many of these products were derived as a result of cultural preferences and were used for the purposes of food preservation, flavor enhancement, and adding value to lower valued products. Participants will learn the culinary art of making a "Super Sagey" breakfast sausage. Each participant will leave with 1 lb. of sausage, sausage formulation recipe cards to recreate this recipe and others at home, food safety information, and information about careers in the meats/food animal industry.

**A-9 You Too Have the Power to Save a Life**

**R-A Mazzola, 4-H Volunteer, Tashunka, LLC**

**Tenley Mange, Teen Advocate**

Did you know that in the US, one teenager dies almost every half hour because of suicide? Are you worried about a friend or family member who may be struggling with depression, anxiety or lost interest in things they normally enjoy? Join us for a heartfelt workshop on Suicide Awareness and Prevention. Learn about warning signs of suicide, risk factors, how to help, and resources available to all of us. Are you still not sure if you want to attend? We have candy!

**A-10 Be Your Brand**

**Anna Whitehall, WSU, CAHNRS Academic Programs**

How do people describe you? How will people remember you? Come spend some time identifying what is important to you and how you want to live those out in your life with fun and engaging activities that will keep you moving. You will get time to interact with your friends and get creative with art supplies all while deciding what your brand is. You don't want to miss out on this workshop.

**A-11 Nature has moved to the City and Wants You to Know It**

**Dr. Steve McConnell, WSU Regional Extension Specialist in Forestry**

Nature used to be "out in the forest" or in a National Park or Monument. As the number of people on the planet has increased, however, we are learning more ways that nature provides valuable goods and services to people and we are learning new ways to partner with nature to make our environment pleasant wherever we may live. In this class we will learn about the different kinds of forest around us – working forests, wildland-urban-interfaces, community forests and urban forests. We will talk about what we benefits we get from each, challenges to managing each and the big picture reasons this is important. Best of all, we will spend some time outdoors learning some key skills for understanding forests in each of these types.

**A-12 Three, Two, One...Blast off to college!**

**Paul Verrell, WSU School of Biological Sciences**

Many of today’s best jobs require that you continue your education beyond high school, perhaps at a place like WSU. We’ll ask and answer two questions. Can you prepare for success in college while still in high school? And what will it be like in your first one or two semesters on a college campus? Using information provided by real WSU students - people who were once just like you are now - we'll explore how you can sharpen up your time management, reading and writing skills to increase your success in that important first semester. We'll discuss what you can expect as a new college student, from where you'll live to what you'll study. And we'll take a look at some of the challenges students face, and outline strategies to help you work toward success in college and beyond.

**A-13 Weathering Ups and Downs**

**Dr. Susan Kerr, WSU NW Livestock and Dairy Regional Specialist Department**

One thing we all have in common is the fact that our lives will have ups and downs. This workshop will include several activities to help you look at life's ups and downs in a new way and gain some tools to use with others struggling with disappointment.

**A-14 You won the Lottery... Now What?**

**Melanie Owens, WSU Extension Youth and Families: 4-H Program Coordinator**

So you have just been elected treasurer for your club, school ASB or household, how fiscally responsible are you? Financial Management is no laughing matter. Dreams can live or die on how well money is managed. Whether you are managing the United States Treasury account or your own college fund, basic money management skills are a necessity. Using a hands on approach you will learn how to keep track of your money and assets.

**A-15 Combat Challenge**

**Pat Fitzgerald, Pullman Fire Department**

Come experience some of the physical requirements of being a firefighter and see if you’re up for the job. Activities will include donning turnouts, pulling hose, carrying equipment, and dragging a victim out of a hazard area. Must wear closed-toed shoes or sneakers and be ready to get sweaty!

**A-16 Kickboxing and Self Defense**

**URC Workshop**

In this kickboxing-martial arts combination, we’ll learn proper technique for both kickboxing and aikido, as well as aikido’s discipline and philosophy, which is truly oriented at self-defense and is one of the most peaceful forms of martial arts.

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**Session B 10:45-11:45 AM**

**B-1 Apprenticeship Advantage**

**Evie Lawry, Department of Labor & Industries**

Apprenticeship means real skills and real careers. Registered apprenticeship is an employment and education model that has demonstrated success in Washington State. Registered apprenticeship includes proven methods of learning and earning, higher wages, advancement potential, equal opportunity, and a valuable skills credential valid anywhere in the U.S. Apprenticeship is a commitment that prepares you for a lifetime career - your choice - your future!

**B-2 Revolving Toward an Associate Degree: What a Community College Can Offer You**  
**Debbie Edwards, Outreach and Marketing; Spokane Falls Community College**

By the year 2018 over 67% of Washington jobs will require some form of post-secondary education. Community colleges offer two-year certificates and transfer degrees at affordable prices that can save you money. Community colleges offer multiple degree options that prepare students for high-demand fields or preparation to transfer to four-year colleges and are an accessible option to earning a degree in a short amount of time, with challenging courses that are open to anyone with a high school diploma or GED.

**B-3 See the Periodic Table React**  
**Mike Finnegan, WSU Chemistry Department**

Come and see an exploration of the visual and acoustical changes that accompany chemical reactions. You will investigate the concept of chemical reactions, thermodynamics, and bonding. You'll get a 'bang' out of this visit to the Chemistry Department at WSU.

**B-4 Which Road Will You Take? A Map to Your Dreams**  
**Mashonda Smith, Academic Success & Career Center: WSU**

There is more than one road to success. How will you achieve the success of your dreams? Do you need to attend college and, if so, what kind of college? Many think that attending college means attending a 4-year institution, but did you know that 2-year colleges can also help you achieve your dreams? In fact, there are so many options available to you after high school graduation that the choices can sometimes be confusing. This workshop is designed to help you identify different options following high school graduation and learn how to map a road to your dreams.

**B-5 Becoming a Global Citizen**  
**Mary Katherine Deen, WSU Extension Diversity Director Family & 4-H Youth Development Specialist**

Today's employers are looking for candidates who can communicate effectively with people from different backgrounds and be global problem solvers. This inspiring workshop will stretch the way you think about yourself and how you connect with others. You will learn about exciting global opportunities to enhance your resume and impact the lives of others. Participants will learn about the Burundi 4-H project, International Exchange programs and how they can bring the world to their home or make a difference around the globe.

**B-6 Planning for a Career**  
**Erik Newman, Schweitzer Engineering Laboratories, Inc.,**  
**Leslie Martin, WSU 'The Bookie' Manager**

Come get the scoop from those in positions to hire youth and professionals. A panel of local employers will share ideas with you as to what they are looking for when hiring and after you get the job. Come prepared to ask them questions. (Recommended for 10th grade and up)

**B-7 Washington State Opportunity Scholarship**  
**Terrie Ashby-Scott, Senior Program Officer, WSOS STEM Support Services**

An introduction to the Washington State Opportunity Scholarship (WSOS): a description, criteria and services provided to recipients. This first-of-its-kind program supports Washington students from low- and middle-income households to attain bachelor's degrees in high-demand fields including science, technology, engineering, math (STEM) and health care through scholarships of up to \$22,500 as well as professional development, skills-building workshops and genuine industry exposure to help increase the rate at which students enter our state's workforce

**B-8 Health Care- So Much More than Doctors and Nurses**  
**Krista Loney, Program Operations Manager EWU AHEC**

Audiologist, Pathologist, Health Information Technologist, oh my! If you're interested in serving others and building a healthy community, a career in healthcare is for you. We will discuss the vast array of careers in the field of healthcare and explore the one that's right for you.

**B-9 The Adversity Advantage**  
**Robin Albers, Entrepreneur & Professional Speaker**

This workshop shares insight into how to make the most out of your high school career and beyond. You will learn valuable tips on how to apply to college, seek financial aid, and what top colleges and employers are looking for. Make the most out of your time and don't wait to be great! Make it Count in high school and beyond.

**B-10 How to Save A Life**  
**Jon Gabelein, Washington State 4H Ambassadors Advisor, School Teacher, EMT**

Learn how to provide key lifesaving interventions during medical emergencies. Topics will include hands-only CPR, clearing a blocked airway (choking), splints, slings, and operating an AED. It's when people like you become confident in performing these skills that our communities become even safer places to live!

**B-11 Make a Statement**  
**WSU Admissions**

In this interactive presentation, students critique examples of real essays, learn the dos and don'ts of essay writing, and will have the opportunity to read and rate personal statements. This session will cover topics directed towards writing admission and scholarship essays. Students will also learn tips towards applying and will leave feeling more confident in their college search and the application process. If time permits, we will also cover activities lists and recommendation letters.

**B-12 Leadership 101**  
**Kari Sampson, WSU CAHNRS, Assistant Director of Recruitment and Retention**

What does it take to lead? Get creative in "charting your future" as a leader. Discover your own leadership style and what makes you unique in this world. Come explore with us the truths about leadership with fun and engaging activities.

**B-13 What are the Chemicals in my food?**  
**Jennifer Fees, 4-H Nutrition & Health Educator, WSU, Spokane Co. Extension**  
**Izzy Liska, Healthy Living Ambassador**

Explore what a food scientist is and do hands on science experiments to find out the properties of some of the chemicals that are found in food. Learn how food scientist help produce a safe, nutritious and appealing food supply for the nation and the world.

**B-14 Credit Card Crazyess!**  
**Missy Cummins, 4-H Regional Specialist, WSU Extension**  
**Lyle Hansen, Family Finance Extension Educator, University of Idaho Extension**  
**Luke Ericksen, Family Finance Extension Educator, University of Idaho Extension**

Credit cards don't have to be scary. In this workshop you will get to experience making financial decisions with credit cards. We will explore using credit cards as you learn some key financial concepts, make wise spending decisions, and how to use credit cards responsibly. This program will demonstrate the danger of how interest charges, fees, and paying just the minimum balance can negatively impact a person's financial well-being for years. In this workshop, you will be actively learning in a hands-on way that simulates the consequences and effects of using credit cards in a real life scenario.

**B-15 Take It Apart!**

**Janet Edwards, WSU Extension 4-H STEM Specialist**

Explore how it is made. Join potential engineers, pick up your tools and take something apart to see how it is made. Simple "machines" like a mixer, a telephone, or a radio contain fascinating science, technology and engineering components. It is not magic, it's science!

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**Session C 1:15-3:00 PM**

**C-1 Animal Matrix**

**Kari Sampson, WSU CAHNRS, Assistant Director of Recruitment and Retention**

What animal are YOU? Learn about your personality, natural behavioral tendencies, and discover how these things can unlock your communication potential as you learn about the Animal Matrix.

**C-2 The Veterinary Anatomy Lab: Bad to the Bone**

**Dr. Susan Kerr, WSU, NW Livestock and Dairy Regional Specialist**

This workshop should be relevant to anyone interested in any type of medical or science-based career. It will also be fun for those who are curious and want to see weird stuff! An illuminating scavenger hunt-for-answers will lead students through the lab looking for answers to questions amidst a myriad of skeletons, preserved specimens, and genuine oddities. What will YOU find?

**C-3 Biodiesel and Beyond**

**Nora Haider, WSU Extension Biofuels Program Coordinator**

**Sarah Lane, WSU Extension Biofuels Program**

Did you know you can make fuel to power your truck from French fry grease? Biodiesel is a renewable fuel that can be used to run your truck or school bus. In this workshop we will make biodiesel from used vegetable oil and learn how it is better for the environment and your wallet. While the biodiesel is settling, we will explore other forms of renewable energy like the sun.

**C-4 Charting Future performance: Understanding material Properties**

**Kirk Reinkens, WSU College of Engineering Recruitment & Retention Coordinator,**

Design choices rely on a thorough knowledge of your materials and the way they are being used. Our student groups will break wood beam test samples to gather data to better understand the wood's structural properties. Each team will: 1) work through a spreadsheet model for a new beam to predict expected failure and 2) test the designs to failure. Both small and large group discussion will explore ideas about the strengths and weaknesses of the model and our knowledge of the materials.

**C-5 WARNING!!! Area under Construction! - The Teenage Brain**

**Bridget Rohner, WSU Extension Youth & Families**

Understanding Teenage Brain Development: moods, emotions, socializing, creativity, and sleep.... have more to do with the changes happening in the brain than immaturity or hormones. Get some insight into YOU!

**C-6 Who wants to be the President?**

**WSU Extension Youth and Families: 4-H Program Coordinator**

Check this out and maybe one day you too can be President. What's your leadership style? Whether it is a group of friends, your high school class or the President of the United States, being a leader involves more than just giving commands. This class will provide you with a variety of organizational tips and activities to lead in any setting.

**C-7 Making Cheese at the Creamery**

**Nial Yager, WSU Creamery**

Learn to make cheese from the masters at the WSU Creamery. In just two hours you will see fluid milk transform into delicious, tasty cheese. This hands-on experience will teach you the basics of quality, sanitation, teamwork, patience, and science. Got samples?

**C-8 The Dental Professions: Filling cavities and making people smile**

**Ann Wetmore, EWU Department of Dental Hygiene**

This workshop will introduce participants to all members of the dental team and how they help patients to be healthy both in the mouth and body. Each participant will get to place a wax filling in a prepared tooth to experience how the dental team members work with their hands in helping people smile.

**C-9 Change the Script: Your Story to BE the Change**

**Luis Ortega, Teen Conference Speaker, Storyteller for Change Director & Founder**

What is your story for change? Each one of us has a story with the power to inspire us to act. Stories communicate our values through the language of the heart, our emotions. And it is what we feel – our hopes, our dreams, our values – not simply what we know that can inspire us and others with the courage to act. Through fun and engaging activities this workshop will help you to discover how telling your story for change is an act of leadership and empathy.

**C-10 Think Like an Entrepreneur!**

**Jordan Tampien, WSU Extension Community Economic Development Regional Specialist**

What is an entrepreneur? This Interactive workshop introduces participants to the life of an entrepreneur. We will talk about coming up with that brilliant business idea and walk through the process of turning that idea into a business that the participants will present in front of the group. We will introduce business principles in an easy-to-learn format.

**C-11 Teamwork for Success**

**Scott Vanderwey, WSU Extension Youth & Family, 4-H Adventure Education Specialist**

This program will allow students to discover their own leadership style and assess their strengths and challenges when it comes to teamwork. Through experiential activities, the group will explore implications of those strengths and challenges and how to effectively work within diverse teams.

**C-12 Fire Building! Survival Situation Preparation**

**SSgt. Jared Biller 22 TRS, CPFL Logistics**

Want to learn how to make fire at least five different ways? We will be demonstrating a multitude of techniques for making fire so you have the knowledge to do the same. Multiple areas will be set up for everyone to build new skills for survival accompanied by a USAF Survival Instructor for safety and assistance. Once skills are introduced and practiced there will be additional information on how to make some of your own fire preparation kits and be able to meet your needs anywhere you find yourself.

**C-13 YA-4-H Teen Teacher**

**Natalie Hernandez, Healthy Living Ambassador**

**Chloe Williams, Healthy Living Ambassador**

**Katlyn Shockey, Healthy Living Ambassador**

Have you ever wanted to be a health advocate and teach others about healthy choices? YA-4H is your opportunity to learn how to do exactly that! We'll discuss and learn how to promote healthy living, its benefits, individual responsibility and even cooking skills. You will practice a hands on lesson plan with interactive games and preparation of a snack. Be the healthy advocate you would like to be!

**C-14 Relationship Survival Guide**

**Amy Voltz, Alternatives to Violence of the Palouse, Coordinator of Domestic Violence Services**

**Brenna Tate, Alternative to Violence of the Palouse, Sexual Assault Prevention Educator**

Navigating relationships can be a challenge. Join our interactive seminar that will be your guide to identifying and creating healthy relationships with people all around you, from those who you just met all the way up to dating partners. Hone your abilities in assertive communication, respect, and boundaries in small and fun group exercises. Measure your personal bubble, learn how to say no and respect no, and test your skills at compromise. Be the person that everyone turns to for relationship advice: be it makeup or break up.

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**Session D 4:15-5:15**

**D-1 Engaging in Social Change for the Greater Good**

**WSU Center for Civic Engagement**

Are you interested in becoming more engaged in your community? Come and learn about the Social Change Model of Leadership Development, and find out exciting ways you can get more involved and engage your peers too! The Social Change Model views leadership as a process rather than a position, and promotes the values of equity, social justice, self-knowledge, personal empowerment, collaboration, citizenship, and service. In this workshop you will explore your values, learn about the model, and participate in a fun activity!

**D-2 Getting into College: You're the Director**

**WSU Admissions**

This interactive workshop will allow the students to become the Director of Admissions for the day, finding out how difficult it is to choose which students should be accepted and why. Through this interaction, students will gain better awareness of tips and strategies for their own college applications and what factors are considered in the process.

**D-3 Credit Card Crazyness!**

**Missy Cummins, 4-H Regional Specialist, WSU Extension**

**Lyle Hansen, Family Finance Extension Educator, University of Idaho Extension**

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**D-4 You Live in It: From Inspiration to Fashion**

**Shanna Pumphrey, Academic Coordinator Department: Apparel, Merchandising, Design, & Textiles**

Students will be introduced to the industry of textiles and apparel through a profile of textile and apparel workers. The primary functional areas of the industry will be discussed; design, merchandising, media/PR and sales. Within each area, students will be introduced to possible careers, typical daily tasks, critical knowledge and average starting salaries. An activity is imbedded throughout the presentation. After the discussion of each functional area, small student groups will perform a short related activity, for example, designing a garment through sketching, determining target sales, or identifying potential visual merchandising ideas.

**D-5 Design and Construction- Getting a Closer Look**

**David Wang, WSU Design + Construction**

Get a closer look at the WSU active, hands-on, integrated program of Architecture, Interior Design, Landscape Architecture, and Construction Management. See present students' work with physical and digital models and make a small structure yourself.

**D-6 Health Care- So Much More Than Doctors and Nurses**

**Krista Loney, Program Operations Manager EWU AHEC**

Audiologist, Pathologist, Health Information Technologist, oh my! If you're interested in serving others and building a healthy community, a career in healthcare is for you. We will discuss the vast array of careers in the field of healthcare and explore the one that's right for you.

**D-7 Stress Management, Yoga, and Mindfulness**

**URC Workshop**

Mindfulness is maintaining awareness of our thoughts, feelings, sensations, and environment. In this class, we'll use mindfulness, yoga, and other stress-management practices to find a calm state of mind in class and learn methods of combatting stress that we can use for the rest of our lives.

**D-8 Waste to Resource**

**Karl Englund, WSU Associate Research Professor Composite Materials and Engineering**

Students will learn how recycling and reuse concepts work. We will utilize a variety of recovered materials and prepare them to be manufactured into new products. **Youth must wear closed toed shoes to attend.**

**D-9 The Arthropods that Live on Humans**

**Richard Zack, WSU Department of Entomology**

Join us to learn about insects and why they are the most dangerous (and perhaps beneficial) animals on the Earth. You can't imagine all the career opportunities that are available to you as an entomologist: researcher,

teacher, import/export inspector, agricultural consultant, and crime investigator, to name only a few. Take the opportunity to get up close and personal with hissing cockroaches and tarantulas.

**D-10 Follow the Block Head!**

**Janet Edwards, WSU Extension 4-H STEM Specialist**

Unleash your creativity and problem solving skills using small wooden planks to solve a math and engineering challenge. Small teams will work together using math skills, balance, counterbalance and geometry to construct structures using 4 inch wooden planks. Have fun while you explore science and engineering using your brain and your hands!

**D-11 Wonders of Physics**

**Tom Johnson, WSU Dept. of Physics & Astronomy**

This informative, yet entertaining, workshop will include a visit to the Physics Department at WSU and explore topics such as gravity, electricity, magnetism, light, and thermodynamics. Attendees are offered the opportunity to observe, discuss, and possibly participate in live physics demonstrations and experiments.

**D-12 How many Secretaries does one country need?**

**Melanie Owens, WSU Extension Youth and Families: 4-H Program Coordinator**

What would happen if all the records in the world evaporated today and you had a question for the doctor? Are you the record keeping type? In a world where past actions influence future decisions, accurate record keeping is critical to success. Records are as important to our personal lives as they are for our clubs, schools and nations. Find out how good record keeping can prepare you for many of life's journeys.

**D-13 Top Job! The Skills to Shine in Your First Interview**

**Jennifer Fees, 4-H Nutrition & Health Educator, WSU, Spokane Co. Extension**

**Gary Varrella, WSU Extension, Youth & Family Unit, 4-H Educator**

Come learn behind-the-scene tricks and secrets for victory at your first job interview. Get a handle on your fears. Develop your skills inventory. Know what employers want. Practice makes perfect!

**D-14 Letters in motion**

**Rachel Ferrell, Healthy Living Ambassador**

**Kim Ferrell, 4-H Volunteer**

Do you enjoy doing community service?

Letters in Motion is a faith-based, non-profit organization that assists in the care and construction of orphanages both in Nepal and on the global scale. We will help the organization by writing letters to be delivered to orphans when the Letters in Motion team goes to Kenya and Nepal this summer. We will also be learning about the importance of access to clean water in 3rd world countries.

**D-15 How to Save A Life**

**Jon Gabelein, Washington State 4H Ambassadors Advisor, School Teacher, EMT**

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