

## Wyoming Latina Youth Conference 2019

### TENTATIVE ITINERARY

#### **Friday, October 11<sup>th</sup> - Banquet**

- 12:30 – 3:30 p.m. Check in at the UW Conference Center at the Hilton Garden Inn, UW Conference Center
- 3:30 – 4:00 p.m. Appetizers
- 4:00 – 5:00 p.m. Ice Breaker Workshops with UW Student Leaders/Mentors
- 4:00 – 5:30 p.m. President's Reception at Legacy Hall in the Rochelle Gateway Center, across from the HGI on the west end. Honoring keynote speaker, Chaperones/School Coordinators, and honored guests.
- 6:00 – 8:00 p.m. Banquet, HGI-UW Conference Center
- 8:00 – 10:00 p.m. DJ Dance and Photo Booth

#### **Saturday, October 12<sup>th</sup> - Conference/Workshops**

##### **5<sup>th</sup> Grade thru 10<sup>th</sup> Grade Workshops**

- 9:00 – 9:45 a.m. Breakfast at College of Business atrium, participants meet with your team leaders/UW Mentors
- 10:00 – 10:45 a.m. Workshop #1: *Latin Dance: Let's dance to la musica de Selena, Bad Bunny, Luis Fonsi, Maluma y mucho mas!*
- 11:00 – 11:45 a.m. Workshop #2: *Rebel Science: Solving Real-life Problems with Experiments that Matter*
- 12:00 – 12:45 p.m. Lunch, College of Business (COB) Atrium
- 12:00 – 12:45 p.m. Resources Fair, COB Atrium
- 12:00 – 12:45 p.m. WLYC School Coordinator Meeting, COB
- 12:00 – 12:45 p.m. WLYC Teen Advisors planning meeting for 2020
- 1:00 – 1:45 p.m. Workshop #3: *Community Empowerment through Mindful Dance*
- 2:00 – 2:45 p.m. Workshop #4 *Robotic Rocks!*
- 3:00 – 3:45 p.m. Workshop #5 *Personal Finance Lessons for Teens*
- 4:00 – 5:00 p.m. Closing Ceremony College of Business Auditorium

##### **11<sup>th</sup> and 12<sup>th</sup> Grade Workshops**

- 10:00 – 10:45 a.m. Workshop #1: *Admissions and Financial Aid: And will you succeed? Yes! You will, indeed!*
- 11:00 – 11:45 a.m. Workshop #2: *UW Tour: ...Oh, the places you'll go!*
- 12:00 – 12:45 p.m. Lunch Jr./Sr. Meeting with UW Mentors
- 1:00 – 1:45 p.m. Workshop #3: *Emotional First Aid: Mental Wellness and Emotional Competency*
- 2:00 – 2:45 p.m. Workshop #4: *Finance and Budgeting College: Your Financial Future*
- 3:00 – 3:45 p.m. Workshop #5: *Robotics Rocks!*
- 4:00 – 5:00 p.m. Closing Ceremony COB Auditorium

## DESCRIPTION OF WORKSHOPS:

### 5<sup>th</sup>- 10<sup>th</sup> Grade Workshops

**Title of Workshop:** *Latin Dance: Let's dance to la musica de Selena, Bad Bunny, Luis Fonsi, Maluma y mucho mas!*

**Name of Instructor:** Melissa Martinez

**Description:** Latin dancing is best described as a fun, joyful and culturally inspired movement. This Latin Dance workshop will combine rhythms in Latin music to learn Latin dance steps. Let's keep Latin traditions alive through the spirit of dancing! ¡Vamos a bailar!!!

**Room:** Half Acre Gym, Third Floor Studio

**Title of Workshop:** *Rebel Science: Solving Real-life Problems with Experiments that Matter*

**Name of Instructors:** Rachel Watson and The Science Roadshow

**Description:** In this workshop we will do some of the hands-on experiments that are needed to solve real-world problems. Students will stain and observe bacteria that can degrade plastics in landfills, consider plants that can remove toxic chemicals from soils and ponder mushrooms that can clean up oil spills.

**Room:** Agriculture Building 5028

**Title of Workshop:** *Community Empowerment through Mindful Dance*

**Name of Instructors:** Representing the University of Wyoming Counseling Center: Ty Tedmon-Jones, MA, Licensed Professional Counselor, Licensed Creative Arts Therapist (NY), and Board-Certified Dance/Movement Therapist and Toi M. Geil, Ph.D., Licensed Psychologist

**Description:** Drawing from theory and practice of Dance/Movement Therapy, Drama Therapy and mindfulness psychology, this workshop provides participants the opportunity to access their creativity, spontaneity and self-expression in a safe and mindful way. Workshop participants will be introduced to ways of connecting to their bodies through movement, dance and body-oriented mindfulness skills. Participants work together to collaboratively create expressive and affirming group movements/dances through the use of pro-social, body-affirming, and inclusive and multicultural-affirming lenses.

**Room:** Wellness Center Room 117, Half Acre Gym

**Title of Workshop:** *Robotics Rocks!*

**Name of Instructors:** ECE UG Research Students, Robert F. Kubichek, and Suresh Muknahallipatna

**Description:** Discover the world of Electrical and Computer Engineers in robotics, augmented reality (AR) devices for medical applications, flying indoor drones and sensing environment using Arduino and Raspberry Pi microcontrollers. The participants will have the opportunity of controlling a fire fighting mobile platform with an AR device, view and interact with 3D MRI and CT-Scan of human organs, program a drone to fly indoor, and various other environment sensing activities. The activities allow participants to get a sense of the role and contributions of Electrical and Computer Engineers to the society and understand in general the concepts in STEM that are used to solve real-world problems.

**Room:** EERB 251, EERB 255 and EERB Atrium (Drone Programming). EERB is the new Engineering Education and Research Building. It is at the corner of 12<sup>th</sup> and Lewis St.

**Title of Workshop:** *Personal Finance Lessons for Teens*

**Name of Instructor:** Ana Acevedo, UniWyo Bank

**Description:** Financial literacy is the beginning of prioritizing what you value in life and setting you up with financial success. Students will learn about the basics of budgeting and personal finance for home and school. Hands-on activities focus on decision-making and quality of life choices.

**Room:** College of Business

## **11<sup>th</sup> and 12<sup>th</sup> Grade Workshops**

**Title of Workshop #1 and #2:** *Admissions and Financial Aid: And will you succeed? Yes! You will, indeed! And UW Tour: ... Oh, the places you'll go!*

**Name of Instructor:** Katelin Crystal Carroll, UW Admissions and Financial Aid

**Description:** Students will receive a tour of the amazing places on UW Campus, including the dorms. Students will receive step by step guidance on how to fill out a FAFSA report. This workshop offers information that will lead you to the beginning of enrollment and college life at UW.

**Room:** College of Business, Atrium

**Title of Workshop:** *Emotional First Aid: Mental Wellness and Emotional Competency*

**Name of Instructor:** Heidi Montaña, MSW, LCSW

**Description:** Most of us know how to care and tend to physical wounds, but many of us struggle how to tend to our psychological wounds. In this workshop, we will learn about the different types of psychological wounds we experience and how we can care for ourselves when they occur.

**Room:** College of Business

**Title of Workshop:** *Finance and Budgeting College: Your Financial Future*

**Name of Instructor/s:** Benae Reyes, Morgan Magnuson, and Ryan Kenney

**Description:** This workshop will demonstrate the basic tools for smart money management, learn about income and expenses, and explore ways of saving for what you need and want out of life. There will be hands-on banking demonstrations covering the money skills you need for college and your future.

**Room:** College of Business

**Title of Workshop:** *Robotics Rocks!*

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