

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Nancy Shelstad

DATE: December 1, 2019

RANK OR TITLE: Regional 4-H Youth Development Educator
Associate Professor

DEPARTMENT:

University of Idaho Extension 4-H Youth Development
College of Agricultural and Life Sciences

OFFICE LOCATION AND CAMPUS ZIP:

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DATE OF FIRST EMPLOYMENT AT UI: November 30, 1999

DATE OF TENURE: July 1, 2013

DATE OF PRESENT RANK OR TITLE:

Regional Youth Development Educator title, August 1, 2015
Associate Professor rank, July 1, 2013

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.S., 2006, Adult and Organizational Learning, University of Idaho, Boise, Idaho.

B.S., 1985, Accounting, University of Idaho, Moscow, Idaho.

Additional Coursework for Credit:

Creative Solutions for Youth Development, EDTE 504, University of Idaho, 3 credits, 2003.

Principles of Marketing, MK 301, Boise State University, 3 credits, 1996.

Management & Organization Theory, MG 301, Boise State University, 3 credits, 1996.

Computer Applications, IS 101, Boise State University, 3 credits, 1992.

Assertivness Training, P 161, Boise State University, 3 credits, 1990.

Certificates and Licenses:

Human Subjects Research (IRB), CITI Program, Record (22604907) of Completion, March 2017.

Mental Health First Aid Certificate, October 2016.

4-H Shooting Sports Handgun Leader Certification, April 2011.

4-H Shooting Sports Archery Leader Certification, November 2009.

4-H Shooting Sports Rifle Leader Certification, November 2009.

National Institutes of Health (NIH) Protecting Human Research Participants, Certificate (#261961) of Completion, August 2009.

EXPERIENCE:

Teaching, Extension and Research Appointments:

Regional Youth Development Educator, 4-H Youth Development, University of Idaho, Boise, Idaho,
August 1, 2015 – current.

Extension Educator, 4-H Youth Development, University of Idaho, Caldwell, Idaho, October 7, 2007
– July 31, 2015.

4-H Program Coordinator, University of Idaho, Boise, Idaho, February 1, 2004 – October 7, 2007.

Technical Records Specialist I (4-H), University of Idaho, Boise, Idaho, September 18, 2000 –
January 31, 2004.

Office Specialist 2, University of Idaho, Boise, Idaho, November 30, 1999 – September 17, 2000.

Non-Academic Employment including Armed Forces:

General Merchandise Buyer, The Bookstore, Boise State University, Boise, Idaho, February 1997 – September 1998.

Retail Operations Manager, The Bookstore, Boise State University, Boise, Idaho, June 1991 - February 1997.

Cashier Supervisor, The Bookstore, Boise State University, Boise, Idaho, October 1989 – June 1991.

Store Manager, Video Excitement, Boise, Idaho, November 1986 – June 1989.

Program Assistant, National 4-H Center, Chevy Chase, Maryland, January 1986 – August 1986.

TEACHING ACCOMPLISHMENTS:**Interns Advised:**

University of Idaho, 4-H Youth Development, District Programming Intern, Ethan Ennis, Summer 2018.

Americorp VISTA, 4-H Youth Development, Youth Development Program Development, Cami Ruh-Clemo, 2013.

University of Idaho, 4-H Youth Development, Summer Outreach Ada/Canyon, Laura Franco & Maricela Avila, Summer 2013.

University of Idaho, 4-H Youth Development, Summer Outreach Canyon County, Surine de la Concepcion, Summer 2009.

Materials Developed:**Workbooks, Manuals:**

Shelstad, N., 2005. Planning manual for Ada County 4-H Horse Bowl Contests.

Shelstad, N., 2005. Planning manual for Ada County 4-H Horse Oral Presentation Contest.

Shelstad, N., 2005. Planning manual for Ada County 4-H Horse Judging Contest.

Shelstad, N., K. Laughlin, 2004 (revised 2007). 4-H Horse Project Family Survival Guide.

Web Pages:

Shelstad, N., D. Lowber, (revised December 2007), Canyon County 4-H website.

<http://extension.ag.uidaho.edu/canyon/4-H.htm>

Shelstad, N., B. Abo, W. Harvey, 2005, Ada County 4-H website. <http://extension.ag.uidaho.edu/ada>

Displays and Posters:

Shelstad, N., STEP; Short Term Enrollment Program, Know Your Government Conference, February 14-16, 2015.

Shelstad, N., STEP; Short Term Enrollment Program, State 4-H Leaders Forum, November 7-9, 2014.

Shelstad, N., 4-H Teen Mania, Know Your Government Conference, February 13-15, 2010.

Shelstad, N., Getting a Grip on Oral Presentations, State 4-H Leaders Forum, October 15-17, 2009.

Shelstad, N., Learning Activities for 4-H Projects, State 4-H Leaders Forum, October 24-26, 2008.

Shelstad, N., State 4-H Leaders Forum, Western Idaho Fair, August 18-27, 2006.

Shelstad, N., Citizenship Washington Focus, Western Idaho Fair, August 18-27, 2006.

Shelstad, N., State 4-H Leaders Forum, Western Idaho Fair, August 19-27, 2005.

Shelstad, N., Citizenship Washington Focus, Western Idaho Fair, August 19-27, 2005.

Shelstad, N., State 4-H Leaders Forum, Western Idaho Fair, August 20-28, 2004.

Powerpoint/Slide Presentations:

Shelstad, N., J. Nebeker, 2019. 4-H FFA Partnership, for New 4-H Staff Orientation.

Shelstad, N., 2018. 4-H Event and Program Planning, for New 4-H Staff Orientation.

Shelstad, N., D. Gillespie, 2017. 4-H Online and Enrollment Management, for New 4-H Staff Orientation.

Shelstad, N., D. Gillespie, 2017. Extension Reporting and Documentation, for New 4-H Staff Orientation.

Shelstad, N., 2016. Introduction to 4-H Youth Development, for New 4-H Staff Orientation.

Shelstad, N., 2016. Culture of 4-H, for New 4-H Staff Orientation.

Shelstad, N., 2016. Recognition, for New 4-H Staff Orientation.

Shelstad, N., 2016. 4-H Delivery Modes, for New 4-H Staff Orientation.

Shelstad, N., J. Lindstrom, 2016. Community Partners, for New 4-H Staff Orientation.

- Shelstad, N., 2015. Just the Facts Please!, for Ambassador Conference.
 Shelstad, N., 2013, revised 2015. 4-H 101 Fair Time!, for New 4-H Family Orientation.
 Shelstad, N., 2013, revised 2015. 4-H 101 Getting Started, for New 4-H Family Orientation.
 Shelstad, N., (revised October 2008, October 2012, October 2015). Jeopardy Trivia, for New Volunteer Training.
 Shelstad, N., 2006. Ambassador Program, for Ada County Ambassador Development.
 Shelstad, N., 2006. Scrapbook Tool Kit, for District II Volunteer Development Training.

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:

Volunteer and Staff Development

- 2019 Shelstad, N., E. Jeffries, 4-H Online and Enrollment Management, 4-H Staff Development, webinar via zoom, November 20.
 Shelstad, N., State Officer Workshop, National Association of Extension 4-H Agents, White Sulphur Springs, West Virginia, November 5.
 Shelstad, N., 4-H Recognition, 4-H Staff Development, webinar via zoom, October 2.
 Shelstad, N., Extension Reporting and Documentation, 4-H Staff Development, webinar via zoom, September 18.
 Shelstad, N., Essential Elements of Youth Development, Americorp & Central District 4-H Professionals, Twin Falls, Idaho, September 12.
 Shelstad, N., 4-H FFA Partnership, 4-H Staff Orientation, Southern District Youth Development Team, Emmett, Idaho, April 25.
 Shelstad, N., NAE4-HA Overview and Colorado's Association "Why", Colorado Association of Extension 4-H Agents, Grand Junction, Colorado, April 11.
 Shelstad, N., Impact Collaborative Level 1 Inception, Extension Annual Conference, Idaho Falls, Idaho, March 26.
 Shelstad, N., Community Partners, 4-H Staff Orientation zoom, Boise, Idaho, March 6.
 Shelstad, N., NAE4-HA Overview and Utah's Association Purpose, Utah Association of Extension 4-H Agents, Logan, Utah, February 27.
 Shelstad, N., Youth Development and Risk Management for Shooting Sports, Southern District Shooting Sports Training, Caldwell, Idaho, February 22.
 Shelstad, N., 4-H Delivery Modes, 4-H Staff Orientation zoom, Boise, Idaho, January 9.
- 2018 Shelstad, N., Recognition in 4-H, 4-H Staff Orientation zoom, Boise, Idaho, November 14.
 Shelstad, N., Essential Elements Overview, State 4-H Training, Boise, Idaho, October 23.
 Shelstad, N., State Officer Workshop, National Association of 4-H Extension Agents, Columbus, Ohio, October 8.
 Shelstad, N., Extension Reporting and Documentation, 4-H Staff Orientation zoom, Boise, Idaho, September 26.
 Shelstad, N., S. Dolecheck, C. Johnson, Build Your Future Program, Idaho 4-H Professionals, zoom, Marsing, Idaho, Fairfield, Idaho, September 12, September 14, September 17, September 18.
 Shelstad, N., Essential Elements of Positive Youth Development – Independence, Idaho Out-of-School Network Summit, Boise, Idaho, September 11.
 Shelstad, N., Evaluating 4-H Exhibits, FCS Exhibit Judges, Boise, Idaho, August 15.
 Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Boise, Idaho, August 13, August 14.
 Shelstad, N., Structure of 4-H, New 4-H Staff zoom, Boise, Idaho, June 21.
 Shelstad, N., Setting the Stage for Success, Canyon County Master Gardeners, Caldwell, Idaho, April 21.
 Shelstad, N., Setting the Stage for Success, Colorado Association of Extension 4-H Agents, Breckenridge, Colorado, April 12.
 Shelstad, N., 4-H Online and Enrollment Management, Idaho 4-H Staff zoom, Boise, Idaho, March 28.
 Shelstad, N., Culture of 4-H, Idaho 4-H Staff zoom, Boise, Idaho, March 14.
 Shelstad, N., Youth Development and Risk Management for Shooting Sports, Southern District Shooting Sports Training, Caldwell, Idaho, March 2.
 Shelstad, N., Introduction to 4-H Youth Development, Idaho 4-H Staff zoom, Boise, Idaho, February 28.
- 2017 Shelstad, N., Set the Stage for a Positive Future, State Volunteer Forum, Pocatello, Idaho, November 4.

- Shelstad, N., T. Ewers, Build Your Pathway to Success: Tying together the 4-H Retention Study and Positive Youth Development, Idaho 4-H In-Service, Boise, Idaho, October 23.
- Shelstad, N., Infusing Elements of Positive Youth Development in the Learning Environment, Idaho Afterschool Network Conference, Boise, Idaho, September 13.
- Shelstad, N., Evaluating 4-H Exhibits, FCS Exhibit Judges, Boise, Idaho, August 16.
- Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Boise, Idaho, August 14, August 15.
- Shelstad, N., Risk Management, Southern District Youth Development Staff, Weiser, Idaho, April 19.
- Shelstad, N., Introduction to 4-H Youth Development, New 4-H Staff Development, Boise, Idaho, March 23.
- Shelstad, N., Culture of 4-H, New 4-H Staff Development, Boise, Idaho, March 23.
- Shelstad, N., 4-H Financial Management, New 4-H Staff Development, Boise, Idaho, March 23.
- Shelstad, N., Youth Development and Shooting Sports Risk Management, Shooting Sports Certification Training, Caldwell, Idaho, February 24.
- 2016 Shelstad, N., Setting the 4-H Stage for Success, State Volunteer Forum, Twin Falls, Idaho, November 5.
- Shelstad, N., Recognition, Statewide 4-H Training, Boise, Idaho, October 24.
- Shelstad, N., Positive Youth Development, Statewide 4-H Training, Boise, Idaho, October 24.
- Shelstad, N., 4-H Financial Management, New 4-H Professionals, Boise, Idaho, July 27.
- Shelstad, N., Recognition, New 4-H Professionals, Boise, Idaho, July 11, July 27.
- Shelstad, N., Structure of 4-H, New 4-H Professionals, Boise, Idaho, July 11.
- Shelstad, N., Introduction to 4-H Youth Development, New 4-H Professionals, Boise, Idaho, July 11.
- Shelstad, N., Culture of 4-H, New 4-H Professionals, Boise, Idaho, July 11.
- Shelstad, N., Delivery Methods, New 4-H Professionals, Boise, Idaho, July 11.
- Shelstad, N., M. Cummins, Northwest Youth Financial Education, Tri-State Conference, Spokane, Washington, April 21.
- Hansen, L., N. **Shelstad**, L. Vega, Northwest Youth Financial Education, Ag Student Teachers, Meridian, Idaho, March 11.
- Hansen, L., N. **Shelstad**, Northwest Youth Financial Education, Virtual Professional Development, Boise, Idaho, January 27.
- Hansen, L., N. **Shelstad**, L. Vega, Northwest Youth Financial Education, Super Saturday Volunteer Training, Meridian, Idaho, January 23.
- Shelstad, N., Getting Your Message Across with Posters, Canyon County Master Gardeners, Caldwell, Idaho, January 20.
- 2015 Luckey, B., N. **Shelstad**, Are You Up for the Challenge, State 4-H Volunteer Forum, Boise, Idaho, November 7.
- Shelstad, N., J. Anderson, V. Kostenko, Unlock the Possibilities with Exceptional Children, State 4-H Volunteer Forum, Boise, Idaho, November 7.
- Shelstad, N., Evaluating 4-H Exhibits, FCS Exhibit Judges, Caldwell, Idaho, July 21.
- Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 9, July 13, July 14, July 18, July 20.
- Shelstad, N., Risk Management – Have a Plan!, Canyon County Horse Council, Caldwell, Idaho, May 18.
- Shelstad, N., N. Melville, State 4-H Volunteer Workshop Proposal Webinar, Adobe Connect Webinar, April 22.
- Shelstad, N., T. Holmquist, 4-H 101, New 4-H Family Orientation, Caldwell, Idaho, March 3, April 13.
- Shelstad, N., Leading a 4-H Project, Canyon County 4-H Leaders Council, Caldwell, Idaho, February 12.
- Shelstad, N., Getting Your Message Across with Posters, Canyon County Master Gardeners, Caldwell, Idaho, January 28.
- Shelstad, N., Getting A Grip on Oral Presentations, Super Saturday Volunteer Training, Meridian, Idaho, January 24.
- Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Volunteers, Caldwell, Idaho, January 22, February 24, April 6, June 1.
- 2014 Shelstad, N., Building a Better Program, Southern District II 4-H Youth Development faculty and staff, Weiser, Idaho, December 16.
- Shelstad, N., Growing Life Skills in Youth, State 4-H Leaders Forum, Lewiston, Idaho, November 8.
- Shelstad, N., Evaluating 4-H Exhibits, FCS Exhibit Judges, Caldwell, Idaho, July 22.

- Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 14, July 17, July 19, July 21.
- Shelstad, N., Extension in the Community, Brigham Young University Family and Consumer Science Students, Caldwell, Idaho, July 11.
- Shelstad, N., Together We Accomplish More, Canyon Horse Leaders Council, Caldwell, Idaho, April 21.
- Shelstad, N., Help is on the Way, Join the Brand 4-H Youth Development Professionals Conference, Boise, Idaho, April 17.
- Shelstad, N., 4-H Recognition Model, Canyon Horse Leaders Council, Caldwell, Idaho, March 17.
- Shelstad, N., T., Holmquist, 4-H 101, New 4-H Family Orientation, Caldwell, Idaho, March 3, April 1, May 3.
- Shelstad, N., Learning Activities, Canyon County Leaders Council, Caldwell, Idaho, February 13.
- Shelstad, N., 4-H 101, Virtual Professional Development Conference, Idaho, January 29.
- Shelstad, N., Roll Out the Welcome Wagon, Super Saturday Volunteer Development, Meridian, Idaho, January 25.
- Shelstad, N., Risk Management in Program Planning, Canyon Horse Leaders Council, Caldwell, Idaho, January 20.
- Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Volunteers, Caldwell, Idaho, January 16, March 4, April 29, October 18, November 18.
- Shelstad, N., N., Melville, T., Holmquist, Facilitation Coaching, Facilitation Coaches, Caldwell, Idaho, January 8.
- 2013 Shelstad, N., Can We Do That?, Canyon Horse Leaders Council, Caldwell, Idaho, November 18.
- Shelstad, N., Can We Do That?, Canyon County Leaders Council, Caldwell, Idaho, November 14.
- Shelstad, N., Speak Up with Confidence, State 4-H Leaders Forum, Fort Hall, Idaho, November 9.
- Shelstad, N., T. Holmquist, Roll Out the Welcome Wagon, State 4-H Leaders Forum, Fort Hall, Idaho, November 9.
- Shelstad, N., Evaluating 4-H Exhibits, FCS Exhibit Judges, Caldwell, Idaho, July 23.
- Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 15, July 18, July 20, July 22.
- Shelstad, N., 4-H Youth Development in School Garden Projects, Master Gardener Webinar, Idaho, June 6.
- Shelstad, N., Fair Exhibiting and Expectations, Canyon County Leaders Council, Caldwell, Idaho, May 9.
- Shelstad, N., Working with Club Officers, Canyon County Leaders Council, Caldwell, Idaho, March 14.
- Shelstad, N., T. Holmquist, 4-H 101, New 4-H Family Orientation, Caldwell, Idaho, February 21, April 2, May 4.
- Shelstad, N., 4-H Curriculum and Project Meetings, Canyon County Leaders Council, Caldwell, Idaho, February 14.
- Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Volunteers, Caldwell, Idaho, February 2, March 5, October 19, November 19, December 20.
- Shelstad, N., Speak Up with Confidence, 4-H Virtual Professional Development Conference, Idaho, January 29.
- Shelstad, N., Exploring Family and Consumer Science Projects, Super Saturday Volunteer Development, Meridian, Idaho, January 12.
- 2012 Shelstad, N., 4-H Online, Canyon County 4-H, Caldwell, Idaho, October 3, October 13, November 8.
- Shelstad, N., Mini Albums for the Scrapbook Project, State 4-H Leaders Forum, Burley, Idaho, November 3.
- Shelstad, N., Evaluating 4-H Exhibits, Exhibit Judges, Caldwell, Idaho, July 24.
- Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 16, July 19, July 21.
- Shelstad, N., Teen Involvement, Canyon County Leaders Council, Caldwell, Idaho, June 14.
- Shelstad, N., C. Stark, Essential Elements of 4-H Youth Development, 4-H Volunteers and Staff, Weiser, Idaho, March 10.
- Shelstad, N., Oral Presentations, Canyon County Leaders Council, Caldwell, Idaho, March 8.
- Shelstad, N., T. Holmquist, 4-H 101, New 4-H Family Orientation, Caldwell, Idaho, February 23, April 24, May 12.
- Shelstad, N., Effective Posters, Super Saturday Volunteer Development, Meridian, Idaho, January 28.
- Shelstad, N., Planning Teen Events (Teen Mania), Virtual Professional Development, Idaho, January 25.

- Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Leaders, Caldwell, Idaho, January 7, January 19, March 6, October 13, November 29, December 18.
- 2011 Shelstad, N., Evaluating 4-H Exhibits, Exhibit Judges, Caldwell, Idaho, July 26.
 Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 18, July 21, July 23.
 Shelstad, N., Record Books, Canyon County Leaders Council, Caldwell, Idaho, June 9.
 Shelstad, N., Learning Activities, ENP Advisors, Caldwell, Idaho, May 18.
 Shelstad, N., Building Life Skills in the Junior Master Gardener Program, Junior Master Gardener Facilitator Training, Payette, Idaho, April 15.
 Shelstad, N., Learning Activities for Your 4-H Club, Canyon County Leaders Council, Caldwell, Idaho, April 14.
 Shelstad, N., Learning Activities for Your 4-H Club, Southern District II Mini Forum, Caldwell, Idaho, March 19.
 Shelstad, N., Quilling, Payette County Leaders, Payette, Idaho, March 15.
 Shelstad, N., Developing New Leader Training Agendas, State 4-H Virtual Development Series, Caldwell, Idaho, January 26.
 Shelstad, N., Special Event Planning Strategies, Super Saturday Volunteer Development, Meridian, Idaho, January 22.
 Shelstad, N., Volunteer Management, South West Idaho Directors of Volunteer Services, Boise, Idaho, January 20.
 Shelstad, N., Oral Presentations, Canyon County Leaders Council, Caldwell, Idaho, January 13.
 Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Leaders, Caldwell, Idaho, January 8, February 15, March 23, March 24, November 29.
- 2010 Shelstad, N., New Volunteers, Getting Them Off on the Right Foot, State 4-H In-Service, Boise, Idaho, November 18.
 Shelstad, N., Getting a Grip on Oral Presentations, Bi-State 4-H Leaders Forum, Spokane, Washington, October 16.
 Shelstad, N., Evaluating 4-H Exhibits, Exhibit Judges, Caldwell, Idaho, July 27.
 Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 19, July 24.
 Shelstad, N., Service Learning vs. Community Service, Canyon County Leaders Council, Caldwell, Idaho, June 10.
 Shelstad, N., Building Life Skills in the Junior Master Gardener Program, Junior Master Gardener Facilitator Training, Caldwell, Idaho, May 7, October 8.
 Shelstad, N., Building Life Skills in Youth, Canyon County Leaders Council, Caldwell, Idaho, April 8.
 Shelstad, N., Getting Organized, ENP Advisors, Caldwell, Idaho, March 25.
 Shelstad, N., Oral Presentations, Canyon County Leaders Council, Caldwell, Idaho, March 11.
 Shelstad, N., Scholarships and Awards, Canyon County Leaders Council, Caldwell, Idaho, February 11.
 Shelstad, N., Getting a Grip on Oral Presentations, Super Saturday Volunteer Development, Meridian, Idaho, January 23.
 Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Leaders, Caldwell, Idaho, January 21, January 29, March 9, April 29, October 9, November 30.
 Shelstad, N., Goal Setting, Canyon County Leaders Council, Caldwell, Idaho, January 14.
- 2009 Shelstad, N., The Adult Learner, ENP Advisors, Caldwell, Idaho, August 13.
 Shelstad, N., Evaluating 4-H Exhibits, Exhibit Judges, Caldwell, Idaho, July 21.
 Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 18, July 16, July 13.
 Shelstad, N., Exhibit Preparation, Canyon County Leaders Council, Caldwell, Idaho, June 11.
 Toomey, M., **N. Shelstad**, Making Sense of Reporting, District II Staff Development, Caldwell, Idaho, May 5.
 Shelstad, N., Impacts of 4-H on Youth Today, Soroptimist International of Caldwell, Caldwell, Idaho, April 30.
 Shelstad, N., Record Book Portfolios, Canyon County Leaders Council, Caldwell, Idaho, April 9.
 Toomey, M., **N. Shelstad**, Making Sense of Reporting, District II 4-H Youth Development Committee, Mountain Home, Idaho, April 9.

- Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Leaders, Caldwell, Idaho, December 11, December 5, October 21, March 18, January 10.
- Shelstad, N., Volunteer Resources, Canyon County Leaders Council, Caldwell, Idaho, February 12.
- Shelstad, N., Photography in a Flash, Super Saturday Volunteer Development, Meridian, Idaho, January 24.
- Shelstad, N., Goal Setting, Canyon County Leaders Council, Caldwell, Idaho, January 8.
- 2008 Shelstad, N., Bringing Your Team Together, Lowell Scott Teacher In-Service, Meridian, Idaho, October 31.
- Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Leaders, Caldwell, Idaho, October 16, May 29, March 18, January 26.
- Shelstad, N., Evaluating 4-H Exhibits, Exhibit Judges, Caldwell, Idaho, July 22.
- Shelstad, N., Interview Evaluating 4-H Projects, Interview Evaluation Judges, Caldwell, Idaho, July 14, July 8.
- Shelstad, N., Record Book Portfolios, Canyon County Leaders Council, Caldwell, Idaho, June 12.
- Shelstad, N., Building Life Skills with Oral Presentations, Canyon County Leaders Council, Caldwell, Idaho, May 8.
- Shelstad, N., Fun Activities to Use with Your 4-H Club, Canyon County Leaders Council, Caldwell, Idaho, April 10.
- Shelstad, N., Scrapbook Tool Kit, District II Youth Development Committee, Payette, Idaho, April 10.
- Shelstad, N., Scrapbook Tool Kit, Ada County FCS Leaders Council, Boise, Idaho, April 3.
- Shelstad, N., B. Abo, Super Planning for Super Saturday 4-H Trainings, Annual Extension Conference, Boise, Idaho, April 3.
- Shelstad, N., 4-H Mini Scrapbook Workshop, Boise, Idaho, March 7.
- Shelstad, N., Working with Club Officers, Canyon County Leaders Council, Caldwell, Idaho, February 14.
- Shelstad, N., Creating Attractive & Purposeful Posters & Displays, Super Saturday Volunteer Development, Boise, Idaho, January 12.
- Shelstad, N., Working with 4-H Ambassadors, Canyon County Leaders Council, Caldwell, Idaho, January 10.
- 2007 Shelstad, N., So You Want to be a Volunteer, Now What?, New 4-H Leaders, Caldwell, Idaho, November 12, October 13.
- Shelstad, N., Creating Attractive & Purposeful Posters & Displays, Ada County Volunteers, Boise, Idaho, November 3.
- Abo, B., **N. Shelstad**, B. Luckey, Put Yourself in Kid's Shoes, Horse Interview Judges, Boise, Idaho, August 16, August 15, August 14.
- Shelstad, N., Getting Started in 4-H, New 4-H Leaders, Boise, Idaho, July 2, June 8, June 5.
- Shelstad, N., B. Abo, Getting Started in 4-H, New 4-H Leaders, Boise, Idaho, April 17, February 15.
- Shelstad, N., VALIDATE, District II Camp Counselors, Boise, Idaho, March 3.
- 2006 Shelstad, N., Leading the 4-H Scrapbook Project, State 4-H Leaders' Forum, November 10.
- Shelstad, N., 4-H Scrapbook Tool Kit, Ada County Leader Development, Boise, Idaho, October 10.
- Shelstad, N., B. Abo, Put Yourself in Kid's Shoes, Horse Interview Judges, Boise, Idaho, August 17.
- Abo, B., **N. Shelstad**, Put Yourself in Kid's Shoes, Interview Judges, Boise, Idaho, August 15-16.
- Shelstad, N., Fun with the Scrapbook Tool Kit, Ada County Volunteers, Boise, Idaho, April 11.
- Shelstad, N., B. Abo, D. Kolstad, Getting Started in 4-H, New 4-H Leaders, Boise, Idaho, May 24, March 16, January 24.
- Shelstad, N., Leading the Scrapbook 4-H Project, Super Saturday Leader Training, Boise, Idaho, January 21.
- 2005 Shelstad, N., 4-H and 4-H Art Project Promotion, ENP Advisors, Caldwell, Idaho, December 20.
- Shelstad, N., B. Abo, D. Kolstad, Getting Started in 4-H, New 4-H Leaders, Boise, Idaho, November 17, May 24, March 10, January 27.
- Abo, B., **N. Shelstad**, K. Laughlin, D. Kolstad, Put Yourself in Kid's Shoes, Interview Judges, Boise, Idaho, August 16-17.
- Shelstad, N., K. Laughlin, Put Yourself in Kid's Shoes, Horse Interview Judges, Boise, Idaho, August 18.
- Shelstad, N., Code of Conduct for Fair, 4-H Fair Supervisors, Boise, Idaho, August 15.

- Shelstad, N., B. Abo, T. Kuyman, Promoting 4-H, Western Idaho Fair 4-H Family and Consumer Science Staff Training, Boise, Idaho, August 8.
 Shelstad, N., Junior Master Gardener Participant Reporting, Junior Master Gardener Volunteers, Boise, Idaho, April 27.
- 2004 Shelstad, N., K. Laughlin, Put Yourself in Kid's Shoes, Horse Interview Judges, Boise, Idaho, August 19.
 Abo, B., **N. Shelstad**, K. Laughlin, D. Kolstad, Put Yourself in Kid's Shoes, Interview Judges, Boise, Idaho, August 17-18.
 Shelstad, N., D. Kolstad, Getting Started in 4-H, New 4-H Leaders, Boise, Idaho, May 25, March 9, January 15.
- 2003 Shelstad, N., D. Kolstad, Getting Started in 4-H, New 4-H Leaders, Boise, Idaho, November 18.

Youth Development

- 2019 Shelstad, N., T. Holmquist, Archery, Southern District 4-H Camp, Donnelly, Idaho, June 21, June 22.
 Shelstad, N., Teen Credit Card, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, March 20, July 25, November 20.
 Shelstad, N., Welcome to the Real World, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, January 23, January 24, May 14, May 15, September 18.
- 2018 Shelstad, N., Archery, 4-H Adventure Camp, Donnelley, Idaho, August 4, August 5.
 Shelstad, N., Quilling, Summer Day Camp, Caldwell, Idaho, June 18.
 Shelstad, N., Welcome to the Real World, Caldwell High School, Caldwell, Idaho, April 19, April 20.
 Shelstad, N., Teen Credit Card, Caldwell High School, Caldwell, Idaho, April 19.
 Shelstad, N., Teen Credit Card, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, March 15, July 17, November 15.
 Shelstad, N., Welcome to the Real World, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, January 25, January 26, April 16, April 17, October 3, October 4.
- 2017 Shelstad, N., Teen Credit Card, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, November 7.
 Johnson, C., **N. Shelstad**, Welcome to the Real World, Caldwell High School, Caldwell, Idaho, two classes each October 19-20.
 Shelstad, N., Teen Credit Card, Caldwell High School, Caldwell, Idaho, three classes September 25.
 Shelstad, N., Quilling Day Camp, Canyon County Summer Day Camp, Caldwell, Idaho, June 21.
 Shelstad, N., Night of the Living Debt, Buhl High School, Buhl, Idaho, March 14.
 Shelstad, N., Teen Credit Card, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, March 9, July 21, November 7.
 Hansen, L., **N. Shelstad**, L. Vega, Night of the Living Debt, Camp Counselor Training, Boise, Idaho, February 11.
 Shelstad, N., Welcome to the Real World, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, January 17, May 22, September 19, September 20.
- 2016 Shelstad, N., So, You're Speaking in Public, Ambassador Conference, McCall, Idaho, November 19.
 Shelstad, N., You Said What?, Ambassador Conference, McCall, Idaho, November 19.
 Shelstad, N., Welcome to the Real World, Idaho Youth Ranch Youthworks, Boise, Idaho, June 30.
 Shelstad, N., Quilling Day Camp, Canyon County Summer Day Camp, Caldwell, Idaho, June 17.
 Shelstad, N., Archery, Southern District II Adventure Camp, Donnelly, Idaho, June 11, June 12.
 Shelstad, N., Welcome to the Real World, Vallivue High School, Caldwell, Idaho, April 13, April 14.
 Shelstad, N., Positive Youth Development at Camp, District Camp Counselors, Boise, Idaho, April 9.
 Shelstad, N., Credit Score Millionaire, Kuna Middle School, Afterschool, Kuna, Idaho, March 30.
 Shelstad, N., Teen Credit Card, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, March 17, July 13, November 9.
 Hansen, L., **N. Shelstad**, L. Vega, Teen Credit Card, Kuna Middle School, Afterschool, Kuna, Idaho, February 17.
 Shelstad, N., Welcome to the Real World, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, January 25, May 26, September 14.
 Shelstad, N., Welcome to the Real World, Hays Shelter, Boise, Idaho, January 20.

- 2015 Shelstad, N., Action Plan and Working with Your County Extension Office, Ambassador Conference, McCall, Idaho, November 21.
 Shelstad, N., Just the Facts Please!, Ambassador Conference, McCall, Idaho, November 21.
 Shelstad, N., Quilling, Summer Day Camp, Boise, Idaho, July 7.
 Shelstad, N., Archery, 4-H Adventure Camp, Donnelly, Idaho, June 27, June 28.
 Shelstad, N., Record Book Portfolio Clinic, Canyon County 4-H Club Program, Caldwell, Idaho, June 25, July 7.
 Shelstad, N., Quilling, Summer Day Camp, Caldwell, Idaho, June 23.
 Shelstad, N., Archery, Summer Day Camp, Caldwell, Idaho, June 18, June 30.
 Shelstad, N., Getting the Most Out of Teen Conference, Teen Conference Delegates, Caldwell, Idaho, June 3.
 Shelstad, N., Child Protection, Southern District II Camp Counselors, Caldwell, Idaho, April 25.
 Shelstad, N., Archery, Spring Day Camp, Caldwell, Idaho, March 27.
 Shelstad, N., Your Professional Image, Teen Mania, Caldwell, Idaho, January 31.
 Shelstad, N., Getting the Most Out of KYG, Know Your Government Delegates, Caldwell, Idaho, January 16.
 Shelstad, N., Welcome to the Real World, Vision Charter School, Caldwell, Idaho, January 21.
 Shelstad, N., Welcome to the Real World, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, January 15, April 23, July 15, October 21.
- 2014 Shelstad, N., Welcome to the Real World, Middleton Afterschool, Middleton, Idaho, November 19.
 Shelstad, N., Welcome to the Real World, Southwest Idaho Juvenile Detention Center, Caldwell, Idaho, October 21.
 Shelstad, N., Archery, 4-H Adventure Camp, Donnelly, Idaho, June 28, June 29.
 Shelstad, N., Oral Presentation Clinic, Canyon County 4-H Club Program, Caldwell, Idaho June 24.
 Shelstad, N., Record Book Portfolio Clinic, Canyon County 4-H Club Program, Caldwell, Idaho, June 19, July 7.
 Shelstad, N., R. Smith, Rifle, Summer Day Camp, Caldwell, Idaho, June 19.
 Shelstad, N., Quilling, Summer Day Camp, Boise, Idaho, June 9.
 Shelstad, N., Archery, Summer Day Camp, Caldwell, Idaho June 6, June 26.
 Shelstad, N., Getting the Most Out of Teen Conference, Teen Conference Delegates, Caldwell, Idaho, June 5.
 Shelstad, N., Setting Boundries, Southern District II Camp Counsleors, Boise, Idaho, May 17.
 Shelstad, N., Ages and Stages of Youth Development, Southern District II Camp Counselors, Caldwell, Idaho, March 8.
 Shelstad, N., Oral Presentation Basics, PawsAbilities 4-H Club, Caldwell, Idaho, February 24.
 Shelstad, N., Getting the Most Out of KYG, Know Your Government Delegates, Caldwell, Idaho, January 27.
 Shelstad, N., Oral Presentation Basics, Clover Quest 4-H Club, Nampa, Idaho, January 7.
- 2013 Shelstad, N., Telling the 4-H Story, Ambassador Training, McCall, Idaho, November 23.
 Shelstad, N., Archery, 4-H Adventure Camp, Donnelly, Idaho, June 29, June 30.
 Shelstad, N., Quilling, Summer Day Camp, Caldwell, Idaho, June 19.
 Shelstad, N., Record Book Portfolio Clinic, Canyon County 4-H Club Program, Caldwell, Idaho, June 17, July 8.
 Shelstad, N., Archery, Summer Day Camp, Caldwell, Idaho, June 14, July 2.
 Shelstad, N., Rifle Shooting and Safety, Middleton Library Youth Program, Middleton, Idaho, June 11.
 Shelstad, N., Speak Up With Confidence, Sirius Fun 4-H Club, Meridian, Idaho, June 10.
 Shelstad, N., Setting Boundries with Your Campers, Southern District II Camp Counselors, Emmett, Idaho, June 1.
 Shelstad, N., Getting the Most Out of Teen Conference, Teen Conference Delegates, Caldwell, Idaho, May 29.
 Shelstad, N., Mini Scrapbooks, Spring Break Day Camp, Caldwell, Idaho, March 28.
 Shelstad, N., Mini Scrapbooks, Spring Break Day Camp, Boise, Idaho, March 25.
 Shelstad, N., Design & Decisions and Ages & Stages of Youth Development, Southern District II Camp Counselors, Boise, Idaho, March 9.
 Shelstad, N., Junior Master Gardener, Sacajawea Elementary Afterschool, Caldwell, Idaho, February 25, March 4, March 11, April 1.

- Shelstad, N., Junior Master Gardener, Washington Elementary Afterschool, Caldwell, Idaho, February 19.
- Shelstad, N., Getting the Most Out of KYG, Know Your Government Delegates, Caldwell, Idaho, January 28.
- Shelstad, N., Impressive Applications, Teen Mania, Caldwell, Idaho, January 19.
- 2012 Shelstad, N., Recycle, Reduce, Reuse, VanBuren Elementary Afterschool, Caldwell, Idaho, December 12.
- Shelstad, N., Creating Effective Posters, Ambassador Training, McCall, Idaho, November 17.
- Shelstad, N., Recycle, Reduce, Reuse, Sacajawea Elementary Afterschool, Caldwell, Idaho, November 5, November 12, November 26.
- Shelstad, N., Recycle, Reduce, Reuse, Wilson/Lewis & Clark Elementary Afterschool, Caldwell, Idaho, November 1.
- Shelstad, N., Archery, 4-H Adventure Camp, Donnelly, Idaho, June 25.
- Shelstad, N., Archery, Summer Day Camp, Caldwell, Idaho, May 31.
- Shelstad, N., Getting the Most Out of Teen Conference, Teen Conference Delegates, Caldwell, Idaho, May 30.
- Shelstad, N., Design and Decisions, Southern District II Camp Counselors, Boise, Idaho, April 21.
- Shelstad, N., Mini Scrapbooks, Spring Break Day Camp, Caldwell, Idaho, March 28.
- Shelstad, N., Junior Master Gardener, Lincoln Elementary Afterschool, Caldwell, Idaho, February 15, February 29, March 7, March 14, April 11, April 18.
- Shelstad, N., Junior Master Gardener, Van Buren Elementary Afterschool, Caldwell, Idaho, February 13, February 27, March 12, April 16.
- Shelstad, N., Getting the Most Out of KYG, Know Your Government Delegates, Caldwell, Idaho, January 23.
- Shelstad, N., Impressive Applications, Teen Mania, Caldwell, Idaho, January 21.
- 2011 Shelstad, N., Powerful Posters, State 4-H Ambassador Training, McCall, Idaho, November 19.
- Shelstad, N., Palette of Fun, Washington Elementary Afterschool, Caldwell, Idaho, November 9, November 18.
- Shelstad, N., B. Healy, B. Abo, Welcome to the Real World, Syringa Afterschool, Caldwell, Idaho, November 9, November 16, November 30.
- Shelstad, N., Palette of Fun, Van Buren Elementary Afterschool, Caldwell, Idaho, November 7, November 14, November 28, December 5, December 12.
- Shelstad, N., Palette of Fun, Wilson/Lewis & Clark Elementary Afterschool, Caldwell, Idaho, November 3, November 10, November 17.
- Shelstad, N., Palette of Fun, Lincoln Elementary Afterschool, Caldwell, Idaho, November 2, November 11, November 16, December 14.
- Shelstad, N., Palette of Fun, Sacajawea Elementary Afterschool, Caldwell, Idaho, November 1, November 8, November 15.
- Shelstad, N., T. Holmquist, Archery, Summer Day Camp, Caldwell, Idaho, July 7.
- Shelstad, N., My Democracy, Sacajawea, Van Buren, Lewis & Clark Elementary Schools Summer Reading Program, Caldwell, Idaho, July 5, July 6, July 7.
- Shelstad, N., The Art of Card Making, Summer Day Camp, Boise, Idaho, June 24.
- Shelstad, N., Teamwork at Camp, Southern District II Camp Counselors, Donnelly, Idaho, June 22.
- Shelstad, N., Getting the Most Out of Teen Conference, Teen Conference Delegates, Caldwell, Idaho, June 8.
- Healy, B., **N. Shelstad**, Welcome to The Real World, Capital High School, Boise, Idaho, May 27.
- Shelstad, N., Design and Decisions, Southern District II Camp Counselors, Boise, Idaho, April 30.
- Shelstad, N., Effective Posters, Oodles of Animals 4-H Club, Boise, Idaho, February 21.
- Shelstad, N., Junior Master Gardener, Farmway Village Afterschool, Caldwell, Idaho, February 15, February 22, March 1, March 8, April 12.
- Abo, B., B. Healy, **N. Shelstad**, Welcome to The Real World, Caldwell High School, Caldwell, Idaho, February 7, February 8.
- Shelstad, N., Quilling, Teen Mania Workshop, Caldwell, Idaho, January 29.
- 2010 Shelstad, N., Effective Displays, Idaho 4-H Ambassador Conference, McCall, Idaho, November 20.
- Shelstad, N., Service Learning, Sacajawea, Lincoln and Van Buren Elementary Afterschool, Caldwell, Idaho, October 12, October 18, November 1, November 5, November 8.
- Shelstad, N., Quilling Day Camp, Summer Day Camp, Caldwell, Idaho, June 29.

- Shelstad, N., Working as a Team, District II Camp Counselors, Donnelly, Idaho, June 23.
 Shelstad, N., Getting the Most Out of Teen Conference, Teen Conference Delegates, Caldwell, Idaho, June 2.
- Luckey, B., **N. Shelstad**, Camp Counselor Training Part III, District II Camp Counselors, Caldwell, Idaho, April 24.
 Shelstad, N., B. Luckey, Camp Counselor Training Part II, District II Camp Counselors, Boise, Idaho, April 3.
 Shelstad, N., B. Luckey, Camp Counselor Training Part I, District II Camp Counselors, Caldwell, Idaho, March 20.
- Shelstad, N., Exploring Card Making, Know Your Government Delegates, Boise, Idaho, February 14.
 Shelstad, N., Quilling, Teen Mania Workshop, Caldwell, Idaho, January 30.
 Shelstad, N., Getting the Most of KYG, Know Your Government Delegates, Caldwell, Idaho, January 25.
 Shelstad, N., Leading with Teamwork, Sacajawea Elementary Afterschool, Caldwell, Idaho, January 11, January 25, February 22, March 8.
- 2009 Shelstad, N., Holiday Cards, McMillian Elementary 1st grade, Meridian, Idaho, December 17.
 Shelstad, N., Creating Promotional Displays for Fair, Canyon County 4-H Ambassadors, Caldwell, Idaho, June 25.
 Shelstad, N., Closing Ceremonies at Camp, District II Camp Counselors, Donnelly, Idaho, June 15.
 Shelstad, N., Keys to Leadership and Communication, District II Camp Counselors, Donnelly, Idaho, June 14.
 Shelstad, N., Getting the Most Out of Teen Conference, Teen Conference Delegates, Caldwell, Idaho, June 2.
 Shelstad, N., Art Cards, Ms. Hassaskis First Grade Class, Meridian, Idaho, May 6.
 Shelstad, N., Cards, Cards, and More Cards, Spring Break Day Camp, Boise, Idaho, March 25.
 Shelstad, N., VALIDATE, District II Camp Counselors, Caldwell, Idaho, March 7.
 Shelstad, N., Getting a Grip on Oral Presentations, Teen Mania Workshop, Caldwell, Idaho, February 7.
 Shelstad, N., Cards, Cards, and More Cards, Teen Mania Workshop, Caldwell, Idaho, February 7.
 Shelstad, N., The Gift of Giving, Canyon County 4-H Ambassadors, Caldwell, Idaho, January 28.
 Shelstad, N., Getting the Most of KYG, Know Your Government Delegates, Caldwell, Idaho, January 26.
- 2008 Toomey, M., **N. Shelstad**, Palette of Fun, Caldwell School District Afterschool, Caldwell, Idaho, December 2, December 5, December 12.
 Shelstad, N., J. Peutz, Representing 4-H, State Ambassador Training, McCall, Idaho November 22.
 Shelstad, N., Basics of Oral Presentations, Critters of Gold 4-H Club, Caldwell, Idaho, May 13.
 Shelstad, N., Teamwork and Leadership in a Camp Counselor, District II Camp Counselors, Boise, Idaho, March 29.
 Shelstad, N., C. Grassl, Photo Finish, Spring Break Day Camp, Caldwell, Idaho, March 27.
 Shelstad, N., Posters for Oral Presentations, Crafty Critters 4-H Club, Meridian, Idaho, February 11.
- 2007 Peutz, J., **N. Shelstad**, Representing 4-H, State Ambassador Training, Cascade, Idaho, November 17.
 Shelstad, N., S. Hassakis, Teamwork to Success, District II Camp Counselors, Donnelly, Idaho, June 18-20.
 Shelstad, N., J. Cluff, 4-H in a Day, First Aid in Action, Summer Day Camp, Boise, Idaho, June 13.
 Shelstad, N., Code of Conduct, Teen Conference Delegates, Boise, Idaho, May 29.
- 2006 Shelstad, N., Holiday Scrapbook Project, Ada County Youth and Adults, Boise, Idaho, December 9.
 Shelstad, N., D. Kolstad, Card Creations, Summer Day Camp, Boise, Idaho, July 10.
 Shelstad, N., S. Hassakis, Teamwork at Camp, District II Camp Counselors, Donnelly, Idaho, June 9-10.
 Shelstad, N., Code of Conduct, Teen Conference Delegates, Boise, Idaho, May 30.
 Shelstad, N., Applying for National 4-H Congress, National 4-H Congress Applicants, Boise, Idaho, May 23.
 Shelstad, N., K. Jensen, Art Day, Boise Area Home School Groups, Boise, Idaho, April 21.
 Shelstad, N., Stepping Up as an Ambassador, Ada County Ambassadors, Boise, Idaho, March 14.
 Shelstad, N., Child Protection, District II Camp Counselors, Boise, Idaho, March 4.
 Shelstad, N., Taking on Leadership, Ada County Ambassadors, Boise, Idaho, February 7.

- 2005 Shelstad, N., T. Kuylman, Holiday Scrapbook Project, Boise, Ada County Youth and Adults, Boise, Idaho, December 10.
 Shelstad, N., Ambassador Expectations, Ada County Ambassadors, Boise, Idaho, December 6.
 Shelstad, N., T. Kuylman, Going to Camp, Summer Day Camp, Boise, Idaho July 12.
 Hassakis, S., **N. Shelstad**, Communication and Teamwork Development, District II Camp Counselors, Donnelly, Idaho, June 3-5.
- 2004 Shelstad, N., S. Hassakis, TEAM, State 4-H Leaders Forum Youth, Pocatello, Idaho, October 22.
 Hassakis, S., **N. Shelstad**, Communication and Teamwork Development, District II Camp Counselors, Donnelly, Idaho, June 7-9.

SCHOLARSHIP ACCOMPLISHMENTS:

Publications, Exhibitions, Performances, Recitals:

Refereed:

Journal:

- Shelstad, N. (2018). Fulfilling Needs in County 4-H Programs with Volunteer Facilitation Coaches. *Journal of Extension*, 56(6), Article 6IAW7. Available at: <https://joe.org/joe/2018october/iw7.php>
- Shelstad, N., Hansen, L., Vega, L. (2018) Youths Learn Responsible Use of Credit Cards. *Journal of Extension*, 56(6), Article 6IAW8. Available at: <https://joe.org/joe/2018october/iw8.php>
- Lewis, K., Ewers, T., Miller, J., Bird, M., Borba, J., Hill, R., Rea-Keywood, J., **Shelstad, N.**, Trzesniewski, K., (2018). Addressing Retention in Youth Programs: A survey for Understanding Families' Experiences. *Journal of Extension*, 56(3), Article 3TOT3. Available at: <https://joe.org/joe/2018june/tt3.php>

Submitted:

- Shelstad, N., C. Johnson, S.H. Dolecheck. (2019). Build Your Future: Connecting Career Exploration and Postsecondary Education. *Journal of Youth Development*. Submitted-under review

Peer Reviewed/Evaluated:

Extension Publications:

- Shelstad, N., J. Peutz, B. Brody, "Speak up with Confidence; Tips on Presenting in Nine Key Areas" University of Idaho CALS Educational Communication Bulletin, BUL 880, 2012.

Abstracts and Proceedings:

- Dolecheck, S., **N. Shelstad**, C. Johnson, Building a Future for Idaho Youth, Pacific Northwest Conference, Abstract, Bend, Oregon, 2019.
- Shelstad, N., Essential Elements of Positive Youth Development – Independence, Idaho Out-of-School Network Summit, Abstract, Boise, Idaho, 2018.
- Johnson, C., S. Dolecheck, **N. Shelstad**, Building a Future for Idaho Youth, National Association of Extension 4-H Agents Conference, Abstract, Columbus, Ohio, 2018.
- Shelstad, N., 4-H Professionals Orientation Modules, National Association of Extension 4-H Agents Conference, Abstract, Indianapolis, Indiana, 2017.
- Shelstad, N., Infusing Elements of Positive Youth Development in the Learning Environment, Idaho Afterschool Network Conference, Abstract, Boise, Idaho, 2017.
- Shelstad, N., Facilitation Coach Volunteers, Epsilon Sigma Phi National Conference, Abstract, Coeur d'Alene, Idaho 2015.
- Shelstad, N., Facilitation Coach Volunteers, National Association of Extension 4-H Agents Conference, Abstract, Portland, Oregon, 2015.
- Shelstad, N., B. Brody, J. Peutz, Speak up with confidence, Galaxy IV Conference, Abstract, Pittsburgh, Pennsylvania, 2013.
- Shelstad, N., B. Brody, J. Peutz, Speak up with confidence, Western Regional Leaders Forum, Abstract, Billings, Montana, 2013.

- Shelstad, N., J. Peutz, Oral presentations made easy, Western Regional Leaders Forum, Abstract, Cheyenne, Wyoming, 2012.
- Holmquist, T., **N. Shelstad**, Bringing the magic of camp to your club, Western Regional Leaders Forum, Abstract, Cheyenne, Wyoming, 2012.
- Shelstad, N., Getting a grip on oral presentations, Western Regional Leaders Forum, Abstract, Denver, Colorado, 2009.
- Shelstad, N., B. Abo, Super planning makes for super saturday 4-H trainings. Annual Extension Conference, Abstract, Boise, Idaho, 2008.

New Curricula Published:

- Shelstad, N., (Editor and co-author), T. Ewers, D. Gillespie, J. Lindstrom, N. Melville, S. Nash, J. Wilson (co-authors), "New 4-H Staff Orientation Guide", University of Idaho, 2019. ECS 012. <https://www.uidaho.edu/extension/4h/people/securefolder/staff> (password: Idaho4-H)
- Buck, J., **N. Shelstad**, A. Robertson, Dutch Oven Cooking Helpers' Guide, 2nd Edition, University of Idaho, 2019. BUL 940.
- Robertson, A., J. Buck, **N. Shelstad**, Dutch Oven Cooking Unit 2, 2nd Edition, University of Idaho, 2019. BUL 939.
- Shelstad, N., A. Robertson, J. Buck, Dutch Oven Cooking Unit 1, 2nd Edition, University of Idaho. 2019. BUL 938.
- Shelstad, N., J. Peutz, C. Brush, Dutch Oven Cooking Helpers' Guide, University of Idaho. 2011. State 4-H on-line curriculum, PNW # pending.
- Peutz, J., **N. Shelstad**, C. Brush, Dutch Oven Cooking, Unit 1, University of Idaho. 2010. State 4-H on-line curriculum #53144, PNW # pending.
- Shelstad, N., J. Peutz, C. Brush, Dutch Oven Cooking Recipes, University of Idaho. 2010. State 4-H on-line curriculum #53150.

Peer Reviewed (in press or submitted):

Other:

Impact Statements:

- Gillespie, D., S. Dolecheck, N. Dalton, **N. Shelstad**, C. Johnson, E. Jeffries, S. Codr, D. Scott, 2019. Idaho 4-H State Teen Association Convention: STAC's new name and vision.
- Shelstad, N., 2018. Youth gain valuable life skills through district oral presentation contest.
- Johnson, C., **N. Shelstad**, 2017. Build Your Future: connecting underserved youth to career planning.
- Shelstad, N., L. Hansen, L. Vega, 2017. Youth learn responsible use of credit cards.
- Shelstad, N., J. Wilson, D.R. Gillespie, S. Nash, J., Lindstrom, 2016. Regional educators – Forging the future for Idaho 4-H programming.
- Shelstad, N., 2016. Youth gain valuable life skills through Welcome to the Real World program.
- Shelstad, N., 2015. Facilitation coach volunteers fulfill a need in the county 4-H program.
- Shelstad, N., B. Luckey, L. Vega, 2013. Summer urban 4-H programs.
- Shelstad, N., 2011. New 4-H volunteers benefit from orientation.
- Shelstad, N., 2010. 4-H Teen Mania hits it's mark in Southwest Idaho.
- Shelstad, N., B. Luckey, 2009. Camp Counselors Gain Leadership Skills Through Training Program.
- Shelstad, N., J. Peutz, 2009. 4-H Ambassador Training: Meeting the Needs of Youth.
- Shelstad, N., 2008. 4-H Summer Day Camps.

Handbooks:

- Holmquist, T., **N. Shelstad**, 2015. Canyon County Fair Junior Exhibitors Handbook.
- Holmquist, T., **N. Shelstad**, 2014. Canyon County Fair and Festival Junior Exhibitors Handbook.
- Holmquist, T., **N. Shelstad**, 2013. Canyon County Fair and Festival Junior Exhibitors Handbook.
- Holmquist, T., **N. Shelstad**, 2012. Canyon County Fair and Festival Junior Exhibitors Handbook.
- Holmquist, T., **N. Shelstad**, 2011. Canyon County Fair and Festival Junior Exhibitors Handbook.
- Holmquist, T., **N. Shelstad**, 2010. Canyon County Fair and Festival Junior Exhibitors Handbook.
- Shelstad, N., T. Holmquist, 2009. Canyon County Fair and Festival Junior Exhibitors Handbook.
- Shelstad, N., 2008. Canyon County Fair and Festival Junior Exhibitors Handbook.

Shelstad, N., B. Abo, D. Kolstad, 2007. Western Idaho Fair Junior Exhibitors Handbook.
 Shelstad, N., B. Abo, D. Kolstad, 2006. Western Idaho Fair Junior Exhibitors Handbook.
 Shelstad, N., B. Abo, D. Kolstad, 2005. Western Idaho Fair Junior Exhibitors Handbook.
 Shelstad, N., B. Abo, D. Kolstad, 2004. Western Idaho Fair Junior Exhibitors Handbook.

Scholarly Presentations and Other Creative Activities:

Dolecheck, S., **N. Shelstad**, C. Johnson, Building a Future for Idaho Youth, Pacific Northwest Conference, Bend, Oregon, April 17, 2019.
 Johnson, C., S. Dolecheck, **N. Shelstad**, Building a Future for Idaho Youth, National Association of Extension 4-H Agents Conference, Columbus, Ohio, October 9, 2018.
 Rea-Keywood, J., **N. Shelstad**, D. Espinoza, Youth Retention Study, National Association of Extension 4-H Agents Conference, Columbus, Ohio, October 9, 2018.
 Shelstad, N., D. Gillespie, 4-H Professionals Orientation Modules, National Association of Extension 4-H Agents Conference, Indianapolis, Indiana, November 13, 2017.
 Miller, J., J. Rae-Keywood, T. Ewers, K. Lewis, M. Bird, J. Borba, R. Hill, **N. Shelstad**, & K. Trzesniewski, Understanding First Year Expectations in 4-H. National Association of Extension 4-H Agents Conference, Indianapolis, Indiana, November 12-17, 2017.
 Miller, J., K. Lewis, M. Bird, J. Borba, T. Ewers, R. Hill, **N. Shelstad**, & K. Trzesniewski, The All Important First Impression: Parent & Guardian Perceptions of their First Year in 4-H. National Association of Extension 4-H Agents Conference, New Orleans, Louisiana, October 11, 2016.
 Shelstad, N., Facilitation Coach Volunteers, National Association of Extension 4-H Agents Conference, Portland, Oregon, October 26, 2015.
 Shelstad, N., B. Brody, Speak Up with Confidence, Galaxy IV Conference, Pittsburgh, Pennsylvania, September 18, 2013.
 Shelstad, N., T. Holmquist, Bringing the Magic of Camp to Your Club, Western Regional Leaders Forum, Cheyenne, Wyoming, January 14, 2012.
 Shelstad, N., J. Peutz, Oral Presentations Made Easy, Western Regional Leaders Forum, Cheyenne, Wyoming, January 14, 2012.
 Shelstad, N., Getting a Grip on Oral Presentations, Western Regional Leaders Forum, Denver, Colorado, February 26, 2009.

Grants and Contracts Awarded:

Johnson, C., S. Dolecheck, **N. Shelstad**, Build Your Future, Vandal Ideas Program, University of Idaho, 2017, \$26,015. (all shared spending authority)
 Ewers, T., L. Gerber, B. Luckey, **N. Shelstad**, L. Vega, R. Baumgartner, Tech Wizards Mentoring, National 4-H Council/OJJDP, 2016, \$173,880.
 Toomey, M., **N. Shelstad**, University of Idaho Foundation, 4-H Healthy Living: Farmway Village Afterschool Program, Walmart Community Foundation, 2015, \$26,250.
 Toomey, M., D. Gillespie, G. Wittman, **N. Shelstad**, L. Vega, J. Peutz, 4-H Healthy Living Youth Voice: Youth Choice, National 4-H Council/Walmart Foundation, 2014, \$65,000.
 Shelstad, N., T. Holmquist, Canyon County Shooting Sports Program Development, Friends of the NRA , 2014-15, \$5,557. (shared spending authority)
 Shelstad, N., T. Holmquist, Horse Riding Helmets, State Participation Fee Award, 2012, \$1,000. (shared spending authority)
 Stark, C., **N. Shelstad**, J. Kemp, Essential Elements Statewide Volunteer Development, Idaho Friends of 4-H Endowment, 2011, \$5,650 (\$3,000 funded). (shared spending authority)
 Shelstad, N., Archery Equipment, State Participation Fee Award, 2011, \$475. (\$475 spending authority)
 Luckey, B., **N. Shelstad**, Health Rocks, Mississippi State Extension, 2008, \$2,000.
 Shelstad, N., Scrapbook Tool Kit, Idaho 4-H Endowment, 2006, \$733. (\$733 spending authority)
 Shelstad, N., S. Hassaskis, Bringing 4-H Projects to Camp, Idaho 4-H Endowment, 2005, \$800. (\$800 spending authority)

In Kind

Shelstad, N., Indian Creek Festival youth activities, City of Caldwell, 2015, \$500.
 Shelstad, N., Indian Creek Festival youth activities, City of Caldwell, 2014, \$500.
 Shelstad, N., Soroptimist International of Caldwell, 2014, \$100.
 Shelstad, N., Indian Creek Festival youth activities, City of Caldwell, 2013, \$450.
 Shelstad, N., Soroptimist International of Caldwell, 2013, \$300.

Shelstad, N., Indian Creek Festival youth activities, City of Caldwell, 2012, \$450.
 Shelstad, N., Soroptimist International of Caldwell, 2012, \$100.
 Shelstad, N., Indian Creek Festival Youth Activities, City of Caldwell, 2011, \$450.
 Shelstad, N., Soroptimist International of Caldwell, 2011, \$200.
 Shelstad, N., Indian Creek Festival Youth Activities, City of Caldwell, 2010, \$450.
 Shelstad, N., Soroptimist International of Caldwell, 2010, \$200.
 Shelstad, N., Indian Creek Festival Youth Activities, City of Caldwell, 2009, \$300.
 Shelstad, N., 4-H Family and Consumer Science Fair Awards, Pomona Grange, 2009, \$200.
 Shelstad, N., Soroptimist International of Caldwell (donation), 2008-09, \$1,100.
 Shelstad, N., Indian Creek Festival Youth Activities, City of Caldwell, 2008, \$750.
 Shelstad, N., 4-H Summer Intern, University of Idaho Extension, 2009, \$4,000.
 Shelstad, N., B. Abo, Youth travel scholarships, Kiwanis, 2007, \$2,250.
 Abo, B., **N. Shelstad**, Support Volunteer & Youth Fund Raising Efforts & Youth Community Service Projects, Wal Mart Good Works Program, 2006, \$500.
 Shelstad, N., B. Abo, Youth travel scholarships, Kiwanis, 2006, \$2,230.

Grants and Contracts (Unfunded):

Shelstad, N., L. Gerber, 2017, Positive Youth Development Training, Idaho Communities Foundation, 2017, \$3,800.
 Shelstad, N., Southern District II Adventure Camp Archery equipment and range improvement, Idaho Communities Foundation, 2016, \$5,175.
 Shelstad, N., Rabbit Cages, Valley Wide Cooperative, 2015, \$1,800.
 Shelstad, N., M. Toomey, L. Vega, University of Idaho Foundation, 4-H Healthy Living: Farmway Village Afterschool Program, Union Pacific Foundation, 2015, \$25,000.
 Shelstad, N., C. Ruh-Clemo, Science Programming with LEGO Robotics, Nagel Foundation, 2013, \$17,800.
 Luckey, B., **N. Shelstad**, L. Vega, Summer Urban 4-H Programs, Scentsy Grant, 2013, \$4,410.
 Shelstad, N., J. Peutz, Oral Presentation Life Skill Development Implementation and Assessment, University of Idaho Seed Grant, 2011, \$12,000.
 Stark, C., **N. Shelstad**, 4-H Impact Study, Topic Team Grant, 2011, \$10,000.

Honors and Awards:

National Association of Extension 4-H Agents, Excellence in Workforce Development Programming Team Award, State and Western Region Winner, 2019.
 National Association of Extension 4-H Agents, Meritorious Service Award, 2019.
 National Association of Extension 4-H Agents, Specialty Award, Denise Miller Innovator Award Team, State and Western Region Winner, 2018.
 National Association of Extension 4-H Agents, Specialty Award, Excellence in Teamwork Team Award, State, Western Region and National Winner, 2017.
 National Association of Extension 4-H Agents, Specialty Award, Excellence in Volunteerism Team, State, Western Region and National Winner, 2016.
 National Association of Extension 4-H Agents, Specialty Award, Denise Miller Innovator Award Team, State Winner, 2016.
 National Association of Extension 4-H Agents, Communicator Award, Promotional Piece Team, State Winner, 2016.
 National Association of Extension 4-H Agents, Specialty Award, Denise Miller Innovator Award, State Winner, 2015.
 University of Idaho, Diversity Award Idaho Cooperative Extension System, Team, 2014.
 National Association of Extension 4-H Agents, Individual Search for Excellence in Teen Programming, State and Western Regional Award Winner, 2013.
 National Association of Extension 4-H Agents, Team Communicator Award for Educational Piece, Idaho and Oregon State Winners and Western Regional Award Winner, 2013.
 National Association of Extension 4-H Agents, Distinguished Service Award, State Winner, 2013.
 Epsilon Sigma Phi, Distinguished Team Award, Theta Chapter, 2013.
 National Association of Extension 4-H Agents, Communicator Award, Periodical Publication Team, State Winner 2010.
 Operation: Military Kids, Honor of Contribution, 2010.
 National Association of Extension 4-H Agents, Achievement Service Award, State Winner, 2009.
 National Association of Extension 4-H Agents, Communicator Award, Promotional Package Team, State Winner 2009.

State 4-H Leaders Forum, People's Choice Best Display, Learning Activities for Your 4-H Club, 2008.
National Association of Extension 4-H Agents, Communicator Award, Promotional Package Team, State Winner 2005.

SERVICE:

Major Committee Assignments:

National Committees:

National Association of Extension 4-H Agents:

- 2020 Conference Operations Committee Chair (2017 - 2019)
- Member Recognition Committee (2015 – 2016, 2018 - 2019)
- Programs Committee, Workforce Development task force (2012 – 2014)
- Programs Committee, Communication and Expressive Arts task force (2010 – 2011)

Local Committees:

- Caldwell High School Family and Consumer Science Advisory Committee (2017 - 2018)
- Idaho Afterschool Network (2016 – 2019)
- Idaho Youth Ranch Advisory Board (2015 - 2018)
- Parma Learning Center Advisory Board (2014 – 2015)
- Caldwell Youth Master Plan Committee (2013 – 2015)
- Youth Forum Planning sub-committee (2014 – 2015)

University of Idaho:

Extension:

- Extension Advisory Committee (2009)
- Annual Extension Conference Planning Committee (2008 - 2015)
- 4-H Topic Team/ Community Youth Development Priority Extension Theme (PET) (2008 -

present)

Department:

- Idaho 4-H Regional STEAM Educator Search Committee (2019)
- Mentor Committee, Donna Schwarting (2018 - present)
- Idaho 4-H/FFA Committee (2018 - 2019)
- Idaho 4-H Regional Volunteer Development Educator Search Committee Chair (2018)
- Idaho 4-H Statewide Training Planning Committee (2018)
- Idaho 4-H Statewide Training Planning Committee Chair (2017)
- Idaho 4-H State Shooting Sports Advisory Committee (2017)
- Idaho 4-H Regional Volunteer Development Educator Search Committee (2016)
- Idaho 4-H Regional Healthy Living Educator Search Committee (2016)
- Idaho 4-H Science Program Coordinator Search Committee (2015)
- Idaho 4-H Natural Resource Americorps Search Committee (2015)
- Idaho 4-H Ambassador Conference Committee chair (2015)
- State 4-H Archery Competition Committee co-chair (2015 - 2016)
- State 4-H Teen Programming Task Force (2015)
- 4-H Club Organizational Development Materials Committee (2015)
- 4-H Restructure Committee (2012)
- State 4-H Leaders Forum Committee Mentor (2010 – 2011, 2014 – 2015)
- 4-H Volunteer Development Committee (2010 – 2016))
- 4-H Policies and Procedures Committee (2009)
- State 4-H Advisory Committee (2009, 2011- 2013)
- 4-H Reporting Committee (2009 – 2010)
- 4-H Core Team (2008 -2016)
- 4-H Marketing Committee (2007- 2010)
- 4-H Curriculum Advisory Team (2005, 2006, 2012 – 2014)

District:

- Ada County 4-H Program Coordinator Search Committee (2019)
- Mentor Committee, Allen Taggart (2018 - present)
- Elmore County 4-H Program Coordinator Search Committee (2017)
- Ada County 4-H Educator Search Committee (2017)
- Southern District 4-H Adventure Camp Extension Advisor (2017 - present)
- Mentor Committee, Bridget Morrisroe-Aman (2017 - present)
- Mentor Committee, Carrie Johnson (2017 - present)

Ada County 4-H Program Coordinator Search Committee (2017)
 Gem County 4-H Program Coordinator Search Committee (2017)
 Ada County 4-H Program Coordinator Search Committee (Spring 2016, Fall 2016)
 Ada County 4-H Program Assistant Search Committee (2016)
 Canyon County (Farmway) 4-H Program Coordinator Search Committee (2016)
 Owyhee County 4-H Program Coordinator Search Committee (2015)
 District II Shooting Sports (2010 - 2018)
 District II Strategic Plan Sub-Committee (2008)
 District II Style Revue (2008 - 2015)
 District II Oral Presentations (2005 - 2015)
 District II Youth Development Committee (2005 - present)
 Chair 2005 - 2007
 Mentor Committee member, Lilianna Vega (2011 – 2017)
 Mentor Committee member, Suzanne Dolecheck (2014 – 2018)

Professional and Scholarly Organizations:

National:

National Association of Extension 4-H Agents, 2004 – present
 National Board, Western Region Director, 2017 – 2019
 Chair of State Relations 2018 - 2019
 National Association of Extension Program & Staff Development Professionals, 2017 - 2019
 Epsilon Sigma Phi, 2008 - 2016

State:

Idaho Association of Extension 4-H Professionals, 2004 – present
 Member Recognition Chair, 2015 - present
 Past President, 2010
 President, 2009
 President Elect, 2008
 Vice President, 2007
 Secretary, 2005- 2006, 2014 – 2015
 Epsilon Sigma Phi, Theta Chapter 2008 – 2016

Outreach Service:

Classes, Workshops, Seminars, Share Fairs and Tours Organized:

Shelstad, N., 4-H Staff Development webinar series via zoom, September 2019-May 2020.
 Cook, N., N. Shelstad, District Oral Presentation Contest, Boise, Idaho, August 2019.
 Shelstad, N., K. Mire, Interview Evaluation and Family and Consumer Science exhibit judging, Boise, Idaho, August 2018.
 Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2018.
 Shelstad, N., Volunteer Shooting Sports Certification Training (shotgun, archery, rifle, handgun), Caldwell, Idaho, March 2018.
 Shelstad, N., S. Dolecheck, M. Barlow, D. Miller, J. Gill, A. Wilfong, L. Craig, State 4-H In-Service, Boise, Idaho, October 2017.
 Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Boise, Idaho, August 2017.
 Shelstad, N., Volunteer Shooting Sports Certification Training (shotgun, archery, rifle), Caldwell, Idaho, February 2017.
 Lindstrom, J., D. Gillespie, S. Nash, N. Shelstad, J. Wilson, State 4-H In-Service, Boise, Idaho, October 2016.
 Shelstad, N., J. Wilson, Volunteer Shooting Sports Certification Training (shotgun), Caldwell, Idaho, October 2016.
 Kay, B., N. Shelstad, Volunteer Shooting Sports Certification Training (archery), Caldwell, Idaho, June 2016.
 Shelstad, N., J. Wilson, L. Vega, State 4-H Archery Shoot, Caldwell, Idaho, June 2016.
 Shelstad, N., D. Gillespie, S. Codr, T. Roland, Ambassador Conference, McCall, Idaho November 2015.
 Shelstad, N., Volunteer Shooting Sports Certification Trainings (shotgun, rifle, archery), Caldwell, Idaho, November 2015.

- Shelstad, N., Indian Creek Festival Youth 4-H Activities, Youth Development and Recruitment, Caldwell, Idaho, September 2015.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2015.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2015.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July 2015.
- Shelstad, N., Youth Media Interviews, Caldwell, Idaho, July 2015.
- Holmquist, T., **N. Shelstad**, Summer 4-H Day Camps (29 camps) Caldwell and Nampa, Idaho, June 2015.
- Shelstad, N., L. Vega, State 4-H Archery Shoot, Emmett, Idaho, June 2015.
- Shelstad, N., Volunteer Shooting Sports Certification Trainings (archery and shotgun), Caldwell, Idaho, April 2015.
- Shelstad, N., Spring 4-H Day Camp Program (6 camps), Caldwell, Idaho, March 2015.
- Shelstad, N., Volunteer Development (3 mini trainings, 4 new volunteer orientations) Caldwell, Idaho, 2015.
- Shelstad, N., 4-H Afterschool Program, Caldwell School District, Caldwell, Idaho, Spring 2015.
- Shelstad, N., 4-H Teen Mania, Youth Development and Retention, Caldwell, Idaho, January 2015.
- Shelstad, N., Volunteer Shooting Sports Certification Training (rifle), Emmett, Idaho, January 2015.
- Shelstad, N., T. Holmquist, STEP Program (4 facilitation coaches, 5 projects) Caldwell, Idaho, January 2015 – April, 2015.
- Shelstad, N., Volunteer Shooting Sports Certification Training (archery), Emmett, Idaho, November 2014.
- Shelstad, N., 4-H Afterschool Program, Parma Learning Center, Parma, Idaho, Fall 2014 – Spring 2015.
- Shelstad, N., 4-H Afterschool Program, Vallivue School District (6 elementary schools), Nampa/Caldwell, Idaho, Fall 2014.
- Shelstad, N., Indian Creek Festival Youth 4-H Activities, Youth Development and Recruitment, Caldwell, Idaho, September 2014.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2014.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2014.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July 2014.
- Shelstad, N., Youth Media Interviews, Caldwell, Idaho, July 2014.
- Holmquist, T., **N. Shelstad**, Summer 4-H Day Camps (18 camps) Caldwell and Nampa, Idaho, June and July 2014.
- Shelstad, N., Spring 4-H Day Camp Program (5 camps), Caldwell, Idaho March 2014.
- Shelstad, N., Volunteer Development (6 mini trainings, 6 new volunteer orientations) Caldwell, Idaho, 2014.
- Shelstad, N., 4-H Afterschool Program, Caldwell School District, Caldwell, Idaho, Spring 2014 (three sessions), Fall 2014 (six weeks).
- Shelstad, N., 4-H Teen Mania, Youth Development and Retention, Caldwell, Idaho, January 2014.
- Shelstad, N., T. Holmquist, STEP Program (4 facilitation coaches, 7 projects) Caldwell, Idaho, January, 2014 - November, 2014.
- Shelstad, N., Indian Creek Festival Youth 4-H Activities, Youth Development and Recruitment, Caldwell, Idaho, September 2013.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2013.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2013.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July 2013.
- Shelstad, N., Youth Media Interviews, Caldwell, Idaho, July 2013.
- Holmquist, T., **N. Shelstad**, Summer 4-H Day Camps (18 camps) Caldwell and Nampa, Idaho, June and July 2013.
- Shelstad, N., B. Luckey, L. Vega, Summer Urban Programming (7 sites, 8 weeks) Caldwell, Idaho, June and July 2013.
- Shelstad, N., Spring 4-H Day Camp Program (5 camps), Caldwell, Idaho March 2013.
- Shelstad, N., Volunteer Shooting Sports Certification Trainings (1 rifle, 1 archery), Weiser and Emmett, Idaho, March 2013.
- Shelstad, N., 4-H Afterschool Program, Caldwell School District (2 eight week programs), Caldwell, Idaho, Spring 2013, Fall 2013.
- Shelstad, N., Volunteer Development (3 mini trainings, 5 new volunteer orientations) Caldwell, Idaho, 2013.

- Shelstad, N., 4-H Teen Mania, Youth Development and Retention, Caldwell, Idaho, January 2013.
- Shelstad, N., Indian Creek Festival Youth 4-H Activities, Youth Development and Recruitment, Caldwell, Idaho, September 2012.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2012.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2012.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July 2012.
- Shelstad, N., Youth Media Interviews, Caldwell, Idaho, July 2013.
- Holmquist, T., **N. Shelstad**, Summer 4-H Day Camp Program (16 camps), Caldwell and Nampa, Idaho, June and July 2012.
- Shelstad, N., Spring 4-H Day Camp Program (5 camps), Caldwell, Idaho, March 2012.
- Shelstad, N., Volunteer Development (2 mini trainings, 5 new volunteer orientations) Caldwell, Idaho, 2012.
- Shelstad, N., 4-H Afterschool Program, Caldwell School District (8 week program), Caldwell, Idaho, 2012.
- Shelstad, N., 4-H Teen Mania, Youth Development and Retention, Caldwell, Idaho, January 2012.
- Shelstad, N., C. Stark, Shooting Sports Certification (rifle), Volunteer and Staff Development, Emmett, November 2011.
- Holmquist, T., **N. Shelstad**, National 4-H Week, 4-H promotion and club member recruitment, Caldwell, Idaho, October 2011.
- Shelstad, N., Indian Creek Festival Kid's Activities, Youth Development and Recruitment, Caldwell, Idaho, September 2011.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2011.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2011.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July 2011.
- Holmquist, T., **N. Shelstad**, Summer 4-H Day Camp Program (17 camps), Caldwell and Nampa, Idaho, June and July 2011.
- Shelstad, N., C. Stark, Shooting Sports Certification, Volunteer and Staff Development, Parma and Marsing Idaho, April 2011
- Shelstad, N., Spring 4-H Day Camp Program (5 camps), Caldwell, Idaho, March 2011.
- Shelstad, N., 4-H Teen Mania, Youth Development and Retention, Caldwell, Idaho, January 2011.
- Shelstad, N., Volunteer Development (3 mini trainings, 5 new leader orientations) Caldwell, Idaho, 2011.
- Shelstad, N., State 4-H Leaders Forum (committee advisor), Boise, Idaho, 2011.
- Shelstad, N., 4-H Afterschool Program, Caldwell School District (2, six week programs) Caldwell, Idaho 2011.
- Holmquist, T., **N. Shelstad**, National 4-H Week, 4-H promotion and club member recruitment, Caldwell, Idaho, October 2010.
- Shelstad, N., Indian Creek Festival Kid's Activities, Youth Development and Recruitment, Caldwell, Idaho, September 18, 2010.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2010.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2010.
- Shelstad, N., J. Peutz, August 4-H Kids' Camp, Donnelly, Idaho, August 2010.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July, 2010.
- Holmquist, T., **N. Shelstad**, Summer 4-H Day Camp Program (16 camps), Caldwell and Nampa, Idaho, June 2010.
- Shelstad, N., 4-H Plus Training for District II 4-H staff, Caldwell, Idaho, May 2010.
- Shelstad, N., Spring 4-H Day Camp Program (5 camps), Caldwell, Idaho, March 2010.
- Shelstad, N., B. Luckey, Camp Counselor Training/Planning program, Caldwell and Boise, Idaho, March – May 2010.
- Shelstad, N., 4-H Teen Mania, Youth Development and Retention, Caldwell, Idaho, January 2010.
- Shelstad, N., Volunteer Development (5 mini trainings, 7 new leader orientations) Caldwell, Idaho, 2010.
- Shelstad, N., 4-H Afterschool Program, Caldwell School District (2, four and five week programs) Caldwell, Idaho 2010.
- Shelstad, N., C. Stark, Shooting Sports Certification, Volunteer and Staff Development, Caldwell, Nampa and Weiser, Idaho, November 2009.

- Shelstad, N., T. Holmquist, National 4-H Week, 4-H promotion and club member recruitment, Caldwell, Idaho, October, 2009.
- Shelstad, N., Indian Creek Festival Kid's Activities, Youth Development and Recruitment, Caldwell, Idaho, September 19, 2009.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2009.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2009.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July, 2009.
- Shelstad, N., City of Caldwell 4th of July Celebration Youth Kid's Activities, Youth Development and Recruitment, Caldwell, Idaho, July 4, 2009.
- Shelstad, N., Summer 4-H Day Camp Program (15 camps), Caldwell and Nampa, Idaho, June and July 2009.
- Shelstad, N., Family Day on the Creek Youth Activities, Youth Development and Recruitment, Caldwell, Idaho, April 25, 2009.
- Shelstad, N., Spring 4-H Day Camp Program (5 camps), Caldwell, Idaho, March 2009.
- Shelstad, N., 4-H Teen Mania, Youth Development and Retention, Caldwell, Idaho, February 2009.
- Shelstad, N., Volunteer Development (6 mini trainings, 3 new leader orientations) Caldwell, Idaho, 2009.
- Shelstad, N., T. Holmquist, 4-H Kids Fair (Open House), 4-H promotion and club member recruitment, Caldwell, Idaho, October 10, 2008.
- Shelstad, N., Indian Creek Festival Kid's Activities, Youth Development and Recruitment, Caldwell, Idaho, September 13, 2008.
- Shelstad, N., District Oral Presentation Contest, Boise, Idaho, August 2008.
- Shelstad, N., District Style Revue Contest, Boise, Idaho, August 2008.
- Shelstad, N., Interview Evaluation and Family and Consumer Science exhibit judging, Caldwell, Idaho, July, 2008.
- Shelstad, N., T. Holmquist, Summer 4-H Day Camp Program (10 camps), Caldwell, Idaho, July, 2008.
- Shelstad, N., Spring 4-H Day Camp Program (4 camps), Caldwell, Idaho, March, 2008.
- Shelstad, N., Volunteer Development (6 mini trainings, 4 new leader orientations), Caldwell, Idaho, 2008.
- Shelstad, N., B. Luckey, Fall into 4-H Volunteer Development, Boise, Idaho, November 3, 2007.
- Shelstad, N. Super Saturday Part II Volunteer Development, Boise, Idaho, March 24, 2007.
- Shelstad, N. Pet Friendly Magazine Cover Search, 4-H promotion and club member recruitment, Eagle, Idaho, March 10, 2007.
- Shelstad, N. Super Saturday Volunteer Development, Boise, Idaho, January 20, 2007.
- Shelstad, N. Exploring 4-H, 4-H promotion and club member recruitment open house, Boise, Idaho, December 2, 2006.
- Shelstad, N. Open House, 4-H promotion and club member recruitment, Boise, Idaho, October 3-4, 2006.
- Shelstad, N. Super Saturday Volunteer Development, Boise, Idaho, January 21, 2006.
- Shelstad, N. Open House, 4-H promotion and club member recruitment, Boise, Idaho, October 4, 2005.
- Shelstad, N. Super Saturday Volunteer Development, Boise, Idaho, January 22, 2005.
- Shelstad, N. Open House, 4-H promotion and club member recruitment, Boise, Idaho, October 6, 2004.
- Shelstad, N. Super Saturday Volunteer Development, Boise, Idaho, January 24, 2004.

Miscellaneous Extension Publications:

4-H FOCUS articles, Idaho 4-H professionals newsletter, published weekly, statewide circulation (approx. 165 circulation).

2017

- Shelstad, N., "Generosity", June 20
- Shelstad, N., "Mastery", June 6
- Shelstad, N., "Independence", May 30
- Shelstad, N., "Belonging", May 23
- Shelstad, N., "Essential Elements", May 16

LEADER'S CORNER articles, Idaho 4-H volunteer newsletter, published quarterly, statewide circulation.

2012

- Shelstad, N., "Essential Elements of Youth Development", July

2009

- Shelstad, N., "4-H Teen Mania Provides Essential Elements", December
- Shelstad, N., "4-H Teen Mania Sweeps Southwest Idaho", April

LINES FOR LEADERS articles, Canyon County 4-H newsletters, published ten times per year, average 800 circulation.

2015

Shelstad, N., "Competing at Fair", July
 Shelstad, N., "Risk Management – Have a Plan!", June
 Shelstad, N., "Teamwork through Communication", May
 Shelstad, N., "Record Book Portfolios", April
 Shelstad, N., "4-H Project Completion Requirements", March
 Shelstad, N., "The Value of Family Involvement in Out-of-School Programs", February
 Shelstad, N., "Why a 4-H Club?", January

2014

Shelstad, N., "Focusing on Positive Youth Development", November
 Shelstad, N., "Volunteer Enrollment for October 1, 2014 4-H Year", October
 Shelstad, N., "4-H in the Libraries This Summer", September
 Shelstad, N., "Good Sportsmanship + Ethical Decisions = 4-H Success", July
 Shelstad, N., "It's Almost Fair Time Again . . .", June
 Shelstad, N., "4-H Project Meetings", May
 Shelstad, N., "Record Book Time is NOW!", April
 Shelstad, N., "Use of the 4-H Name and Emblem", March
 Shelstad, N., "Facilitation Coach Volunteers", February
 Shelstad, N., "Roll Out the Welcome Wagon!", January

2013

Shelstad, N., "What Matters and What Counts", November (reprinted Nov 2016)
 Shelstad, N., "4-H is. . .", October
 Shelstad, N., "4-H Project Completion", September
 Shelstad, N., "Competing at Fair", July
 Shelstad, N., "It's a Matter of Record", June
 Shelstad, N., "Life Skills Gained Through Oral Presentations (pt 3)", May
 Shelstad, N., "Life Skills Gained Through Oral Presentations (pt 2)", April
 Shelstad, N., "Life Skills Gained Through Oral Presentations", March
 Shelstad, N., "Scholarships and Applications", February
 Shelstad, N., "It's Starting Already!", January

2012

Shelstad, N., "Expanding Your 4-H Horizons", November
 Shelstad, N., "4-H Online Enrollment", October
 Shelstad, N., "4-H in the Community", September
 Shelstad, N., "Do Your Best and Be Proud", July
 Shelstad, N., "Exhibiting at Fair", June
 Shelstad, N., "Club Finance Responsibilities", May
 Shelstad, N., "April is National Volunteer Month", April
 Shelstad, N., "Essential Elements of 4-H Youth Development", March
 Shelstad, N., "Because it's Good for You", February
 Shelstad, N., "The Only Thing that is Constant is Change", January

2011

Shelstad, N., "4-H Comes in More Than One Flavor", November
 Shelstad, N., "The New 4-H Year", October
 Shelstad, N., "Idaho 4-H, Something to Celebrate!", September
 Shelstad, N., "4-H Member Recognition at Fair", July
 Shelstad, N., "Record Book Portfolios, Learning to Love Them", June
 Shelstad, N., "4-H – The Past and Present", May
 Shelstad, N., "Learning Activities for Club Meetings", April
 Shelstad, N., "Developing Youth as Leaders", March
 Shelstad, N., "Parliamentary Procedure, A Life Skill You Can Use Beyond 4-H", February
 Shelstad, N., "Oral Presentations – More Than Demonstrations", January

2010

Shelstad, N., "Purposeful Planning", November
 Shelstad, N., "Value and Appreciation of Others", October

Shelstad, N., "4-H in the Community", September
 Shelstad, N., "Blue Ribbon Youth, Red Ribbon Project", July
 Shelstad, N., "Recognizing Accomplishment", June
 Shelstad, N., "Essential Elements of Youth Development – Mastery", May
 Shelstad, N., "Essential Elements of Youth Development – Generosity", April
 Shelstad, N., "Essential Elements of Youth Development – Independence", March
 Shelstad, N., "Essential Elements of Youth Development – Belonging", February
 Shelstad, N., "Happy New Year", January

2009

Shelstad, N., "4-H is More Than Just Projects", November
 Shelstad, N., "Flag Etiquette", October
 Shelstad, N., "National 4-H Week, October 4-10", September
 Shelstad, N., "Competing at Fair", July
 Shelstad, N., "Exhibiting at Fair", June
 Shelstad, N., "Doing the Right Thing", May
 Shelstad, N., "Record Book Portfolios – Yes, It's That Time of Year!", April
 Shelstad, N., "Incorporating Games and Activities", March
 Shelstad, N., "Help is Near!", February
 Shelstad, N., "Good Goals, Bad Goals . . .", January

2008

Shelstad, N., "What's Your Style?", November
 Shelstad, N., "Welcome to the New 4-H Year", October
 Shelstad, N., "Pay it Forward", September
 Shelstad, N., "Let's Make it a Great Fair", July
 Shelstad, N., "A Year of Change", June
 Shelstad, N., "Community Service – Service Learning", May
 Shelstad, N., "April is National Volunteer Month", April
 Shelstad, N., "It's More Than Just Another Project Requirement", March

2007

Shelstad, N. "Basics for New 4-H Families", May

MALHEUR COUNTY 4-H NEWS articles, Malheur County, Oregon 4-H newsletter, 428 circulation.
 2012

Shelstad, N., "Learning Activities for Club Meetings", April

Popular Press:

Shelstad, N., "Idaho 4-H Celebrates 100 years" Idaho Press Tribune, submitted July 12, 2012.
 Shelstad, N., "Celebrating National 4-H Week in Canyon County" Idaho Press Tribune, submitted October 1, 2009.
 Shelstad, N., "4-H Teens Learn, Give to Others" Idaho Press Tribune, Friday, February 13, 2009.
 Shelstad, N., "Celebrating National 4-H Week in Canyon County" Idaho Press Tribune, excerpts appeared Sunday, October 5, Friday, October 10, and Tuesday, October 14, 2008.

Interview Articles:

Shelstad, N., Science and Citizenship in 4-H, Idaho Press Tribue, July 25, 2013.
 Shelstad, N., Idaho 4-H Turns 100, Idaho Press Tribue, July 29, 2012.
 Shelstad, N., 4-H Kids Fair, Idaho Press Tribune on-line multimedia audio slideshow, October 2008.

Media Presentations:

KTVB, Channel 7, Larry Gebert, Justin Corr, 4-H Today - Building Life Skills, television news interview, July 25 and July 26, 2013.
 KBOI, Channel 2, Adam Behrman, 4-H Today - Building Life Skills, television news interview, July 25, 2013.
 KBOI, Channel 2, Adam Behrman, 4-H Builds Life Skills, television news interview, July 27, 2012.
 KQFC, 97.9 FM, Corey Michaels, National 4-H Week, radio interview, October 6, 2010.

Judging:

Ada County FCS Exhibit Judging, 2019
 Ada County Interview Evaluations, 2019
 Canyon County FCS Exhibit Judging, 2019
 Canyon County Interview Evaluation, 2019
 NAE4-HA Published Photo, Educational Piece Team and Individual, Promotional Piece Team and Individual award applications for Regional awards, 2019
 NAE4-HA First Timer Scholarship, Regional awards, 2019
 Washington County Interview Evaluations, 2018
 Washington County Interview Evaluations, 2017
 NAE4-HA Promotional Package Individual and Team final National Award applications, 2017
 NAE4-HA Excellence in Communication and Expressive Arts Award, Excellence in Geospatial Programs Award, and Excellence in Global Citizenship Award Regional award applications, 2017
 Ada County 4-H FCS exhibits and Best of Show, 2016
 Ada County Interview Evaluation, 2016
 NAE4-HA Healthy Living and Natural Resources final National Award applications, 2016
 Teen Conference District Scholarship Applications, 2015
 District Distinguished Service Award Applications, 2014
 Teen Conference District Scholarship Applications, 2014
 Know Your Government Applications, 2014
 Ada County 4-H FCS Best of Show exhibits, 2013
 Ada County Interview Evaluation, 2013
 District Distinguished Service Award Applications, 2013
 Teen Conference District Scholarship Applications, 2013
 Know Your Government Applications, 2013
 Teen Conference District Scholarship Applications, 2012
 Know Your Government Applications, 2012
 Ada County 4-H FCS Best of Show exhibit judging, 2011
 Washington County Interview Evaluation, 2011
 Teen Conference District Scholarship Applications, 2011
 Know Your Government Applications, 2011
 Ada County 4-H County Medal Awards, 2010
 Teen Conference District Scholarship Applications, 2010
 Know Your Government Applications, 2010
 Ada County 4-H FCS Best of Show exhibit judging, 2009
 Teen Conference District Scholarship Applications, 2009
 Know Your Government Applications, 2009
 Ada County 4-H County Medal Awards, 2008
 Ada County 4-H Interview Evaluation, 2008
 Teen Conference District Scholarship Applications, 2008
 Know Your Government Applications, 2008
 Canyon County 4-H Miscellaneous Projects Interview Evaluation, 2007
 Teen Conference District Scholarship Applications, 2007
 State 4-H Speech Contest, 2006
 Teen Conference District Scholarship Applications, 2006
 Ada County 4-H Interview Evaluation, 2005
 Owyhee County Demonstration Contest, 2004
 Lake Hazel 4-H Afterschool Fair, 2004

Review Activities:

Promotion packet for Nancy Ooki, University of Hawaii, October 2019.
 Speaking With Confidence: A teaching guide to improve public speaking skills in youth, University of Nevada Cooperative Extension, reviewed October 2016.

Community Service:

Agriculture Pavilion at Western Idaho Fair volunteer, August 2016
 Caldwell Youth Forum Planning Committee, 2015
 Youth Master Plan Committee, City of Caldwell, 2015

Violet Richardson Award (for youth volunteerism) committee chair & judging, December 2014
 Youth Master Plan Committee, City of Caldwell, 2014
 Fund Raising Committee member for Soroptimist of Caldwell, November 2014
 Caldwell Youth Forum Planning Committee, September 2014
 Agriculture Pavilion at Western Idaho Fair volunteer, August 2014
 Violet Richardson Award (for youth volunteerism) committee chair & judging, December 2013
 Youth Master Plan Committee, City of Caldwell, 2013
 Fund Raising Committee member for Soroptimist of Caldwell, November 2013
 Agriculture Pavilion at Western Idaho Fair volunteer, August 2013
 FCCLA Regional Competition judge, February 2013
 Violet Richardson Award Committee Chair and judging committee, December 2012
 Agriculture Pavilion at Western Idaho Fair volunteer, August 2012
 Violet Richardson Award (youth volunteerism award) application judging, December 2011
 Caldwell Buckaroo Breakfast ticket sales, Soroptimist, August 2011
 Agriculture Pavilion at Western Idaho Fair volunteer, August 2011
 Violet Richardson Award (youth volunteerism award) application judging, December 2010
 Fund Raising Committee member for Soroptimist Spaghetti Dinner, November 2010
 Caldwell Buckaroo Breakfast ticket sales, Soroptimist, August 2010
 Violet Richardson Award (youth volunteerism award) application judging, December 2009
 Fund Raising Committee member for Soroptimist Spaghetti Dinner, November 2009
 Caldwell Buckaroo Breakfast ticket sales, Soroptimist, August 2009
 Serving at Our Lady of the Valley clam chowder lunch, April 2009
 Re-decorate room at Hope's Door, Soroptimist, March 2009
 Violet Richardson Award (youth volunteerism award) application judging, December 2008
 Fund Raising Committee member for Soroptimist Spaghetti Dinner, November 2008
 Soroptimist International of Caldwell, member 2008 – present
 Secretary 2010, Elected Board Member 2011, 2012

PROFESSIONAL DEVELOPMENT:

Outreach:

NAE4-HA Conference, White Sulphur Springs, West Virginia, November 2-7, 2019
 State 4-H In-Service, Boise, Idaho, October 21-23, 2019
 Pacific Northwest Conference, Bend, Oregon, April 16-18, 2019
 Annual Extension Conference, Idaho Falls, Idaho, March 26-28, 2019
 Joint Council of Extension Professionals Conference, San Antonio, Texas, February 5-8, 2019
 Impact Collaborative Facilitator Training, Atlanta, Georgia, January 14-17, 2019
 State 4-H In-Service, Boise, Idaho, October 22-24, 2018
 Impact Collaborative Summit, Indianapolis, Indiana, October 16-18, 2018
 NAE4-HA Conference, Columbus, Ohio, October 7-11, 2018
 Idaho Out-of-School Network Summit, Boise, Idaho, September 10-11, 2018
 Minnesota Urban Programming Tour, Minneapolis, Minnesota, May 21-23, 2018
 Annual Extension Conference, Moscow, Idaho, April 3-6, 2018
 Joint Council of Extension Professionals Conference, Orlando, Florida, February 14-15, 2018
 NAE4-HA Conference, Indianapolis, Indiana, November 12-16, 2017
 State 4-H Volunteer Forum, Pocatello, Idaho, November 3-4, 2017
 State 4-H In-Service, Boise, Idaho, October 23-25, 2017
 Afterschool Network Summit, Boise, Idaho, September 13-14, 2017
 Annual Extension Conference, Burley, Idaho, April 3-6, 2017
 Serve Idaho Conference, February 15, 2017
 State 4-H Volunteer Forum, Twin Falls, Idaho, November 4-5, 2016
 State 4-H In Service, Boise, Idaho, October 24-26, 2016
 NAE4-HA Conference, New Orleans, Louisiana, October 9-13, 2016
 Writing Retreat, McCall, Idaho, September 26-28, 2016
 Afterschool Network Summit, Boise, Idaho, August 25-26, 2016
 Educate Idaho Network Confernece, Boise, Idaho, June 7, 2016
 Youth Development Academy, University of Missouri Extension, Columbia, Missouri, May 16-20, 2016
 Tri-State Conference, Spokane, Washington, April 20-22, 2016

Annual Extension Conference, Moscow, Idaho, April 4-7, 2016
State 4-H Volunteer Forum, Boise, Idaho, November 6-8, 2015
NAE4-HA Conference, Portland, Oregon, October 25-29, 2015
State 4-H In Service, Boise, Idaho, October 13-15, 2015
Epsilon Sigma Phi National Conference, Coeur d'Alene, Idaho, October 4-7, 2015
Northwest Youth Financial Education, Spokane, Washington, April 28 – 30, 2015
Annual Extension Conference, Boise, Idaho, March 30 – April 2, 2015
District 4-H In Service, Boise, Idaho, November 18, 2014
State 4-H Leaders' Forum, Lewiston, Idaho, November 7-9, 2014
NAE4-HA Conference, Minneapolis, Minnesota, October 26-30, 2014
Branding Conference (PNW), Boise, Idaho, April 15-17, 2014
State 4-H Leaders' Forum, Fort Hall, Idaho, November 8-10, 2013
State 4-H In Service, Boise, Idaho, October 28-30, 2013
Galaxy IV Conference, Pittsburgh, Pennsylvania, September 16-19, 2013
National Extension Conference on Volunteerism, Frankenmouth, Michigan, May 20-23, 2013
Annual Conference, Moscow, Idaho, April 8-11, 2013
State 4-H In Service, Boise, Idaho, November 13-15, 2012
State 4-H Leaders' Forum, Burley, Idaho, November 2-4, 2012
NAE4-HA Conference, Orlando, Florida, October 21-25, 2012
Annual Conference, Boise, Idaho, April 2-5, 2012
State 4-H Leaders' Forum, Boise, Idaho, November 4-6, 2011
NAE4-HA Conference, Omaha, Nebraska, October 24-28, 2011
State 4-H In Service, Boise, Idaho, October 11-13, 2011
National Conference on Volunteerism, Couer d'Alene, Idaho, April 18-21, 2011
Annual Conference, Moscow, Idaho, April 4-7, 2011
State 4-H In Service, Boise, Idaho, November 16-18, 2010
NAE4-HA Conference, Phoenix, Arizona, October 24-28, 2010
State 4-H Leaders' Forum, Spokane, Washington, October 15-17, 2010
4-H Plus Training, Caldwell, Idaho, May 26, 2010
Second Life, Caldwell, Idaho, May 25, 2010
Teamwork Teamplay, Boise, Idaho, May 5, 2010
Annual Conference, Moscow, Idaho, April 12-15, 2010
Shooting Sports Instructor Training, Archery, Weiser, Idaho, November 21, 2009
State 4-H In Service, Boise, Idaho, November 10-12, 2009
Shooting Sports Instructor Training, Rifle, Nampa, Idaho, November 7, 2009
NAE4-HA Conference, Rochester, New York, October 25-29, 2009
State 4-H Leaders' Forum, Idaho Falls, Idaho, October 15-17, 2009
Annual Conference, Moscow, Idaho, March 9-13, 2009
Western Regional Leaders' Forum, Denver, Colorado, February 25- March 1, 2009
Joint Council of Extension Professionals, San Diego, California, February 18-20, 2009
Train the Trainer OMK Babysitting Curriculum, Boise, Idaho, January 31, 2009
State 4-H In Service, Boise, Idaho, November 4-6, 2008
State 4-H Leaders' Forum, Salmon, Idaho, October 24-26, 2008
Galaxy III Conference, Indianapolis, Indiana, September 15-19, 2008
New Faculty Orientation, Moscow, Idaho, September 9-11, 2008
Public Issues Leadership Development, Arlington, Virginia, April 28-30, 2008
Annual Conference, Boise, Idaho, April 1-3, 2008
Western Regional Leaders' Forum, Boise, Idaho, March 6-9, 2008
NAE4-HA Conference, Atlanta, Georgia, October 21-25, 2007
State 4-H In Service, Caldwell, Idaho, Oct 1-3, 2007
Annual Conference, Moscow, Idaho, April 10-13, 2007
Western Regional Leaders Forum, Phoenix, Arizona, January 11-15, 2007
State 4-H Leaders' Forum, Boise, Idaho, November 10-12, 2006
NAE4-HA Conference, Milwaukee, Wisconsin, Oct 22-26, 2006
4-H Plus Training, University of Idaho, Caldwell, Idaho, May 23, 2006
Tri State 4-H Conference, Boise, Idaho, May 1-3, 2006
Annual Conference, Idaho Falls, Idaho, April 3-6, 2006
Front Page Training, Boise, Idaho, Jan 25, 2006

NAE4-HA Conference, Seattle, Washington, Oct 31 – Nov 3, 2005
 State 4-H Leaders Forum, Post Falls, Idaho, October 21-23, 2005
 State 4-H In Service, Post Falls, October 19-21, 2005
 4-H Fair Plus Training, Caldwell, Idaho, June 6-7, 2005
 Annual Conference, Moscow, Idaho, April 4-7, 2005
 Youth Development Institute, Boise, Idaho, March 15-17, 2005
 4-H Plus Training, Caldwell, Idaho, January 18-19, 2005
 State 4-H Leaders' Forum, Pocatello, Idaho, October 21-23, 2004
 State 4-H In Service, Pocatello, Idaho, October 18-20, 2004
 NAE4-HA Conference, Oklahoma City, Oklahoma, October 31 – November 4, 2004
 Annual Extension Conference, Boise, Idaho, April 19-22, 2004
 State 4-H Leaders' Forum, Twin Falls, Idaho, November 7-9, 2003
 State 4-H In Service, Twin Falls, Idaho, November 5-7, 2003

Administration/Management:

The Long Distance Leader: Strategies for Leaders Separated From Their Teams, December 2, 2019
 UI Search Committee Training, September 27, 2019
 4-H Thriving Model webinar, March 18, 2019
 Defensive Driving Course, University of Idaho, February 20, 2019
 NAE4-HA Member Recognition, January 7, 2019
 Grateful Living, November 12, 2018
 Fast Track (recorded webinar), October 31, 2018
 IT Security Awareness, October 26, 2018
 Creating a Respectful Community, October 26, 2018
 Thinking and Working Strategically, October 12, 2018
 LGBTQ and Camp (NAE4-HA webinar), June 20, 2018
 Defeating Negativity in the Workplace, March 28, 2018
 Building Better Team Communications, March 26, 2018
 How to Effectively Supervise Off-Site Employees, February 7, 2018
 Developing Your Emotional Intelligence, January 12, 2018
 Workplace Conflict Resolution for Managers and Supervisors, January 9, 2018
 Powerpoint narration and upload to Youtube, October 26, 2017
 Editing Captions for Accessibility and Managing your Channel, October 26, 2017
 Increasing Inclusivity for Youth who Identify as Members of LGBTQ+ Communities, October 16, 2017
 Widening the Circle: A Promise to Grow 4-H through Racial and Ethnic Diversity, October 16, 2017
 From Neurons to 4-H Positive Youth Development: Getting Beyond Inclusion Towards Belonging, October 2, 2017
 PYD Learning Circle (Mary Arnold), June 13, 2017
 IRB training modules (10) CITI Program, March 14-17, 2017
 NAE4-HA Awards webinar, February 21, 2017
 P-card and Travel, University of Idaho webinar training, November 18, 2016
 Diversity and Inclusion, University of Idaho webinar training, November 15, 2016
 Safety and Security Awareness, University of Idaho webinar training, November 15, 2016
 IT Security, University of Idaho webinar training, November 15, 2016
 Mental Health First Aid, Mitzi Burrus, October 26-27, 2016
 The Role of Learning in Positive Youth Development: Implementation and Conclusion, National 4-H Headquarters E-academy, April 27, 2016
 Quality Matters! Situating Learning in Positive Youth Development Setting, National 4-H Headquarters E-academy, April 27, 2016
 Reaching New Audiences with Relevant Learning Experiences, National 4-H Headquarters E-academy, April 25, 2016
 Preparing and Training Learning Facilitators, National 4-H Headquarters E-academy, April 25, 2016
 Meeting Learners Where They Are, National 4-H Headquarters E-academy, April 5, 2016
 Creating a Learning Environment, National 4-H Headquarters E-academy, April 5, 2016
 Planning and Assessing the Learning Experience, National 4-H Headquarters E-academy, March 30, 2016
 The Role of Learning in Positive Youth Development: An Introduction, National 4-H Headquarters E-academy, March 30, 2016
 Common Measures Report Generator Webinar, Jessie Bauman, February 25, 2016

Respectful Communication, University of Idaho webinar training, January 6, 2016
Navigating the Employment Legal Landscape pt 2, University of Idaho online training, December 18, 2015
Strategies for Selection and Hiring Success, University of Idaho online training, December 15, 2015
Navigating the Employment Legal Landscape pt 1, University of Idaho online training, December 15, 2015
Performance Evaluation, University of Idaho online training, December 15, 2015
Performance Management, University of Idaho online training, December 15, 2015
University of Idaho Mission and Goals, University of Idaho online training, December 14, 2015
University of Idaho Stewardship of Resources and Ethical Conduct, University of Idaho online training, December 14, 2015
Our Inclusive Workplace, University of Idaho online training, December 14, 2015
Basic Conflict Management Techniques, Dr. Bayard Gergory, April 28, 2015
10 Free Online Tools to Create 4-H Learning Activities, Virtual Professional Development, January 29, 2015
Using New 4-H Career Exploration Curriculum: Build Your Future, Virtual Professional Development, January 27, 2015
4-H Professional Book and Journal Club, Family Involvement in Out of School Time Activities, January 21, 2015
Our Inclusive Workplace Discrimination and Sexual Harassment, University of Idaho online training, November 28, 2014
4-H Online Training, Caldwell, Idaho, September 9, 2014
Diversity Webinar, NIFA diversity task force, April 22, 2014
4-H Professional Book and Journal Club, Competitive Personality vs Emotional Intelligence, November 12, 2013
4-H Professional Book and Journal Club, Positive Youth Development, March – October 2013
Promotional Materials Development, Caldwell, Idaho, September 26, 2013
4-H Online Training, Caldwell, Idaho, September 5, 2013
4-H Online Training, Caldwell, Idaho, September 17, 2012
Succeeding Through Change, Idaho Commerce and Labor, Meridian, Idaho, May 8, 2012
Financial Management of 4-H Funds Webinar, Caldwell, Idaho, April 30, 2012
County Operations Handbook Finances Webinar, Caldwell, Idaho March 21, 2012
Video Production Workshop, Idaho Falls, Idaho, March 11, 2011
Achieving Leadership Excellence Part II Management Tools, Idaho Commerce and Labor, Meridian, Idaho, March 8, 2011
First Aid & CPR Class, Caldwell, Idaho, February 1, 2011
Social Media Marketing, Idaho Commerce and Labor, Meridian, Idaho, March 9, 2010
Gold Standard in Customer Service, Boise, Idaho, April 27, 2007
Stewards of Children, Boise, Idaho, February 28, 2007
Motivational Environment, Idaho Commerce and Labor, Boise, Idaho, May 4, 2006
Workplace Conflict, Idaho Commerce and Labor, Boise, Idaho, Jan 5, 2006
A Fresh Look at Recruitment and Retention, Idaho Commerce and Labor, Boise, Idaho, May 5, 2005
Managing Multiple Priorities, Boise, Idaho, March 11, 2005