

Workshop Descriptions – FLC 2025

9:00 a.m. – 10:00 a.m. General Session (ALL MEMBERS AND ADVISORS ATTEND)

10:15 am a.m. – 11:00 a.m. Break Out Session 1

Title: STEM in Motion: Rover Challenge Workshop

Description: Join engineering students from Southwestern Oklahoma State University for a hands-on STEM experience! In this interactive workshop, participants will design, build, and test their own rubber band–powered rovers. Explore the science behind motion, energy, and design as you experiment with ways to make your vehicle travel farther and faster. Get ready to put your creativity and problem-solving skills in motion!

Who Should Attend: STEM enthusiasts and problem solvers!

Room: Oklahoma Ballroom AB

Title: Oklahoma State University – STEM Challenge

Description: Join the OSU STEM Challenge for an exciting, hands-on experience where TSA members will use the engineering design process to tackle a real-world problem! In this dynamic workshop, you'll brainstorm, design, and prototype innovative solutions using creativity, teamwork, and STEM skills. Guided by OSU experts, you'll put your engineering know-how to the test and compete to see whose solution stands out.

Who Should Attend: STEM enthusiasts and problem solvers!

Room: Oklahoma Ballroom CD

Title: Using “The Model” to Coach Yourself Through Any Challenge

Description: Ever feel trapped in a loop of thoughts or behaviors that keep holding you back? This session introduces the C, T, F, A, R framework—“The Model”—a simple yet powerful tool to spot those patterns and break free. With just a few minutes of reflection, you’ll learn how to reroute yourself toward growth, success, and a mindset that works for you!

Who Should Attend: Students looking for a reset button!

Room: Oklahoma Ballroom EF

Title: TSA Updates

Description: Tami Redus, TSA State Advisor, will share key updates on the state qualifier, state conference, and available awards—and answer any questions advisors have along the way!

Who Should Attend: TSA Advisors only!

Room: Oklahoma G

Title: Commanding the Room: Present with Confidence

Description: Every great leader knows how to command a room. In this workshop, you’ll learn how to wrangle nerves, capture attention, and deliver presentations that leave a lasting impact. From organizing your message to engaging your audience with confidence, you’ll gain practical tips to make your “why” shine through every time you step up to present.

Who Should Attend: Everyone!

Room: Oklahoma H

Title: Civilian Air Force STEM Careers

Description: Discover the exciting world of civilian STEM careers in aviation, technology, and related fields! Learn about a variety of opportunities in engineering, cybersecurity, logistics, maintenance, and other innovative areas. Explore how your STEM skills can open doors to meaningful and impactful careers in the aviation and technology industries.

Who Should Attend: This workshop is a must for anyone curious about the world of aviation!

Room: Oklahoma Ballroom I

Title: Middle School TSA Events: What's New?

Description: The 2026-2027 Middle School TSA Guide brings a few exciting new events: Audio Podcasting, Solar Racer, Drone Challenge, and Robotics! Join Tara Dye and Valerie McCauley, members of the National Competition Regulations Committee (CRC), for an insider's look at these innovative challenges. She'll also cover important updates to current competitions, so you'll be fully up to speed on all the latest changes!

Who Should Attend: TSA competitors are serious about winning!

Room: Oklahoma Ballroom J

Title: Women in STEM – Breakout Boxes

Description: Put your critical thinking and teamwork to the test in a fun, hands-on breakout box all about amazing women in STEM! Solve puzzles, crack clues, and work together to “escape” while learning about science, technology, engineering, and math in an exciting, interactive way. No experience needed—just bring your curiosity!

Who Should Attend: Students who love a good challenge, enjoy solving mysteries, or think outside the box—literally!

Room: University A

Title: Mamba Mentality: The Mindset of a Leader!

Description: Mindset is everything when you're a leader. Upgrade your mental game as a leader by analyzing the leadership qualities of Kobe Bryant, then apply them yourself in future leadership endeavors.

Who Should Attend: Perfect for anyone looking to level up their leadership game!

Room: University B

Title: Lunar Lander Challenge: Engineering Our Return to the Moon

Description: Get ready for liftoff! In this hands-on, inquiry-based workshop, participants will work in teams to design and build their own Lunar Lander capable of touching down safely on the moon's surface—without damaging its precious astronauts or payload. Along the way, you'll explore the science and engineering behind NASA's upcoming Artemis missions and discover how today's innovators are preparing to return humans to the moon!

Who Should Attend: Students interested in space exploration, engineering design, and hands-on STEM challenges!

Room: University C

Title: Play Your Cards Right: Ace Any Interview!

Description: In this workshop you will learn how to ace your next interview, how to suit up and stand out from the crowd, and how to play your best hand. Don't fold – show up and take your interview game to the next level!

Who Should Attend: Students looking to deal themselves a winning interview!

Room: Boomer A

Title: Find Your Otis

Description: The goal of this workshop is to help you promote yourself and TSA with confidence, connect and network like a pro, and craft a strong Original, Targeted, Interesting, Solution (OTIS!) message. Using tools like the elevator pitch and other strategies, you'll leave with practical skills to make a lasting impression and stand out in any situation.

Who Should Attend: EVERYONE!

Room: Boomer B

Title: Planting New Roots: Growing Your TSA

Description: This workshop shows how to grow and strengthen your school's TSA chapter, with practical strategies for recruiting and retaining members both in-person and online. Fun, interactive breaks between presentations emphasize the importance of keeping members engaged and checking in on their ideas and interests.

Who Should Attend: Anyone looking to grow their chapter!

Room: Sooner A

Title: Public Speaking Like A Pro!

Description: Ready to speak with confidence and truly connect with your audience? This workshop will help you conquer stage nerves, capture attention, and keep your listeners hooked. Walk away with the skills to turn jitters into power and speak like a pro!

Who Should Attend: EVERYONE!

Room: Sooner B

11:15 am – 12:00 pm Break Out Session 2**Title: STEM in Motion: Rover Challenge Workshop**

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Who Should Attend: STEM enthusiasts and problem solvers!

Room: Oklahoma Ballroom AB

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Who Should Attend: STEM enthusiasts and problem solvers!

Room: Oklahoma Ballroom CD

Title: Your Sacred Six: When You Know Your “Why,” You Can Endure Any “What”

Description: Our personal missions and goals are deeply rooted in our values—shaped by our experiences, families, and passions. In this reflective session, you'll identify your six core “Sacred Values” and craft a personal mission statement to serve as your own North Star. Learn how to use your “Sacred Six” to guide decisions, stay grounded during challenges, and move forward with clarity and purpose.

Who Should Attend: Everyone!

Room: Oklahoma Ballroom EF

Title: TSA Advisor – Best Practices

Description: In this workshop, TSA advisors will learn best practices for successfully integrating TSA into their classrooms. Led by Tara Dye, an experienced educator and TSA leader, this session will cover strategies for engaging students, aligning TSA activities with curriculum goals, and managing chapter logistics. You'll gain valuable insights into how to promote leadership, teamwork, and STEM skills through TSA, and leave with practical tools to enhance your students' experiences both in the classroom and in competitive events. Whether you're a new or veteran advisor, this workshop will equip you with everything you need to maximize your TSA program's impact.

Who Should Attend: TSA Advisors only!

Room: Oklahoma G

Title: Stand Out & Step Up: Professional Skills to Win in Life, Work, & Competitions

Description: First impressions can open doors—or close them. In this fast-paced, interactive session, TSA students will learn how to showcase their CTSO experiences on a resume, master the perfect handshake, project confidence from the start, and ace interviews with poise. Get ready to practice, participate, and walk away with skills that give you a competitive edge—in your next competition and your future career.

Who Should Attend: Everyone!

Room: Oklahoma H

Title: Fundraising with 3D Printing: Turning Creativity into Cash

Description: Discover how 3D printing can power your next successful fundraiser! In this session, you'll learn how to design and produce simple, high-impact items that students can sell to support their TSA chapter or school projects. We'll share cost-effective printing ideas, pricing strategies, and real examples from student-led fundraisers that blend innovation with entrepreneurship.

Who Should Attend: Chapter treasurers!

Room: Oklahoma Ballroom I

Title: Turbocharge Your Skills: TSA Dragster MS

Description: Get insights and tips on building and racing your own CO2 Dragster for TSA!

This workshop explores Research along with Strategies to help you design and develop your TSA competition dragster.

Attendance Limited to one member per chapter.

Who Should Attend: Perfect for beginners or students looking to level up their race-day performance.

Room: Oklahoma Ballroom J

Title: Women in STEM – Breakout Boxes

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Who Should Attend: Students who love a good challenge, enjoy solving mysteries, or think outside the box—literally!

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Who Should Attend: Anyone looking to grow their chapter!

Room: Sooner A

Title: Networking: In and Outside of TSA

Description: Learning to network from the ground up. A simple three-step plan to perfect your networking skills that you will use your entire life.

Who Should Attend: EVERYONE!

Room: Sooner B

12:00 pm – 1:30 p.m. Lunch on your own

1:45 p.m. – 2:30 p.m. Breakout Session 3

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Who Should Attend: STEM enthusiasts and problem solvers!

Room: Oklahoma Ballroom CD

Title: "Yes! And..." Improvisational Comedy for Team Building

Description: Let's play! In this high-energy, interactive session (no chairs allowed!), you'll dive into the foundational games of improvisational comedy while exploring the core principles of Improv—collaboration, creativity, adaptability, and confidence. Through laughter and play, you'll strengthen essential skills like team building, active listening, and quick thinking. So, check your cool card and inhibitions at the door, put on your fun pants, and get ready to grow your personal and interpersonal skills the Improv way!

Who Should Attend: Anyone ready to laugh, learn, and level up their creativity, and communication skills!

Room: Oklahoma Ballroom EF

Title: Advisor Forum

Description: This interactive workshop helps advisors guide their students through TSA competitive events with confidence. Learn how to navigate event guidelines, implement strategies for success, and support students in preparing for competitions. Whether you're new to TSA or looking to deepen your knowledge, gain practical tips and expert insights to help your chapter excel and your students thrive in their TSA journey.

Who Should Attend: Advisors only!

Room: Oklahoma G

Title: Mission Control: Secrets Behind the TSA System Control Event

Description: Ever wondered what it takes to master the TSA System Control event? Step into Mission Control and uncover the secrets behind designing, building, and programming automated systems that solve real-world problems. In this interactive session, you'll explore how sensors, logic, and coding come together to bring machines to life. You'll also learn practical tips for planning, testing, and improving your designs while avoiding common competition pitfalls. Whether you're new to System Control or ready to level up your skills, you'll leave ready to tackle your next mission with confidence.

Who Should Attend: Anyone thinking of participating in System Control!

Room: Oklahoma H

Title: Student Forum

Description: This interactive workshop gives students the chance to ask questions and gain clarity about TSA competitive events. Whether you're new to TSA or preparing for your next competition, this is the perfect opportunity to dive into event guidelines, strategies for success, and any specific questions you may have. Get expert advice and insights to help you excel in your TSA journey!

Who Should Attend: Future TSA Champions!

Room: Oklahoma I

Title: Turbocharge Your Skills: TSA Dragster HS

Description: Get insights and tips on building and racing your own CO2 Dragster for TSA!

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Who Should Attend: Students interested in space exploration, engineering design, and hands-on STEM challenges!

Room: University C

Title: Run to Win: Your Campaign Blueprint

Description: Ready to step up and lead? Join your State and Regional Presidents for an exclusive, high-impact workshop designed to transform your ambition into action. We'll give you the complete blueprint for a successful campaign, breaking down the key guidelines, essential principles, and proven strategies you need to win. Stop wondering how to run—start learning *how to win*. Step up, stand out, and start your leadership journey today!

Who Should Attend: Anyone interested in running for state or regional office

Room: Sooner B

Room: Boomer A

Title: Find Your Otis

Description: The goal of this workshop is to help you promote yourself and TSA with confidence, connect and network like a pro, and craft a strong Original, Targeted, Interesting, Solution (OTIS!) message. Using tools like the elevator pitch and other strategies, you'll leave with practical skills to make a lasting impression and stand out in any situation.

Who Should Attend: EVERYONE!

Room: Boomer B

Title: Don't Get Eliminated: How to Win YOUR TSA Events

Description: This workshop will feature an intuitive, engaging, and informative guide on how to compete at a high level. Our team has won international presentation and documentation awards at TSA, robotics, and Science fairs, and we look forward to sharing our competitive knowledge with the next generation through detailed advice on portfolio, interviews, post-conference improvements, and how to take your competition experience to the next level.

Who Should Attend: Serious competitors only!

Room: Sooner A

Title: Networking: In and Outside of TSA

Description: Learning to network from the ground up. A simple three-step plan to perfect your networking skills that you will use your entire life.

Who Should Attend: EVERYONE!

Room: Sooner B

2:40 pm – 3:00 pm Closing Session