

2019 Registration Book

# 4-H Exploration Days

CELEBRATING  
50 YEARS



18 USC 707

**more to explore**

JUNE 19-21, 2019



STATE 4-H AWARDS PROGRAM

JUNE 19-20, 2019

# SPECIAL ATTRACTIONS

4-H Exploration Days will take place June 19 to 21, 2019, at Michigan State University in East Lansing. The event is designed for young people ages 11 to 19 and involves about 2,400 participants from across Michigan in a multitude of hands-on learning sessions, field trips, and recreation opportunities. This section highlights a few special attractions of the event. Look for more information in the *4-H Exploration Days Activity Guide* that you'll receive when you arrive on campus.

## Sessions

Choose from about 200 action-packed learning sessions in your favorite interest areas! See pages 4 to 15 for session descriptions.

## Cool Things to See & Do at MSU

You'll have plenty of campus recreation options to choose from on Wednesday and Thursday afternoon and evening. See page 19 for details.

## MSU Pre-College Scholarship Opportunity

Participants who will enter eighth, ninth, or tenth grades in the school year following their involvement in an MSU pre-college program such as 4-H Exploration Days are eligible for nomination to apply for a \$2,000 MSU Pre-College Scholarship. Local Extension 4-H staff will use criteria such as attitude, behavior, and active participation when choosing which 4-H Exploration Days participants to nominate. Each county Extension 4-H program may submit one applicant (or a maximum of 5% of their total number of participants who will be entering eighth, ninth, and tenth grades).

This is a competitive scholarship program. Contact your local Extension 4-H staff for information about this and other 4-H scholarship opportunities or visit <https://bit.ly/2BvdLjQ>.

## ENTERTAINMENT



## Kyle Scheele:

Author. Speaker.  
Cardboarder.  
Better-World-Builder.

Kyle Scheele is an inspiring author, speaker, and cardboarder who has challenged tens of thousands of students across the nation to build a better world. Kyle will inspire you to live a better story, make a difference, and use your gifts and talents to build a better world. His stories will have you rolling with laughter.

Come see Kyle Scheele at the Wharton Center for Performing Arts at 8 p.m. on Wednesday, June 19.

**You must be registered for 4-H Exploration Days to attend.**

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The sky's the limit when you're considering which sessions to take! You don't need to be enrolled in the project or projects of your session choices. And because the content of some sessions could reasonably fall into more than one category, you may find sessions listed in unexpected categories. So be sure to look through all of the categories to find the sessions that interest you!

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### **Welcome!**

4-H Exploration Days is an annual MSU pre-college program that attracts about 2,400 participants from across Michigan. During 4-H Exploration Days you'll have a chance to develop valuable skills, make new friends, get involved in lots of fun activities, and much more. You can choose from about 200 action-packed sessions on topics that interest you! We hope you can come!

Jake DeDecker, Ph.D.

State Leader, Michigan 4-H Youth Development, MSU Extension

# ABOUT THE EVENT

## 4-H Exploration Days Objectives

We've designed 4-H Exploration Days to:

- » Help you learn new ideas, techniques, and skills you can use personally and in your 4-H clubs or groups and communities.
- » Give you in-depth training through hands-on educational sessions from content and youth development experts.
- » Provide opportunities, experiences, and resources beyond those available in your county or region.
- » Develop your career and personal interests.
- » Enhance your personal growth by giving you opportunities to develop responsibility, confidence, independence, accountability, problem-solving, decision-making, and time management skills.
- » Develop your communication, teamwork, citizenship, and leadership skills.
- » Help you meet new people and make new friends from different places and with different backgrounds from across the state.
- » Give you access to the beautiful MSU campus and its wealth of resources.
- » Prepare you academically and socially for a successful transition to college and life as an adult.

## Who Should Attend?

Every county has its own procedure for selecting participants and adult chaperones to attend 4-H Exploration Days. To attend the event you must be:

- » At least aged 11 by January 1, 2019, or older at the discretion of your county.
- » Willing to abide by the Michigan 4-H Youth Code of Conduct and the event rules.

You don't need to be enrolled in the project or projects of your session choices.

Children under age 11 by January 1, 2019, may not accompany a parent or guardian to 4-H Exploration Days.

**Special Accommodations** – Accommodations for persons with disabilities may be requested by contacting your local MSU Extension office by May 3, 2019, to ensure sufficient time to make arrangements. Requests received after this date will be met when possible.

# HOW TO USE THIS BOOK

## How to Select Your Sessions

The sky's the limit when you're considering which sessions to take! You don't need to be enrolled in the project or projects of your session choices. Remember that because the content of some sessions could reasonably fall into more than one category, you may find sessions listed in unexpected categories. So be sure to look through all of the categories! Be sure to watch for age restrictions on some sessions, too. (Remember, your 4-H age is calculated as of January 1, 2019.)

You can attend either one first-half and one second-half session that meet for 5 hours each or one full session that meets for a total of 9 hours. Sessions meet as follows:

WEDNESDAY	THURSDAY	FRIDAY
	● 1st-half 8:30–11 a.m.	● Full 8:15–10:45 a.m.
	● Full 8:45–11:15 a.m.	● 2nd-half 8:30–11 a.m.
Noon		
● 1st-half 1:30–4 p.m.	● Full 1:15–3:15 p.m.	
● Full 1:45–3:45 p.m.	● 2nd-half 1:30–4 p.m.	

The session numbering system will help you identify the type of session (first-half, second-half, or full) you're looking at.

Session Numbers	Session Type
100 to 156	First-half sessions
200 to 264	Second-half sessions
300 to 312	Full sessions
500 to 532	First-half sessions repeated as second-half sessions
600 to 632	Second-half sessions same as first-half sessions of same name
900	4-H Awards Assembly

Numbers in the 500s are first-half sessions that are repeated as second-half sessions. Numbers in the 600s are second-half sessions that are repeats of first-half sessions. For example, first-half session 520, Beginning Model Rocketry, is the same as second-half session 620, Beginning Model Rocketry.

It's okay to list the same first-half/second-half session as part of the same choice (first choice, second choice, and so forth). For example, you may list both 501 and 601 as your first choice for both first and second-half sessions. However, you will be assigned to either 501 or 601, not both.

To make your session choices, read the session descriptions and check the small boxes in front of the titles of those that interest you the most. (Remember, you don't have to be enrolled in the 4-H project area of the sessions in which you enroll for 4-H Exploration Days.) Be sure to check for session fees, age restrictions, and equipment and dress requirements.

You may even want to create your own worksheet to keep track of your choices. Make three columns on a sheet of paper and label the columns as shown:

1st-half	2nd-half	Full
Number/Title/Page	Number/Title/Page	Number/Title/Page
138/Chamber Music/11	257/Drone Discovery/13	309/Sailing/13

After you've listed all of the sessions that appeal to you, review them again to narrow your choices.

## How to Register

Turn to the Registration Form on page 22. Indicate your first through eighth session choices on the form. (You can also download and print pdf copies of the forms from the 4-H Exploration Days website at [https://www.canr.msu.edu/4\\_h\\_exploration\\_days/](https://www.canr.msu.edu/4_h_exploration_days/).) The following directions will help you fill out your Registration Form. You must also submit a signed Authorization Form (on page 23). (Sections 1 through 4 are required for youth participants; only sections 1 and 4 are required for adults).

1. **Print neatly**, completing the entire form.

2. You can mix **full** and **half** sessions in your list of choices, but be careful! Be sure to list a **first-half** and a **second-half** session when selecting half sessions. **Don't list a full session in the same choice with a half session.**

### EXAMPLE

Choice	1st-Half AND 2nd-Half	OR Full
1st		310
2nd	105	618
3rd	514	223

3. **Be sure to make eight choices.** We encourage you to register early, because sessions are filled on a first-come, first-served basis, and some fill very quickly! Registration through local MSU Extension offices officially begins March 19, 2019. The deadline for returning your Registration and Authorization Forms to your local MSU Extension office varies (it's typically the end of April). Contact the 4-H staff in your local MSU Extension office for more information on 4-H Exploration Days and for your county's registration deadline.

Your local Extension 4-H staff will confirm with you the session or sessions in which you are officially enrolled. If none of your session choices is available, they will work with you to make alternate choices. Remember that you must attend all of the meetings of the sessions in which you are enrolled.

# SESSION DESCRIPTIONS

## ANIMAL & VETERINARY SCIENCE

Most sessions in this section involve working around animals or in animal health care or feed processing facilities, where good management, safety, and biosecurity practices require appropriate footwear. That means **no open-toed shoes will be allowed.**

### ☾ 1ST-HALF

#### ☐ 100. Competitive Horse Judging Basics

Learn basic judging guidelines, how to judge halter and performance classes, and how to prepare and deliver oral reasons. Members of MSU's championship horse judging team will lead this interactive session. No open-toed shoes will be allowed. Age 11 and up.

#### ☐ 101. Dairy Reproduction & Artificial Insemination

Learn about reproduction in dairy cattle, including their anatomy and physiology, reproductive cycle, and hormones. You'll also learn the basics of artificial insemination, from heat detection to semen handling. No open-toed shoes will be allowed. Age 14 and up.

#### ☐ 102. Goat Fitting & Showing

The healthy, neat appearance and impressive performance of exhibitor and goat that the judge and spectators see in the show ring represent only the tip of the proverbial iceberg. What they don't see are the months of care, conditioning, and hard work it takes to get a goat into show condition and to fit and train it properly. In this hands-on session, you'll learn and practice how to fit various breeds of goats for show and refine your show skills. Ages 11 to 19 only.

#### ☐ 500. Goat Yoga

Goats plus yoga? What a fun combination! Enjoy the chance to learn yoga poses while a baby goat balances on your back or nibbles on your knee in this smile-filled session. You'll also learn about human and goat anatomy and about animal welfare and your own well-being. Wear comfortable clothes. Yoga mats will be provided. Fee of \$10 is payable through your local MSU Extension office. Ages 11 to 19 only.

#### ☐ 103. Harnessing Your Passion: Careers in the Horse Industry

Explore the variety of career opportunities in the horse industry. Learn how to identify your strengths and how to best prepare yourself for a successful equine career. Age 11 and up.

#### ☐ 104. Horse Housing

There are many ways to house horses, and your choice can have a big impact on your horse's health and well-being. We'll explore different horse housing options and discuss strategies for keeping horses and handlers safe and happy on the farm. No open-toed shoes will be allowed. Age 11 and up.

#### ☐ 105. Horse Manure Happens – What Do I Do With It All?

If you've got a horse, sooner or later you're going to have horse manure. So what do you do with all of it? Learn about environmentally appropriate methods for managing horse manure in this session. No open-toed shoes will be allowed. Age 13 and up.

#### ☐ 106. Introduction to Dairy Cattle

Learn all about dairy cows, including what breeds are most common, how farmers care for cattle, and where delicious dairy foods come from. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 107. Livestock Nutrition & Management Basics

This is a basic introduction to cattle, sheep, and swine nutrition and management. Learn about nutrition and discuss goals and objectives for raising high-performing cattle, sheep, and swine using hands-on interactive methods. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 108. Meat Goats: From Selection to Show Ring

Raising meat goats is becoming increasingly popular in Michigan. You'll learn hands-on tips and techniques for choosing, managing, and fitting and showing meat goats in this hands-on session. No open-toed shoes will be allowed. Ages 11 to 19 only.

### ❑ 109. Reptiles: Cold-blooded Friends

Learn about exotic reptiles from around the world and about reptile husbandry, quirks, and mating behaviors. You'll gain hands-on experience with a variety of reptiles in this session. Age 11 and up.

### ❑ 501. Working With K-9 Search & Rescue Dogs

Explore the world of K-9 search and rescue (SAR) dogs, including the air, scent, wilderness, human-remains detection, disaster, and trailing specialties, with certified and in-training SAR dogs. Learn how to choose, train, and test SAR dogs, and discuss scent theory, field support, and other topics. No open-toed shoes will be allowed. Age 11 and up.

## ● 2ND-HALF

### ❑ 200. Angora Rabbit Care

Curious about Angora rabbits and their wool? In this fun, hands-on session you'll learn how to take care of Angora rabbits and how to harvest, process, and use their wool (sometimes called "fiber"). You'll also have the chance to work with Angora rabbits supplied by the instructor. Plan on a lot of fun and a few surprises! Fee of \$12 is payable through your local MSU Extension office. Ages 11 to 19 only.

### ❑ 201. Be a Disease Detective

Learn how real disease detectives figure out what might be making a group of people or animals sick. In this hands-on session, you'll learn who disease detectives are, how they work, and what they do to keep humans and animals safe and healthy. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 202. Blueprint for a Successful Beef Project

Learn tips and tricks for a successful show season. You'll learn about market and breeding cattle management, care, nutrition, and fitting and showing. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 203. Blueprint for a Successful Sheep Project

Learn tips and tricks for a successful show season. You'll learn about market lamb and breeding stock management, care, nutrition, and more. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 204. Dairy Calf Care 101

Learn about caring for dairy calves. Perform a health check, test colostrum, use a weight tape to weigh calves, and much more! No open-toed shoes will be allowed. Age 11 and up.

### ❑ 205. Dairy Field Rep in Training

Dive into a hands-on session about proper milking techniques, milk-quality guidelines, equipment cleaning, and the "Grade A Everyday" method of dairy farm inspections. No open-toed shoes will be allowed. Age 14 and up.

### ❑ 206. Dairy Goat Judging

If you've ever wondered what the judge is looking for when you're showing your dairy goat, then this session is for you! Learn the basic principles of evaluating a dairy goat, and preparing and delivering a set of oral reasons in a judging contest. Age 11 and up.

### ❑ 207. Dog Obedience Tips, Tricks & Fun

Adding a new canine family member to your household? Come learn about the basic care your new puppy or dog will need and the obedience training that will help prevent bad habits and make everyday living easier for both of you. You'll also explore dog sports such as rally, agility, tracking, and herding, and have the chance to work with dogs provided by the instructor. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 208. Everything Cavy

Learn more about cavy fitting and showing, nutrition, and general management in this fun, hands-on session. Expert cavy breeders will teach you the ins and outs of owning and caring for your cavy, and how to spark interest in your county 4-H cavy program. No open-toed shoes will be allowed. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 209. Frontiers in Swine Production

Investigate emerging issues facing U.S. pork producers, such as foreign animal diseases, viral disease control in pigs, using gene-editing technology, strategies for managing group-housed sows, organic husbandry practices, and zoonotic diseases associated with pigs. No open-toed shoes will be allowed. Age 14 and up.

### ❑ 210. Fundamentals of Rabbit Management, Fitting & Showing

Learn the fundamentals of how to properly manage your rabbitry and how to fit and train rabbits for fitting and showing through demonstrations and hands-on experience. Pick up tips that can make or break your performance, learn how and what to study, and about breed identification. Ask the experts whether you can win if your rabbit is misbehaving on show day and all of your other questions. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 211. Getting Your Horse Show-Ring Ready

Learn tips and tricks on how to groom your horse for the show ring! You'll pick up tips and tricks on band braiding, clipping, tack cleaning, and last-minute preparations. Fee of \$5 is payable through your local MSU Extension office. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 600. Goat Yoga

Same description as first-half session 500.

### ❑ 212. How Does a Cow Think?

Learn about dairy cattle behavior, including why they do what they do and how farmers use cattle's natural behavior in helping to care for them. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 213. PAWS With a Cause & You

The PAWS With a Cause organization helps enhance the independence and quality of life for people with disabilities nationally through custom-trained assistance dogs. The group helps increase awareness of the rights and roles of assistance dog teams through education and advocacy, and breeds and trains assistance dogs for people with physical disabilities such as hearing loss and seizures, and developmental disabilities such as autism. In this fun, hands-on session you'll learn how PAWS With a Cause identifies, trains, and places dogs, and how you can get involved with the process. Ages 11 to 19 only.

### ❑ 214. Positively Promoting Dairy Products

Explore ways dairy producers can work together to promote all milk products and dairy foods. You'll also spend time preparing to answer difficult questions you may be asked about milk and dairy farming. It doesn't matter what dairy food milk is made into or what brand it's sold under, let's promote the goodness of milk! Age 14 and up.

### ❑ 215. Poultry Management

Follow the ins and outs of poultry management from egg to fork in this hands-on session. You'll learn about hatching, housing, nutrition, care, handling, and disease prevention. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 216. Poultry Showmanship

In this exciting, hands-on session, you'll learn and practice proper poultry fitting and showing techniques. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 217. Trail Riding Basics

Learn the basics of trail riding with your horse – everything from using a GPS device to navigate trails to tying safe, secure knots to picketing your horse and being a responsible trail user. No open-toed shoes will be allowed. Age 11 and up.

### ❑ 601. Working With K-9 Search & Rescue Dogs

Same description as first-half session 501.

## ● FULL

### ❑ 300. Introduction to Livestock Judging

Learn the basics of evaluating the functional conformation of beef cattle, sheep and swine in this session. You'll go home ready to compete in beginner-level 4-H livestock judging competitions. No open-toed shoes will be allowed. Age 14 and up.

### ❑ 301. Lions & Tigers & Bears, Oh My!

Do large and exotic species amaze you? Learn how modern zoos are working with endangered species. Visit Lansing's Potter Park Zoo, learn from the zoo staff, and see some of the most interesting animals. Fee of \$17 includes zoo admission and refreshments and is payable through your local MSU Extension office. Age 11 and up.

## BUSINESS & ENTREPRENEURSHIP

## ● 1ST-HALF

### ❑ 110. Five Principles of Marketing Your 4-H Livestock

Explore how the five Ps of marketing (product, price, place, promotion, and people) affect selling your project livestock. Learn the basics of these principles through an exciting game that demonstrates how various marketing factors can produce a higher or lower break-even price for the sale of your animal. Ages 11 to 19 only.

### ❑ 111. Life on a Dairy Farm

Discover the many aspects of living and working on a dairy farm in this session. You'll hear about the dairy industry, changes on dairy farms, and careers in dairy-related fields. Then you'll play "Life on a Dairy Farm" to learn more about being a dairy farmer. You'll also learn about MSU's dairy-related academic programs. Age 11 and up.

### ❑ 112. Turning Ideas Into Products

During this action-packed session, you'll create a new product using techniques that encourage innovative thinking. Then you'll develop a product prototype, create a marketing campaign, and promote your business idea in a product-pitch competition. You'll also tour a local business incubator site to further explore how to create products from your ideas and launch a business. Age 12 and up.

## ● 2ND-HALF

### ❑ 218. Beat the Competition: 4-H Livestock Marketing

Grow the potential profit of your 4-H livestock projects! In this session you'll learn about a variety of marketing and communication strategies that will give you a leg up on your competition. During a field trip to the MSU Beef Teaching and Research Center you'll examine two different livestock systems. Age 11 and up.

### ❑ 219. Reality Farm

Get ready to roll the dice on the reality farm game to see if your simulated 4-H project animal makes as much money as your real-life livestock project. Is farming in your future? Discover how record books can help you develop a business plan and a career path. Age 13 and up.

### ❑ 220. Turn Your 4-H Project Passion Into Profits

Ever wondered how you could turn your passion for your 4-H projects or hobbies into a small business? Whether you enjoy raising livestock, creating crafts, growing a garden, or designing a website, you'll discover in this session how you can make money doing something you love. Age 11 and up.

## CAREERS

## ● 1ST-HALF

### ❑ 113. Keeping Kids Engaged & Having Fun

Learn to use fun, games, art, music, crafts, and snacks to keep children in your care busy and entertained. In the first half of this session, you'll work as a team to plan age-appropriate activities for young children. In the second half, you'll take a field trip to a child care center to try out your ideas with young children. Age 12 and up.

### ❑ 114. Working Safely on the Farm

The food and agriculture industry employs 22% of Michigan workers. Jobs in the industry can be rewarding yet risky, so learning safe work practices is important. In this session you'll explore careers in the food and agriculture industry and learn to recognize common hazards, prevent accidents, and respond to emergency situations on and around farms. Age 11 to 14 only.

## ● 2ND-HALF

### ❑ 221. A Career Caring for Kids

If you're thinking about pursuing a career caring for young children, this session will be perfect for you. You'll visit local child care centers to learn about how they operate and about career opportunities in child care and child development. Work directly with young children and find out what it takes to pursue a career in this field. Age 12 and up.

### PARTICIPANTS SAY . . .

[The event has] made me excited to attend college. Excited for my future and confident in my majors.

—Sanilac County

### ❑ 222. Making Stories Come Alive for Kids

Reading with and to kids is fun and important for the listener and reader. Learn about the importance of reading and prepare some great early reading activities for children. You'll read stories, make puppets, do crafts, and try new games. You'll also make snacks and discover how to link the kids' snacks with the activities you've led them in. You'll get a book to take home, too. Age 12 and up.

### ❑ 223. Marketing Mayhem

How do businesses entice you to buy their products? How do major companies make millions through their marketing efforts? If you're interested in the business of marketing, advertising and promotion, or if you want to learn techniques for selling your talents and skills, here is the session for you. Learn from experts and go over artwork, placement, and promotion to spin a sale. Gain skills and take on the challenge of marketing your hometown, your 4-H program, and yourself. Age 11 and up.

### ❑ 224. Venture to Adventure

Prefer to work outdoors? Enjoy camping, hunting, or fishing? Learn about a variety of careers that will keep you connected to the environment. Hear from professionals in the industry about occupations related to wildlife, forestry, wildfires, and environmental education. Learn about the tools of their trades and gain tips to prepare you for your exciting career outdoors. Age 11 and up.

## ● FULL

### ❑ 302. Ready for Your Future

Discover what employers are looking for in résumés and portfolios. Create a résumé and shortfolio (short portfolio) while you learn to communicate about all of the life skills you've gained through your 4-H, work, school, and volunteer experiences. Participate in mock interviews with professionals, get feedback about answering difficult questions, and learn how to make a positive first impression. Age 14 and up.

## CITIZENSHIP, LEADERSHIP & SERVICE

## ● 1ST-HALF

### ❑ 115. Beat the Clock: 4-H Escape Room

The clock will be ticking while you and your teammates play games, solve clues, and discover and develop your leadership skills to escape from two themed escape rooms. Age 11 and up.

### ❑ 116. Hungry Planet: Feeding 9 Billion People

Every night, almost 1 billion people go to bed hungry. How will we feed everyone in the year 2050, when the world population is expected to top 9 billion people? Explore different perspectives on the global food security problem in this session. You'll also visit the Greater Lansing Food Bank and learn about opportunities in science and agricultural careers. Age 11 and up.

### ❑ 117. Michigan Government & History

Tour Michigan's Capitol (including the House and Senate galleries) and learn more about state government. Guides will provide information about the building and the legislative process. You'll also tour the Michigan Historical Museum and explore how Michigan has changed over the past 200 years. Age 11 and up.

### ❑ 118. Political Leadership in My Club & Community

Learn about the dynamic state and local government systems in Michigan and find out how to make your community a better place. Tour government facilities and learn more about how you can make a difference today and in the future. Age 11 and up.

## ● 2ND-HALF

### ❑ 225. Kindness: Making Positive Change Locally & Globally

Invent a positive future for your community and world by exploring the traits of kindness, empathy, and respect, which are essential to being a youth leader. Play "Tower of Trust" and other activities from 4-H global resources. Meet people who are making a difference in their lives and careers with positive character as their guiding light. Age 11 and up.

### ❑ 226. Service-Learning: More Than Community Service

If you would like to help your 4-H club or group, community, country, or world, take your service to the next level and plan a 4-H service-learning project in this session. You'll complete one project while learning how to plan and conduct a service-learning project in your community. Age 13 and up.

### ❑ 227. Surviving a Zombie Apocalypse – And High School

You'll walk – definitely not shuffle or shamble – away from this session with a toolbox full of tips and tricks for surviving not only a zombie apocalypse, but also that other tough teen environment: high school. The games and activities in this session will help you learn leadership and survival skills. Age 11 and up.

### ❑ 228. Teen Court & the Juvenile Justice System

Participate in an interactive presentation with law professionals about the juvenile justice system and learn about law-related careers. You'll receive peer jury training and participate in a mock teen court hearing. Age 11 and up.

### ❑ 229. Youth Crush Global Challenges

Are you ready to crush poverty, combat climate change, and clobber injustices? Join the global movement of young people who are committed to making our world a better place! During this fun and engaging session, you'll participate in interactive activities that will help you learn about some of the most significant challenges facing our planet. You'll also discover how you can help solve these challenges by being the change you wish to see in the world! Age 11 and up.

## CLOTHING & TEXTILES

## ● 1ST-HALF

### ❑ 502. Billabong & Pocket Bags, Sassy Sacks & T-Shirt Backpacks

Upcycle a variety of recyclable textiles by sewing them into one-of-a-kind billabong bags, pocket bags, sassy sacks, and T-shirt backpacks. Learn how to deconstruct and recycle jeans, T-shirts, and fabrics, then embellish them with threads, fibers, buttons, and decorative machine stitches. Bring a T-shirt and a pair of old jeans to cut up, along with fun fabric treasures such as fabric, ribbons, and keepsakes to decorate your creations. You'll learn basic sewing skills and how to use a sewing machine. Age 11 and up.

### ❑ 119. Locker Hooking

Discover how to use locker hooking to transform your leftover fabric scraps into beautiful bags, rugs, cushions, and more by making a hot plate pad. Locker hook and canvas will be provided. Bring your own fabric scraps (strips of fabric at least ½ yard long and 2 inches wide). Fee of \$7 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 503. Sew a Fleece & Flannel Quillow

Sew a “quillow,” a quilt with a pocket that allows the bulk of the quilt to be folded inside it to form a pillow. Quillows are great for sleepovers and car trips. If possible, bring a zig zag sewing machine, fabric scissors, seam ripper, tape measure, and quilting pins. For advanced beginners. Fee of \$20 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 120. Sewing With Jelly Roll Fabrics

Learn more about sewing by making a placemat, mug rug, or other project from a Jelly Roll of fabric. In the process, you'll learn more about how to use your sewing machine and other sewing tools. Bring one Jelly Roll of fabric (or the equivalent), scissors, and other sewing tools. If possible, bring your sewing machine, too. Age 11 and up.

### ❑ 121. T-Shirt Remodeling & Repurposing

Learn how to make no-sew projects such as purses and other accessories from T-shirts. Bring a T-shirt, scissors, and your favorite embellishments such as beads, buttons, sequins, and ribbon. Age 11 and up.

## ● 2ND-HALF

### ❑ 230. 5 Yards of Fabric Create a Quilt

Create a quilt top during this session for beginning quilters. Bring five 1-yard (44-45 inches wide) pieces of prewashed, 100% cotton material, coordinating thread, and a seam ripper. If possible, also bring a sewing machine, rotary cutter, and cutting mat. Ages 11 to 19 only.

### ❑ 602. Billabong & Pocket Bags, Sassy Sacks & T-Shirt Backpacks

Same description as first-half session 502.

### ❑ 231. Sew a Feed Bag Tote

Recycle an animal feed bag into a one-of-a-kind apron, lined tote bag, or wallet. You'll complete one or two projects during this session. Sewing knowledge is helpful but not required. If possible, bring one or more feed bags and a sewing machine. Ages 13 to 19 only.

### ❑ 603. Sew a Fleece & Flannel Quillow

Same description as first-half session 503.

## COMMUNICATIONS

## ● 1ST-HALF

### ❑ 504. American Sign Language 1

Experiment with another language and learn the basics of communicating with individuals who have hearing impairments. Learn finger spelling, basic motions, songs, and games in American Sign Language (ASL). Participants who want more experience may also enroll in American Sign Language 2 (session 232). Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### PARTICIPANTS SAY . . .

[The event was] so much fun! I'll be coming back until I can't anymore.

—Berrien County

## ● 2ND-HALF

### ❑ 604. American Sign Language 1

Same description as first-half session 504.

### ❑ 232. American Sign Language 2

If you have some knowledge of ASL and want to improve your skills, sign right up! Finger spelling skills and some vocabulary (words and phrases) in ASL are required. “Graduates” of American Sign Language 1 (session 504) are welcome. Fee of \$5 is payable through your local MSU Extension office. Age 12 and up.

### ❑ 233. Produce Your Own TV Show

Television and video production are exciting, fast-paced, and growing career options that offer many opportunities for learning, creativity, and fun! Learn how to use basic production equipment and produce your own show. Age 12 and up.

### ❑ 234. Public Speaking for Future Rock Stars

Want to make a great first impression and keep the good karma flowing? Overcome any fears of public speaking you may have and learn to present yourself as a future rock star. Learn to assess, prepare, and apply communication models to different public-speaking situations, personal relationships, job interviews, business, and life! Age 14 and up.

## ● FULL

### ❑ 303. A to Z Writing

Learn to create characters and worlds and build dialogue. Learn some basics about publishing. Practice with writing prompts and share your writing with others. Age 11 and up.

## ENVIRONMENTAL EDUCATION

## ● 1ST-HALF

### ❑ 505. Birds of a Feather

Experience the thrill of bird life and learn how these diverse creatures have adapted to their environment. Find out what ornithologists do and learn some techniques used in monitoring bird populations. You may even have the chance to release a wild bird from your hand! Fee of \$8 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 506. A Bug's World

Discover the amazing and diverse insect world! In this session, you'll collect and preserve insects as you explore how they live and why they're important to our world. You will spend time outdoors learning to identify insects and finding out about their anatomy and habits. Age 11 and up.

### ❑ 507. Caterpillars in Your Club

Learn about the life cycle with live caterpillars and chrysalides, build butterfly feeders, and experience hands-on citizen science activities. You'll develop and take home a host and nectar plant garden and survey the MSU Children's Garden for native butterflies. Fee of \$15 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 508. Fishing Basics: Tips & Tricks for Beginners

Interested in learning more about fishing? Join us for a fun-filled session full of fishing wisdom. You'll learn about everything from rods and reels to line, hooks, and bait, and pick up more fishing tips and tricks than you can imagine. You'll spend time outside practicing casting using the new fishing rod that you'll take home (along with a small tackle box and tackle). Fee of \$20 is payable through your local MSU Extension office. Age 11 and up.

## ❑ 122. Importance of Pollinators

Learn about the importance of pollinators, make a bee hotel, and learn how to identify naturally occurring pollinator habitats. You'll also discover what the agriculture community, home owners, and community members can and are doing to enhance pollinator habitats throughout Michigan. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

## ❑ 509. Michigan Butterflies, Skippers & Moths

Aspiring lepidopterists (butterfly enthusiasts) will be thrilled to survey Michigan butterflies, moths, and skippers with veteran MSU entomologists and MSU Extension educators in this hands-on session. You'll take a field trip to the Albert J. Cook Arthropod Research Collection. Ages 13 to 19 only.

## ● 2ND-HALF

### ❑ 605. Birds of a Feather

Same description as first-half session 505.

### ❑ 606. A Bug's World

Same description as first-half session 506.

### ❑ 235. The Buzz About Pollinators

Birds, bees, bats, and other pollinators are an essential link in the ecosystem. After all, what foods would we eat if there were no pollinators? Explore how pollinators affect our food system and how we can support their habitat. Ages 11 and up.

### ❑ 607. Caterpillars in Your Club

Same description as first-half session 507.

### ❑ 608. Fishing Basics: Tips & Tricks for Beginners

Same description as first-half session 508.

### ❑ 609. Michigan Butterflies, Skippers & Moths

Same description as first-half session 509.

## ● FULL

### ❑ 304. From the Lake to the Pan & Everything in Between

In this session you'll learn everything you need to catch, clean, and cook the big ones. Volunteers and their friends from the Mid-Michigan Steelhead and Salmon Fishermen's Association will help you learn to make lures, offer tips and techniques for catching fish, and take you fishing. After that, you'll learn how to clean, cook, and even eat the fish you catch. Bring your own fishing rod, and if you're age 17 and up, bring your Michigan fishing license. Age 12 and up.

## FOOD, NUTRITION & FITNESS

## ● 1ST-HALF

### ❑ 123. Body & Movement

Learn about the field of kinesiology and the role of movement and physical activity in human health in this session. Explore sports, exercise, and other situations in which physical activity can help people live happy lives. You'll spend some time in a classroom and the rest in action. Wear running shoes and clothes that are comfortable to move in. Ages 12 to 19 only.

### PARTICIPANTS SAY . . .

**4-H Exploration Days increased my confidence in living independently.**

–St. Clair County

## ❑ 124. Fun With Food Art

Use your creative culinary skills to turn food into beautifully presented art. Try fruit and vegetable carvings, chocolate-dipped items, fun afterschool snacks, and fancy ways to spruce up a simple food for play. This is a great session for all ages and includes take-home samples! Fee of \$15 is payable through your local MSU Extension office. Ages 13 to 19 only.

## ❑ 125. Healthy Desserts Cooking Class

Eating “healthy food” doesn't have to be complicated or expensive – or mean that you can only eat broccoli. Learn how to whip up simple, affordable, and healthy desserts that you can easily make at home. Age 11 and up.

## ❑ 126. Hocus Pocus: Magical Mindfulness

Ever wish you could focus better or manage your stress better? Mindfulness can help! You'll learn the basics of mindfulness: breathing, eating, walking, thought surfing, and mindful laughter – and discover how these practices help calm the body and mind and elevate clearer thinking. We'll meet indoors and outdoors, weather permitting. Wear comfortable clothing. Age 11 and up.

## ❑ 127. International Garden Chefs

Using the garden as your pantry, you'll create cuisine from around the globe. Explore the Michigan 4-H Children's Garden and enjoy tasty garden treasures. Your taste buds will be tingling with delight. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

## ❑ 128. Produce: Prep to Preservation

In this hands-on session you'll learn different ways to preserve food and practice preserving food to enjoy later. You'll also explore ways to showcase your great food preservation projects at your county fair. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

## ❑ 510. Vegetarian Cooking

Learn about vegetarian cooking and nutrition. You'll have lots of fun making and tasting vegetarian dishes for breakfast, lunch, dinner, and snacks. Age 11 and up.

## ❑ 129. Whip It Up

Learn to make luxurious spa treatments such as scrubs, foot polish, lush lip balms, lotions, and more using common household ingredients. Bring something to tie your hair back and prepare yourself for pampering. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

## ● 2ND-HALF

### ❑ 236. Art of Cheesemaking

Making cheese is an ancient tradition, and cheeses vary enormously from country to country and even region to region, depending on culture, technique, and available ingredients. Explore the history of cheese, sample a few varieties from different cultures, and try making simple cheeses you can easily prepare at home without a lot of special equipment. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 237. Food Lab

Learn about your senses and how they affect the food you eat. Explore the food labs at MSU and dive into taste testing products that will make your senses tingle. This hands-on experience will give you a good overview of some of the food-related programs offered at MSU. Ages 12 to 19 only.

### ❑ 238. Safety & Self-Defense

Learn streetwise techniques to boost your self-defense confidence. Bring your questions about safety and self-defense and learn from self-defense experts. Ages 11 to 19 only.

### ❑ 610. Vegetarian Cooking

Same description as first-half session 510.

## INTERNATIONAL LANGUAGES & CULTURES

### ● 1ST-HALF

#### ❑ 130. *Dzien Dobry!* Polish Language & Cultures

Experience Polish cultures, foods, customs, and language in this hands-on session. Learn about cultural celebrations, history, music, crafts, and more! Age 11 and up.

#### ❑ 131. *¡Hola!* Hispanic & Latino Languages & Cultures

Experience Hispanic and Latino cultures, foods, customs, and languages in this hands-on session. Explore Hispanic and Latino cultural celebrations, history, crafts, and more! Age 11 and up.

#### ❑ 132. *Konnichiwa!* Japanese Language & Cultures

Experience Japanese cultures, foods, customs, and language in this hands-on session. You'll be introduced to 4-H Japanese exchange programs that are offered in the summer. Learn various crafts, some Japanese words, cultural celebrations, and more! Age 11 and up.

### ● 2ND-HALF

#### ❑ 239. Chinese Language & Cultures

Learn some basic Chinese and explore various aspects of Chinese cultures such as cuisine, customs, music, crafts, and history. Age 11 and up.

#### ❑ 240. Explore the Languages & Cultures of Africa

Discover the cultures, languages, and traditions of Kenya and South Africa in this hands-on session. Learn crafts, hear music, dance, enjoy foods, explore history, and more! Age 11 and up.

#### ❑ 241. *Guten Tag!* German Language & Cultures

Experience German cultures, foods, customs, and language in this hands-on session. Meet 4-H'ers who speak the language and hear their stories. Learn about cultural celebrations, history, music, crafts, and more! Age 11 and up.

#### ❑ 242. Open Minds Globally

Expand your awareness of the world and your knowledge of other cultures. The activities in this session will give you a better understanding of various cultural values, beliefs, and perceptions that might be different from yours. You'll be prepared to take on a leadership position in spreading global awareness throughout your community. Age 11 and up.

#### ❑ 243. Taste of Indian Cultures: Follow the Spice Trail

Learn about the cultures of India and use your senses to explore the spices, fruits, and vegetables of Indian cuisine. You'll follow simple recipes to create a few healthy and delicious dishes that introduce you to the flavorful world of India! Take a tour of a store that sells Indian food and visit a Hindu temple. Age 11 and up.

## MONEY MANAGEMENT

### ● 1ST-HALF

#### ❑ 133. Coin Collecting for Fun & Profit

Do you realize that many people walk around with an art gallery in their pockets? That's right, coins represent art – and history, too! Since ancient times, money has been a common motivator for royalty, presidents, governments, and you and me. Join us to learn about coin collecting for fun and profit! Age 11 and up.

#### ❑ 134. Keys to My First Car

Hoping to buy a car or truck someday? Discover what you can do now to prepare yourself and your wallet. Learn how to make a smart car choice, save money for a down payment, get a car loan, and get the best deal on auto insurance. Start planning now to make your dream of vehicle ownership a reality! Age 12 and up.

#### ❑ 135. Make More Money at the 4-H Livestock Auction

Raising a 4-H project animal is exciting! But what will it cost? Learn a clever way to calculate what you'll likely spend to buy, raise, and care for a project animal. In this hands-on session, you'll learn about opportunity costs and ways to increase the price your project animal brings at a 4-H livestock auction. Age 11 and up.

#### ❑ 136. Money Smart Investing for Teens

Want to be a millionaire? You can do it! Learn the steps to financial freedom in this investing seminar designed especially for teens. Fun, hands-on activities will help you understand what investing is all about. Age 13 and up.

### ● 2ND-HALF

#### ❑ 244. Become an Entrepreneur – Shark Tank Style

Develop your entrepreneurial thinking as you explore your higher education and career options. Learn what it's like to start and run a business, including how to balance income and expenses, understand profit and loss and even assets and liabilities. Participate in fun, challenging activities such as an entrepreneurial quiz game and complete a blueprint for a teen club. You'll even play a Shark Tank-style game to see who can pitch the best business idea to the sharks for a chance to win a gift card! Age 11 and up.

#### ❑ 245. Real-World Spending Without Real-World Risk

Want to try your hand at making real-world money decisions without the risk of using real-world money? Play an interactive, fun simulation that explores the ins and outs of making money, using debit cards, and writing checks. YOU get to make the choices about where to spend your money and how you want to live! Age 11 and up.

## OUTDOOR ADVENTURE

The sessions in this section involve physical activity and are held outdoors. We strongly recommend that you bring a filled water bottle and sunscreen, and wear suitable clothing and footwear, including socks, to each meeting of the sessions in this section. If you've enrolled in one of these sessions, you'll receive a reminder letter before 4-H Exploration Days if you need to bring specific items.

### PARTICIPANTS SAY . . .

It was EXTREMELY fun!

–Genesee County

## ● 2ND-HALF

### □ 246. Staying Unlost With Map, Compass & GPS

Knowing where you are is the best way to stay unlost. Hands-on activities will help you learn basic compass and map-reading skills. You'll use GPS (Global Positioning System) receivers for a geocaching treasure hunt. Age 11 and up.

## ● FULL

### □ 305. Canoeing Up the River With a Paddle

Canoeing can be peaceful and a whole lot of fun. Learn how to paddle from the front and back seats of the canoe. Practice your skills in a small area and learn to maneuver a canoe; later head out for a daylong trip on a Michigan river. Not for those who've taken this session before. Fee of \$15 is payable through your local MSU Extension office. Age 13 and up.

### □ 306. Kayaking

Kayaking is a great way to get outdoors and exercise your upper body. Learn kayak paddling and safety techniques. Practice your new skills in a small area and then head out for a daylong trip on a Michigan river. Not for those who've taken this session before. Fee of \$15 is payable through your local MSU Extension office. Age 14 and up.

### □ 307. Rock Climbing & Other Adventures

Learn to rock climb and about the equipment, basic techniques, safety precautions, and interpersonal skills you'll need for the challenges ahead in this climbing activity. You'll climb at one of the top indoor climbing facilities in the country. Then, follow that with climbing-related activities and exciting adventure games. Not for those who have taken this session before. Fee of \$20 is payable through your local MSU Extension office. Age 14 and up.

## PERFORMING ARTS

## ● 1ST-HALF

### □ 137. All That Jazz

This jazz dance session will focus on jazz technique and choreography. For participants with intermediate to advanced dance experience. Wear athletic or comfortable clothing and dance shoes. Bring a filled water bottle. Age 11 and up.

### □ 138. Chamber Music

Have the chance to play in and learn about small groups known as chamber ensembles. Learn to build teamwork and strengthen your musicianship! Bring an instrument of your choosing. Recommended for musicians who have either taken lessons or played their instruments in school ensembles for at least two years. Age 14 and up.

### □ 139. Music Theory

Learn how the music you play and hear works. A must have for anyone who writes or plays music! Age 14 and up.

## ● 2ND-HALF

### □ 247. Building Leadership Skills Through the Dramatic Arts

Learn fun and exciting ways to express your leadership skills through the arts. You'll develop a service-learning project, express yourself through interactive theater, complete fun and character-building activities, and put together a small theater production you can duplicate in your county. Age 11 and up.

### □ 248. Contemporary Dance Class

This contemporary dance session will focus on technique, choreography, and improvisation. For participants with intermediate to advanced dance experience. Wear athletic or comfortable clothing and dance shoes or socks, and bring a filled water bottle. Age 11 and up.

### □ 249. Songwriting

Even Mozart and the Beatles had critics, but most of us would agree that they wrote some pretty spectacular music. So what is it that sets their work apart from the crowd? In this session you'll analyze the works of famous musicians throughout history to try to identify just that, then apply what you've discovered to your own songwriting. Age 14 and up.

## PERSONAL LIFE SKILLS DEVELOPMENT

## ● 1ST-HALF

### □ 140. Community Service & You

Putting your life skills to work can be lots of fun! You'll develop and use decision-making, problem-solving, creativity, communication, and teamwork skills in a community service project that's part of this hands-on session. Age 11 and up.

### □ 141. Crafting Character

Would your best friend, teacher or classmate describe you as someone with good character? What does that mean? Learn the five pillars of character and how you can apply them as a person, student, professional, or citizen, or in any role you play. Age 11 and up.

### □ 142. Getting Started in Michigan 4-H Awards

This session is your road map to the 4-H State Awards Program. A 4-H State Award is the highest honor a Michigan 4-H'er can receive. Learn how to prepare your State 4-H Award application, practice your interview skills, and attend this year's State 4-H Awards Recognition event to cheer on your friends. You'll be well prepared to ace any application or interview in your future! Age 11 and up.

## ● 2ND-HALF

### □ 250. Duct Tape Your Way to Life Skills

This session will be hands-on fun from the minute you walk through the door. You'll use duct tape to create a variety of things, all while honing your creativity, teamwork, communication, decision-making, and problem-solving skills. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### □ 251. Finding Fun in Your Family Tree

Learn about your family tree and how to research your own history. You'll go home with the beginnings of a family tree and skills for continuing your research. Bring a thumb drive for storing your family tree discoveries. Age 11 and up.

## RECREATIONAL SPORTS

Many of the sessions in this section involve physical activity and are held outdoors or in a hot gymnasium. We strongly recommend that you bring a filled water bottle to each meeting of the sessions in this section. Also, if the sessions are held outdoors, remember to bring sunscreen and wear suitable clothing (including footwear and socks).

## ● 1ST-HALF

### ❑ 511. Basketball Skills for Fun & Recreation

Dribble, shoot, pass, and run, run, run! Whether you're playing 3-on-3, 4-on-4, or on a full 5-person team, you'll play ball. This session will focus on recreational, not competitive, play. Bring a filled water bottle and wear court shoes. Age 11 and up.

### ❑ 512. Checkmate

Capture the king! Don't be a pawn in the time-honored game of chess – pastime of kings, queens, and commoners across the globe. Learn the basic rules, game strategies, and the history, and play lots of chess and chess variants. Age 11 and up.

### ❑ 513. Disc Golf

Head out to the Pine Hills Disc Golf Course for a flying-disc game. No, this isn't playing catch with a Frisbee – it's a sport of precision and accuracy that's played in about 40 countries around the world. Bring a filled water bottle and wear closed-toe athletic shoes. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 514. Ice Skating

Learn more about recreational ice skating in this skates-on session. Tour an area sports complex and learn about sports management careers. For people of all ice skating skill levels. Remember to bring socks to wear with your skates (required) and lightweight gloves (optional). Fee of \$15 includes skate rental and is payable through your local MSU Extension office. Age 11 and up.

### ❑ 515. In-Line Skating

Go fast and far! See MSU on wheels through the fast-paced sport of in-line skating (Rollerblading). No beginners, and you must be able to skate three to five miles each day for this session. Bring your own equipment (skates, socks, helmet, knee and elbow pads, wrist supports, and a refillable water bottle) or you can use equipment provided by the session instructor. Fee of \$15 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 143. Junior Quidditch

"You're a wizard, Sparty!" The worlds of Harry Potter and 4-H will collide when you join MSU Quidditch Club members on the pitch and play a full-sided game of quidditch, complete with a snitch! Muggle quidditch is already a club sport at more than 200 U.S. colleges and universities, and the game even has its own Collegiate World Cup. Ages 11 to 13 only.

### ❑ 144. Line Dancing

Learn the latest in line dancing! This beginner's class is a fun way to learn skills you can teach to others. Sign up for a great time dancin' to a variety of upbeat and fun tunes! Bring a filled water bottle and wear tennis or comfortable shoes. Age 11 and up.

### ❑ 516. Pickle-ball

Learn to play Pickle-ball, a fun game with a silly name that has nothing to do with pickles. Pickle-ball players hit a lightweight, perforated plastic ball across the lower-than-usual net of a badminton court with wood or composite paddles. Beginners can have fun learning the game, while experienced players can enjoy a fast-paced, competitive version. Tennis or court shoes required. Age 11 and up.

### ❑ 517. Run for Your Life

Why should you run? For health, for fun, for you! Learn about the basics and benefits of running. Diet, proper breathing, running form, and more will be covered. Instructors will develop an individualized training and workout schedule to help you achieve your running goals. Wear comfortable running clothes and shoes, and bring a filled water bottle and a towel. Age 11 and up.

### ❑ 145. Senior Slow-Pitch Softball

Swing through 4-H Exploration Days – enjoy the All-American sport of softball. Learn softball rules and strategies, and experience the thrill of swinging the bat and running the bases. More experienced participants will be encouraged to help beginners learn the sport they've come to love. Remember to bring your softball glove, sunscreen, and a filled water bottle! Age 14 and up.

### ❑ 518. Tour de MSU – A Bike Tour of Campus

Come along for a fun, slow, social ride around campus to see the newer bike-friendly facilities. We will also learn about ride safety on the road and pathways around campus. Bring your own helmet and water bottle. Some bikes available to rent. Age 11 and up.

### ❑ 519. Volleyball for Fun & Recreation

Learn basic volleyball techniques, improve your skills and strategies, and focus on teamwork in this noncompetitive, fun session. Dress comfortably. Court or tennis shoes and a filled water bottle are required. Age 11 and up.

## ● 2ND-HALF

### ❑ 611. Basketball Skills for Fun & Recreation

Same description as first-half session 511.

### ❑ 612. Checkmate

Same description as first-half session 512.

### ❑ 613. Disc Golf

Same description as first-half session 513.

### ❑ 252. Fitness Movements

Discover a variety of exciting fitness programs that offer workout options for beginners to exercise fanatics. Be prepared to sweat as you sample them all in this session. Bring a filled water bottle and wear workout clothes. Age 11 and up.

### ❑ 614. Ice Skating

Same description as first-half session 514.

### ❑ 615. In-Line Skating

Same description as first-half session 515.

### ❑ 253. It's All Fun & Games

Are your 4-H meetings all work and no play? Learn quick and engaging activities to make your next meeting both fun and functional. Find ways to involve everyone from the shy new member to the enthusiastic older teen. This session is ideal for adult volunteer or teen leaders, chaperones, and 4-H club or group officers. Age 15 and up.

### ❑ 254. Junior Slow-Pitch Softball

Swing through 4-H Exploration Days – enjoy the All-American sport of softball. Learn softball rules and strategies, and experience the thrill of swinging the bat and running the bases. More experienced participants will be encouraged to help beginners learn the sport they've come to love. Remember to bring your softball glove, sunscreen, and a filled water bottle! Ages 11 to 13 only.

## PARTICIPANTS SAY . . .

[I learned] you can build more life skills and leadership qualities.

–Cass County

#### ❑ 616. Pickle-ball

Same description as first-half session 516.

#### ❑ 617. Run for Your Life

Same description as first-half session 517.

#### ❑ 255. Senior Quidditch

“You’re a wizard, Sparty!” The worlds of Harry Potter and 4-H will collide when you join MSU Quidditch Club members on the pitch and play a full-sided game of quidditch, complete with a snitch! Muggle quidditch is already a club sport at more than 200 U.S. colleges and universities, and the game even has its own Collegiate World Cup. Ages 14 to 19 only.

#### ❑ 618. Tour de MSU – A Bike Tour of Campus

Same description as first-half session 518.

#### ❑ 619. Volleyball for Fun & Recreation

Same description as first-half session 519.

### ● FULL

#### ❑ 308. Paddle Boarding

Experience stand up paddle boarding (SUP), the fastest growing water sport in America. SUP is a recreational sport that can be done on rivers, lakes, oceans – almost any body of water. Not only is SUP a fun and exciting way to get on the water, it’s also great exercise. This hands-on session includes basic instruction and equipment provided by the MSU Sailing Center on Lake Lansing. You must be able to swim. Fee of \$30 is payable through your local MSU Extension office. Age 13 and up.

#### ❑ 309. Sailing

Experience the exciting world of sailing, a recreational activity and competitive sport you can enjoy for a lifetime. This hands-on session includes some basic sailing instruction in MSU sailboats at the MSU Sailing Center on Lake Lansing. You must be able to swim. Fee of \$30 is payable through your local MSU Extension office. Age 13 and up.

## SCIENCE, ENGINEERING & TECHNOLOGY

### ● 1ST-HALF

#### ❑ 146. Basic Web Page Design

Introduce yourself to web page design. Learn to make a basic web page, import and use pictures, create links, and much more. You’ll make your own basic web page and learn how to publish it. Age 11 and up.

#### ❑ 520. Beginning Model Rocketry

Build and launch your own model rocket while engaging in hands-on activities and fun demonstrations. You’ll also look at how the International Space Station and satellites communicate with ground-based stations. Some advanced activities will also be available. You’ll receive a rocket and two engines to launch. Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

#### ❑ 147. Junk Drawer Robotics

What can you build with ordinary household junk? Learn about the engineering design process and how to use common materials to make your own robot! Put your knowledge and skills to the test in this hands-on session by building simple robots such as catapults and clipmobiles (vehicles made from paper clips, craft sticks, clamps, drinking straws, rubber bands, and other objects). Age 11 and up.

#### ❑ 148. Showy Science

Science is amazing, and if you love science – or even if you’re on the fence about it – this session is for you! You’ll learn the step-by-step processes involved with showy science activities like “4H2O” (the science of water), “Elephant Toothpaste” (the states of matter), and “What Goes Up Must Come Down” (the study of force and motion) to share with your friends. Age 11 and up.

#### ❑ 149. Super Collisions of Atomic Nuclei

You’ll get plenty of unique hands-on experience while exploring a world-class isotope laboratory where nuclei are smashed into a target at half the speed of light! Take a walk behind the scenes where nuclei are accelerated, filtered, and studied at MSU’s Facility for Rare Isotope Beams, a new laboratory designed to push the boundaries of nuclear science. Age 11 and up.

### ● 2ND-HALF

#### ❑ 620. Beginning Model Rocketry

Same description as first-half session 520.

#### ❑ 256. Computer Science & Coding

Decode the mysteries of computer science and coding in this session. Learn the basics of computer science and coding through a block coding program and create your own code and artwork! You’ll also explore careers that use computer coding. Age 11 and up.

#### ❑ 257. Drone Discovery

Become a 4-H engineer and explore how drone engineering and remote sensing are used to solve real-world problems. To succeed in this challenge, you’ll need to think like an engineer as you design, build, and test drones. Age 11 and up.

#### ❑ 258. Genes, Beans & GMO Myth-busting

Explore the science of genes, DNA, and GMOs in this session. You’ll learn how genes work and how various breeding methods help introduce beneficial characteristics into plants and animals. You’ll also play some unusual games that will help you understand how genes work, how to more accurately determine their impact, and how to select parent DNA more likely to produce offspring with the characteristics we’re seeking. Age 11 and up.

#### ❑ 259. Geocaching Fun

Find out what geocaching is all about and explore geocaches on campus. Learn how to create your own geocache and have fun navigating using GPS (Global Positioning System) devices. Age 11 and up.

#### ❑ 260. Getting to the STEM & Root of Root Beer

In this delicious session, you’ll explore the microbiology and chemistry of brewing root beer. Make root beer, learn about fermentation, learn about states of matter, and enjoy root beer floats. Learn about the science behind aerobic and anaerobic fermentation and cellular respiration, which are used to make our root beer! Age 11 and up.

#### ❑ 261. Photoshop Basics

Learn the basics of using Adobe Photoshop to modify digital photos. You’ll learn to lighten photos, eliminate red-eye, move pieces of pictures, and use other fun digital retouching techniques on your digital photos. Age 11 and up.

#### PARTICIPANTS SAY . . .

**I really love how you get to walk around by yourself and explore the campus, making my skills in independence very strong.**

**–Branch County**

### ❑ 262. Putting Infrared Radiation to Good Use

Discover the infrared radiation that you can't see, even though it's all around you. Learn the basic principles and properties of the infrared world. Explore the shortest wave length in the light spectrum and use it with the latest technology in thermography. You'll play a game of infrared hide-and-seek using the techniques firefighters, police officers, and military personnel employ. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

## ● FULL

### ❑ 310. Small Engines

Learn more about small engines in this hands-on session. You'll work on an engine, explore how small engines function, and focus on the theory and practice of small engine maintenance and repair. This is a great session for everyone who likes mechanics. You'll receive a list of basic tools to bring before the event. Ages 11 to 13 only.

## SHOOTING SPORTS

## ● 1ST-HALF

### ❑ 150. Gobble Heads

Gobble up tips on hunting the elusive wild turkey. Learn to deploy turkey decoys, to site and build hunting blinds, and to call turkeys to you. You'll also discover how turkeys feed, roost, court, and more. You must have completed a hunter safety course and hunted during the 2018–2019 season to enroll in this session. Bring your own turkey call. Age 11 and up.

### ❑ 521. Introduction to Archery

Hit the bull's-eye with this introduction to archery basics. Learn tips to help you get started in the fun sport of archery! This session may include opportunities to shoot at the MSU Demmer Shooting Sports, Education, and Training Center. Age 11 and up.

### ❑ 522. Introduction to Pellet Rifle

Three-position pellet rifle shooting is the most popular form of shooting sports competition for young people. This hands-on session will focus on safety equipment, shooting basics, and bull's eyes. Learn how this easily accessible sport can be fun, safe, and competitive! This session may include opportunities to shoot at the MSU Demmer Shooting Sports, Education, and Training Center. Age 11 and up.

### ❑ 523. Quack & Honk

Learn waterfowl-hunting basics for advanced duck and geese hunters, including preseason scouting, and decoy and blind placements. You'll also learn some useful survival skills for spending a day out in the blind! Age 11 and up.

### ❑ 524. Shotgun Shooting Trap

Learn to safely handle a shotgun and practice your shooting skills on sporting clays at one of the state's premier shooting facilities. Fee of \$5 is payable through your local MSU Extension office. Age 12 and up.

## ● 2ND-HALF

### ❑ 621. Introduction to Archery

Same description as first-half session 521.

### ❑ 622. Introduction to Pellet Rifle

Same description as first-half session 522.

### ❑ 623. Quack & Honk

Same description as first-half session 523.

### ❑ 624. Shotgun Shooting Trap

Same description as first-half session 524.

## VISUAL ARTS & CRAFTS

## ● 1ST-HALF

### ❑ 525. 4-H Life Skills & Painting

Enjoy and learn about the science, color, and design of painting, painting techniques, and how to apply life skills to painting projects. This colorful life-skill learning and painting project can easily be adapted to use with 4-H club or group activities. Age 11 and up.

### ❑ 526. Beginning Basketweaving

Learn how to weave a small, useful basket using colorful reeds. You'll take home a small basket you've made yourself. Ages 11 to 19.

### ❑ 527. Beginning Drawing

Experiment with graphite and colored pencils to create realistic drawings. Discover how the principles of drawing (including design, composition, shading, perspective, and color) come together to create memorable art. Explore nature, portrait, and still life drawing. This session is for beginning drawers only. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 528. Beginning Leathercraft

Use your creativity, leather-tooling stamps, and a swivel knife to decorate two 5-inch by 7-inch pieces of tooling leather. Learn to prepare leather for tooling, use leather dyes, and finish your work. Using simple stitching, you can turn your leather into many useful items, from notebooks to ornaments. No previous experience needed. Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 529. Beginning Miniature Model Painting

This is an introduction to miniature model assembly, painting, scenery building, and tabletop war-gaming. You'll learn the basics of assembling and painting small scale (28 mm) models and take home your painted model. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 530. Fun With Floral Design

Have fun learning about flowers and use your creativity in designing flower arrangements like the pros. Learn a few tips and tricks to make your flowers extraordinary. Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 531. Goat's Milk Soap Making & More

Make three batches of goat's milk soap, each with a different scent, and a few other yummy scented items such as lip balm and lotion. Then package these products and take them home to share with your family. Fee of \$6 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 151. Holiday Ornaments From Around the World

Make a variety of ornaments, such as a Polish star, a German star, and one or two others, using fabric, paper, and sequins. Bring fabric scissors or pinking shears. Age 11 and up.

### ❑ 152. Hot Glass Jewelry Making

Learn to cut, lay out, and fuse glass while making one or two pendants. You'll also take a field trip to Delphi Glass in Lansing to learn about flame working and make glass beads. You'll keep what you make during the session, though some items may have to be shipped to you. Fee of \$35 is payable through your local MSU Extension office. Age 13 and up.



### ❑ 153. Iris Paper Folding

Iris paper folding is a fun way to make beautiful greeting cards or wall hangings that has nothing to do with origami or iris flowers. The craft, involving layering strips of paper to create amazing designs, has endless possibilities. This is a fun craft for you to take back to your 4-H club or group. Bring scissors. Age 13 and up.

### ❑ 154. Knitting Traditions

Explore the different knitting styles and patterns of various ethnic and cultural groups, with an emphasis on Norwegian and French-American styles. You'll learn to knit, and if you already know how, you'll learn new stitches and patterns. Start a small project to take home. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 155. Let's Bake Cupcakes

Learn to frost cupcakes and make easy decorated cupcakes. Also learn to make two types of icing for simple flowers and for frosting cupcakes. You'll learn three decoration ideas and how to make simple flowers. Bring a container to safely carry your cupcakes home in. Age 11 and up.

### ❑ 156. Teamwork & Timbers

You'll spend the first half of this session learning about timber framing and our country's rural heritage, then help assemble a quarter-scale timber frame barn using only your hands and what you've learned. Age 11 and up.

### ❑ 532. Tin Punching

Tin punching is a type of metal work that has been used around the world for centuries to decorate masks, picture and mirror frames, candle holders, and for other forms of relief crafts. (A "relief" is a design that is raised from a background material.) You'll learn tin punching techniques and how to decorate your craft piece with paint and objects such as buttons, shells, and glitter. Age 11 and up.

## ● 2ND-HALF

### ❑ 625. 4-H Life Skills & Painting

Same description as first-half session 525.

### ❑ 626. Beginning Basketweaving

Same description as first-half session 526.

### ❑ 627. Beginning Drawing

Same description as first-half session 527.

### ❑ 628. Beginning Leathercraft

Same description as first-half session 528.

### ❑ 629. Beginning Miniature Model Painting

Same description as first-half session 529.

### ❑ 263. Cards for All Celebrations

You'll learn a variety of techniques to create greeting cards for all of the celebrations in your life. You'll make shaker cards, 3D cards, and traditional stamped cards. Just bring your creativity. Fee of \$7 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 264. Fairy Gardens

Build your own fairy garden to take home. Plant a fairy garden and decorate it with fences, paths, benches, a gazing ball, and other fun fairy furnishings. Discover how to make these tiny treasures from things found in nature. Learn how to care for and build furnishings to change your garden with the seasons so you can enjoy it all year. Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

### ❑ 630. Fun With Floral Design

Same description as first-half session 530.

### ❑ 631. Goat's Milk Soap Making & More

Same description as first-half session 531.

### ❑ 632. Tin Punching

Same description as first-half session 532.

## ● FULL

### ❑ 311. Ancient Art of Quilling

Quilling, also known as paper filigree, is the art of rolling and shaping narrow strips of paper into exquisite creations. Projects can range from simple gift tags and cards to pictures, jewelry, 3D models, and box decorations. Age 13 and up.

### ❑ 312. Print My Ride

Speed, distance, and design quality are the goals of this exciting session! You'll gain a basic understanding of computer-aided design and 3D printing through designing a vehicle. Bring your creativity and get some hands-on experience with a 3D printer! Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

# STATE 4-H AWARDS PROGRAM

The State 4-H Awards selection process began with 4-H'ers submitting an application and essay to their local MSU Extension office by February 1, 2019. Applicants were notified by March 10 if they had been selected as delegates for the State 4-H Awards Program, which runs as part of the first two days of 4-H Exploration Days (June 19 and 20). Delegates must register for 4-H Exploration Days following the instructions on this page.

Delegates must fully participate in both days of the State 4-H Awards Program. Absence from any part of the two days makes a delegate ineligible to be a state winner.

All State 4-H Award delegates will attend the 4-H Awards Assembly on June 19. After the assembly, senior division and group award delegates will participate in interviews. Junior division delegates will participate in the junior leadership program.

State 4-H Award winners will be announced at the State 4-H Awards Recognition Program from 8:30 to 11 a.m. on Thursday, June 20, at the Huntington Club in MSU Spartan Stadium. The program is open to State 4-H Award delegates and ticket holders only. Each State 4-H Award delegate will be allowed two invited guests. Delegates will receive directions for ordering tickets in May.

For more information about the State 4-H Awards Program, including how to participate in the program, visit: <https://bit.ly/2EBBjXw>.

If you are an awards delegate, you must register for the State 4-H Awards Program and the second half of 4-H Exploration Days by completing the Registration Form on page 22 and the

**Authorization Form on page 23.** Be sure to sign up for session 900 as your first-half session, and for your choice of second-half sessions (sessions in the 200s and 600s) for Thursday afternoon and Friday morning on the Registration Form. Award delegates may not sign up for or help with 4-H Exploration Days full or first-half sessions.

During the State 4-H Awards Program, you will:

- » Have opportunities for personal and leadership growth.
- » Develop communication, networking, and interviewing skills.
- » Interact with other award delegates, sponsors, and industry leaders.
- » Be recognized for your growth and accomplishments.
- » Participate in live interviews (senior division delegates and group award delegates).
- » Participate in an elite leadership development program (junior division delegates).

## Schedule

The State 4-H Awards Program schedule is slightly different from the Wednesday and Thursday schedule for 4-H Exploration Days participants. You'll receive a copy of the *State 4-H Awards Program Schedule* during the State 4-H Awards Assembly.

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**more to explore**

Find out more about the State 4-H Awards Program  
<https://bit.ly/2EBBjXw>

# IMPORTANT INFORMATION

## Costs

**\$220 Participant Fee** – The fee for 4-H members and adults to participate in 4-H Exploration Days covers meals from Wednesday lunch to Friday lunch, two nights of lodging, all event activities, and a T-shirt.

**\$20 4-H Participation Fee** – An additional fee for youth who are not 4-H members.

**\$175 State 4-H Awards Program Delegate Fee** – The fee for 4-H Awards Assembly delegates after a \$45 awards scholarship is automatically applied.

**\$35 Tuesday Early Arrival Fee** – This additional fee covers Tuesday lodging and Wednesday breakfast for Upper Peninsula delegations and other county-arranged groups who need to arrive early.

## Possible Additional Fees

» Some counties may add a fee to cover the cost of transportation and other expenses.

» Some sessions have a fee to cover material or admission costs.

Counties will collect session fees with registration fees.

Contact your local MSU Extension office to see if scholarship support is available.

## Fee Deadlines, Cancellations & Refunds

**Pre-Payment Due When You Register** – \$80 for 4-H members and adults (\$100 for youth who are not 4-H members).

» Fully refundable through May 3, 2019.

» Nonrefundable for cancellations made on or after May 4, 2019.

**Fee Balance Due by June 1** – This is the remaining balance plus any additional fees (such as session fees or early arrival fees) or minus any applicable scholarship credits.

**Cancellations** – Those who cancel after June 4 will lose \$100 of their paid fees. Refunds for the amount paid beyond \$100 will be processed in July. To cancel, notify your local Extension 4-H staff as soon as possible. Be sure to provide your name, the full name of the person whose reservation is being canceled and the date of cancellation. Scholarship credits cannot be applied to cancellation or no-show fees. Early arrival and session fees are nonrefundable. There will be no refunds for no-shows.

**Scholarships for Session Instructors, Helpers, and CCAs** – Volunteer instructors, helpers, and county conference assistants (CCAs) attend at no cost to themselves. County-based MSU Extension staff who serve as session instructors or CCAs will receive full scholarships; county staff who serve as session helpers will receive \$135 scholarships. Instructors and helpers are identified and recruited through Extension 4-H staff and committees with statewide responsibilities. All instructors and helpers must be skilled in the sessions they are helping teach.

## Key & Access Card Replacement Fees

**\$75 Fee** – This charge will be billed after the conference for keys not returned at check-out. (MSU must rekey rooms with missing keys immediately after 4-H Exploration Days in preparation for the next conference.)

**\$10 Fee** – This fee will be billed for any residence hall conference card not returned at check-out.

## Housing & Check-In

You will be assigned housing in either Akers, Holmes, or Hubbard Halls. Check-in will take place between 8 and 11 a.m. on Wednesday, June 19. The first meal served will be Wednesday lunch.

## What to Bring

Bring personal care products and clothing that is casual but neat and respectable. (See specific dress code information on page 20.)

Be sure to wear comfortable walking shoes, because there's plenty of walking involved! (Although flip-flops are comfortable, they are NOT good walking shoes.) Some sessions (particularly in the animal science, fitness, and recreational sports areas) may have other clothing requirements.

Towels, sheets, pillows, and blankets are furnished. Wash cloths are not provided.

You'll need a small amount of spending money for some recreation activities. You may also want spending money for the snack shops and vending machines in the residence halls.

## T-Shirts

T-shirts will be given to all event participants at check-in. (The cost of sizes S to XXL is built into the registration fee; an additional \$5 will be charged for size XXXL.) Extra shirts will be on sale for \$10 each at General Headquarters in the West Akers Lounge after 4 p.m. on Wednesday, while supplies last. The extra shirts will be sold on a first-come, first-served basis with no limit per person.

## Participant Safety

The physical and emotional safety and well-being of the youth participants at 4-H Exploration Days are high priorities for Michigan 4-H Youth Development and Michigan State University. Please see the Michigan 4-H Youth Code of Conduct and Event Rules section (pages 20 to 21) for information on measures designed to keep youth participants safe while they're at the event.

The conduct and safety policies and procedures meet or exceed the MSU requirements regarding all programs involving minors. More information about the conduct and safety policies is available on the 4-H Exploration Days website at <https://bit.ly/2CmphyZ> (look for the Responsibilities and Procedures and the FAQ pages) and from your local Extension 4-H staff. More information about the MSU requirements for programs involving minors is available at <http://bit.ly/2Es0SGh>.

### PARTICIPANTS SAY . . .

If you're old enough, go to Expo Days. You'll always have a blast!

–Cass County

Participants attend 4-H Exploration Days as part of a county delegation. MSU Extension staff and 4-H volunteers carry out the following processes to ensure the safety and well-being of participants:

- » **Pre-Event County Orientation Meeting** – Each participant, along with a parent or guardian, must attend a pre-event county orientation meeting. At this meeting, you'll get a preview of the event, request roommate pairings, meet your chaperones, and find out what will be expected of you while you're on campus. Your local Extension 4-H staff can provide you with the date, time, and location of this important meeting.
- » **Youth and Chaperone Assignments** – All youth participants will be assigned to a specific adult chaperone. There must be at least one chaperone for every ten youth of the same gender.
- » **Whereabouts Schedules** – You and your assigned adult chaperone need to keep each other informed of where you'll be, when, and with whom. All chaperones will post two schedules on their residence hall room doors. One will show the chaperone's schedule. The other will be for you to sign in and out of the recreational activities you attend.
- » **Youth and Chaperone Meetings** – In addition to the county meeting you'll have shortly after arriving at 4-H Exploration Days, you'll have five youth and chaperone meetings throughout the event. These mandatory meetings will give you a chance to touch base with your chaperone after sessions, before and after evening activities, before bedtime, and just before check-out and departure.
- » **Hosts** – Session and activity hosts will provide extra support and assistance throughout the event as needed. You can identify them by their green 4-H vests.

## Contact Information & Emergency Procedures

### Participant Cell Phones

If you bring a cell phone to 4-H Exploration Days, turn it off during session times so that you can participate fully in the session and don't disrupt the other participants. Please tell your family and friends to limit their calls and texts to you during the event so that you can make the most of your experience.

#### PARTICIPANTS SAY . . .

[The event] has allowed me to see what college is like.  
–Chippewa County

It has taught me to not be afraid to branch out on my own.  
–Barry County

Attending 4-H Exploration Days has taught me to manage my time, plan ahead, socialize with other people, and not be afraid to try new things.  
–Dickinson County

It was EXTREMELY fun!  
–Genesee County

## If There's an Emergency at Home

If an emergency arises at home while you're attending 4-H Exploration Days, a message will be relayed to you and you can use a phone in General Headquarters to return the call. Emergency contact information follows.

- » **From 7 a.m. to midnight** call event General Headquarters (phone 517-353-2922) in West Akers Hall.
- » **From midnight to 7 a.m.** call the West Akers Hall Service Desk (phone 517-353-3358). Callers should ask for the 4-H Exploration Days conference director.

## If There's a Medical Emergency During the Conference

If you get sick or hurt during 4-H Exploration Days, you or someone with you should contact General Headquarters (phone 517-353-2922). Your parent or guardian will be contacted immediately using the contact information on the Medical Treatment Authorization form you completed when you enrolled in 4-H (or when you registered for 4-H Exploration Days, if you're not a 4-H member). Messages will be left seeking a return call if there is no answer and the next number will be called.

Depending on the medical concern, your parent or guardian will be asked to determine whether and what level of treatment will be sought during the program or if they wish to delay medical treatment or advice until you return home.

An onsite Nurse's Station will be staffed from 10:30 a.m. on Wednesday to 1:30 p.m. on Friday of the event. This service is available to participants at no charge. If you need health care beyond what the nurse can provide, you will be taken to a Lansing-area health care facility. The cost of treatment will be billed to you or your parent or guardian.

If you have to leave 4-H Exploration Days early for health or family emergency reasons, your parent or guardian is expected to arrange for timely pick up and to incur any related expenses. During the time between when your parent or guardian is notified and arrives with proper identification, you will be separated from program activities and remain under staff supervision.

#### DID YOU KNOW

In 2018, 4-H Exploration Days participants reported that attending the event had made:

- » 94% feel more independent.
- » 92% build time management skills.
- » 92% feel more prepared for college.
- » 75% feel that they are now interested in attending MSU.

4-H Exploration Days evaluation data, August 2018



During your leisure time at 4-H Exploration Days you can also bowl, shoot pool, dance, ice skate, and more!

### Other Opportunities at MSU

4-H Exploration Days is just one of many pre-college programs Michigan State University offers.

For information about many other pre-college programs at MSU, visit MSU Spartan Youth Programs online at [spartanyouth.msu.edu](http://spartanyouth.msu.edu).

## Recreational Opportunities

Choose from a variety of attractions to visit on the beautiful MSU campus during late afternoon and evening on Wednesday and Thursday. Details will be provided in the *4-H Exploration Days Activity Guide* you'll receive at the event. The possibilities include:

### » Abrams Planetarium

Take in a narrated sky show to learn about the stars and planets.

### » Eli & Edythe Broad Art Museum

This world-class museum provides innovative educational and creative art, including interactive exhibits to help visitors learn about the contemporary art on exhibit.

### » 4-H Children's Garden

Experience the many themed gardens within the world-famous 4-H Children's Garden.

### » MSU Animal Teaching & Research Centers Tour

Travel by bus to visit the MSU dairy, horse, or beef facilities.

### » MSU Bikes

Rent a bike while on campus to see more and get around faster! Have problems with your own bike while here? Fast repair services available.

### » MSU Dairy Store

See where MSU makes its very own ice cream and cheese, and consider buying a yummy snack while you're there.

### » MSU Museum

Explore the animals, cultures, crafts, and much more on display at MSU's very own museum.

### » National Superconducting Cyclotron Laboratory

Tour one of the world's top nuclear research facilities, where particles are smashed at up to half the speed of light, to learn how stars made the nuclei in your body.



## more to explore

For more information visit the 4-H Exploration Days website at

<https://bit.ly/2CmphyZ>

or contact your local 4-H staff. You can also download pdf copies of the Registration and Authorization Forms from the 4-H Exploration Days website.

# MICHIGAN 4-H YOUTH CODE OF CONDUCT & EVENT RULES

This section outlines the Michigan 4-H Youth Code of Conduct and the 4-H Exploration Days event rules. (There is a slightly different version of the Code of Conduct for 4-H volunteers.) All participants, volunteers, and staff members are expected to abide by the code of conduct, the event rules, and all other university regulations to attend 4-H Exploration Days. You must read, sign, and submit the Authorization Form with your Registration Form before you will be allowed to participate in the event.

If signed copies of your Michigan 4-H Code of Conduct, Media Release, and Medical Authorization Forms already exist in 4HOnline, or if paper copies are on file at your local MSU Extension office for this program year, you don't need to complete another set. Check the appropriate box in section 4 of the Authorization Form to indicate the forms are on file. Those signed forms will then be made available to the appropriate staff.

## Michigan 4-H Youth Code of Conduct

You must observe the program rules to participate in Michigan 4-H programs. Any participant who knowingly violates this code of conduct is subject to discipline, up to and including removal from the activity he or she is participating in (at his or her own expense) or from the entire county 4-H program. Determination of disciplinary action will be done with input from the volunteers and staff overseeing the program or activity. Final decisions about discipline will be made by the MSU Extension staff. Michigan 4-H members will:

- » Show respect for, and cooperate with, other members, volunteers, and staff.
- » Follow 4-H policies and procedures when participating in any 4-H-sponsored event.
- » Under no circumstances, commit or threaten violence toward any individual, group, or the program.
- » Under no circumstances, possess, sell, or consume alcohol, tobacco, or any controlled substances at an MSU Extension 4-H youth activity or event.
- » Under no circumstances, attend or participate in an MSU Extension 4-H youth activity or event under the influence of alcohol or controlled substances (including tobacco and electronic cigarettes).
- » Under no circumstances, bring dangerous or unauthorized materials (such as fireworks, explosives, weapons, or similar items) to an MSU Extension 4-H youth activity or event.
- » Under no circumstances, haze, harass, or bully another participant, volunteer, or staff member (either in face-to-face interactions, through social media, or using other communication avenues), particularly when the behavior is based on a person's appearance, race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, veteran status, or other protected category under the University's Anti-Discrimination Policy.
- » Not cheat or falsely represent efforts related to 4-H project activities.

## Event Rules

Participants at 4-H Exploration Days are expected to abide by the event-specific rules that follow.

## General Rules

- » Wear your name badge visibly at all times.
- » Actively participate in program sessions and a variety of afternoon and evening activities.
- » Treat all areas of the facility and grounds with respect and pick up after yourself. Repair costs for damage incurred to property will be billed to those responsible. Theft and vandalism are strictly prohibited.
- » Remember that you are responsible for your own belongings. Leave your valuables (such as expensive clothing, jewelry, and electronic devices) at home. We recommend labeling your belongings with your name. If you lose anything, check with the Lost and Found station at each residence hall 4-H Information Center. 4-H Youth Development is not responsible for any lost or missing items. You will be charged a fee if you lose your room key or access card.
- » Do not engage in inappropriate sexual behavior including sexual harassment, sexual assault, sexual abuse, or intimate physical or sexual contact.
- » Do not use cameras and other digital recording devices in locker rooms, restrooms, showers, and other areas where privacy is expected.
- » Do not leave the program grounds except for field trips arranged as part of the program under the supervision of event staff.
- » Do not gamble for money or for any other items or behaviors.
- » Refrain from yelling out of windows, removing window screens and leaning out of windows, or sitting on window ledges. Close your blinds when dressing and after dark.
- » Refrain from running in residence halls and classroom hallways.
- » Use of roller skates, in-line skates (such as Rollerblades), and scooters is restricted to sidewalks. Users of these devices may not use bike paths, parking ramps, buildings, gardens, or any other posted area, or go on any roadway except while crossing a street within a crosswalk.
- » Dress appropriately for the program schedule. Unacceptable attire includes clothing that:
  - Exposes undergarments or excessively exposes the body (such as cropped, low-cut, or extremely tight shirts, tube tops, short-shorts, or excessively baggy or extreme low-rise pants).
  - Conveys a violent, offensive, or obscene message or image.
  - Promotes use of an illegal substance.
- » Wear shirts and shoes in eating areas.

### PARTICIPANTS SAY . . .

**4-H Exploration Days has opened me up to new possibilities for careers and friendship.**  
-Eaton County

## Housing Policies & Regulations

The policies and regulations listed in this section cover curfews, visitors, and housing assignments. The housing assignment policy conforms with the Michigan 4-H Youth Development Youth-Adult Overnight Housing Policy, which is on the 4-H website at <https://www.canr.msu.edu/4h/> (search for “overnight housing policy”).

### Curfew

You must be in your residence hall by 11 p.m. and in your assigned room by 11:15 p.m. Quiet time starts at midnight. CCAs will do room checks each night at 11:15 p.m. to ensure that you’re in your room. If you want to go to sleep before 11 p.m., let your chaperone know so that you can be checked in before the official room check time.

You must keep your assigned room once assignments have been made and keys and conference cards issued. Unapproved changes make it difficult to contact you in emergencies and at room check time.

### Visitors

**Event Participants of the Opposite Gender** – Housing areas are designated either “females only” or “males only.” Participants are not allowed in the opposite housing areas. The only exception is if your county’s meeting that is scheduled for shortly after check-in on Wednesday has to be held in a study lounge on a housing floor. If this applies to your county, a chaperone will gather participants of the opposite gender in the residence hall lobby and escort them to and from the housing floor study lounge.

**Guests Who Aren’t Event Participants** – You may not have visitors during 4-H Exploration Days who are not associated with the event.

### Housing Assignments

Roommate assignments are made at the county level in early June, usually at the pre-event county orientation meeting. Let your county staff know if there’s a specific person from your county you’d like to room with. (**Note:** Requests to room with someone from another county cannot be honored. All participants – youth and adult – must be housed with the county delegation that submitted their registration and payment.)

Males and females will be housed separately. Youth participants aged 17 and under at the time of the event will be housed with other youth participants. Youth participants aged 18 to 20 at the time of the event will not be housed or share a bathroom with unrelated youth aged 17 and under. Adult participants aged 21 and up will be housed with other adult participants. (**Note:** An adult participant may be housed with related youth; however, no unrelated youth will be housed in that room.)

Each chaperone will have been through the MSU Extension Volunteer Selection Process. Youth participants aged 18 to 20 must complete a criminal history check and a reference check. Local MSU Extension staff are responsible for ensuring that these background checks are completed before the event.

A parent or guardian should review and sign the 4-H Overnight Housing Permission Form (see section 3 of the Authorization Form).

## Consequences for Misbehavior

### Youth Participants

If you misbehave seriously enough during 4-H Exploration Days that your parents or guardians need to be involved, they will be contacted either by you – while under the supervision of the event program staff – or directly by the program staff. Your parents or guardian will be informed of what has happened and what the follow-up action will be. The possible consequences include that you are:

- » Given a second chance, with a clear understanding of the behavior expected from you.
- » Dismissed immediately from the event at your parent or guardian’s expense.
- » Prohibited from participating in other MSU programs.
- » Turned over to the appropriate law enforcement authority.

If you are dismissed early from 4-H Exploration Days, your parent or guardian is expected to arrange for timely pick up and to incur any related expenses. During the time between when your parent or guardian is notified and he or she arrives on campus with proper identification, you will be separated from the program activities and remain under staff supervision. In extreme circumstances, you may be turned over to local authorities during the wait time before pick up occurs.

### Adult Participants

Disciplinary action can range from a discussion and verbal warning to immediate dismissal from the event. If inappropriate behavior continues after behavior expectations have been reviewed with the adult participant and a warning has been issued, the adult will be asked to leave the event immediately at his or her own expense and arrangement. The offending adult may also be prohibited from being involved with other MSU programs. If a law violation is involved, the adult will be turned over to the appropriate law enforcement authority.

The program coordinator will work with other staff as needed to find a replacement for the offending adult in his or her role at the event (such as instructor, host, or chaperone).

# 4-H EXPLORATION DAYS REGISTRATION FORM

## Parental approval is required for youth under age 18 to participate in 4-H Exploration Days activities.

This form, along with the Authorization Form and deposit, must be completed and returned to your **local MSU Extension office** before anyone – youth or adult – can participate in the event. (See Costs section on page 17.) The registration deadline may vary by county (it's typically the end of April), but don't wait – **some sessions fill quickly** on a first-come, first-served basis. Please type or print clearly.

4-H club or group \_\_\_\_\_

Full legal name \_\_\_\_\_  
(Last) (First) (Middle)

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

ZIP \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

E-mail address: \_\_\_\_\_

County \_\_\_\_\_ Sex: ☐ Male ☐ Female

Number of times you've attended this event before: \_\_\_\_\_

### STATUS (Must check one):

- ☐ Youth – Not a 4-H member ☐ Field staff
- ☐ Youth – 4-H member, Number of years: \_\_\_\_\_ ☐ Other adult (Only for bus drivers needing housing or adults with disabilities that prevent them from being chaperones or hosts.)
- ☐ Chaperone (aged 21 & up)

### Please check all that apply:

- ☐ County conference assistant
- ☐ Instructor\* – session # \_\_\_\_\_
- ☐ Helper\* – session # \_\_\_\_\_

*\*Selected through staff and committees with statewide 4-H responsibilities.*

- ☐ Disability – wheelchair user
- ☐ Disability – physical/non-wheelchair user (please indicate): \_\_\_\_\_
- ☐ Disability – learning or functional (please indicate): \_\_\_\_\_
- ☐ Special dietary needs (please indicate): \_\_\_\_\_

### ADULT T-SHIRT SIZE (must check one):

- ☐ Small ☐ X-Large ☐ XXX-Large (\$5 fee payable through your local MSU Extension office)
- ☐ Medium ☐ XX-Large
- ☐ Large

### RESIDENCE DESCRIPTION:

- ☐ Urban ☐ Rural, but not on a farm
- ☐ Suburban ☐ Farm

### RACIAL-ETHNIC CATEGORY (Optional):

Select the category that best describes you:

- ☐ American Indian/Alaskan Native ☐ Hispanic/Latino (All races)
- ☐ Asian/Pacific Islander ☐ Multiracial, please indicate \_\_\_\_\_
- ☐ Black ☐ White

### YOUTH ONLY:

4-H age on 01/01/2019: \_\_\_\_\_ Age on 06/19/2019: \_\_\_\_\_

High school graduation year: \_\_\_\_\_

### REGISTRATION CHOICES (check one):

- ☐ 4-H Exploration Days participant only
- ☐ Both 4-H Exploration Days and State 4-H Awards Program participant

### PAYMENT

Send deposit and registration forms to your MSU Extension office. Make your check or money order payable to MSU with participant name and county on memo line. For amount due, see page 17.

### SESSION SIGN-UP

Some sessions fill quickly so sign up early! Reservations are made on a first-come, first-served basis. Be sure to select eight choices. See page 4 for more information on how to complete this section. You may take one **full session** or two **half sessions**. State 4-H Awards Program delegates will sign up for the Assembly (session 900) as their first-half session and are not eligible for full sessions. See the following samples. List session numbers (not titles).

**KEY:** 1st-Half: #100 to #156 and #500 to #532  
2nd-Half: #200 to #264 and #600 to #632  
Full: #300 to #312  
Awards Assembly: #900

### SAMPLE REGISTRATIONS:

Choice	1st-Half AND 2nd-Half	OR Full Session
<b>4-H Exploration Days Participant:</b>		
1st Choice	112	620
2nd Choice		309
Choice	1st-Half AND 2nd-Half	OR Full Session
<b>State 4-H Awards Program Delegate:</b>		
1st Choice	900	223
2nd Choice	900	613
		NA
		NA

### YOUR SELECTIONS:

Choice	1st-Half AND 2nd-Half	OR Full Session
1st Choice		
2nd Choice		
3rd Choice		
4th Choice		
5th Choice		
6th Choice		
7th Choice		
8th Choice		

### FOR LOCAL MSU EXTENSION OFFICE USE ONLY:

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Amount \$ \_\_\_\_\_  
Receipt # \_\_\_\_\_

# AUTHORIZATION FORM

**A parent or guardian of a youth participant must sign sections 1 through 3. Youth participants must sign section 1 and complete section 4. Adult participants must sign section 1 and complete section 4.**

## 4-H EXPLORATION DAYS, JUNE 19-21, 2019

This form (fully signed) is due to your local MSU Extension office with your registration form and fee deposit by **April 26, 2019** (may vary slightly by county).

County \_\_\_\_\_

### SECTION 1 - EVENT RULES

#### (required for all youth and adult participants)

I have read and agree to abide by the Michigan 4-H Code of Conduct and the event rules (see pgs 20 to 21).

\_\_\_\_\_  
Participant signature Date

(ALL youth and adults attending the event must sign.)

**I expect my child to abide by the Michigan 4-H Code of Conduct and the event rules.** I understand that if my child does not do so, I may be asked to pick up my child early.

\_\_\_\_\_  
(Parent or legal guardian signature)

Date \_\_\_\_\_

### SECTION 2 - PARENT/GUARDIAN CONSENT

#### (required for all youth participants)

I hereby grant permission for (print participant name)

\_\_\_\_\_  
to participate in all educational and social activities of 4-H Exploration Days 2019 sponsored by Michigan State University Extension's 4-H Youth Development.

I understand that some sessions take field trips and that some sessions, campus facility tours, and other recreation activities have special risks. I have read the session descriptions and approve of my child's session selections. I accept any risks associated with their assigned session(s) and selected recreational activities.

I will make a note of any special needs or health concerns on the Personal Data Sheet that is collected at the county pre-event orientation meeting or at another time designated by the county.

Name of Parent/Guardian or of participant aged 18 and up (please print):

\_\_\_\_\_  
Signature Date

### SECTION 3 - 4-H OVERNIGHT HOUSING PERMISSION FORM

4-H Exploration Days assigns adults to serve as chaperones on each floor, all having been through the MSU Extension Volunteer Selection Process, and meeting a 1:10 adult-to-youth ratio. All chaperones will be assigned to stay in rooms with restrooms that are separate from youth participants' housing and restroom assignments. By signing this form I give my permission for my child to stay overnight in university housing.

Signature of Parent/Guardian:

\_\_\_\_\_  
Date \_\_\_\_\_

### SECTION 4 - 4-H MEDIA AND MEDICAL RELEASE FORMS

ALL youth and adult participants attending the event must check the appropriate box below to indicate whether they have completed the 4HOnline enrollment process:

- ☐ Yes, I have completed the 2018-19 4HOnline enrollment process.
- ☐ No, I have NOT completed the 2018-19 4HOnline enrollment process. (If you answer "no," you must contact your local Extension 4-H staff to complete the 4HOnline enrollment process.)

**ADULTS:  
Please  
remember to  
sign up for host  
roles on page  
24.**

# ADULT OPPORTUNITIES & ROLES

4-H Exploration Days is a youth development conference. Adults should attend the event to help ensure the physical and emotional safety and well-being of the youth participants and create rich learning experiences for them. We need each adult who attends the event to be a session instructor, host, or helper, an activity host, or a county conference assistant (CCA) – in addition to being a staff member or volunteer chaperone for a county delegation. (The only exceptions to this are bus drivers and adults with disabilities that prevent them from taking such support roles. These adults should be the only ones registered as “Other Adults” on the Registration Form.) Adults are expected to abide by the 4-H Volunteer Code of Conduct, the event rules, and all other university regulations. You must read and complete Sections 1 and 4 of the Authorization Form and submit it with your Registration Form to participate in the event.

## CCA Role & Training Information

Each county must have one male and one female CCA to oversee the county delegation. Multicounty supervision is encouraged for counties bringing fewer than 10 delegates of either sex. CCAs receive free meals and lodging during the conference. They aren't required to arrive early, but may choose to do so.

CCAs serve as a communication link between 4-H Exploration Days General Headquarters staff and the entire county delegation. They work closely with their residence hall's Head Conference Assistants (HCAs), are go-to people for chaperones, share information, provide assistance as needed, and coordinate the activities of the county delegation.

In late May, CCAs will receive information about their responsibilities and links to online training (brief videos and interactive quizzes).

They'll also pick up more information from the HCAs in their assigned residence halls when they reach campus. Visit the CCA Responsibilities section of the 4-H Exploration Days website at <https://bit.ly/2RUXCcM> for details.

## Adult Session & Activity Host Roles

Chaperones and field staff who don't serve as CCAs, instructors, or helpers should mark the session host or activity host roles they prefer on this form. Session and activity hosts take attendance, answer questions, and help as needed. If each of the nearly 400 adults who attend this event takes on just one support role, there will be more than enough people to fill every assignment.

**Activity Hosts** – Some of the activities for which hosts are needed (such as overseeing shuttle bus traffic) happen each day and in each time frame. Others (such as overseeing ice skating attendance and verifying the count) happen just once. You can rank your preferred times and activities in the Adult Host Registration Choices section.

**Session Hosts** – Each session will have an adult session host. Whenever possible the host will be an adult participant already registered for that session. Sessions without adult participants will be assigned at-large session hosts (that is, adults who aren't already registered session participants and are willing to be session hosts).

Host assignments will be made at the end of the registration process based on the activities for which adults have volunteered. Adults who don't submit host choices and aren't serving as CCAs, instructors, or helpers will be assigned to vacant host roles. Host assignments will be confirmed with assignees in late May. Each local MSU Extension office will receive a summary of host assignments for its adults.

## ADULT HOST REGISTRATION CHOICES

Please make your host choices on this form, ranking at least four choices if you sign up to be an activity host. (Consider working with other adults from your county so you don't all choose the same days and times.) You'll receive information about your assigned host role in early June and attend a host orientation at the beginning of the event.

### ☐ Activity host

Please number your choices (don't use “✕” or “✓”). If you don't have a preference, put 1 for all your selections.

#### Day (Rank 1 to 3):

- \_\_\_ Wednesday
- \_\_\_ Thursday
- \_\_\_ Friday

#### Time frame (Rank 1 to 3):

- \_\_\_ Morning
- \_\_\_ Afternoon
- \_\_\_ Evening

#### Activity (please rank at least four choices):

- \_\_\_ Ride shuttle bus to help make room for new riders.
- \_\_\_ Oversee a residence hall shuttle bus stop (to help participants find destinations).
- \_\_\_ Help load session field trip buses.
- \_\_\_ Host (not guide) an MSU facility presentation or tour.
- \_\_\_ Host Abrams Planetarium attendance and verify count.
- \_\_\_ Oversee IM East activities and facilitate indoor and outdoor pick-up games.

### ☐ Session host

- \_\_\_ for your assigned session (you must register for session choices and receive an assigned session)
- \_\_\_ at large (if you're willing to host any session)

- \_\_\_ Oversee MSU Union activities.
- \_\_\_ Help chaperone the dance.
- \_\_\_ Oversee ice skating attendance and verify count.
- \_\_\_ Help participants find sessions in the IMs and other complex buildings.
- \_\_\_ Help wherever needed.

# 2019 4-H EXPLORATION DAYS SCHEDULE

## WEDNESDAY, JUNE 19

7 a.m.–8:15 a.m.	Breakfast for Tuesday Early Arrivals
8 a.m.–11 a.m.	Check-In
10:15 a.m.–Noon	County Meetings (counties will be pre-assigned a 30-minute time & location)
10:45 a.m.–11 a.m.	Host Orientation
11:15 a.m.–1 p.m.	Lunch
11:45 a.m.–Noon	Host Orientation
12:30 p.m.–1:15 p.m.	State 4-H Awards Assembly (all delegates)
1:30 p.m.–4 p.m.	First-Half Sessions
1:30 p.m.–5 p.m.	State 4-H Awards Interviews (senior & group award delegates)
1:30 p.m.–5 p.m.	State 4-H Awards Junior Leadership Program (junior delegates)
1:45 p.m.–3:45 p.m.	Full Sessions
4:45 p.m.–5 p.m.	Youth/Chaperone County Meetings on Assigned Floors (chaperones may adjust time slightly)
5 p.m.–6:30 p.m.	Dinner
8 p.m.–9:15 p.m.	Wharton Center Entertainment (ending time is approximate)
8 p.m.–10:45 p.m.	Other Evening Activities
11 p.m.–11:15 p.m.	Youth/Chaperone County Meetings on Assigned Floors (chaperones may adjust time slightly)
11:15 p.m.	Participants in Assigned Rooms
Midnight	Quiet in Residence Halls

## THURSDAY, JUNE 20

7 a.m.–8:15 a.m.	Breakfast
8:30 a.m.–11 a.m.	State 4-H Awards Recognition Program (by invitation only)
8:30 a.m.–11 a.m.	First-Half Sessions
8:45 a.m.–11:15 a.m.	Full Sessions
11:15 a.m.–1 p.m.	Lunch
1:15 p.m.–3:15 p.m.	Full Sessions
1:30 p.m.–4 p.m.	Second-Half Sessions
4:45 p.m.–5 p.m.	County Meetings or Youth/Chaperone County Meetings (counties may select meeting format & adjust time slightly)
5 p.m.–6:30 p.m.	Dinner
8:15 p.m.–10:30 p.m.	Dance & Other Evening Activities
11 p.m.–11:15 p.m.	Youth/Chaperone County Meetings on Assigned Floors (chaperones may adjust time slightly)
11:15 p.m.	Participants in Assigned Rooms
Midnight	Quiet in Residence Halls

## FRIDAY, JUNE 21

6:30 a.m.–8:15 a.m.	Check-Out
7 a.m.–8:15 a.m.	Breakfast
8:15 a.m.–10:45 a.m.	Full Sessions
8:30 a.m.–11 a.m.	Second-Half Sessions
11 a.m.–1:30 p.m.	Check-Out
11:15 a.m.–11:30 a.m.	Youth/Chaperone County Meetings on Assigned Floors (chaperones may adjust time slightly)
11:15 a.m.–1 p.m.	Lunch
2 p.m.	Residence Halls Locked

**MICHIGAN STATE**  
UNIVERSITY

**Extension**

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