



18 USC 707

4-H

EXPLORATION DAYS

**CREATING
THE FUTURE**



2020 REGISTRATION BOOK

MICHIGAN STATE UNIVERSITY | Extension



SPECIAL ATTRACTIONS

4-H Exploration Days will take place June 24 to 26, 2020, 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 bit.ly/310BvId.

ENTERTAINMENT

4-H's Got Talent!

Enjoy the amazing talents of 4-H friends new and old from all over Michigan at 4-H's Got Talent!!

Individuals and groups can be nominated (or nominate themselves) in early April to appear in the show. Download the "4-H's Got Talent" application at canr.msu.edu/4_h_exploration_days or contact the 4-H staff at your local MSU Extension office.

Wharton Center for Performing Arts

8 p.m.

Wednesday, June 24

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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, 2020, 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, 2020, may not accompany a parent or guardian to 4-H Exploration Days.

Special Accommodations – People with disabilities have the right to request and receive reasonable accommodations. Accommodations for people with disabilities may be requested by contacting your local MSU Extension office by May 1, 2020, 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!

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 168	First-half sessions
200 to 261	Second-half sessions
300 to 312	Full sessions
500 to 523	First-half sessions repeated as second-half sessions of same name
600 to 623	Second-half sessions same as first-half sessions of same name

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 516, Beginning Model Rocketry, is the same as second-half session 616, 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, equipment and dress requirements, and age restrictions (your 4-H age is calculated as of January 1, 2020).

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
136/Chamber Music/10	250/Drone Discovery/13	306/Kayaking/10

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 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 10, 2020. 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. 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.

103. 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. Age 11 and up.

104. 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.

105. 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. Ages 11 to 19 only.

106. Introduction to Rabbit Raising & Care

This interactive and hands-on session is for those just starting a 4-H rabbit project. You'll learn basic information about rabbit care and how to choose a breed. You'll also learn fun games and activities to use at 4-H meetings and events. No open-toed shoes will be allowed. Age 11 and up.

107. Meat Goats: From Selection to Show Ring

Raising meat goats is becoming increasingly popular in Michigan. You'll learn tips and techniques for choosing, managing, and fitting and showing meat goats in this hands-on session. No open-toed shoes will be allowed. Fee of \$7 is payable through your local MSU Extension office. Age 11 and up.

PARTICIPANTS SAY . . .

[The event has] expanded my horizons in different jobs.

❑ 108. 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.

❑ 109. Rabbit Fitting & Showing: Beginner to Advanced

Are you looking to advance your rabbit fitting and showing skills? You'll learn from an American Rabbit Breeders Association judge in this in-depth, hands-on session for youth rabbit exhibitors of all experience and skill levels. No open-toed shoes will be allowed. Ages 11 to 19 only.

❑ 110. Therapy, Service & Emotional Support Dogs

Explore the similarities and differences among therapy, service, and emotional support dogs. You'll learn about the services these dogs provide and the tasks they perform for their human companions and the selection, training, and evaluation processes they go through. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

❑ 111. 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 in and around farms. Age 11 and up.

❑ 500. 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 13 and up.

❑ 501. Yoga With Goats

In this "goats-on" session, you'll enjoy practicing new yoga poses with help from some friendly goats. You'll also learn about goat and human anatomy, animal welfare, and your own well-being, including strategies for practicing mindfulness. Wear comfortable clothes. Yoga mats will be provided. Fee of \$10 is payable through your local MSU Extension office. Ages 11 and up.

● 2ND-HALF

❑ 200. Advanced Rabbit Raising

Learn about recognizing and treating rabbit diseases and the history of various breeds, along with fun ways to take the information back to your club. This interactive, fast-paced and hands-on session is not for beginners. Age 11 and up.

❑ 201. Ag in the Classroom

Prepare to share what you know about agriculture and food production with elementary-aged students in this session. You'll learn to lead an Ag in the Classroom lesson based on *Full of Beans: Henry Ford Grows a Car*. ("Beans" is the American Farm Bureau Foundation for Agriculture's 2020 Book of the Year.) You'll also take home a toolkit of supplies, resources, and local connections to help you lead the lesson with elementary-aged students in your community. Ages 14 to 19 only.

❑ 202. Ag-vocacy in Action: Sharing Your Story

Young people who are involved in agriculture and food production have unique stories to share with the rest of Michigan. In this session, you'll learn from dairy industry communications experts how to share your agricultural story with others. You'll practice social media, public speaking, and other communications skills that will help you become an effective ag-vocate. Age 14 and up.

❑ 203. 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.

❑ 204. Biological & Management 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.

❑ 205. 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.

❑ 206. 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.

❑ 207. 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.

❑ 208. 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 of preparing and delivering a set of oral reasons in a judging contest. Age 11 and up.

❑ 209. Getting You & Your Horse Show-Ring Ready

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

❑ 210. How Much Is That Doggie in the Window?

Find out about the characteristics, genetic health problems, and typical jobs of various dog breeds in this session. You'll also explore which would be the right dog breed for you based on factors such as size, age, temperament, trainability, and purchase or adoption costs. You'll also find out what questions you should ask a breeder, seller, or shelter operator before you decide on a new pup or dog. Age 11 and up.

❑ 211. Rabbit Judging Basics

Whether you're a novice or an experienced rabbit judge, you'll have the chance to upgrade your judging skills in this session. You'll judge classes with rabbits of all body types, using the *ARBA Standard of Perfection* manual as your guide. No open-toed shoes will be allowed. Ages 11 to 19 only.

❑ 212. Small Poultry Flock Management

This exciting, hands-on session will take you on an amazing journey to discover the ins and outs of poultry management. Hatching, housing, nutrition, care, handling, and disease prevention – you'll explore everything poultry from egg to fork! Age 11 and up.

❑ 600. Working With K-9 Search & Rescue Dogs

Same description as first-half session 500.

❑ 601. Yoga With Goats

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. Ages 14 to 19 only.

❑ 301. Lions & Tigers & Bears, Oh My!

Do large and exotic species amaze you? Learn how modern zoos are working to preserve endangered species. You'll visit Lansing's Potter Park Zoo, where you'll learn from the zoo staff and see some of the zoo's most interesting animals. Fee of \$18 includes zoo admission and refreshments and is payable through your local MSU Extension office. Age 11 and up.

BUSINESS & ENTREPRENEURSHIP

◐ 1ST-HALF

❑ 112. Business of Babysitting

Are you a young person who loves working with children? Are you curious about what it would take to start a babysitting business and earn some money? In this session you'll gain the basic skills and knowledge you need to care for children. You'll also learn how to treat minor injuries, what to do in emergencies, and how to price and market your services to potential customers. You'll put together your own babysitting kit to take home. Fee of \$5 is payable through your local MSU Extension office. Ages 12 to 15 only.

❑ 113. Five Principles of Marketing Your 4-H Livestock Project

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 and up.

❑ 114. Life on a Dairy Farm

Discover the many aspects of living and working on a dairy farm in this session. You'll learn about the modern 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.

◑ 2ND-HALF

❑ 213. Beat the Competition: 4-H Livestock Marketing

Grow the potential profit of your 4-H livestock projects! In this session you'll learn 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 also examine two different livestock systems. Age 11 and up.

❑ 214. 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.

❑ 215. Careers 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 a local childcare center to learn about its operations and about career opportunities in childcare and child development. Work directly with young children and find out what it takes to have a childcare career. Age 12 and up.

❑ 216. Marketing Mayhem

How do businesses get you to buy their products and services? How do the mega-marketing efforts of major companies help them make millions? If you're interested in the business of marketing, advertising, and promotion or if you want to learn techniques for marketing 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.

❑ 217. Meat Industry Processing & Career Exploration

Develop a meat product, then make it in a commercial processing facility. Join us at the MSU Food Processing and Innovation Center to learn safe food handling, cooking, and sanitation skills. We'll also explore the many career opportunities in the food industry. Ages 12 to 14 only.

❑ 218. Reality Farm: Livestock Project Marketing

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.

● FULL

❑ 302. Turning Ideas Into Products

During this action-packed session you'll use techniques that encourage innovative thinking to create a new product. 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 to further explore how to create products from your ideas and launch a business. Age 12 and up.

PARTICIPANTS SAY . . .

It showed me that college is not as scary as it sounds. It has also shown me there are a lot of options for a career so I will be able to find the right one for me.

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. Fee of \$20 is payable through your local MSU Extension office. Ages 11 to 19 only.

116. Leadership in Action

What is your leadership style? Explore how you can use your leadership style to build a team and make the most of a group. Action activities in this session will include solving escape boxes, building towers, and navigating mazes. Age 11 and up.

117. Political Leadership in My Club, Group & 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 explore how you can make a difference today and in the future. Age 11 and up.

118. Roller Derby: Teamwork in Action

A good team needs players to fill many different roles, depending on the situation. Come see how you can become a true leader on any team, starting with roller derby! No leadership or roller derby experience is necessary, but you must be able to roller skate. Fee of \$10 is payable through your local MSU Extension office. Ages 14 to 19 only.

119. Spartan Village Design Studio

Design a new piece of the MSU campus! First you'll explore and photograph East Lansing and the campus for inspiration, then design a new Spartan Village. You'll develop and present your design ideas to other participants in MSU's Virtual Reality Laboratory. Age 14 and up.

120. 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.

2ND-HALF

219. 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.

220. Take Action: Be the Change for Good

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

CLOTHING & TEXTILES

1ST-HALF

121. 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 18 inches long and 2 inches wide). Fee of \$7 is payable through your local MSU Extension office. Age 11 and up.

502. 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.

122. Sewing Wool Mittens

Learn to sew comfortable, warm, fleece-lined wool mittens in this hands-on session. You'll make one pair to take home and at least one pair to donate to JuneBug's Mitten Mission, a community group that provides mittens to young people and adults in need throughout Northern Michigan. Sewing experience is helpful but not necessary. Please bring fabric scissors, thread, and (if possible) a sewing machine. Age 11 and up.

2ND-HALF

221. Five Yards to a Quilt Top

Create a quilt top during this session for beginning quilters. (You'll need to add the binding and batting and quilt it at home.) Bring five coordinating 1-yard (44 to 45 inches wide) pieces of prewashed, 100% cotton material and coordinating thread. If possible, bring a rotary cutter, cutting mat, seam ripper, iron and ironing mat, sewing pins, and sewing machine. Age 11 and up.

222. 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.

602. Sew a Fleece & Flannel Quillow

Same description as first-half session 502.

FULL

303. Quilting Start to Finish

Learn how to create a quilt from start to finish in this session. You'll receive a list of fabric and sewing supplies to bring before the event. Some sewing experience is helpful. Age 11 and up.

COMMUNICATIONS

1ST-HALF

503. 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 223). Fee of \$9 is payable through your local MSU Extension office. Age 11 and up.

● 2ND-HALF

❑ 603. American Sign Language 1

Same description as first-half session 503.

❑ 223. 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 503) are welcome. Fee of \$9 is payable through your local MSU Extension office. Age 12 and up.

❑ 224. 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.

❑ 225. 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 13 and up.

● FULL

❑ 304. Writing A to Z

Are story ideas buzzing in your brain? Are you itching to become the next John Green (*The Fault in Our Stars*, *Turtles All the Way Down*), Sara Dessen (*Along for the Ride*, *Saint Anything*), or Rick Riordan (the Percy Jackson series)? In this session you'll explore story ideas, practice writing prompts, and learn various writing methods. You'll also create a story line together as a group. For beginning to intermediate writers. Age 11 and up.

ENVIRONMENTAL EDUCATION

● 1ST-HALF

❑ 123. Bear Tracks

Bear skulls, tracks, pelts, scat, and toys will be part of the hands-on activities in this session. You'll learn the natural histories and explore the habitat, environmental, and climate needs of bears native to Michigan (black bears) and North America (black, grizzly or brown, and polar bears). You'll also explore exciting careers in wildlife biology and natural resources. Age 11 and up.

❑ 504. 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 13 and up.

● 2ND-HALF

❑ 604. Bug's World

Same description as first-half session 504.

PARTICIPANTS SAY . . .

It has given me a glimpse at living in a dorm and prepared me for what I might need for college life.

❑ 226. Buzzing About Pollinators

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

❑ 227. Venture to Adventure

Do you prefer to spend time in and work outdoors? Enjoy camping, hunting, hiking, kayaking, nature photography, or fishing? Learn firsthand about careers that will keep you connected to the natural environment. You'll hear from people with careers in wildlife, forestry, wildfire, and environmental management about their jobs and how you can prepare to work in these fields. Age 11 and up.

FOOD, NUTRITION & FITNESS

● 1ST-HALF

❑ 124. Discover the Science of Food

In this hands-on session you'll learn about and practice different methods of safely preserving food to enjoy later. You'll also learn how to showcase your great food preservation projects at your county fair. Fee of \$8 is payable through your local MSU Extension office. Age 11 and up.

❑ 125. Focus 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.

❑ 126. Olympic Weightlifting

Come explore Olympic weightlifting training. Learn about high speed resistance exercises, what it means to do a snatch, squats, pulls, and partial lifts as well as have fun while flexing your muscles. Bring a filled water bottle and wear gym clothes and gym shoes. For beginners only. Age 13 and up.

❑ 505. 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.

● 2ND-HALF

□ 228. 100% Cacao

Attention chocolate lovers! Learn more about the “Food of the Gods” in this session. For instance, did you know 200 cacao beans could once buy a turkey? Or that during World War II, there was a chocolate exploding bomb? Or that one chocolate chip can give you enough energy to walk 150 feet? We’ll taste chocolate from around the world and make some tasty chocolate treats. Age 11 and up.

□ 229. 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.

□ 230. Healthy Snacks for Younger Children

Have you ever been stuck for ideas for safe and healthy snacks for a toddler you’re babysitting? In this session you’ll learn to make some simple, healthy snacks in a fun environment that kids will enjoy. Age 12 and up.

□ 231. Hip-Hop Fitness & Nutrition

Come join our newest 4-H adventure to a healthier you. Explore a fresh way to exercise with hip-hop step aerobics and create a nutritious treat during this junior healthy chef session. Bring a filled water bottle and wear comfortable clothes and gym shoes. Age 11 and up.

□ 232. 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 13 to 19 only.

□ 605. Vegetarian Cooking

Same description as first-half session 505.

INTERNATIONAL LANGUAGES & CULTURES

● 1ST-HALF

□ 127. *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.

□ 128. *¡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.

□ 129. *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

□ 233. 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.

□ 234. *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.

□ 235. 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

□ 130. 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.

□ 131. 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.

□ 132. Make More Money at a 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.

□ 133. Make Your Money Work for You

Find out about agriculture, food and natural resource careers, personal finance, and real-life decision making. You’ll gain insider information on education, careers, personal and family commitments, housing, meal planning, transportation, health, entertainment, and basic budgeting skills. Then you’ll role-play a month in the life of someone in your chosen profession, during which you’ll encounter common scenarios that will give you a real-life look at the choices people face in their personal and professional lives. Age 14 and up.

□ 134. 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

□ 236. 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.

🕒 1ST-HALF

☐ 506. Hammocking & Relaxing in the Outdoors

Learn how to hang a hammock responsibly and safely. Find out about “no trace” tactics and knot tying. You’ll also learn to use mindfulness to fully enjoy the environment you’re in and clearly observe the world around you. Fee of \$20 includes a hammock and is payable through your local MSU Extension office. Ages 11 to 19 only.

🕒 2ND-HALF

☐ 606. Hammocking & Relaxing in the Outdoors

Same description as first-half session 506.

☐ 237. 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. 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

☐ 135. 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.

☐ 136. 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.

☐ 137. Mascot Camp

Have you ever dreamed of being a costumed mascot for your school or a pro sports team? Get the scoop on preparing yourself and the character for action in this session. You’ll also learn tips and tricks from the handlers of the world-famous, award-winning MSU mascot, Sparty! (And who knows – the big guy himself might pay us a visit.) Age 11 and up.

☐ 138. Music Theory

Learn how the music you play and hear works. This is a must-attend session for anyone who writes, sings, or plays music! Age 14 and up.

☐ 507. Ukulele for the Fun of It

Whether you’re a beginner or an experienced musician, with just a few simple chords you can be playing fun songs on the ukulele in no time. Bring a ukulele if you have one. Age 11 and up.

🕒 2ND-HALF

☐ 238. 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 14 and up.

☐ 239. Contemporary Dance Class

You’ll focus on technique, choreography, and improvisation in this session. 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.

☐ 240. Introduction to Clowning – Fun & Not Scary!

Learn the basics of starting a 4-H clowning project, including make-up and designing your clown face, clown etiquette, and creating simple balloon animals. You’ll also pick up clowning community service ideas. Be creative, giggle, make others smile, and show how clowns can be fun and not scary! Age 11 and up.

☐ 241. 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.

☐ 607. Ukulele for the Fun of It

Same description as first-half session 507.

PARTICIPANTS SAY . . .

[4-H] Exploration Days can teach us, and has taught me, that I’m capable of more than I think. I have met friends that I would not have met in my life.

PERSONAL LIFE SKILLS DEVELOPMENT

1ST-HALF

139. Adulting 101: Are You Ready to Level Up?

Being an adult can be fun – and it requires some serious know-how! Prepare yourself by learning some of the basics of getting your own place, taking care of it, and handling your finances in this session. Age 13 and up.

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 and portfolio and practice your interview skills. You'll be well prepared to ace any application or interview in your future! Age 11 and up.

143. Keeping Kids Engaged & Having Fun

You can 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 children in your care. In the second half, you'll take a field trip to a childcare center to try out your ideas with young children. Age 12 and up.

144. Thy Praises, MSU: University Traditions Past & Present

From freshmen beanies to Sparty Watch and the Midnight Scream, Michigan State University has a long history of interesting traditions. Join us as we explore some of the things that have defined the Spartan student experience over time and experience some of the most popular ones! Age 11 and up.

2ND-HALF

242. 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.

243. 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.

244. Healthy Relationships & You!

Find out the differences between healthy and unhealthy relationships and become a trained Escalation healthy relationship workshop facilitator in this session. You'll watch and participate in a guided discussion about the film *Escalation*, which is about two college-age students in an unhealthy relationship. Then you'll learn to lead Escalation workshops in your community. Age 14 and up.

FULL

308. Ready for Your Future?

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

508. 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.

509. 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 game history, and play lots of chess and chess variants. Age 11 and up.

510. 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.

511. 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.

145. 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.

❑ 146. Line Dancing

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

❑ 512. Paddle Boarding

Experience stand up paddle boarding (SUP), the fastest growing water sport in America. SUP is a recreational sport you can do 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.

❑ 513. 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.

❑ 514. 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.

❑ 147. 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.

❑ 148. Sports Leadership

In this session we'll examine the leadership styles of popular sports figures, then use what we've learned while playing various sports. Ages 11 to 19 only.

❑ 149. 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. You'll also learn about ride safety on the road and pathways around campus. Bring your own bike (if possible; some will be available for rent), bike helmet, and filled water bottle. Age 11 and up.

❑ 515. 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.

PARTICIPANTS SAY . . .

It has allowed me to get out of my comfort zone by meeting new people and trying new things. It has opened my mind to the possibility of attending MSU for college.

● 2ND-HALF

❑ 608. Basketball Skills for Fun & Recreation

Same description as first-half session 508.

❑ 609. Checkmate

Same description as first-half session 509.

❑ 610. Disc Golf

Same description as first-half session 510.

❑ 245. 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.

❑ 611. Ice Skating

Same description as first-half session 511.

❑ 246. 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.

❑ 247. 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.

❑ 612. Paddle Boarding

Same description as first-half session 512.

❑ 613. Pickle-ball

Same description as first-half session 513.

❑ 614. Run for Your Life

Same description as first-half session 514.

❑ 248. 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.

❑ 615. Volleyball for Fun & Recreation

Same description as first-half session 515.

● FULL

❑ 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.

1ST-HALF

150. 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.

516. 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.

151. Engineering Super Girl

Are you creative? Do you enjoy solving problems? Like inventing new things? Engineers – women and men – are changing the world through innovation, design, and research. Explore hands-on mechanical, electrical, and environmental engineering activities guided by faculty from the MSU College of Engineering. Learn how you can build engineering super powers and aim for a great career! Age 11 and up.

517. Explore the Universe With Astronomy

Most astronomers never visit the remote sites where the telescopes they use to study the vast expanses of space are located. Instead they send instructions directly to the telescopes from their offices at research universities and institutions around the world. In this session you'll join MSU astronomers to use a powerful telescope, located in a dry mountain region in Chile, to study the sky, stars, galaxies, and planets. Age 11 and up.

152. Game Changers

Would-be coders will use the 4-H National Youth Science Day program called Game Changers in this session. You'll be introduced to CS First and Scratch coding through unplugged and online games, challenges, puzzles, and activities. Ages 11 to 14 only.

153. Insect Detectives

Learn about forensic entomology, the use of insects in criminal investigations. As you learn the basics of insect biology, succession, and decomposition, you'll discover how creepy-crawlers can be valuable tools in solving crimes. You'll also use live insects to create maggot art masterpieces! Age 11 and up.

154. Investigate Candy Chemistry & Energy in Motion With the Curious Crew!

Bring your curiosity and join members of WKAR Television's award-winning Curious Crew in using a hands-on approach to investigate kinetic energy and candy chemistry. Be a candy chemist and pump sugar, corn syrup, flavoring mix and lactose full of pressurized carbon dioxide gas, then watch what happens! It'll be a mind-blowing investigation! Ages 11 to 13 only.

155. 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.

156. 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.

157. 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.

158. Weirdness of Water

Earth is the only planet that we know for sure has liquid water. Learn about the importance of this substance and find out what makes water healthy for drinking. We'll taste test water samples from sources around Michigan and the world and talk about what might make them taste different. We'll also use an interactive model of the Earth and find out what could happen if we run out of safe, drinkable water. Ages 13 to 19 only.

2ND-HALF

616. Beginning Model Rocketry

Same description as first-half session 516.

249. Did Mosquitoes Bother Dinosaurs, Too?

Learn the evolutionary history of a variety of insects and spiders by examining the ancient fossils of some of the earliest versions of these critters. What was Earth like at different times that allowed these organisms to develop in the ways they did? Meet some of the modern-day relatives of ancient insects and see how they have evolved over millions of years. Ages 11 and up.

250. 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.

617. Explore the Universe With Astronomy

Same description as first-half session 517.

251. 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.

PARTICIPANTS SAY . . .

It has been a blast!

❑ 252. 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.

❑ 253. LEGO Mindstorms EV3 Robotics

Explore programming and building with LEGO Mindstorms EV3! In this hands-on session you'll learn about the components of EV3 robots and how to build, modify, and program them to meet specific challenges in competition. No experience with LEGO robotics kits is needed. Age 11 and up.

❑ 254. Nothing Up My Sleeve! Magic & Illusions

Amaze and impress your friends and family with your skill with magic and illusions. You'll learn how to make your own simple bag of magic tricks on a shoestring budget, explore the science and psychology behind these tricks, and take a historical look at optical illusions. Age 11 and up.

❑ 255. 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.

❑ 256. 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. Age 11 and up.

● FULL

❑ 310. Model Rocket Design

This session is for participants who have had experience with rocketry. Design, build, and fly your own rocket! Using open-source rocket software, you'll learn the principles of creating a model rocket of your own design based on component parts that will be provided. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

❑ 311. 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. Ages 11 to 13 only.

SHOOTING SPORTS

● 1ST-HALF

❑ 518. 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.

❑ 519. 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.

● 2ND-HALF

❑ 618. Introduction to Archery

Same description as first-half session 518.

❑ 619. Introduction to Pellet Rifle

Same description as first-half session 519.

VISUAL ARTS & CRAFTS

● 1ST-HALF

❑ 520. Beginning Basketweaving

Learn how to weave a small, useful basket using colorful reeds. You'll take home a small basket you've made yourself. Fee of \$5 is payable through your local MSU Extension office. Ages 11 to 19 only.

❑ 521. 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 \$7 is payable through your local MSU Extension office. Age 11 and up.

❑ 522. 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 leathercraft experience is needed. Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

❑ 159. 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 \$7 is payable through your local MSU Extension office. Age 11 and up.

❑ 160. Design Your Own Board Game

You have the power to create worlds! Design and build your own board game – complete with rules you devise – using the board and game pieces provided. Fee of \$8 is payable through your local MSU Extension office. Ages 13 to 15 only.

❑ 161. Getting Crafty in the Garden

Taking inspiration from the beauty of gardens, you'll make a variety of fun and easy crafts using stones, fairies, and wind chimes. You'll also visit the 4-H Children's Garden to explore plants, crafts, and more! Age 11 and up.

❑ 162. Glass Etching

Learn to make a beautifully etched mirror in this session. Bring a simple design of up to 8 inches by 10 inches that you'd like to etch. Age 11 and up.

❑ 163. 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.

❑ 164. 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.

❑ 165. 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.

❑ 166. Let's Decorate a Cake

Learn to make two types of icing (for making simple decorations and for frosting cakes), then actually frost and decorate cakes. You'll learn three decoration ideas and how to make simple flowers. Bring a carrying container for the cake you'll take home. Age 11 and up.

❑ 167. Teamwork & Timbers

Learn about historic barn construction and the evolution of barns through photos, games, and hands-on activities. Then we'll work as a team to erect a quarter-scale timber frame barn using pegs and mortise and tenon joints. You'll also talk with barn contractors about their work. Fee of \$7 is payable through your local MSU Extension office. Age 11 and up.

❑ 168. Tie Dye

Explore the art and craft of tie dye by using different methods to create one-of-a-kind pieces of art. Bring two to five prewashed (without fabric softener) 100% cotton items to transform. You can bring T-shirts, pillowcases, socks, bags – just about anything, really, even if it's old or stained. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

❑ 523. 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

❑ 620. Beginning Basketweaving

Same description as first-half session 520.

❑ 621. Beginning Drawing

Same description as first-half session 521.

❑ 622. Beginning Leathercraft

Same description as first-half session 522.

❑ 257. Essential Oils for Teens

Learn how to use essential oils and make a variety of products using the oils that you can take home. Fee of \$7 is payable through your local MSU Extension office. Ages 14 to 19 only.

❑ 258. 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.

❑ 259. Hot Glass Jewelry Making

Learn to cut, lay out, and fuse glass while making jewelry pieces. We'll visit Delphi Glass in Lansing to learn about flame working and to 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.

❑ 260. Soap Making & More

Learn the basics of making soap using milk and water. You'll develop and make soap using ingredients that are uniquely suited to your skin type and to your color and fragrance preferences. Bring one or more containers to hold up to 1 pound of soap, if possible. Age 11 and up.

❑ 623. Tin Punching

Same description as first-half session 523.

● FULL

❑ 312. Quilling – Designing With Paper Strips

Quilling, also known as paper filigree, is the art of rolling and shaping narrow strips of paper into exquisite creations. In this session you can take on projects ranging from simple gift tags and cards to pictures, jewelry, 3D models, and box decorations. Age 13 and up.

VOLUNTEER DEVELOPMENT

● 2ND-HALF

❑ 261. Fund-raising Made Fun

Fund-raising isn't all that 4-H clubs and groups do, but it's often necessary to pay for unique, fun, and educational experiences for 4-H'ers. Learn to improve your 4-H fund-raising efforts by setting appropriate goals and creating innovative fund-raising experiences that will appeal to your community. Age 18 and up.

STATE 4-H AWARDS PROGRAM

As part of the State 4-H Awards Program, awards delegates will:

- » Have opportunities for personal and leadership growth.
- » Develop communication, networking, and interviewing skills.
- » Network with other award delegates, sponsors, and industry leaders during an elite recognition program.
- » Be recognized for their personal skills growth and accomplishments.
- » Participate in interviews with selection committees (senior division and group award delegates).

The State 4-H Awards selection process begins each year with 4-H'ers submitting their application portfolios to the 4-H State Awards Committee in early February. The application materials are judged by preliminary awards selection committees, and 4-H members are notified in March if they've been selected as delegates for the State 4-H Awards Program. Interviews with and presentations to selection committees via video conferencing software are scheduled for senior and group award delegates before 4-H Exploration Days.

The 4-H State Awards Recognition Program will take place at 6:30 p.m. on June 24, 2020, at MSU's Kellogg Center. 4-H State Award delegates are encouraged but not required to attend 4-H Exploration Days. To be eligible to receive recognition at the 4-H State Awards Program as a delegate or state winner, delegates must be present for the Recognition Program. Each 4-H State Award delegate will be allowed two invited guests; delegates will receive directions for ordering tickets in May.

All 4-H State Award delegates who wish to attend 4-H Exploration Days will have the opportunity to participate in first- and second-half sessions or in full sessions. Participants should register for 4-H Exploration Days through their local MSU Extension office using the registration form in this guide. In the "Registration Choices" box on the registration form, please be sure to check the "Both 4-H Exploration Days and State 4-H Awards Program participant" box.

For more information about the State 4-H Awards Program, including how to participate in the program, visit: bit.ly/37GA2JK.

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4-H

EXPLORATION DAYS

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Find out more about the State 4-H Awards Program
bit.ly/37GA2JK

IMPORTANT INFORMATION

Costs

The fee to participate in 4-H Exploration Days covers meals from Wednesday lunch through Friday lunch, two nights of lodging, all event activities, and a T-shirt (sizes S to XXL; \$5 fee for XXXL):

- » \$220 for 4-H members and adults
- » \$240 for youth who are not 4-H members
- » \$175 for State 4-H Awards Program delegates (includes a \$45 awards scholarship)

Possible Additional Fees

- » There is a \$35 per person Tuesday early arrival fee to cover Tuesday lodging and Wednesday breakfast for Upper Peninsula delegations and other county-arranged groups who need to arrive early.
- » 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 4, 2020.
- » Nonrefundable for cancellations made on or after May 5, 2020.

Fee Balance Due by June 4 – 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 5 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 the full name of the person whose reservation is being cancelled 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 24. 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 and soap 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

All event participants will receive T-shirts 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 canr.msu.edu/4_h_exploration_days (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/2EsOSGh>.

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:

PARTICIPANTS SAY . . .

This program at MSU helped me with so many things. I learned how to use time management. I learned some problem solving and so much more!

- » **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 eight 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 . . .

4-H Exploration Days expanded my choices in careers and schools.

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 517-432-7611) 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 517-432-7611). 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.

Recreational Opportunities



During your leisure time at 4-H Exploration Days you can also play volleyball, shoot pool, dance, 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/

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.



4-H

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For more information visit the 4-H Exploration Days website at canr.msu.edu/4_h_exploration_days 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.

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.

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 20 and under at the time of the event, will be housed with youth of similar ages. Adult participants aged 21 and up will be housed with other adult participants. Adults will not share a residential bathroom or be housed with a youth participant, with two exceptions:

1. An adult participant may be housed with a related youth. “Related” is defined as immediate family, including parents or legal guardians, grandparents, and siblings.
2. An adult participant may be housed with an unrelated youth participant if the youth participant’s parent or guardian has provided written consent to the event coordinator.

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 01/01/2020: _____ Age on 06/24/2020: _____

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 pages 3 and 4 for more information on how to complete this section. You may take one **full session** or two **half sessions**. See the following samples. List session numbers (not titles).

KEY: 1st-Half: 100 to 168 and 500 to 523
 2nd-Half: 200 to 261 and 600 to 623
 Full: 300 to 312

SAMPLE REGISTRATION:

Choice	1st-Half AND 2nd-Half	OR Full Session
1st Choice	112	620
2nd Choice		309

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 and adult participants must sign section 1 and complete section 4.

4-H EXPLORATION DAYS, JUNE 24-26, 2020

This form (fully signed) is due to your local MSU Extension office with your registration form and fee deposit by **April 24, 2020** (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 2020 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 1:8 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 you have completed the 4HOnline enrollment process:

- Yes, I have completed the 2019-20 4HOnline enrollment process.
- No, I have NOT completed the 2019-20 4HOnline enrollment process. (If you answer "no," you must contact your local Extension 4-H staff to complete the 4HOnline enrollment process.)

**ADULTS:
Please
continue to
page 24 for
host sign up.**

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 bit.ly/2vmfasT for details.

Adult Session & Activity Host Roles

Chaperones and field staff who don't serve as CCAs, instructors, or helpers must 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 participants and verifying head counts at evening activities) 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 “x” 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.

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 IM East activities and facilitate indoor and outdoor pick-up games.
- ___ Oversee MSU Union activities.
- ___ Help chaperone the dance.
- ___ Help participants find sessions in the IMs and other complex buildings.
- ___ Help wherever needed.

2020 4-H EXPLORATION DAYS SCHEDULE

WEDNESDAY, JUNE 24

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 preassigned 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.–1:10 p.m.	State 4-H Awards Assembly (all delegates)
1:30 p.m.–4 p.m.	First-Half Sessions
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
6:30 p.m.–8:30 p.m.	4-H State Awards Recognition Program at Kellogg Center (ticketed event)
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 25

7 a.m.–8:15 a.m.	Breakfast
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 26

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

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