



**4-H
GROWS
TRUE
LEADERS**



4-H EXPLORATION DAYS

JUNE 22-24, 2016

STATE 4-H AWARDS PROGRAM

JUNE 22-23, 2016

**MICHIGAN
STATE
UNIVERSITY**

SPECIAL ATTRACTIONS

4-H Exploration Days will take place June 22 to 24, 2016. It is designed for young people ages 11 to 19 and involves about 2,500 participants from all parts of Michigan in a multitude of hands-on learning sessions, field trips, and recreation opportunities. A few of the special attractions are highlighted here. Details will be in the *4-H Exploration Days Activity Guide* that you'll receive when you arrive on the Michigan State University (MSU) campus.

Sessions

Choose from more than 200 action-packed learning sessions in your favorite interest areas! See pages 6 to 17 for session descriptions.

Cool Things to See & Do at MSU

On Wednesday and Thursday afternoons and evenings there'll be plenty of recreation options for you to choose from on the MSU campus. See page 19 for details.

MSU Pre-College Scholarship Opportunity

Students 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. 4-H Exploration Days participants will be invited to apply by their local Extension 4-H staff based on criteria such as attitude, behavior, and active participation. Each county Extension 4-H program may submit one applicant (or a maximum of 5 percent 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 4h.msuc.msu.edu/4h/4-h_scholarships.

PARTICIPANTS SAY . . .

4-H Exploration Days is the best thing ever. I love coming to the campus and making new friends.

—Berrien County

It makes you more prepared for college life and can help you figure out what you would like to do in college or in the future.

—Benzie County

ENTERTAINMENT

Brandon Lee White: The Youth Mover



Come see Brandon Lee White, author, inspirational speaker, and professional mover! Brandon has appeared in nearly all 50 states and on national TV, using ballroom dance to build better leaders. He has worked with people from the hit show *Dancing With the Stars*, and uses dance to improve his audiences' leadership, teamwork, anti-bullying, and relationship-building skills. Brandon has also been seen on TLC, Discovery Health, Fit TV, and TEDx.

In his keynote presentation, Brandon moves the crowd in hilarious demonstrations involving dance. Two guys from the audience will do improv dancing while one unsuspecting young woman will actually dance the tango. Students are moved to "Own It!" in leadership and life. Brandon shares his story of growing up with a speech impediment and being bullied, and talks about the leaders who changed everything for him.

Come to 4-H Exploration Days to see, hear, and enjoy Brandon Lee White!

On the web: brandonleewhite.com

You won't want to miss this show at the Wharton Center for Performing Arts on Wednesday, June 22, at 8:00 p.m. You must be registered for 4-H Exploration Days to attend the show. Plan now to be there!

TABLE OF CONTENTS

	Page
Special AttractionsInside Front Cover	
Important Information	3
How to Use This Book	5
ANIMAL & VETERINARY SCIENCE	6
1ST-HALF	
100. Blueprint for a Successful Swine Project	
101. Bouncing Into Bunny Basics	
102. Communication & Control: Working With Your Equine Partner	
103. Dairy Reproduction & Artificial Insemination	
104. Embryology: 21 Amazing Days in the Life of a Chicken	
105. Fundamentals of Livestock Nutrition & Management	
106. Introduction to Competitive Horse Judging	
107. Poultry Management	
500. Veterinary School: Is It for You?	
501. Working With K-9 Search & Rescue Dogs	
502. Zoonotic Zoobiquity	
2ND-HALF	
200. Be a Disease Detective	
201. Biosecurity On & Off the Horse Farm	
202. Blueprint for a Successful Beef Project	
203. Blueprint for a Successful Sheep Project	
204. Dairy Goat Judging	
205. Decoding Dairy Cow Behavior	
206. Equine Nutrition	
207. Everything Cavy!	
208. Feeding Goats: From Field to Food to Fertilizer	
209. Fun With Feed Stuff for Dairy Cows	
210. Hopping Into Advanced Rabbit Raising	
211. Make More Money at the 4-H Livestock Auction	
212. Poultry Showmanship	
213. Rabbit Judging Basics	
214. Rabbit Showing: Can You Handle It?	
215. Therapy Dogs & More	
600. Veterinary School: Is It for You?	
216. Working Sled Dogs	
601. Working With K-9 Search & Rescue Dogs	
602. Zoonotic Zoobiquity	
FULL	
300. Fun With Animal Fiber	
301. Introduction to Livestock Judging	
302. Lions & Tigers & Bears, Oh My!	
BUSINESS & ENTREPRENEURSHIP	7
1ST-HALF	
108. Going Solo	
109. Life on a Dairy Farm	
110. Marketing for 4-H Livestock Project Beginners	
2ND-HALF	
217. Five Principles of Marketing Your 4-H Livestock	
FULL	
303. Turning Ideas Into Products	
CAREERS	8
1ST-HALF	
111. Future Docs	
112. Michigan State University: A Great College Choice	
113. Touch the Future Career Fair	
114. Your Career Begins With Pure Michigan Travel & Tourism	
2ND-HALF	
218. The 21st Century “A” Team	
219. Emergency Services Careers: Is One for You?	
220. I Got the Job! Résumés & Interviews That Work	
CARING FOR KIDS	8
1ST-HALF	
115. Babysitting & Caring for Kids	
116. Inquiring Minds Want to Know	
117. Keeping Kids Engaged & Having Fun	
2ND-HALF	
221. A Career Caring for Kids	
222. Making Stories Come Alive for Children	
CITIZENSHIP, LEADERSHIP, & SERVICE	9
1ST-HALF	
118. 17 Global Goals & Three Extraordinary Things	
119. Michigan Government & History	
120. Teen Court & the Juvenile Justice System	
121. Youth Leaders in a Global World	
2ND-HALF	
223. Personality Insider Intel	
224. Youth Leadership Forum	
FULL	
304. The Good, the Bad, & the Legal System	
CLOTHING & TEXTILES	9
1ST-HALF	
122. 4-H Project Runway	
503. Awesome Pillows	
504. <i>Billabong</i> Bags, Pocket Bags, Sassy Sacks & Trendy Totes	
123. Braiding <i>Kumihimo</i> Necklaces or Lanyards	
505. Creative Clothing & More	
124. Locker Hooking	
506. Needle-Felted Vintage Santa	
507. Sew Your Own MSU Spartan Pillowcase	
2ND-HALF	
603. Awesome Pillows	
604. <i>Billabong</i> Bags, Pocket Bags, Sassy Sacks & Trendy Totes	
605. Creative Clothing & More	
225. Dichroic Pendant Necklace	
226. Fashion Illustration	
606. Needle-Felted Vintage Santa	
607. Sew Your Own MSU Spartan Pillowcase	

Important Note:

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, sessions may be listed under slightly different categories than you expect to find them in. So be sure to look through all of the categories to find the sessions that interest you!

FULL	
305. Learn to Sew	
COMMUNICATIONS	10
1ST-HALF	
508. American Sign Language 1	
125. Creative Writing: Writer's Block, Workshopping, & Publishing	
126. What's Your Brand?	
2ND-HALF	
608. American Sign Language 1	
227. American Sign Language 2	
228. Produce Your Own TV Show	
229. Public Speaking for Future Rock Stars & the Rest of Us	
ENVIRONMENTAL EDUCATION	10
1ST-HALF	
509. Carving Fish Decoys	
510. Fishing Basics: Tips & Tricks for Beginners	
2ND-HALF	
609. Carving Fish Decoys	
610. Fishing Basics: Tips & Tricks for Beginners	
FULL	
306. From the Lake to the Pan & Everything in Between	
FOLK PATTERNS	11
1ST-HALF	
511. Goat's Milk Soap Making & More	
127. Knitting Traditions	
2ND-HALF	
230. The Art of Cheesemaking	
231. Finding Fun in Your Family Tree	
611. Goat's Milk Soap Making & More	
232. Historic Barn Architecture	
FOOD, NUTRITION, & FITNESS	11
1ST-HALF	
128. Cooking With Class	
512. Healthy Drinks & Snacks	
129. Healthy Snacking	
513. MSU Bakery Days	
130. Relax & Stretch With Yoga	
131. Safety & Self-Defense	
132. Safety Kits 4 Safe Kids	

- 133. Safety-Feature Scavenger Hunt
- 514. Vegetarian Cooking

● **2ND-HALF**

- 233. Cooking Matters
- 234. Day at the Spa
- 612. Healthy Drinks & Snacks
- 613. MSU Bakery Days
- 235. Social Butterflies Unite
- 614. Vegetarian Cooking

INTERNATIONAL LANGUAGES & CULTURES 12

● **1ST-HALF**

- 134. *Dzien Dobry!* Polish Language & Cultures
- 135. *iHola!* Spanish Language & Cultures
- 136. Where in the World Is Macedonia?

● **2ND-HALF**

- 236. Drum Beats of Africa: Languages & Cultures of Africa
- 237. Exploring Asia in a Nutshell
- 238. *Guten Tag!* German Language & Cultures
- 239. A Taste of Indian Cultures: Follow the Spice Trail

● **FULL**

- 307. *Konnichiwa!* Japanese Language & Cultures

MONEY MANAGEMENT12

● **1ST-HALF**

- 137. Coin Collecting for Fun & Profit
- 138. Keys to My First Car
- 139. Money Smart Investing for Teens

● **2ND-HALF**

- 240. Money Hunger Games
- 241. Moneyball: How to Strike It Rich in Sports (Instead of Striking Out)
- 242. Real-World Spending Without Real-World Risk

OUTDOOR ADVENTURE12

● **2ND-HALF**

- 243. Staying Unlost With Map, Compass, & GPS

● **FULL**

- 308. Canoeing Up the River With a Paddle
- 309. Kayaking
- 310. Rock Climbing & Other Adventures

PERFORMING ARTS13

● **1ST-HALF**

- 140. Chamber Music
- 141. Songwriting

● **2ND-HALF**

- 244. Drama: Build Youth Leadership Skills Through the Arts
- 245. Music as a Business

PERSONAL LIFE SKILLS DEVELOPMENT 13

● **1ST-HALF**

- 142. Community Service & You
- 143. Make Your Character Count

● **2ND-HALF**

- 246. Duct Tape Your Way to Life Skills
- 247. Making Decisions That Matter
- 248. Michigan 4-H State Awards: How to Get Started

PLANT SCIENCE.....13

● **1ST-HALF**

- 144. Fantastic Fibers & Dyes

● **2ND-HALF**

- 249. Fairy Gardens

RECREATIONAL SPORTS 14

● **1ST-HALF**

- 515. Basic Bike Maintenance
- 516. Basketball Skills for Fun & Recreation
- 145. Boost Your Fun With Energizers!
- 517. Checkmate
- 518. Ice Skating
- 519. In-Line Skating
- 146. Junior Quidditch
- 147. Line Dancing
- 520. Pickle-ball
- 521. Run for Your Life
- 148. Senior Slow-Pitch Softball
- 149. Volleyball for Fun & Recreation

● **2ND-HALF**

- 615. Basic Bike Maintenance
- 616. Basketball Skills for Fun & Recreation
- 617. Checkmate
- 250. Cize the Insanity in 2016 Fitness Movements
- 618. Ice Skating
- 619. In-Line Skating
- 251. Irish Road Bowling
- 252. Junior Slow-Pitch Softball
- 620. Pickle-ball
- 621. Run for Your Life
- 253. Senior Quidditch

● **FULL**

- 311. Sailing

SCIENCE, ENGINEERING, & TECHNOLOGY .. 15

● **1ST-HALF**

- 522. The Amazing Brain
- 150. Basic Web Page Design
- 523. Beginning Model Rocketry
- 524. Digital Nature Photography
- 151. Engineering Super Girls
- 152. Flash Animation
- 153. Junk Drawer Robotics
- 154. LittleBits: The Ultimate Invention Toolbox

● **2ND-HALF**

- 622. The Amazing Brain
- 623. Beginning Model Rocketry
- 624. Digital Nature Photography
- 254. Geocaching Fun
- 255. Hungry Planet: Feeding 9 Billion People
- 256. Photoshop Basics
- 257. Putting Infrared Radiation to Good Use

● **FULL**

- 312. Small Engines

SHOOTING SPORTS 16

● **1ST-HALF**

- 525. Beginning Pellet Rifle
- 155. Gobble Heads
- 526. Introduction to Archery
- 527. Quack & Honk
- 528. Trap Shooting

● **2ND-HALF**

- 625. Beginning Pellet Rifle
- 626. Introduction to Archery
- 627. Quack & Honk
- 628. Trap Shooting

VISUAL ARTS & CRAFTS 16

● **1ST-HALF**

- 156. Advanced Basketry: A Large Useful Basket
- 529. Beginning Drawing
- 157. Beginning Leathercraft
- 158. Design Your Own Focal Jewelry Pieces
- 159. Fun With Finger Knitting
- 160. Holiday Ornaments From Around the World
- 161. In Toon With Your Life
- 162. Iris Paper Folding
- 163. Japanese *Kimekomi* Balls
- 164. Not Your Grandmother's Tie Dye
- 530. Tin Punching
- 165. Wood Yard Decorations & Birdhouses

● **2ND-HALF**

- 258. Advanced Leathercraft
- 259. Beginning Basketry: A Small Useful Basket
- 629. Beginning Drawing
- 260. Fun With Food Art
- 261. Glass Etching
- 630. Tin Punching

VOLUNTEER DEVELOPMENT17

● **2ND-HALF**

- 262. Everyday Items, Extraordinary Fun

State 4-H Awards Program.....17

Adult Opportunities & Roles at 4-H

Exploration Days 18

- County Conference Assistant Role & Training Information
- Host Roles (Session & Activity Hosts)

Recreational Opportunities:

Lots to Do at MSU 19

Michigan 4-H Youth Code of Conduct &

4-H Exploration Days Rules20

Forms22

- Registration Form
- Authorization Form
- Host Registration Choices

Schedule of Activities.....Inside Back Cover

4-H Exploration Days is an annual MSU pre-college program that attracts about 2,500 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 more than 200 action-packed sessions on topics that interest you! We hope you can come!

Julie A. Chapin

Julie A. Chapin, Ph.D.
State Leader, Michigan 4-H Youth Development
Michigan State University Extension

IMPORTANT INFORMATION

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 above and beyond what is 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, 2016, or older at the discretion of your county.
- » Must be willing to abide by the Michigan 4-H Youth Code of Conduct and the 4-H Exploration Days Rules.

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

Children under age 11 by January 1, 2016, may not accompany a parent or guardian to 4-H Exploration Days.

Special Accommodations – Accommodations for persons with disabilities may be requested by contacting your local MSU Extension office by May 9, 2016, to ensure sufficient time to make arrangements. Requests received after this date will be met when possible.

Costs

\$165 Participant Fee – The fee for 4-H members and adults to participate in 4-H Exploration Days covers meals from Wednesday lunch to Friday lunch, two nights of lodging, all event activities, and a T-shirt.

\$10 4-H Participation Fee – An additional fee for youth who are not 4-H members.

\$120 State 4-H Awards Program Delegate Fee – The fee for 4-H Awards Assembly delegates after a \$45 awards scholarship is automatically applied.

\$25 Tuesday Early Arrival Fee – This additional fee covers Tuesday lodging and Wednesday breakfast for Upper Peninsula delegations and other county-arranged groups who need to arrive early.

Possible Additional Fees

- » Some counties may add a fee to cover the cost of transportation and other expenses.
- » Some sessions have a fee to cover material or admission costs. Counties will collect such 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 (\$90 for youth who are not 4-H members).

- » Fully refundable through May 2, 2016.
- » Nonrefundable for cancellations made between May 3 and June 3, 2016.

Fee Balance Due by June 3 – This is the \$85 remaining balance plus any additional fees (such as session fees or early arrival fees) or minus any applicable scholarship credits.

Cancellations – Those who cancel on June 4 or later 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 cancelling and the date of cancellation. Scholarship credits cannot be applied to cancellation and no-show fees. Early arrival and session fees are nonrefundable.

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 \$80 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.

State 4-H Awards Program

There will be a 4-H Awards Assembly during the first half of 4-H Exploration Days that involves all 2016 State 4-H Award delegates. State winners will be announced during the invitation-only State 4-H Awards Recognition Program on Thursday from 8:30 to 11:00 a.m. in the Huntington Club on the 4th floor of the Spartan Stadium Tower. For more information on the State 4-H Awards Program, see page 17.

Housing & Check-In

You will be assigned housing in either Akers, Holmes, or Hubbard Halls. Check-in will take place between 8:00 and 11:00 a.m. on Wednesday, June 22. 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 pg. 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, crafts, and recreational sports areas) may have other clothing requirements. If you plan to use the pool, bring your swimsuit and an appropriate cover-up to wear when going to and from the pool.

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

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

T-Shirts

T-shirts will be given to all event participants at check-in. (The cost of sizes S-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 4:00 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 4-H Exploration Days Rules section (see pgs. 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 4h.msuc.msu.edu/4h/responsibilities and 4h.msuc.msu.edu/events/4-H_exploration_days/faq and from your local Extension 4-H staff. More information about the MSU requirements for programs involving minors is available at hr.msu.edu/documents/uwidepolproc/youthprograms.htm.

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

- » **Pre-Event County Orientation Meeting** – Each participant, along with a parent or guardian, must attend a pre-event county orientation meeting. At this meeting, you'll get a preview of the event, request roommate pairings, meet your chaperones, and find out what will be expected of you while you're on campus. Your local Extension 4-H staff can provide you with the date, time, and location of this important meeting.
- » **Youth and Chaperone Assignments** – All youth participants will be assigned to a specific adult chaperone. There must be at least one chaperone for every ten youth of the same gender.
- » **Whereabouts Schedules** – You and your assigned adult chaperone need to keep each other informed of where you'll be, when, and with whom. All chaperones will post two schedules on their residence hall room doors. One will show the chaperone's schedule. The other will be for you to sign in and out of the recreational activities you attend without a chaperone.

- » **Youth and Chaperone Huddles** – In addition to the county meeting you'll have shortly after arriving at 4-H Exploration Days, you'll have five youth and chaperone huddles 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.

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 7:00 a.m. to midnight** call event General Headquarters in West Akers Hall, phone 517-353-2922.
- » **From midnight to 7:00 a.m.** call the West Akers Hall Service Desk at 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 at 517-353-2922. Your parent or guardian will be contacted immediately using the contact information on the Medical Treatment Authorization form you completed when you enrolled in 4-H (or 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 1:00 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 parents 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 he or she arrives with proper identification, you will be separated from program activities and remain under staff supervision.

PARTICIPANTS SAY . . .

Exploration Days prepared me for what it's like to live at MSU, and got me used to living in a dorm.

–Chippewa County

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, sessions may be listed under slightly different categories than you expect to find them in. So be sure to look through all of the categories! Be sure to watch for age restrictions on some sessions, too. (Remember, your 4-H age is calculated as of January 1, 2016.)

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 easily identify the type of session (first-half, second-half, or full) you're looking at.

Session Numbers	Session Type
100 to 165	First-half sessions
200 to 262	Second-half sessions
300 to 312	Full sessions
500 to 530	First-half sessions repeated as second-half sessions
600 to 630	Second-half sessions same as first-half sessions of same name
900 to 918	4-H Awards Assembly Categories

You can easily identify duplicate first-half and second-half sessions this way: Numbers in the 500s are assigned to first-half sessions that are repeated as second-half sessions. Numbers in the 600s are assigned to second-half sessions that are repeats of first-half sessions. For example, first-half session 520, Pickle-ball, is the same as second-half session 620, Pickle-ball.

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

PARTICIPANTS SAY . . .

I loved my classes and especially loved how interactive they were.

–Washtenaw County

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:

Ist-half	2nd-half	Full
Number/Title/Page	Number/Title/Page	Number/Title/Page
141/Songwriting/13	254/Geocaching Fun/15	311/Sailing/15

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 4h.msue.msu.edu/4h/registration_book.) The following directions will help you fill out your Registration Form. You must also submit a signed Authorization Form (on pg. 23). (Sections 1 through 4 are required for youth participants; sections 1 and 4 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	Ist-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! Electronic registration from local MSU Extension offices begins March 15, 2016. 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. Blueprint for a Successful Swine Project

Pick up tips and tricks for a successful show season. You'll learn about swine management, care, nutrition, and fitting and showing. No open-toed shoes will be allowed. Age II and up.

📅 101. Bouncing Into Bunny Basics

This interactive 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. No open-toed shoes will be allowed. Age II and up.

📅 102. Communication & Control: Working With Your Equine Partner

With clear communication skills, an equestrian can aim to maintain control at all times. You'll focus on optimizing communication with your horse and learning safe and appropriate methods of horse restraint. No open-toed shoes will be allowed. Age 14 and up.

📅 103. Dairy Reproduction & Artificial Insemination

Learn about reproduction in dairy cattle, including their anatomy and physiology, the 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.

📅 104. Embryology: 21 Amazing Days in the Life of a Chicken

Have you ever wondered what happens in the 21 days a chick spends growing and developing inside the egg? In this hands-on, interactive session you'll learn the parts of an egg, how to candle an egg to observe the embryo's daily changes, proper incubation techniques, and much more! Age II and up.

📅 105. Fundamentals of Livestock Nutrition & Management

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

📅 106. Introduction to Competitive Horse Judging

This interactive session will be led by members of MSU's championship horse judging team. You'll learn basic judging guidelines, how to judge halter and performance classes, and how to prepare and deliver oral reasons. No open-toed shoes will be allowed. Age II and up.

📅 107. Poultry Management

This session will be an exciting introduction to the 4-H poultry project! You'll learn about the various breeds of birds, common poultry terms, how to pick a show bird, and much more. No open-toed shoes will be allowed. Age II and up.

📅 500. Veterinary School: Is It for You?

Hear from current MSU veterinary students about their school experience. You'll learn several different types of suturing knots,

practice suturing, and tour the MSU Veterinary Teaching Hospital. Age II and up.

📅 501. Working With K-9 Search & Rescue Dogs

Explore the world of K-9 search and rescue (SAR) dogs, including the air, scent, wilderness, human-remains detection, disaster and trailing specialties, with certified and in-training SAR dogs. Learn how to choose, train, and test SAR dogs, and discuss scent theory, field support, and other topics. No open-toed shoes will be allowed. Age 13 and up.

📅 502. Zoonotic Zoobiquity

Can you catch a cold from your cat? No, but your cat and other animals can transmit other diseases to you. You'll work with MSU veterinary science students to explore zoonotic diseases (diseases that can spread from animals to humans), and find out how veterinarians take care of animals and people, too. No open-toed shoes will be allowed. Age II and up.

🕒 2ND-HALF

📅 200. 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 us and our animals safe and healthy. No open-toed shoes will be allowed. Ages II to 14 and adults.

📅 201. Biosecurity On & Off the Horse Farm

In this hands-on session you'll pick up tips and discover tools to help you keep your horses happy and healthy on the farm, at horse shows, and on the trails! No open-toed shoes will be allowed. Age II and up.

📅 202. Blueprint for a Successful Beef Project

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

📅 203. Blueprint for a Successful Sheep Project

Pick up 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 II and up.

📅 204. Dairy Goat Judging

If you've ever wondered what the judge is looking for when you're showing your dairy goat, then this session is for you! Learn the basic principles of evaluating a dairy goat and preparing and delivering a set of oral reasons in a judging contest. No open-toed shoes will be allowed. Age II and up.

📅 205. Decoding Dairy Cow Behavior

Why do dairy cows do the things they do? Learn about the evolution of domesticated cows, find out how a cow experiences the world, and observe the behavior of live cows. No open-toed shoes will be allowed. Age II and up.

📅 206. Equine Nutrition

Discover the basics of equine nutrition in this session. You'll learn about feeding and pasture management, horse forage requirements, plants that are toxic to horses, and much more! No open-toed shoes will be allowed. Age II and up.

❑ 207. 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. Age II and up.

❑ 208. Feeding Goats: From Field to Food to Fertilizer

Follow the full circle of goat nutrient management, including plant identification, feed harvest and storage, goat nutritional requirements, basic ruminant digestion, and manure management. Get a hands-on look at feed samples and formulate your own goat ration. Age II and up.

❑ 209. Fun With Feed Stuff for Dairy Cows

Feeding ruminant farm animals is a precise science of balancing essential nutrients to ensure good animal health and production. In this hands-on session you'll learn about feed ingredients, ration formulation, the ruminant digestive system, and much more from dairy cattle nutrition experts. No open-toed shoes will be allowed. Age II and up.

❑ 210. Hopping Into Advanced Rabbit Raising

Learn about rabbit care, delve into the history of several rabbit breeds, and find out how to recognize the symptoms of various rabbit diseases. This interactive session is for rabbit project members who already have some basic rabbit knowledge. No open-toed shoes will be allowed. Not for beginners. Age II and up.

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

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

❑ 212. 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 II and up.

❑ 213. Rabbit Judging Basics

From beginner to advanced, you'll learn more about judging rabbits in this hands-on session. American Rabbit Breeders Association (ARBA) judges will present judging techniques for each rabbit body type. You'll use the *ARBA Standard of Perfection* as a guide in judging a variety of rabbit classes. No open-toed shoes will be allowed. Age II and up.

❑ 214. Rabbit Showing: Can You Handle It?

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

❑ 215. Therapy Dogs & More

Community service is an important component of 4-H. In this session you'll use your "hands for larger service" as you learn the ins and outs of training and owning a therapy dog that can assist people in many different settings. No open-toed shoes will be allowed. Age II and up.

❑ 600. Veterinary School: Is It for You?

Same description as first-half session 500.

❑ 216. Working Sled Dogs

In this introduction to sled dogs, you'll learn about sled dog types and their care and history. You'll explore sled dog race types and regulations, and learn about a variety of other dog-powered sports. Watch an equipment demonstration and a brief display of a sled dog's power. No open-toed shoes will be allowed. Age II and up.

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

Same description as first-half session 501.

❑ 602. Zoonotic Zoonobiquity

Same description as first-half session 502..

● FULL

❑ 300. Fun With Animal Fiber

Explore various animal fibers and learn to prepare, dye, spin, and make yarn from them. You'll also have fun with locker hooking and needle felting. You'll take home a drop spindle, roving (fiber ready to be spun or felted into yarn) to practice on, and carded fibers of your choice, along with your own finished fiber products. Fee of \$5 is payable through your local MSU Extension office. Age 14 and up.

❑ 301. Introduction to Livestock Judging

Focus on the basics of judging beef, sheep, and swine in this hands-on session. No experience necessary! Learn about taking useful notes and delivering oral reason so you can compete effectively in market and breeding animal judging contests. Consider attending a fun, optional practice on Thursday evening to train for the Friday morning contest. No open-toed shoes will be allowed. Age II and up.

❑ 302. Lions & Tigers & Bears, Oh My!

Do large and exotic species amaze you? Learn how modern zoos are working to protect endangered species. Visit Lansing's Potter Park Zoo, learn from the zoo staff, and see some of the most interesting animals. Fee of \$17.25 is payable through your local MSU Extension office and covers zoo admission and refreshments. Age II and up.

BUSINESS & ENTREPRENEURSHIP

● 1ST-HALF

❑ 108. Going Solo

Run your own company, develop a virtual product, and compete in a virtual jewelry market in this online game simulation. Test and develop your entrepreneurial skills by developing a product, identifying its market, and making production decisions. You'll learn some of the realities of owning and operating a business. Age II and up.

❑ 109. Life on a Dairy Farm

Discover the many aspects of living and working on a dairy farm in this session. You'll hear about the dairy industry, changes on dairy farms, and careers in dairy-related fields. Then you'll play "Life on a Dairy Farm" to learn more about being a dairy farmer. You'll also learn about MSU's dairy-related academic programs and visit the MSU Dairy Store and MSU Dairy Plant. Age 14 and up.

❑ 110. Marketing for 4-H Livestock Project Beginners

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

🕒 2ND-HALF

📦 217. Five Principles of Marketing Your 4-H Livestock

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

● FULL

📦 303. Turning Ideas Into Products

During this action-packed session, you'll create a new product using techniques that encourage innovative thinking. Then you'll develop a product prototype, create a marketing campaign, and promote your business idea in a product-pitch competition. You'll also tour a local business incubator site to further explore how to create products from your ideas and launch a business. Age 11 and up.

CAREERS

🕒 1ST-HALF

📦 111. Future Docs

Investigate the career opportunities in the exciting field of osteopathic medicine in this interactive, hands-on session. Learn about osteopathic manipulative medicine, suturing techniques, and how to use various medical instruments. You'll interact with osteopathic physicians and medical students. Age 14 and up.

📦 112. Michigan State University: A Great College Choice

Maximize your opportunities for admission to the college of your dreams. Hear practical advice from an MSU admissions officer, including tips for taking the ACT and SAT, and information about college-preparation strategies. You'll also take a walking tour of campus. Age 14 and up.

📦 113. Touch the Future Career Fair

What will you do after high school? Explore career pathways that match your interests, skills, and values. Learn how to enter the field of your dreams through assessments, research, and talking with professionals ready to share information about their careers with you. The first part of this session will feature a tour of the IQ Hub at the Agro-Culture Liquid Fertilizers facility in St. Johns. Age 14 and up.

📦 114. Your Career Begins With Pure Michigan Travel & Tourism

Your path to a career in the travel and tourism industry begins with this session. You'll learn about different forms of tourism and the careers, businesses, and ideas that promote and support them. Then you'll visit the Lansing headquarters of Pure Michigan to discover what makes the award-winning campaign so successful at increasing tourism in the state. Age 14 and up.

🕒 2ND-HALF

📦 218. The 21st Century "A" Team

Are you a team player? Can you lead a group? Do you want to sharpen your communication skills? Do you envision solving world problems and making the world a better place? In the 21st century, employers are looking for compassionate, concerned citizens with these skills who are ready to be part of their "A" teams. Engage with others by actively solving problems in a simulated global workplace and community, and gain new skills that you can use in your club and in your future. Age 13 and up.

PARTICIPANTS SAY . . .

Exploration Days has provided me with networking opportunities and the chance to speak with professionals about their careers.

—Cass County

📦 219. Emergency Services Careers: Is One for You?

Join firefighters, paramedics, emergency-room nurses, and canine officers to learn about the dynamic field of public safety, including basic fire science, how to fight forest fires, and how to conduct rescue procedures. Learn to operate rescue equipment such as the "Jaws of Life," spray a fire hose, and climb an aerial ladder. You must wear long pants and closed-toe shoes on Friday's field trip. Age 13 and up.

📦 220. I Got the Job! Résumés & Interviews That Work

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

CARING FOR KIDS

🕒 1ST-HALF

📦 115. Babysitting & Caring for Kids

Whether you babysit for others, are thinking about a career working with young children, or take care of your siblings, come learn the basics of caring for kids, keeping them safe, and using positive discipline techniques. Have a great time and leave with lots of information and ideas. Age 11 and up.

📦 116. Inquiring Minds Want to Know

Young children are naturally curious and excited about learning new things. If you like science (and even if you don't) you can have fun doing a variety of science activities with the young children you interact with. This hands-on session promises to be fun and educational for you and the kids in your care. Age 11 and up.

📦 117. Keeping Kids Engaged & Having Fun

Learn to use fun, games, art, music, crafts, and snacks to keep children in your care busy and entertained. In the first half of this session, you'll work as a team to plan age-appropriate activities for young children. In the second half, you'll take a field trip to a childcare center to try out your ideas with young children. Age 11 and up.

🕒 2ND-HALF

📦 221. A Career Caring for Kids

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

📦 222. Making Stories Come Alive for Children

Reading with and to children is fun and important for the listener and reader. Learn about the importance of reading and prepare some great early reading activities for children. You'll read stories, make puppets, do crafts, and try new games. You'll also make snacks and discover how to link the kids' snacks with the activities you've led them in. You'll get a book to take home, too. Age 11 and up.

CITIZENSHIP, LEADERSHIP, & SERVICE

1ST-HALF

118. 17 Global Goals & Three Extraordinary Things

World leaders have committed to 17 global goals to achieve three extraordinary things in the next 15 years. Find out how you and other young people can play an important part as global citizens to end extreme poverty, fight inequality and injustice, and fix climate change. Attend this engaging session and focus on addressing the most urgent issues facing our global community! Age 11 and up.

119. 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.

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 training for Teen Court peer jury duty and participate in a mock Teen Court accountability hearing in the MSU School of Law Moot Courtroom. Ages 14 to 19 only.

121. Youth Leaders in a Global World

Positive leaders motivate, inspire, and create an atmosphere in which it's possible for all members of a group to contribute ideas and work together to achieve their shared goals. You'll work in a group to design a duct tape sculpture and learn about four common leadership styles. Find out what it takes to be a youth leader in our closely connected world through fun group activities about character, citizenship, communication, creativity, and culture. Age 11 and up.

2ND-HALF

223. Personality Insider Intel

Gain new perspectives on your personality type and those of others. Use this information to make yourself a better leader and team player, and, in the process, participate in many fun, hands-on activities. Ages 14 to 19 only.

224. Youth Leadership Forum

Learn how different personalities affect leadership styles and group contributions. You'll interact with members of the Michigan 4-H State Youth Leadership Council while doing amazingly fun, hands-on activities to learn how to maximize your leadership potential. Ages 14 to 19 only.

FULL

304. The Good, the Bad, & the Legal System

As citizens of the United States, we have many freedoms and rights, but also many responsibilities. In this exciting, hands-on session, you'll experience a simulation at the State Supreme Court and tour the Michigan State Police Training Academy. You can also test your multitasking skills in the Michigan State Police driving simulator. (Texting while driving, anyone?) Ages 14 and up.

PARTICIPANTS SAY . . .

Exploration Days changed me by expanding my horizons with new people and new experiences.

– Livingston County

CLOTHING & TEXTILES

1ST-HALF

122. 4-H Project Runway

First up in this ultimate of hands-on sessions will be a team project you'll create from a few materials in just one hour and then show off on the runway. Then you'll use your tees and your own or the provided recycled fabric and trim to create your own fabulous designs. Bring your imagination and three T-shirts (new or old), a pair of sharp scissors, a roll of duct tape, and (optional) recycled fabric and trim. Age 11 and up.

503. Awesome Pillows

If you can count to two, you can use Swedish weaving, an old art form, to create a colorful graphic design on a pillow. You'll use yarn, monk's cloth and fabric to complete a 14-inch pillow. Fee of \$8 is payable through your local MSU Extension office. Age 11 and up.

504. Billabong Bags, Pocket Bags, Sassy Sacks & Trendy Totes

Upcycle a variety of recyclable textiles by sewing them into one-of-a-kind *billabong* bags, pocket bags, trendy totes, and sassy sacks. Learn to deconstruct and recycle jeans, T-shirts and fabrics, and embellish them with threads, fibers, buttons, and decorative machine stitches. Bring a couple of pairs of old jeans and T-shirts to cut up if you can, along with fun fabric treasures to decorate your creations. You'll learn basic sewing skills and how to use a sewing machine. Age 11 and up.

123. Braiding Kumihimo Necklaces or Lanyards

Kumihimo, the historic Japanese art of braiding, is something you can do today using a modern braiding disk. You'll use gimp (narrow decorative cord that is stiffened with wire) to make a round, eight-strand braided necklace that you can attach to a silver-tone filigree butterfly or use as a name tag holder. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

505. Creative Clothing & More

Bring two white or light-colored, washed T-shirts to create your own design with spray tie-dyeing. Have an old T-shirt that you just can't say goodbye to? Bring that along and recycle it into a fashionable scarf. You'll also enjoy making a bracelet. Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

124. Locker Hooking

Discover how to use locker hooking to transform your leftover fabric scraps into beautiful bags, rugs, cushions, and more. Learn the technique by making a hot plate pad. Locker hook, canvas, and fabric scraps will be provided. You may also bring your own fabric. Age 11 and up.

506. Needle-Felted Vintage Santa

Learn the art of needle felting with wool roving (fiber ready to be spun or felted into yarn). You'll learn to use a sewing needle as a pencil or paint brush as you make a three-dimensional vintage Santa. Once you learn this skill, the needle-felting possibilities are endless. Fee of \$3 is payable through your local MSU Extension office. Age 11 and up.

507. Sew Your Own MSU Spartan Pillowcase

Make your own standard-sized MSU Spartan pillowcase for your bed! It's great fun to make and you'll learn basic sewing skills while you work. No sewing experience is required and supplies will be provided. Fee of \$2 is payable to your local MSU Extension office. Age 11 and up.

🕒 2ND-HALF

📦 603. Awesome Pillows

Same description as first-half session 503.

📦 604. Billabong Bags, Pocket Bags, Sassy Sacks & Trendy Totes

Same description as first-half session 504.

📦 605. Creative Clothing & More

Same description as first-half session 505.

📦 225. Dichroic Pendant Necklace

Using a basic *kumihimo* technique, you'll make a round, 16-strand, braided cord with metallic highlights to complement a brilliant dichroic (multi-colored) glass pendant. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

📦 226. Fashion Illustration

Learn how to draw your clothing ideas like a fashion designer and explore how to dress a fashion figure with your own designs. Adding color will be the final step in creating your own fashion illustration. Please bring clothing ideas and any colored pencils, markers, and watercolor media you have at home. Age 11 and up.

📦 606. Needle-Felted Vintage Santa

Same description as first-half session 506.

📦 607. Sew Your Own MSU Spartan Pillowcase

Same description as first-half session 507.

● FULL

📦 305. Learn to Sew

If you're interested in learning to sew, this is the session for you. You'll learn about sewing tools, choosing fabrics and patterns, and sewing techniques while you make several fun projects. Sewing machines will be provided but if you bring your own you'll learn more about it. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

COMMUNICATIONS

🕒 1ST-HALF

📦 508. 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 227). Fee of \$4 is payable through your local MSU Extension office. Age 11 and up.

📦 125. Creative Writing: Writer's Block, Workshopping, & Publishing

Learn to fight off writer's block, share your work, and have it workshopped (evaluated by other participants) in this session. You'll receive tips and resources for publishing works of fiction and find out about the vast number of career options for writers. Bring a notebook, your favorite pen, and your creativity! Age 14 and up.

📦 126. What's Your Brand?

Stores, sports teams, cereals, and soft drinks all have one thing in common – they use brands to communicate a message. Learn to create a plan to share a message, sell a product or an idea, or even promote yourself! Age 14 and up.

🕒 2ND-HALF

📦 608. American Sign Language 1

Same description as first-half session 508.

📦 227. 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 508) are welcome. Fee of \$4 is payable through your local MSU Extension office. Age 12 and up.

📦 228. 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.

📦 229. Public Speaking for Future Rock Stars & the Rest of Us

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 11 and up.

ENVIRONMENTAL EDUCATION

🕒 1ST-HALF

📦 509. Carving Fish Decoys

Learn from avid decoy and lure carvers in this 4-H Project FISH activity. Take home your fish carvings and the skills you need to pursue this wonderful hobby. Fee of \$5 is payable through your local MSU Extension office. Age 13 and up.

📦 510. Fishing Basics: Tips & Tricks for Beginners

Interested in learning more about fishing? Join us for a fun-filled session full of fishing wisdom. You'll learn about everything from rods and reels to line, hooks, and bait, and more fishing tips and tricks than you can imagine. You'll spend time outside practicing casting on your very own fishing rod, which you'll take home along with a small tackle box and tackle. Fee of \$15 is payable through your local MSU Extension office. Age 11 and up.

🕒 2ND-HALF

📦 609. Carving Fish Decoys

Same description as first-half session 509.

📦 610. Fishing Basics: Tips & Tricks for Beginners

Same description as first-half session 510.

● FULL

📦 306. From the Lake to the Pan & Everything in Between

In this session you'll learn everything you need to catch, clean, and cook the big ones. Volunteers and their friends from the Mid-Michigan Steelhead and Salmon Fishermen's Association will help you learn how to make lures, discover tips and techniques for catching fish, and take you fishing. After that, you'll learn how to clean, cook, and even eat the fish you catch. Participants age 17 years and up must have a fishing license. Age 12 and up.

FOLKPATTERNS

🕒 1ST-HALF

📦 511. Goat's Milk Soap Making & More

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

📦 127. 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 \$4 is payable through your local MSU Extension office. Age II and up.

🕒 2ND-HALF

📦 230. The 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 II and up.

📦 231. 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 II and up.

📦 611. Goat's Milk Soap Making & More

Same description as first-half session 511.

📦 232. Historic Barn Architecture

Unbelievable as it may seem, during this session you'll raise an authentic one-quarter-sized, scale-model, timber-frame barn. Historic barns appear in the rural landscape, but how long will they be there? You'll learn to identify different types of barn architecture so you can be an advocate for historic barn preservation in your community. Age II and up.

FOOD, NUTRITION, & FITNESS

🕒 1ST-HALF

📦 128. Cooking With Class

Work with a classical chef at Cowles House, the official home of the president of MSU! Learn cooking secrets while preparing and sampling a variety of exciting foods. Age II and up.

📦 512. Healthy Drinks & Snacks

Explore what makes drinks and snacks healthy for you and participate in several fun, physical activities. You'll also prepare quick, healthy drinks and snacks. Ages II to 13 only.

📦 129. Healthy Snacking

Have you been wondering what drinks and snacks are healthy for you? Discuss this and participate in fun, physical activities. Prepare quick, healthy drinks and snacks. Age II and up.

📦 513. MSU Bakery Days

Are you an aspiring baker ready to expand your skills? Spend time in the MSU Bakery where you'll learn the secrets of beginning bread making. And while the dough is rising, you'll learn how to decorate cakes and cookies so beautifully that you almost won't want to eat them! Age II and up.

📦 130. Relax & Stretch With Yoga

Yoga is a joyful blend of stretches, dynamic movement, breathing, relaxation, meditation, and games. It increases strength and flexibility, stimulates creativity, and teaches a healthy lifestyle. Wear comfortable clothing and bring a yoga mat if you have one. Also bring a towel and your own filled water bottle and enjoy a unique and uplifting experience. Age II and up.

📦 131. 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. Age II and up.

📦 132. Safety Kits 4 Safe Kids

Find out why it's important to have a first-aid kit close at hand – in your backpack, home, barn, school, vehicle, workplace – pretty much anywhere you spend time. Then prepare a personalized first-aid kit so you can treat your minor wounds, from scraped knees to splinters, yourself. You'll also explore other personal safety measures you can take to stay safe and healthy. Age II and up.

📦 133. Safety-Feature Scavenger Hunt

Staying safe is no accident! Learn how places like MSU work to keep people safe, then fan out across campus on a safety-feature scavenger hunt. From fire alarms to traffic signs to guard rails to “no running on pool deck” signs, you and your teammates will strive to spot and photograph the most safety features to win a safety-promoting prize. Bring a digital or cellphone camera if you can. Age II and up.

📦 514. 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 II and up.

🕒 2ND-HALF

📦 233. Cooking Matters

Learn about healthy eating, how to shop for foods at the grocery store, and how to prepare simple, nutritious recipes. You'll learn to have fun in the kitchen with your friends, make your own tasty snacks and drinks, and show off your chef skills at home! Age II and up.

📦 234. Day at the Spa

Learn to make luxurious spa treatments such as scrubs, steams, and lotions using common household ingredients. Bring an old T-shirt and something to tie your hair back. Age II and up.

📦 612. Healthy Drinks & Snacks

Same description as first-half session 512.

📦 613. MSU Bakery Days

Same description as first-half session 513.

📦 235. Social Butterflies Unite

Are you intent on Instagram? Have you been snared by SnapChat? Are you learning about LinkedIn? Team up with other fans of your favorite social media site in this session to explore the do's and don'ts of social media and the rest of the online world. Age II and up.

📦 614. Vegetarian Cooking

Same description as first-half session 514.

INTERNATIONAL LANGUAGES & CULTURES

1ST-HALF

134. *Dzien Dobry!* Polish Language & Cultures

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

135. *iHola!* Spanish Language & Cultures

Experience Spanish cultures, foods, customs, and language in this hands-on session. Explore the Spanish language, cultural celebrations, history, crafts, and more! Age 11 and up.

136. *Where in the World Is Macedonia?*

Find Macedonia and experience its cultures, foods, customs, and language in this hands-on session. Learn cultural celebrations, history, music, crafts, and more! Age 11 and up.

2ND-HALF

236. *Drum Beats of Africa: Languages & Cultures of Africa*

Get introduced to the cultures, languages, and traditions of Africa in this hands-on session. Hear stories about Ghana and learn crafts, music, dance, foods, history, and much more! Age 11 and up.

237. *Exploring Asia in a Nutshell*

Experience Asian cultures, food, customs, and languages in this hands-on session. Learn music, cooking, history, crafts, cultural celebrations, and more! Age 11 and up.

238. *Guten Tag!* German Language & Cultures

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

239. *A 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.

FULL

307. *Konnichiwa!* Japanese Language & Cultures

Experience Japanese cultures, food, 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! Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

MONEY MANAGEMENT

1ST-HALF

137. *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 the one thing that has motivated royalty, presidents, governments, and you and me. Join us to learn about coin collecting for fun and profit! Age 11 and up.

138. *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 11 and up.

139. *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

240. *Money Hunger Games*

Do you have what it takes to survive in the world of money? Complete the game stations to see whether you'll be a victor against credit, checking accounts, ID theft, fraud, and debit cards. Happy Money Hunger Games and may the money odds be ever in your favor! Age 11 and up.

241. *Moneyball: How to Strike It Rich in Sports (Instead of Striking Out)*

There's more to being a professional athlete than catching a ball and cashing a check. Despite the money athletes make, many of them lose it all because of poor choices and bad luck. This session will teach you the importance of managing your finances so you stay ahead of the game and don't go broke. Age 11 and up.

242. *Real-World Spending Without Real-World Risk*

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

OUTDOOR ADVENTURE

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

2ND-HALF

243. *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

308. *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 the back 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.

❑ 309. 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.

❑ 310. Rock Climbing & Other Adventures

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

PERFORMING ARTS

🕒 1ST-HALF

❑ 140. Chamber Music

Have the chance to play in and learn about small ensembles known as chamber groups. Learn to find performance opportunities, build teamwork, and strengthen your musicianship! Bring an instrument of your choosing. Ages 13 to 19 only.

❑ 141. 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.

🕒 2ND-HALF

❑ 244. Drama: Build Youth Leadership Skills Through the 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.

❑ 245. Music as a Business

Making great music alone isn't enough to keep most musicians afloat anymore. You must also understand the basics of business, accounting, entrepreneurship, copyright law, recording and post-production work, marketing, and advertising. In this session you'll find out how and where you can learn to juggle all of these tasks and still have time to make the music you love. Age 14 and up.

PERSONAL LIFE SKILLS DEVELOPMENT

🕒 1ST-HALF

❑ 142. Community Service & You

Putting your life skills to work can be lots of fun! You'll start by using your decision-making, problem-solving, creativity, communication, and teamwork skills to help out at the MSU Student Food Bank. Then you'll decorate cupcakes as a thank-you to MSU police officers and firefighters. Age 11 and up.

❑ 143. Make Your Character Count

How would your best friend, teacher, or parents describe you? Participate in lots of hands-on activities to learn how trustworthy, responsible, fair, caring, and respectful you can be. As a person, a student, a professional, a citizen, or whatever role you play now and may in the future, character is important. Make yours count! Age 11 and up.

🕒 2ND-HALF

❑ 246. 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 \$4 is payable through your local MSU Extension office. Age 11 and up.

❑ 247. Making Decisions That Matter

Who shall I ask to the dance? What do I get Mom for her birthday? Which car should I buy? Shall I get a new phone now or later? We make decisions every day, some simple, some not. You can learn to make good choices by practicing decisions such as what flavor of ice cream to order, what phone to buy, and where to go on vacation. Age 11 and up.

❑ 248. Michigan 4-H State Awards: How to Get Started

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. The awards application and interview process will strengthen your writing and speaking skills and capture a record of the other life skills you've learned in 4-H. You'll wind up well-prepared to dazzle future employers and college admissions folks with your résumés, applications, and interviews. Age 12 and up.

PLANT SCIENCE

🕒 1ST-HALF

❑ 144. Fantastic Fibers & Dyes

From a seed to a tie-dyed T-shirt, figure out how plants are converted into our colorful clothes. You'll learn how to make natural plant dyes then use them to make your own tie-dyed T-shirt to take home. Fee of \$3 is payable through your local MSU Extension office. Age 11 and up.

🕒 2ND-HALF

❑ 249. 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 fairy furnishings from things found in nature. Learn how to build furnishings to change your garden with each season and how to care for your garden so you can enjoy it all year. Fee of \$8 is payable through your local MSU Extension office. Age 11 and up.

PARTICIPANTS SAY . . .

4-H Exploration Days makes me want to be a better leader.

– Huron County

It taught me how to make new friends and influenced where I'd like to go to college.

–Alger County

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, as appropriate.**

● 1ST-HALF

☐ 515. Basic Bike Maintenance

Learn the basics of bike maintenance from the experienced staff of the MSU Bikes Service Center. They'll have you fixing your own bike, riding safely, and saving lots of money. Learn how to change a flat tube and tire, make emergency road repairs, lube your bike, make basic shift and brake adjustments, and do minor wheel truing. You may bring your own bike or one will be provided for you to work on. Age 11 and up.

☐ 516. Basketball Skills for Fun & Recreation

Dribble, shoot, pass, and run, run, run! Whether it's 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.

☐ 145. Boost Your Fun With Energizers!

Ready to breathe some life into your next 4-H meeting or event? Learn communication techniques that will help get everyone in your group interacting. Come prepared to move around, get to know one another, and take ideas and activities back to your 4-H club or group. Age 11 and up.

☐ 517. 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 and game strategies. You'll learn chess strategies and play lots of chess. Age 11 and up.

☐ 518. 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.

☐ 519. In-Line Skating

Go fast and far! See MSU on wheels through the fast-paced sport of in-line skating (Rollerblading). No beginners and you must be able to skate three to five miles each day for this session. Bring your own equipment (skates, socks, helmet, knee and elbow pads, wrist supports and a refillable water bottle) or you can use equipment provided by the session instructor. Fee of \$10 is payable through your local MSU Extension office. Age 11 and up.

☐ 146. 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.

☐ 147. Line Dancing

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

☐ 520. 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.

☐ 521. 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.

☐ 148. 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. Tour a local baseball park. 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.

☐ 149. Volleyball for Fun & Recreation

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

● 2ND-HALF

☐ 615. Basic Bike Maintenance

Same description as first-half session 515.

☐ 616. Basketball Skills for Fun & Recreation

Same description as first-half session 516.

☐ 617. Checkmate

Same description as first-half session 517.

☐ 250. Cize the Insanity in 2016 Fitness Movements

PiYo (intense Pilates + yoga), Insanity (intense interval training), Cize (intense dance) and Turbo Kick (intense kick boxing) – wow! These exciting fitness programs offer workout options for beginners to exercise maniacs. Be prepared to sweat as you sample them all in this session! Wear workout or yoga clothes, tennis or court shoes, and socks, and bring a filled water bottle. Age 11 and up.

☐ 618. Ice Skating

Same description as first-half session 518.

☐ 619. In-Line Skating

Same description as first-half session 519.

☐ 251. Irish Road Bowling

Learn this Irish sport that's similar to disk golf, but involves throwing a weighted ball down a country road. The player or team who needs the fewest throws to traverse the designated distance wins. Curvy roads add to the challenge and excitement! Age 11 and up.

📄 252. 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. Tour a local baseball park. 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.

📄 620. Pickle-ball

Same description as first-half session 520.

📄 621. Run for Your Life

Same description as first-half session 521.

📄 253. 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.

● FULL

📄 311. Sailing

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

SCIENCE, ENGINEERING, & TECHNOLOGY

🕒 1ST-HALF

📄 522. The Amazing Brain

Learn about the brain and its amazing functions. Discover how cutting-edge neurotherapy and brain-training exercises help people with anything from paying attention to improving an Olympic performance. Watch a live EEG of a brain and move things on a screen with your brain! Learn about research-based brain-enhancement exercises and techniques. Fee of \$3 is payable through your local MSU Extension office. Ages 14 to 19 only.

📄 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.

📄 523. 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.

📄 524. Digital Nature Photography

Use your digital camera to take awesome nature photos of the gardens and scenery on campus. You'll choose your best photos to upload to the web and to print. Bring a digital camera and a memory card that fits your camera. Age 11 and up.

📄 151. Engineering Super Girls

Are you creative? Do you enjoy solving problems? Like inventing new things? Engineers – women and men – are changing the world through innovative 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.

📄 152. Flash Animation

Learn to create cool, interactive web pages using Flash software. Learn to make interactive buttons, simple animations, and other interactive and fun web page components. Previous experience in basic web design is highly recommended. Age 11 and up.

📄 153. 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. Age 11 and up.

📄 154. LittleBits: The Ultimate Invention Toolbox

LittleBits will help you explore the worlds of coding, electronic music, smart devices, and more. In this session you can invent an automatic bubble-blowing device, a wireless doorbell, a remote control racecar, or a bumper ball game. Turn any object into an Internet-connected device or automate your curtains to open at sunrise. What would you like to create? Age 11 and up.

🕒 2ND-HALF

📄 622. The Amazing Brain

Same description as first-half session 522.

📄 623. Beginning Model Rocketry

Same description as first-half session 523.

📄 624. Digital Nature Photography

Same description as first-half session 524.

📄 254. Geocaching Fun

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

📄 255. Hungry Planet: Feeding 9 Billion People

Every night almost 1 billion people (about 1 out of 8) go to bed hungry. How will we feed everyone in 2050 when there may be 9 billion people? In this session you'll research solutions to the global food security problem and explore opportunities in science, technology, engineering, math, food, agriculture, and policy and international development. Age 11 and up.

📄 256. 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.

📄 257. 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

☐ 312. Small Engines

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

SHOOTING SPORTS

🕒 1ST-HALF

☐ 525. Beginning 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.

☐ 155. Gobble Heads

Gobble up tips on hunting the elusive wild turkey. Learn about turkey decoys; how to site and build hunting blinds; calling turkeys to you; how turkeys feed, roost, and court; and more. You must have completed a hunter safety course and hunted during the 2014–2015 season to enroll in this session. You must bring your own turkey call. Age 11 and up.

☐ 526. 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.

☐ 527. Quack & Honk

Learn waterfowl-hunting basics for advanced duck and geese hunters, including preseason scouting, and decoy and blind placements. Age 11 and up.

☐ 528. Trap Shooting

Learn to safely handle a shotgun and practice your shooting skills on sporting clays. Fee of \$5 is payable through your local MSU Extension office. Age 12 and up.

🕒 2ND-HALF

☐ 625. Beginning Pellet Rifle

Same description as first-half session 525.

☐ 626. Introduction to Archery

Same description as first-half session 526.

☐ 627. Quack & Honk

Same description as first-half session 527.

☐ 628. Trap Shooting

Same description as first-half session 528.

VISUAL ARTS & CRAFTS

🕒 1ST-HALF

☐ 156. Advanced Basketry: A Large Useful Basket

Apply your basketry skills in a whole new way! When complete, your basket will have a variety of embellishments. You must have taken a

basketry session previously or have the equivalent experience. Fee of \$7 is payable through your local MSU Extension office. Age 14 and up.

☐ 529. Beginning Drawing

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

☐ 157. Beginning Leathercraft

Use your creativity, leather-tooling stamps, and a swivel knife to decorate two 5-inch by 7-inch pieces of tooling leather. Learn to prepare leather for tooling, use leather dyes, and finish your work. Using simple stitching, you can turn your leather into many useful items, from notebooks to ornaments. No previous experience needed. Fee of \$15 is payable through your local MSU Extension office. Age 11 and up.

☐ 158. Design Your Own Focal Jewelry Pieces

Learn the basics of fused-glass jewelry including cutting glass, laying out a design, and fusing the glass. Explore polymer clay techniques, copper etching, and wire wrapping, if time permits. Take home several pieces of jewelry including pins, pendants, and more. Fee of \$19 is payable through your local MSU Extension office. Age 13 and up.

☐ 159. Fun With Finger Knitting

Learn this fun craft in which you'll use ribbon, rope, fabric, and other mediums. You can knit many items such as key ring ropes, hair decorations, and even belts. Ages 11 to 13 only.

☐ 160. Holiday Ornaments From Around the World

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

☐ 161. In Toon With Your Life

Learn basic cartooning for creating your own comic strip! You'll have a blast turning pictures and words into your very own comics. No drawing or writing experience necessary. Ask an expert about going live with your comic strip. Brought to you by the creators of the *Adventures of the Green Clover* comics. Age 11 and up.

☐ 162. 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.

☐ 163. Japanese *Kimekomi* Balls

Create a beautiful, one-of-a-kind *kimekomi* (Japanese for *to tuck*) ball from a variety of fabrics and trims. You'll learn to mark and cut a Styrofoam ball into segments, then tuck batting and fabric into the cuts. Add trim over the seams and your *kimekomi* ball will be ready to display. Bring a pair of sharp scissors to cut fabric. Fee of \$3 is payable through your local MSU Extension office. Age 13 and up.

☐ 164. Not Your Grandmother's Tie Dye

Explore tie dye in a whole new way. You'll use newly developed methods and products to make old and faded T-shirts, hoodies, sweatshirts, pillowcases, canvas bags, or socks new and colorful. Bring at least three prewashed, new or used cotton articles to transform. Age 11 and up.

530. 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 the background.) 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.

165. Wood Yard Decorations & Birdhouses

Create your own yard decoration and birdhouse. You'll use basic woodworking skills and tools to make and assemble two items: one to add interest to your yard or garden and one to provide a nesting box for songbirds. Fee of \$5 is payable through your local MSU Extension office. Age 11 and up.

● 2ND-HALF

258. Advanced Leathercraft

You'll make a tooled leather belt enhanced with a design of your choice in this session. Dyes and finishes will be available so you can create a unique clothing accessory. Some previous experience with leather tooling is required. Fee of \$18 is payable through your local MSU Extension office. Age 12 and up.

259. Beginning Basketry: A Small Useful Basket

Learn the very basics of basket weaving, including recognizing the right and wrong side of the reed and twining, and make your own round-bottomed muffin basket to take home. These baskets are a simple design without handles or complicated patterns, which means they're perfect for the new basket weaver! Once you learn the basics, you can make many different baskets following simple instructions. Fee of \$2 is payable through your local MSU Extension office. Age 11 and up.

629. Beginning Drawing

Same description as first-half session 529.

260. Fun With Food Art

Use your creative culinary skills to turn food into beautifully presented art. Try fruit and vegetable carvings, chocolate-dipped items, fun afterschool snacks, or fancy ways to spruce up a simple food for play. This is a great session for all ages and includes take-home samples! Fee of \$2 is payable through your local MSU Extension office. Age 11 and up.

261. Glass Etching

Learn how to etch glass with your own sports, flower, animal, or abstract designs – whatever you can imagine. You'll transfer the design to a glass surface, then apply a chemical that etches only the glass surface to create your masterpiece, a magnificent glass mirror to take home. Fee of \$5 is payable through your local MSU Extension office. Age 14 and up.

630. Tin Punching

Same description as first-half session 530.

VOLUNTEER DEVELOPMENT

● 2ND-HALF

262. Everyday Items, Extraordinary Fun

Noodles, cards, pipe cleaners, and dreams make up the best meetings. Learn to transform your club and committee meetings into engagement zones so you can get things done, inspire others, and have fun. You'll leave with a bag of tricks to begin your leadership adventure! Age 11 and up.

STATE 4-H AWARDS PROGRAM

(If you are not a State 4-H Awards delegate, you can skip the rest of this page!)

All State 4-H award delegates in all recognition areas must fully participate in both days of the State 4-H Awards Program. Absence from any part of the two days makes you ineligible to be a state winner. All state 4-H award delegates will attend the 4-H Awards Assembly on June 22. Later that afternoon, junior division delegates will attend a leadership program while senior division delegates participate in interviews.

Junior and senior State 4-H Award winners will be announced at the State 4-H Awards Recognition Program. That event will run from 8:30 to 11:00 a.m. on Thursday, June 23, in the Huntington Club on the 4th floor of the Spartan Stadium Tower. The program is open to State 4-H Award delegates and ticket holders only. Each State 4-H Award delegate will be allowed to buy two spectator tickets for \$5 a ticket. Ticket order forms will be sent to delegates in May. The form must be completed and returned to the State 4-H Office with payment by the deadline. The tickets will then be mailed to delegates.

You must register for the State 4-H Awards Program (and the second half of 4-H Exploration Days) by completing the Registration Form on page 22. You must also complete the Authorization Form on page 23. Be sure to sign up for the three-digit award recognition area for which you've been selected as your first-half session. Remember to sign up for a second-half 4-H

Exploration Days session for Thursday afternoon and Friday morning, too. Awards delegates may not sign up for or help with 4-H Exploration Days full or first-half sessions. The list of individual and team award categories follows.

Award Recognition Areas

- 900. Beef Science
- 901. Biological Science
- 902. Birds and Poultry Science
- 903. Civic Engagement
- 904. Communications and Expressive Arts
- 905. Companion Animal Science
- 906. Consumer and Family Science
- 907. Dairy Science
- 908. Environmental and Earth Science
- 909. Equine Science
- 910. Goat Science
- 911. Healthy Lifestyles
- 912. Leadership and Personal Development
- 913. Plant Science
- 914. Rabbit and Cavy Science
- 915. Sheep Science
- 916. Swine Science
- 917. Technology and Engineering
- 918. Group Award

4-H Awards Program, continued

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

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

Schedule

The State 4-H Awards Program schedule is slightly different from the Wednesday and Thursday schedule for 4-H Exploration Days participants. You'll receive a copy of the *State 4-H Awards Program Activity Guide* when you arrive on campus.

ADULT OPPORTUNITIES & ROLES AT 4-H EXPLORATION DAYS

4-H Exploration Days is a youth development conference. Adults should attend the event to provide for the physical and emotional safety and well-being of the youth participants and to help create a rich learning experience for them. Adults should not attend solely for their own personal growth and development. Each adult is needed to serve as a session host, activity host, instructor, session helper, or county conference assistant (CCA), in addition to the role he or she plays as 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 on one of these 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 in order to attend 4-H Exploration Days. 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 are not 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 all members of the county delegation. They work closely with the assigned residence hall's Head

Conference Assistants (HCAs). CCAs also serve as go-to people for all chaperones, share information, provide assistance as needed, and coordinate the activities of the county delegation.

Online training will occur before 4-H Exploration Days to prepare CCAs to fill their roles effectively. The training will include brief online movies, interactive quizzes, and a recorded online webinar. E-mail and a hard-copy mailing will be sent to CCAs in late May with information about their responsibilities and links and directions to online training sites. CCAs will also touch bases with the HCAs in their assigned residence halls when they arrive at the event to receive additional information.

For more information please visit the CCA Responsibilities Section of the 4-H Exploration Days website at 4h.msuc.msu.edu/4h/responsibilities.

Host Roles (Session & Activity Hosts)

Chaperones and field staff who do not serve as CCAs, instructors, or helpers should mark the session host or activity host roles they prefer on the adult-use-only section of the Registration Form. Session and activity hosts provide extra support by taking attendance, answering questions, and helping as needed. If each of the nearly 400 adults who attend this event each year takes on just one of these support roles, there will be more than enough people to fill every assignment. Your support and cooperation are deeply appreciated!

Activity Hosts – Some of the activities for which hosts are needed (such as overseeing shuttle bus traffic) happen each day and in each time frame. Others (such as overseeing ice skating attendance and verifying the count) happen on a single day and in a single time frame. On the adult host section at the end of the Registration Form, you can rank your preferred times and activities.

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 given an at-large session host (that is, an adult who is not already an assigned session participant, but who is willing to be a session host).

Host assignments will be made at the end of the registration process based on the activities for which adults have volunteered. Adults who did not submit host choices and are not serving as CCAs, instructors, or helpers will be assigned to roles not requested by others. Host assignments will then be confirmed in late May directly with those assigned. Each local MSU Extension office will also receive a summary of the host assignments for all of its adults.

DID YOU KNOW . . .

In 2015, 4-H Exploration Days participants reported that they had developed the following life skills as a result of attending the event:

- » 92.7% Time management
- » 91.8% Ability to follow through and complete tasks
- » 92.6% Adapting to new living arrangements
- » 92.7% Accepting people who are different from them
- » 92.8% Making decisions and choices
- » 92.2% Being independent
- » 91.0% Socializing and making new friends

4-H Exploration Days evaluation data, August 2015

Recreational Opportunities

There's Lots to Do at MSU!

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 listed in the *4-H Exploration Days Activity Guide* provided at the event. The possibilities include:

» **Abrams Planetarium**

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

» **Eli and Edythe Broad Art Museum**

This world-class museum provides innovative educational and creative art, including interactive exhibits to help visitors learn about the modern 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 and Research Centers Tour**

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

» **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.

» **Swimming**

Swim with others from your county delegation in MSU's Olympic-sized outdoor pool.

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

DID YOU KNOW ...

4-H alumni are more likely to go to college than their same-age peers in 90 percent of Michigan counties.

National Student Clearinghouse StudentTracker Michigan 4-H data, 2012–2014; U.S. Census Bureau, American Fact Finder, Table B14004, 2009–2013 ACS 5-Year Estimates.

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

4h.msue.msu.edu/4h/responsibilities

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 & 4-H Exploration Days Rules

This section outlines the Michigan 4-H Youth Code of Conduct and the 4-H Exploration Days 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 in order 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 within 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

Participation in Michigan 4-H programs is subject to the observance of the program rules. 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 the entire county 4-H program. Determination of disciplinary action shall 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 and/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.
- » Abstain from hazing, harassing, or bullying another participant, volunteer, or staff member (either in face-to-face interactions, through social media, or using other communication venues), 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.

4-H Exploration Days 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 (except when swimming or sleeping).
- » 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.
- » Abstain from 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. Wear swimsuits only for swimming and not as regular clothing. If wearing your swimsuit to and from the pool, cover it with an over-garment or cover-up.

Housing Policies & Regulations

The policies and regulations listed in this section cover curfews, visitors, and housing assignments. The housing assignment policy conforms with the Michigan 4-H Youth Development Youth-Adult Overnight Housing Policy, which is online at 4h.msue.msu.edu/resources/4h_housing_policy.

Curfew

You must be in your residence hall by 11:00 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 11:00 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 bed 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 are housed separately, and in general, youth participants will be housed with other youth participants and adult participants with other adult participants.

Any youth aged 18, 19, or 20 at the time of the event must not be housed with or share bathrooms with younger, unrelated youth unless he or she has completed a background check, which includes a reference check and a criminal history check. Local MSU Extension staff are responsible for ensuring that this background check is completed before the event.

An adult chaperone may share a room with unrelated youth participants only if at least two minors are assigned to the room. No child who is unrelated to an adult chaperone will share a room alone with an adult. Each chaperone will have been through the MSU Extension Volunteer Selection Process and completed a background check before the event.

A parent or guardian should review and sign the Overnight Housing Permission Form (see section 3 of the Authorization Form). If the form is not signed, the youth participant will be assigned to a room only with other youth under age 18.

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 parents 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 an instructor or chaperone).

DID YOU KNOW . . .

4-H Exploration Days survey results for 2015 showed that the program increased participants’ interest in and readiness for college in the following ways:

- » **95% plan to attend college.**
- » **87% said the program better prepared them for college.**
- » **88% said the program made them excited to go to college.**
- » **88% gained awareness of career and job possibilities related to their skills and interests.**

–4-H Exploration Days evaluation data, August 2015

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 Cost section on page 3.) The registration deadline may vary from county to 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, Other adult (Only for bus
 Number of years: _____ drivers needing housing or adults
 with disabilities that prevent them
 Chaperone (aged 21 & up) from taking chaperone roles.)

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:

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

YOUTH ONLY:

Age on 01/01/16: _____ Date of birth: ____/____/____
MM / DD / YYYY

High school graduation year: _____

Name of high school you attend or will attend: _____

School city: _____

REGISTRATION CHOICES (check one):

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

PAYMENT

A deposit must be sent in with the registration form to your MSU Extension office. Please make your check or money order payable to MSU. For specific amount due, see page 3.

SESSION SIGN-UP

Some sessions fill quickly so sign up early! Reservations are made on a first-come, first-served basis. Be sure to select eight choices. See page 5 for more information on how to complete this section. You may take one **full session** or two **half sessions**. State 4-H Awards Program delegates will sign up for the Assembly as their first-half session and are not eligible for full sessions. See the following samples. List session numbers (not titles).

KEY: 1st-Half: #100 to #165 and #500 to #530
 2nd-Half: #200 to #262 and #600 to #630
 Full: #300 to #312
 Awards Assembly: #900 to #918

SAMPLE REGISTRATIONS:

Choice	1st-Half	AND 2nd-Half	OR	Full Session
4-H Exploration Days Participant:				
1st Choice	112	620		
2nd Choice				309
	1st-Half	AND 2nd-Half	OR	Full Session
State 4-H Awards Program Delegate:				
1st Choice	907	223		NA
2nd Choice	907	613		NA

YOUR SELECTIONS:

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

FOR LOCAL MSU EXTENSION OFFICE USE ONLY:

Date ____/____/____ Amount \$ _____
 Receipt # _____

AUTHORIZATION FORM

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

4-H EXPLORATION DAYS, JUNE 22-24, 2016

This form (fully signed) is due to your local MSU Extension office with your registration form and fee deposit by **April 26, 2016** (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 4-H Exploration Days Rules (see pgs 20 to 21).

Participant's 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 4-H Exploration Days 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's signature)

Date _____

SECTION 2 – PARENT/GUARDIAN CONSENT (required for all youth participants)

I hereby grant permission for (print participant's name)

_____ to participate in all educational and social activities of 4-H Exploration Days 2016 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

I understand that my child may be sharing lodging with an unrelated adult (21 or older) who has been through the MSU Extension Volunteer Selection Process, and with at least one other young person. By signing this form I give my permission for my child to attend this event under these lodging conditions.

Signature of Parent/Guardian: _____

Date _____

SECTION 4 – 4-H MEDIA AND MEDICAL RELEASE FORMS

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

Yes, I have completed the 2015-16 4HOnline enrollment process.

No, I have NOT completed the 2015-16 4HOnline enrollment process. (If you answer "no," you must contact your local Extension 4-H staff to complete the 4HOnline enrollment process.)

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

4-H EXPLORATION DAYS HOST REGISTRATION CHOICES

Adults who attend 4-H Exploration Days must serve as either a session host or an activity host if they are not serving as CCAs, session instructors, or session helpers. (Many CCAs, instructors, and helpers also double as session or activity hosts!) If each of the nearly 400 adults who attend this event each year takes on just one of these support roles, there will be more than enough people to fill every assignment. For more information on adult roles at this event, please see the “Adult Opportunities and Roles at 4-H Exploration Days” section on page 18.

Please rank at least four choices if you sign up to be an activity host. Some of the activities (such as overseeing shuttle bus traffic) happen each day and in each time frame. Others (such as overseeing attendance and verifying the participant count at Abrams Planetarium) happen on a single day and in a single time frame. When making activity host selections, think first about which day and time period

you would prefer to host, then select your preferred activities. (You may wish to coordinate this with other adults from your county so that you don't all choose the same days and times.)

Detailed information about your assigned host role will be mailed to you in early June. There will also be a host orientation at the beginning of 4-H Exploration Days.

PARTICIPANTS SAY . . .

4-H Exploration Days has provided me with strong independence, leadership, and responsibility skills that I can use in my future.

- Gratiot County

Please indicate your host preferences below. Check all that apply.

Session host

_____ for your assigned session (you must register for session choices and receive an assigned session)

_____ at large (for those not assigned session registration choices and willing to host any session with a host vacancy)

Activity host

(Please indicate your preferred time and activity below by ranking your choices, with 1 being the most favorable. Please **do not** use “**X**” or “**✓**” to indicate choices. 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 discourage pleasure riding (to continually make room for new riders)

_____ Oversee a residence hall shuttle bus stop (to help participants find destinations)

_____ Help with field trip bus loading before sessions

_____ Host an MSU facility presentation or tour (not give the tour but attend, greet the guide, and keep the group together)

_____ Oversee IM East activities and facilitate indoor and outdoor pick-up games

_____ Oversee ice skating attendance and verify count

_____ Help participants find the rooms in which their sessions are being held in hard-to-navigate buildings such as the intramural (IM) buildings

_____ Willing to assist wherever needed

2016 4-H EXPLORATION DAYS SCHEDULE OF ACTIVITIES

WEDNESDAY, JUNE 22

7:00 a.m.–8:15 a.m.	Breakfast for Tuesday Early Arrivals
8:00 a.m.–11:00 a.m.	Check-In
10:15 a.m.–Noon	County Meetings – counties will be pre-assigned a half-hour time & location
10:45 a.m. –11:00 a.m.	Host Orientation (option 1)
11:15 a.m.–1:00 p.m.	Lunch
11:45 a.m.–Noon	Host Orientation (option 2)
12:30 p.m.–1:10 p.m.	State 4-H Awards Assembly
1:30 p.m.–4:00 p.m.	First-Half Sessions
1:30 p.m.–5:00 p.m.	State 4-H Awards Interviews (for senior division delegates only)
1:30 p.m.–5:00 p.m.	State 4-H Awards Leadership Development Program (for junior division delegates only)
1:45 p.m.–3:45 p.m.	Full Sessions
4:45 p.m.–5:00 p.m.	Youth/Chaperone County Huddles on Assigned Floors (Chaperones may adjust time slightly)
5:00 p.m.–5:45 p.m.	Swimming (designated counties only)
5:00 p.m.–6:30 p.m.	Dinner
6:15 p.m.–7:00 p.m.	Swimming (designated counties only)
8:00 p.m.–9:15 p.m.	Wharton Center Entertainment (ending time is approximate)
8:00 p.m.–10:45 p.m.	Other Evening Activities
11:00 p.m.–11:15 p.m.	Youth/Chaperone County Huddles on Assigned Floors (Chaperones may adjust time slightly)
11:15 p.m.	Participants in Assigned Rooms
Midnight	Quiet in Residence Halls

THURSDAY, JUNE 23

7:00 a.m.–8:15 a.m.	Breakfast
8:30 a.m.–11:00 a.m.	State 4-H Awards Recognition Program (by invitation only)
8:30 a.m.–11:00 a.m.	First-Half Sessions
8:45 a.m.–11:15 a.m.	Full Sessions
11:15 a.m.–1:00 p.m.	Lunch
1:15 p.m.–3:15 p.m.	Full Sessions
1:30 p.m.–4:00 p.m.	Second-Half Sessions
4:45 p.m.–5:00 p.m.	County Meetings or Youth/Chaperone County Huddles (Counties may select meeting format and adjust time slightly)
5:00 p.m.–5:45 p.m.	Swimming (designated counties only)
5:00 p.m.–6:30 p.m.	Dinner
6:30 p.m.–8:00 p.m.	Swimming (45 minutes each for designated counties)
8:15 p.m.–10:45 p.m.	Dance & Other Evening Activities
11:00 p.m.–11:15 p.m.	Youth/Chaperone County Huddles on Assigned Floors (Chaperones may adjust time slightly)
11:15 p.m.	Participants in Assigned Rooms
Midnight	Quiet in Residence Halls

FRIDAY, JUNE 24

6:30 a.m.–8:15 a.m.	Check-Out
7:00 a.m.–8:15 a.m.	Breakfast
8:15 a.m.–10:45 a.m.	Full Sessions
8:30 a.m.–11:00 a.m.	Second-Half Sessions
11:00 a.m.–1:30 p.m.	Check-Out
11:15 a.m.–11:30 a.m.	Youth/Chaperone County Huddles on Assigned Floors (Chaperones may adjust time slightly)
11:15 a.m.–1:00 p.m.	Lunch
2:00 p.m.	Residence Halls Locked

MICHIGAN STATE
UNIVERSITY

Extension

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Interim Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707. 8M-03:16-SMG-RM/MMR

