

JOIN | THE REVOLUTION OF RESPONSIBILITY

We will...



...make a difference.

4-H EXPLORATION DAYS
JUNE 20-22, 2012

4-H AWARDS
JUNE 20-21, 2012

**MICHIGAN
STATE
UNIVERSITY**

2012 Exploration Days

Applications will be electronically registered with the MSU Extension State 4-H office beginning at 9:00 a.m. Tuesday, March 20th.



You may submit your applications **NOW** along with the deposit. They will be numbered as they are received and entered as numbered on the 20th.

A hard copy booklet is available in the 4-H office. Call 248.858.0889 if you would like one mailed to you.

Please make sure ALL information is filled out, signed and legible.

You **MUST** have all EIGHT (8) *different* sessions filled in.

SPECIAL ATTRACTIONS

4-H Exploration Days will take place June 20 to 22, 2012. It is designed for young people aged 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 campus.

Sessions

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

Time for the 1987 Time Capsule!

The time capsule created at 4-H Exploration Days 1987 (Michigan's sesquicentennial year) will be opened 25 years later – at the 2012 4-H Exploration Days! It contains an item from each county that represents that area of the state at that time. Wonder what your county put in the time capsule? Check it out during the 2012 event!

After the opening ceremony, each item will also be posted for viewing on the 4-H Exploration Days Facebook fan page.

4-H Business & Entrepreneurship Sessions & Marketplace

If you're interested in starting your own business or in learning new ways to build your current business, check out the 4-H Business and Entrepreneurship sessions. Participants in some of these sessions will showcase and sell products during specific meal times at the 4-H Marketplaces set up near each cafeteria entrance. Stop by and check out their wares!

Special Training Opportunity for Adults

Attention all adult volunteers – the Volunteer Academy session (325), offered under the Volunteer Development heading, provides opportunities for you to network with other adults attending 4-H Exploration Days and learn new skills to enhance your 4-H volunteer work across all 4-H project areas!

Cool Things to See & Do at MSU

- Abrams Planetarium
- 4-H Children's Garden
- Jack Breslin Student Events Center
- MSU Animal Field Laboratory Tour
- MSU Bug House
- MSU Dairy Store
- MSU Museum
- MSU Skandalaris Football Center
- MSU Student Organic Farm
- National Superconducting Cyclotron Laboratory

For more information about these and other opportunities, see page 20.



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.

MSU Pre-College Scholarship Opportunity

Students who will enter eighth, ninth or tenth grades 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 Achievement Scholarship. 4-H Exploration Days participants will be invited to apply by their county 4-H staff based on criteria such as attitude, behavior and active participation. Each county may submit one applicant or up to 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 county 4-H staff for more information about this and other 4-H scholarship opportunities or visit 4h.msuc.msu.edu/4h/4-h_scholarships.

4-H Awards Celebration

Join all of the 2012 Michigan 4-H state awards nominees on Thursday at 7 p.m. in the Great Hall of the Wharton Center.

Entertainment

Judson Laipply

Judson Laipply, creator and performer of "The Evolution of Dance" and an award-winning speaker and inspirational comedian, is coming to 4-H Exploration Days 2012! He'll perform at the Wharton Center for Performing Arts on Wednesday, June 20, at 8 p.m. You must be registered to attend 4-H Exploration Days to go to his show. Plan now to attend! You won't want to miss it!



To see a clip of Laipply in action, check out 4h.msue.msu.edu/4h/4_h_exploration_days_whats_new.

TABLE OF CONTENTS

	Page
Special Attractions	Inside Front Cover
Important Information	3
How to Use This Book.....	5
AEROSPACE.....	6
1ST-HALF	
500. Beginning Model Rocketry	
2ND-HALF	
600. Beginning Model Rocketry	
ANIMAL & VETERINARY SCIENCE.....	6
1ST-HALF	
100. Becoming a Michigan 4-H Horse Judge	
101. Goats: Exploring the Inside	
501. Hands-On Fun With Llamas	
102. Hoof Care for Your Horse	
103. Meat Quality & Food Safety	
502. Poultry Judging	
503. Profits With Your Goats – Making Goat Milk Soap	
104. Rabbit & Cavy Technology	
105. Rabbits 101	
106. Working With Your Equine Partner: Communication & Control	
2ND-HALF	
200. Dairy Cattle Evaluation & Judging	
201. Embryology: 21 Amazing Days in the Life of a Chicken	
202. Equine Welfare Assessment	
203. Exploring the World of Food Animal Medicine	
601. Hands-On Fun With Llamas	
602. Poultry Judging	
204. Poultry Showmanship	
603. Profits With Your Goats – Making Goat Milk Soap	
205. Rabbit Fitting & Showing: Can You Handle It?	
206. Rabbits, Cavies & Digital Photography	
207. Rabbits 102	
208. Tour the MSU Beef, Sheep & Swine Field Laboratories	
209. What's Your Score?: Enhancing 4-H Rabbit & Cavy Knowledge	
210. Working Sled Dogs	
FULL	
300. Learn About Pack Goats	
301. Lions & Tigers & Bears, Oh My!	
302. Tanning Rabbit Hides	
303. Working With K-9 Search & Rescue Dogs	
BUSINESS & ENTREPRENEURSHIP	7
1ST-HALF	
107. Life on a Dairy Farm	
108. Mind Design	
2ND-HALF	
211. The Business & Biology of Worm Farming	
212. Calling All Authors & Writers	
FULL	
304. Are You Ready to Start a Business?	
305. Marketing Your 4-H Livestock Project	
CAREERS.....	8
1ST-HALF	
109. Michigan State University: A Great College Choice	
110. Touch the Future Career Fair	
2ND-HALF	
213. Emergency Services Careers: Is One for You?	
214. I Got the Job! Résumés & Interviews That Work	
CARING FOR KIDS	8
1ST-HALF	
504. Books & More	
111. Care for Kids	
2ND-HALF	
604. Books & More	
CITIZENSHIP, LEADERSHIP & SERVICE.....	8
1ST-HALF	
112. Be a Leader – Officer Roles & Parliamentary Procedure	
113. Michigan Government & History	
114. Take the Lead	
115. Teen Court	
2ND-HALF	
215. My Hands to Larger Service	
216. Paws & Claws: Community Service	
217. Teen Leadership Essentials	
218. What's Your Real Color Leadership Style?	
CLOTHING & TEXTILES	9
1ST-HALF	
505. Country Bunny Pillow	
506. Creative Clothing	
507. Fashion Illustration	
116. 4-H Project Runway	
117. Pillow Creations	
508. Pocket Bags, Trendy Totes, Sassy Sacks	
118. Tapestry Crocheted Cell Phone Holder	
2ND-HALF	
219. Braiding a <i>Kumihimo</i> Pendant	
605. Country Bunny Pillow	
220. Create It, Make It, Sell It	
606. Creative Clothing	
607. Fashion Illustration	
221. Locker Hooking	
608. Pocket Bags, Trendy Totes, Sassy Sacks	
FULL	
306. Learn to Sew	
307. Make Your Own Boxer Shorts	
COMMUNICATIONS.....	10
1ST-HALF	
509. Beginning Sign Language	
119. News Reporting!	
2ND-HALF	
222. Advanced Sign Language	
609. Beginning Sign Language	
223. From 4-H State Awards to Your First Job	
224. Produce Your Own TV Show	
225. Public Speaking for Future Rock Stars & the Rest of Us	
ENVIRONMENTAL EDUCATION.....	10
1ST-HALF	
120. A Bug's World	
121. Camp Counselor Bag of Tricks	
122. Don't Let Your Belongings Burn	
510. Fishing Basics: Tips & Tricks for Beginners	
123. Storm Chaser – Flood Disaster Series	
2ND-HALF	
226. Exploring the Natural Wonders of Michigan	
610. Fishing Basics: Tips & Tricks for Beginners	
227. Introduction to Taxidermy	
FULL	
308. Build & Learn to Use Your Own Fishing Rod	
309. From the Lake to the Pan & Everything in Between	
FOLKPATTERNS	10
1ST-HALF	
124. Cedar Bird Fan-Carving	
511. Fun With Soap Making	
125. Michigan Native American Arts & Culture	
126. Welcome to England	
2ND-HALF	
228. Finding Fun in Your Family Tree	
229. Foodways Around the World	
611. Fun With Soap Making	
FOOD, NUTRITION & FITNESS.....	11
1ST-HALF	
127. Cooking With Class	
128. Healthy Snacking	
512. MSU Bakery Days	
129. Relax & Stretch With Yoga	
130. Safety & Self-Defense	
131. Shake, Rattle & Roll	
2ND-HALF	
230. A Day at the Spa	
231. Cooking Matters	

Important Notes:

Some session category names have changed this year. For instance, the sessions that were listed under “Adventure Education” in 2011 are listed under “Recreational Sports” this year.

The sky's the limit when you're considering which sessions to take! Remember that you don't have to be enrolled in a project area to enroll in a session related to it. And because the content of some sessions could reasonably fall into more than one category, sessions may be listed under a slightly different category than you expect to find them in. So be sure to look through all of the session categories to find the hidden gems!

- 232. Hands-On Food Science Investigation
- 612. MSU Bakery Days
- 233. Vegetarian Cooking

INTERNATIONAL LANGUAGE & CULTURE..... 11

● **1ST-HALF**

- 132. Chinese Culture & Language
- 133. Exploring the Spanish Language

● **2ND-HALF**

- 234. The Caribbean: Colorful & Connected!
- 235. Indian Cooking: Follow the Spice Trail
- 236. Poland & Its People & Culture

● **FULL**

- 310. *Konnichiwa!* Japanese Language & Culture
- 311. Scandinavian & German Arts & Crafts

MONEY MANAGEMENT12

● **1ST-HALF**

- 134. Who Wants to Be a 4-H Millionaire?

● **2ND-HALF**

- 237. 4-H Mad City Money
- 238. Keys to My First Car

OUTDOOR ADVENTURE CHALLENGE.....12

● **2ND-HALF**

- 239. Let's Take a Hike
- 240. Staying Unlost With Map, Compass & GPS

● **FULL**

- 312. Canoeing Up the River With a Paddle
- 313. Climbing & Rappelling
- 314. Kayaking

PERFORMING ARTS.....12

● **1ST-HALF**

- 135. Acting Basics for Ages 11 to 13
- 136. Creative Writer's Workshop
- 137. Dance, Dance, Dance
- 138. Singing & Songwriting (Ages 15 to 19)

● **2ND-HALF**

- 241. Comedy 101
- 242. Drama: Build Youth Leadership Skills Through the Arts
- 243. Musical Theatre for Ages 14 to 19
- 244. Singing & Songwriting (Ages 11 to 14)
- 245. Storytelling: You Can Do It!

● **FULL**

- 315. Glee Club

PERSONAL LIFE SKILLS DEVELOPMENT... 13

● **1ST-HALF**

- 139. Operation: Military Kids Mock Deployment Experience
- 140. Relationship Reality Check
- 141. Teens Connecting With Kids

● **2ND-HALF**

- 246. Character COUNTS
- 247. Creative Cupcakes
- 248. Real Colors Personality Styles Training

PHOTOGRAPHY 14

● **1ST-HALF**

- 142. Digital Nature Photography
- 143. Exploring Your Own Photographic Style

● **2ND-HALF**

- 249. Digital Photography for Cowards

PLANT SCIENCE..... 14

● **1ST-HALF**

- 144. Fantastic Fibers & Dyes
- 145. Technology & Plants at MSU

● **2ND-HALF**

- 250. Butterflies & Hummingbirds

RECREATIONAL SPORTS..... 14

● **1ST-HALF**

- 513. Basketball Skills for Fun & Recreation
- 514. Fencing
- 146. Field Hockey
- 515. Ice Skating
- 516. Irish Road Bowling
- 517. Line Dancing
- 518. Run for Your Life
- 519. Volleyball for Fun & Recreation

● **2ND-HALF**

- 613. Basketball Skills for Fun & Recreation
- 251. Checkmate
- 614. Fencing
- 615. Ice Skating
- 616. Irish Road Bowling
- 617. Line Dancing
- 252. Racquetball
- 618. Run for Your Life
- 253. Softball: Coed Slow Pitch
- 619. Volleyball for Fun & Recreation

● **FULL**

- 316. Sailing

SHOOTING SPORTS15

● **1ST-HALF**

- 520. Beginning Pellet Rifle
- 147. Gobble Heads
- 521. Introduction to Archery

● **2ND-HALF**

- 620. Beginning Pellet Rifle
- 254. Buck Heads
- 621. Introduction to Archery
- 255. Quack & Honk

● **FULL**

- 317. Hunting Michigan's Big 5

TECHNOLOGY15

● **1ST-HALF**

- 148. Basic Web Page Design
- 149. GPS Basics
- 522. Life Beneath the Naked Eye
- 150. The Power of the Wind
- 151. A Supernova in the Lab
- 152. Web Design Using Flash

● **2ND-HALF**

- 256. Advanced Web Page Design
- 257. Digitally Connected Clubs
- 622. Life Beneath the Naked Eye
- 258. Photoshop

● **FULL**

- 318. Amateur (HAM) Radio Licensing Course
- 319. Digital Story Telling
- 320. Small Engines

VISUAL ARTS & CRAFTS..... 16

● **1ST-HALF**

- 153. Basketry (Advanced): Make a Picnic Basket
- 154. Beaded Jewelry

- 523. Cool Candles
- 155. Cool String Art
- 524. Festive Crafts
- 156. Get Fired Up About Wood Burning
- 157. Leather Craft
- 158. Mosaic Art
- 159. Scrapbooking Your Favorite Memories & Stories
- 160. Tie-Dye
- **2ND-HALF**
- 259. Basketry (Beginning): Make a Muffin Basket
- 260. Colorful Accessories
- 623. Cool Candles
- 261. Crafting With Recyclables
- 624. Festive Crafts
- 262. Glass Etching
- 263. Iris Paper Folding
- 264. Printoons: Fingerprint Art With a Message
- 265. Tin Punching
- 266. Unique Scrapbooking
- **FULL**
- 321. Advanced Stained Glass
- 322. Basic Cake Decorating
- 323. Pottery & Printmaking
- 324. Wooden Treasure Chest (Beginning Woodworking)

VOLUNTEER DEVELOPMENT17

● **FULL**

- 325. Volunteer Academy

4-H Awards Assembly 18

Adult Opportunities & Roles at 4-H

Exploration Days 19

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

Forms21

- Registration Form
- Authorization Form

Schedule of Activities.....Inside Back Cover

4-H Exploration Days is an annual MSU pre-college program that attracts about 2,500 participants from all 83 Michigan counties. 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 from your interest areas!

The choice of which sessions to take is yours to make. We hope you can come!

Julie A. Chapin
Julie Chapin, Ph.D.
 Director, MSU Extension Children & Youth Institute
 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 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 Michigan State University 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, 2012, or older at the discretion of your county.
- Must be willing to be held responsible for any damage to the experience.

You do **not** need to be enrolled in the project or projects you choose as session choices.

Children under age 11 by January 1, 2012, **may not** accompany a parent or guardian to 4-H Exploration Days.

Costs

4-H Exploration Days Participants – The total cost for members and adults is \$165. For youth who aren't 4-H members pay an additional \$45 (4-H participation fee when they register.) The cost includes meals from Wednesday through Friday lunch, overnight housing for Wednesday and Thursday, and an event T-shirt. A deposit of at least \$80 is required. Some counties may require added fees to cover the cost of transportation and other expenses. Contact your county MSU Extension office to see if scholarship support is available.

The commuter rate for 4-H members is \$110. Youth who aren't 4-H members pay an additional \$45 (4-H participation fee when they register.) The commuter package includes transportation to attend sessions, eat all three lunches in their county's assigned residence hall and get an event T-shirt. Commuters travel to and from 4-H Exploration Days each day of the event and **do not** receive lodging, breakfast or dinners. A deposit of at least \$55 is required.

Some sessions have additional fees to cover materials costs. Counties will collect session fees with the registration fee, so **don't** bring session fee money with you to 4-H Exploration Days.

4-H Awards Assembly Participants – State nominees to the 4-H Awards Assembly are given \$45 state scholarships that partially cover the expenses of attending the 4-H Awards Assembly. 4-H Awards Assembly participant costs – after the \$45 scholarship is applied – are: \$120 to participate in both the 4-H Awards Assembly and the second half of 4-H Exploration Days or \$75 to attend the 4-H Awards Assembly only (must depart Thursday, immediately after the Awards Celebration.) A deposit of \$60 is required for delegates staying until the end of 4-H Exploration Days. A deposit of \$40 is required for delegates participating in only the 4-H Awards Assembly. Contact your county MSU Extension office to see if scholarships are available.

Session Instructors, Helpers and County Conference Assistants – 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 4-H staff and committees with statewide responsibilities. All instructors and helpers must be skilled in the sessions they are helping teach.

Summary of Participant Fees and Deposits

	Total Fee		Deposit	
	Participants		Deadline: April 30, 2012	
Registration Choices	4-H Members & Adults	Youth Who Are Not 4-H Members	4-H Members & Adults	Youth Who Are Not 4-H Members
Full participation fee	\$165	\$115	\$80	\$90
Commuter fees	\$110	\$120	\$55	\$65
4-H Awards Assembly only fees	\$75 (\$120 less a \$45 scholarship)	N/A	\$40	N/A
4-H Awards Assembly & 2nd-Half Participants	\$100 (\$120 less a \$20 scholarship)	N/A	\$60	N/A

Early Arrival Fee

The early arrival fee is \$24 and covers Tuesday lodging and Wednesday breakfast for participants and others who need to arrive early.

County Cancellation Policy

Deposits are only refundable until 5 p.m. on May 11, 2012. Any participant who cancels after May 11 but before 5 p.m. on June 18, 2012, will not be refunded \$50. Any participant who cancels after June 18, or who doesn't show up at 4-H Exploration Days, will not be refunded \$75.

Please see FORMS link for Correct PRICING

Housing & Check-In

You will be assigned housing in either Akers, Holmes or Hubbard Halls. Check-in will take place between 8 and 11 a.m. on Wednesday, June 20, 2012. The first meal served will be Wednesday lunch.

4-H Awards Assembly

The 4-H Awards Assembly will take place during the first half of 4-H Exploration Days. This event will involve all state awards nominees who are selected before the event. State winners will be announced during a 4-H Awards Celebration at Wharton Center on Thursday from 7 to 9 p.m. All 4-H Exploration Days participants are welcome to attend this celebration to help recognize these outstanding 4-H'ers! For more information on the 4-H Awards Assembly, see page 18.

Rules & Procedures

A number of policies and procedures designed to ensure the safety and well-being of youth participants are outlined briefly below. For more information see the 4-H Exploration Days website at 4h.msu.edu/4h/responsibilities or contact your county 4-H staff.

Youth and Chaperone Assignments – All youth participants, including commuters, 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.

Conduct Policy – All participants, volunteers and staff members are expected to abide by the 4-H Exploration Days code of conduct, which appears on page 24. You must read, sign and submit the Authorization Form with your Registration Form before you will be allowed to participate in the event.

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.

Schedule of Activities

For a complete schedule of activities, see the inside back cover.

Other Information

What You Should Bring – Bring personal care products and clothing that is casual but neat and respectable. (See the Code of Conduct on page 24 for specific dress code information.) Be sure to wear comfortable walking shoes, since 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 require other clothing. If you plan to

use the pool, bring your swimsuit and an appropriate overgarment 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 and if you decide to purchase anything from the 4-H Marketplace at meal times. You may also need spending money for the snack shops and vending machines located in the residence halls.

Use of roller skates, in-line skates (such as Rollerblades) and scooters brought from home is restricted to sidewalks. See the Code of Conduct section of the Authorization Form on page 24 for details.

Leave all valuables at home. The security of your possessions is **your** responsibility. We recommend labeling items with your name. If you lose any personal items, you can check with the Lost and Found at each residence hall 4-H Information Center.

T-Shirts – Free T-shirts will be given to all event participants at check-in. Extra shirts will be on sale for \$10 each at General Headquarters in the West Akers Lounge after 4 p.m. on Wednesday, while supplies last. The extra shirts will be sold on a first-come, first-served basis with no limit per person.

Emergencies – In an emergency while you are attending 4-H Exploration Days, you can be contacted through 4-H Exploration Days General Headquarters in West Akers Hall, phone (517) 353-2922.

Health care facilities are available if you are ill or in an accident. The cost of treatment will be billed to you or your parents or guardian. Transportation will be available at all times. Your completed Authorization Form **must** be on file with General Headquarters. A copy of this form is at the back of this book. Return it with your completed Registration Form to your county MSU Extension office.

Special accommodations – Accommodations for persons with disabilities may be requested by contacting your county MSU Extension office by May 14, 2012, to ensure sufficient time to make arrangements. Requests received after this date will be met when possible.

Michigan 4-H Youth-Adult Policy for 4-H Overnight Events – In keeping with the Michigan 4-H Youth-Adult Policy for Overnight Events, 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. County MSU Extension staff are responsible for ensuring that this background check is completed before the event.

DID YOU KNOW . . .

2011 4-H Exploration Days youth participants reported the following regarding their interest and preparedness for college:

- Plan to attend college (98 percent)
- Exploration Days better prepared them for college (87 percent)
- Exploration Days increased their knowledge of different majors, career paths and opportunities at MSU (80 percent)

4-H Exploration Days evaluation data; August 2011.

HOW TO USE THIS BOOK

How to Select Your Sessions

Note that some session category names have changed this year. For instance, the sessions that were listed under “Adventure Education” in 2011 are listed under “Recreational Sports” this year.

The sky’s the limit when you’re considering which sessions to take! Remember that you don’t have to be enrolled in a project area to enroll in a session related to it. And because the content of some sessions could reasonably fall into more than one category, sessions may be listed under a slightly different category than you expect to find them in. So be sure to look through all of the session categories to find the hidden gems!

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.

WEDNESDAY	THURSDAY	FRIDAY
	<input type="radio"/> 1st-half 8:30–11 a.m.	<input type="radio"/> Full 8:15–10:45 a.m.
	<input type="radio"/> Full 8:45–11:15 a.m.	<input type="radio"/> 2nd-half 8:30–11 a.m.
NOON _____		
<input type="radio"/> 1st-half 1:30–4 p.m.	<input type="radio"/> Full 1:15–3:15 p.m.	
<input type="radio"/> Full 1:45–3:45 p.m.	<input type="radio"/> 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 160	First-half sessions
200 to 266	Second-half sessions
300 to 325	Full sessions
500 to 524	First-half sessions repeated as second-half
600 to 624	Second-half sessions same as first-half of same name
900 to 933	4-H Awards Assembly Award 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 517, Line Dancing, is the same as second-half session 617, Line Dancing.

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 each description 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 costs involved and age limitations, if any. Please note special equipment and dress requirements for some sessions.

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

1st-half	2nd-half	Full
Number/Title/Page	Number/Title/Page	Number/Title/Page
115/Teen Court/8	256/Advanced Web Page Design/16	316/Sailing/15

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

How to Register

Turn to the registration form on page 21. Indicate your first through eighth session choices on a form. (You can download and print extra copies of the registration forms in Adobe Acrobat format from the 4-H Exploration Days website at 4h.msuc.msu.edu/4h/registration_book.) The following directions will help you fill out your registration form.

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

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

3. **Be sure to make eight choices.** Some sessions fill up fast, so turn in your choices early!

Early registration is encouraged since sessions are filled on a first-come, first-served basis and some fill very quickly! Electronic registration from county MSU Extension offices begins March 20, 2012. The deadline for returning your registration form to your county MSU Extension office varies from county to county (it’s typically the end of April). Contact the 4-H staff in your county MSU Extension office for more information on 4-H Exploration Days and for your county’s registration deadline.

Your county staff will confirm with you the session or sessions in which you are officially enrolled. If none of your session choices is available, your county staff will work with you to make alternate choices. Remember that you must attend **all** the sessions in which you are enrolled.

SESSION DESCRIPTIONS

AEROSPACE

● 1ST-HALF

☐ 500. 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 earth. Some advanced activities will also be available. You'll receive a rocket and two engines to launch. Fee of \$12 is payable through your county office. Ages 11 to 13 only.

● 2ND-HALF

☐ 600. Beginning Model Rocketry

Same description as first-half session 500.

ANIMAL & VETERINARY SCIENCE

Many of the sessions in this section involve working around animals, and appropriate footwear will be required (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Participants will receive a reminder letter before 4-H Exploration Days.

● 1ST-HALF

☐ 100. Becoming a Michigan 4-H Horse Judge

Have you ever wondered how to become a Michigan 4-H horse judge? Learn what it takes and how to begin preparing while you're still in 4-H. Age 11 and up.

☐ 101. Goats: Exploring the Inside

See goat anatomy and physiology up close when you observe a real necropsy (animal autopsy) at the MSU Veterinary Clinic. Learn about the causes of death in goats and the effect of various diseases and conditions on a goat's internal anatomy. You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Age 12 and up.

☐ 501. Hands-On Fun With Llamas

Learn about llama care, feeding and foot care. You'll train llamas in working with obstacles, discover uses for packing fiber such as spinning and needle felting, and make a fiber craft to take home. You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Age 11 and up.

☐ 102. Hoof Care for Your Horse

Learn about general hoof care for horses, farrier work, corrective shoeing and much more! You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Age 11 and up.

☐ 103. Meat Quality & Food Safety

Discover how to evaluate the quality of beef, lamb and pork carcasses, and learn techniques that add value to meat. You'll work with and learn from the MSU Meats Laboratory faculty and staff. Bring a heavy coat and clean work shoes or boots because you'll be working in coolers. Other supplies will be provided. Age 11 and up.

☐ 502. Poultry Judging

Learn through demonstrations and hands-on activities what poultry-contest judges are looking for in live meat birds, meat products and

eggs. Pick up tips that will help you select quality meat birds and eggs for competitive events. Fee of \$5 is payable through your county office. Age 11 and up.

☐ 503. Profits With Your Goats – Making Goat Milk Soap

Learn how to make your goats pay their way by exploring and learning how to make soap out of goat's milk, how to decorate your soap and ways to market your final goat's-milk product. Age 11 and up.

☐ 104. Rabbit & Cavy Technology

Learn about your rabbit and cavy using high-tech software, learn rabbit and cavy breed identification techniques and play a fun television-style game. All of this hands-on experience will help you develop your creativity. Please bring a thumb drive (also called a flash or jump drive) with at least 100 Mb of free space if you have one. Age 11 and up.

☐ 105. Rabbits 101

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. You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Age 11 and up.

☐ 106. Working With Your Equine Partner: Communication & Control

With clear communication skills, an equestrian can maintain control at all times. You'll focus on optimizing communication with your horse and learning safe and appropriate methods of restraint. Age 11 and up.

● 2ND-HALF

☐ 200. Dairy Cattle Evaluation & Judging

Learn how to evaluate and judge dairy cows at the MSU Dairy Animal Field Laboratory. You'll practice placing cows, prepare oral reasons and practice presentation skills. Learn how to prepare for state and national dairy-judging competitions. Ages 14 to 19 only.

☐ 201. Embryology: 21 Amazing Days in the Life of a Chicken

Have you ever wondered what happens in the 21 days chickens spend growing and developing inside an egg? In this hands-on, interactive session, you'll learn the parts of an egg, how to candle eggs to observe the daily changes, proper incubation techniques and much more! Age 11 and up.

☐ 202. Equine Welfare Assessment

Learn about assessing the welfare of the animals around you! This session will focus on welfare assessment of the horse and will include interactive activities at the MSU Horse Teaching and Research Center. Age 11 and up.

☐ 203. Exploring the World of Food Animal Medicine

Being a food animal veterinarian is an exciting and extremely important job in all aspects of food production. You'll explore some of the exciting careers and opportunities in food animal medicine. You'll also learn some basic techniques in maintaining animal health, such as conducting physicals, culturing milk, examining feces for parasites and conducting necropsies (animal autopsies). You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Age 11 and up.

☐ 601. Hands-On Fun With Llamas

Same description as first-half session 501.

☐ 602. Poultry Judging

Same description as first-half session 502.

☐ 204. Poultry Showmanship

In this exciting, hands-on session, you'll learn and practice proper poultry-showmanship techniques. Age 11 and up.

☐ 603. Profits With Your Goats – Making Goat Milk Soap

Same description as first-half session 503.

☐ 205. Rabbit Fitting & Showing: Can You Handle It?

Learn through demonstrations and hands-on experience about training rabbits for fitting and showing. Pick up tips that can make or break your performance and learn how and what to study. Can you win if your rabbit is misbehaving on show day? Guest speakers will answer that and many other questions. We'll discuss breed identification, too. Age 11 and up.

☐ 206. Rabbits, Cavies & Digital Photography

Discover how to use props in creative photography with live rabbits and cavies. Use your digital camera and various props to create unique animal photos. Experiment on your photos with a computer program. Learn about digital animal photography, photo editing and programs to enhance your creative endeavors. Bring a digital camera, digital memory card, jump drive (also called a thumb or flash drive) with at least 250 Mb of free space and, if you have one, a CD-ROM with digital photos of rabbits or cavies that you've taken. Age 11 and up.

☐ 207. Rabbits 102

This interactive session is for rabbit project members who already have some basic knowledge. You'll go into more in-depth care and breed history information, along with disease recognition signs. You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Not for beginners. Age 11 and up.

☐ 208. Tour the MSU Beef, Sheep & Swine Field Laboratories

Here's your chance to tour some of the MSU animal field laboratories. Stops will include the beef cattle research center, the purebred cow/calf center, and the sheep and swine units. Learn from and interact with the unit managers and student employees and find out what goes on at some of the campus animal field laboratories. Age 11 and up.

☐ 209. What's Your Score?: Enhancing 4-H Rabbit & Cavy Knowledge

Learn rabbit and cavy information that will help expand your knowledge and prepare for skill competitions such as the 4-H Rabbit and Cavy Expo. You'll make and take home several games and activities to use during group meetings. Age 11 and up.

☐ 210. Working Sled Dogs

Explore the practical use of sled dogs for work and recreation. We'll briefly cover the historical use of dogs as working animals, the basics of working dog care and handling, and training methods. You'll watch equipment demonstrations and gain hands-on instruction. You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Ages 11 to 19 only.

● FULL

☐ 300. Learn About Pack Goats

Participate in a nature trail day trip as you learn what you need to

DID YOU KNOW . . .

2011 4-H Exploration Days youth participants reported the program helped them develop the following important life skills:

- Making decisions and choices (94 percent)
- Managing their time (93 percent)
- Adapting to new living arrangements (93 percent)
- Accepting people who are different from them (93 percent)
- Socializing and making new friends (92 percent)
- Communicating effectively (92 percent)
- Following through and completing tasks (92 percent)

4-H Exploration Days evaluation data; August 2011.

know to be successful in goat packing! You must be prepared to work around animals (no open-toed shoes, sandals, flip-flops or other, similar footwear will be allowed). Age 11 and up.

☐ 301. 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 \$18 is payable through your county office and covers zoo admission and refreshments. Age 11 and up.

☐ 302. Tanning Rabbit Hides

Learn a simple method of home tanning rabbit hides and of working with tanned hides. You'll start your own tanning project you can finish at home. Fee of \$10 is payable through your county office. Ages 14 to 19 only.

☐ 303. Working With K-9 Search & Rescue Dogs

Explore the world of the K-9 search-and-rescue (SAR) dogs! You'll explore the areas of an SAR dog including air/scent/wilderness, human-remains detection, disaster and trailing with both certified and in-training SAR dogs. Learn the concepts involved in choosing, training and testing a dog for search and rescue, and discuss the other areas of expertise of working with an SAR team such as scent theory, field support and more! Age 13 and up.

BUSINESS & ENTREPRENEURSHIP

● 1ST-HALF

☐ 107. Life on a Dairy Farm

Play this fast "moo"ving action game that combines real family farm mishaps for an "udder"ly unpredictable, fun spoof of life on a dairy farm. Enhance your critical thinking and money and math skills naturally as you race against other players – the first to "retire" wins! Age 11 and up.

☐ 108. Mind Design

Are you always coming up with new inventions or ideas for new ways to get things done or to help others? If so, bring your inventions and ideas to this session to find out if they have business potential and learn the next steps in turning your dreams into reality. You'll receive a great book to take home. Fee of \$3 is payable through your county office. Age 11 and up.

● 2ND-HALF

☐ 211. The Business & Biology of Worm Farming

Whether you want to sell worms as bait or create awesome organic compost, you'll want to do it the smart way. Build your own worm farm, tour a large-scale worm farming operation at the MSU Student Organic Farm and start a business plan involving your newfound profitable friends – worms! Age 11 and up.

☐ 212. Calling All Authors & Writers

Are you the next J. K. Rowling (author of the Harry Potter books)? Do you want to learn more about becoming a published author? Learn the ins and outs of writing for a living or to earn extra income from published authors who want to share their experiences with you. Age 11 and up.

● FULL

☐ 304. Are You Ready to Start a Business?

Work in a business team to explore the ins and outs of owning a business. You'll learn how to name, market and price products, and create a business plan. You'll have an option to sell products during meal times and may go home with profits in your pocket! Age 11 and up.

☐ 305. Marketing Your 4-H Livestock Project

Grow the potential profit of your livestock project as you discover tricks of the trade for marketing your animals. Learn about different business strategies during a field trip to the MSU beef field laboratory. You'll get a chance to test your new skills. Age 11 and up.

CAREERS

● 1ST-HALF

☐ 109. Michigan State University: A Great College Choice

Ensure your admission to the college of your dreams. Hear practical advice from an MSU admissions officer, tips for preparing for and taking the ACT and SAT, and about college prep tracks and advanced placement classes. You'll take a walking tour of campus. Age 14 and up.

☐ 110. Touch the Future Career Fair

Thinking about what you'll do after high school? Complete the popular online Career Cruising Matchmaker assessment program, research information about various careers and talk one-on-one with a variety of professionals. Age 14 and up.

● 2ND-HALF

☐ 213. Emergency Services Careers: Is One for You?

Join real firefighters and paramedics to learn about the dynamic field of public safety including basic fire science, forest fires and rescue procedures. Under the supervision of fire officers, you may operate rescue equipment such as the "Jaws of Life," spray a fire hose, climb an aerial ladder or learn how an automatic external defibrillator (AED) operates. You must wear long pants and closed-toe shoes on Friday's field trip. Age 13 and up.

DID YOU KNOW . . .

4-H pre-college programs such as 4-H Exploration Days help prepare young people for a successful transition to college.

Source: Michigan 4-H Pre-College Participant College Transition Study, 2009.

☐ 214. 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 the life skills you have gained through your 4-H, work, school and volunteer experience. 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

☐ 504. Books & More

Looking for a community service project that can change the future for elementary school kids in your community? Learn why reading makes a difference, find lots of activities you can do with kids, and learn how to add interest and excitement when you read to children. Age 11 and up.

☐ 111. Care for Kids

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

● 2ND-HALF

☐ 604. Books & More

Same description as first-half session 504.

CITIZENSHIP, LEADERSHIP & SERVICE

● 1ST-HALF

☐ 112. Be a Leader – Officer Roles & Parliamentary Procedure

Do you want to be the next great leader of your club? Then this session is for you! Learn to be an outstanding leader using parliamentary procedure, understanding officer roles and responsibilities, and developing strong members through team-building skills. Age 11 and up.

☐ 113. 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. Also tour the Michigan Historical Museum and explore how Michigan has changed over the past 200 years. Age 11 and up.

☐ 114. Take the Lead

What is your leadership style? Are you an eagle, owl, peacock or dove? Take part in fun, hands-on activities that will prepare you to be a leader in your 4-H group, school and community. After this session, you'll be ready to take the lead! Ages 11 to 13 only.

☐ 115. Teen Court

Speak with professionals about how the law interacts with young people and their families. You'll receive training about teen court and role play in a courtroom setting by participating in a mock youth trial. Age 14 and up.

● 2ND-HALF

☐ 215. My Hands to Larger Service

It's part of the 4-H pledge, but what does it mean? Come explore the hundreds of service opportunities just waiting for a leader like you. By the time you leave, you'll have a plan to make your community a better place and even have a chance to complete a service project on campus! Age II and up.

☐ 216. Paws & Claws: Community Service

Do you like animals? Ever wonder what it's like at the MSU Veterinary Hospital? Have you been thinking about a career in veterinary science? Make dog and cat toys as a community-service project and visit the MSU Veterinary Clinic for a personal group tour! Age II and up.

☐ 217. Teen Leadership Essentials

Great leaders aren't born that way; they take time to develop the leadership knowledge and skills they need to succeed! Current (and future) teen leaders will enjoy a variety of fun activities to develop the communication and facilitation skills they need to accomplish their goals. Age II and up.

☐ 218. What's Your Real Color Leadership Style?

Why do people act the way they do? Real Colors is a fun, interactive way to learn about the four personality "colors." Learn how your colors influence your leadership style. Learn to improve the way you interact with friends, family and the groups you belong to, and improve your communication and leadership skills. Age II and up.

CLOTHING & TEXTILES

● 1ST-HALF

☐ 505. Country Bunny Pillow

Make a pillow from homespun fabrics with an appliquéd country bunny. You'll have a lot of fun stitching your bunny, stuffing your pillow and making a bow. Fee of \$2 is payable through your county office. Age II and up.

☐ 506. Creative Clothing

Bring two light-colored T-shirts to create your own design using the technique of spray tie-dyeing. You'll also enjoy making purses and belts from recycled materials and a Japanese bracelet. If possible, start saving pop can tabs (you'll need about 250). Fee of \$6 is payable through your county office. Age II and up.

☐ 507. Fashion Illustration

Learn how to draw your clothing ideas like a fashion designer. Use fashion figures and learn how to "dress" the 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 II and up.

☐ 116. 4-H Project Runway

Bring a T-shirt and a pair of sharp scissors and be ready to "cut it up" to make something completely new. Some recycled clothing, fabric, draperies and trim will be provided. You can bring your own recycled fabric, clothing, trim and more to inspire your creation. Age II and up.

☐ 117. Pillow Creations

Make two pillows, one from colorful ribbons, the second using a folded-fabric technique and a glue stick. The ribbon pillow is stuffed with fiberfill, the second uses a pillow form. These are considered no-sew projects, though the pillows will be stitched around the outside. Fee of \$5 is payable through your county office. Age II and up.

☐ 508. Pocket Bags, Trendy Totes, Sassy Sacks

Sew one-of-a-kind "pocket" bags, trendy hip totes and sassy sacks from recyclable textiles. Learn how to fracture, deconstruct and recycle jeans, plastic bags and fabrics, and embellish with threads, fibers and decorative machine stitches. You may want to bring a pair of old blue jeans to cut up or any fun fabric treasure to add to your creations. A desire to learn basic sewing skills and to use a sewing machine is required. Age II and up.

☐ 118. Tapestry Crocheted Cell Phone Holder

Make a tapestry crocheted cell phone holder. What distinguishes tapestry crochet from a regular crochet is that two or more colors are switched back and forth while crocheting. This technique can be used to create beautifully patterned projects using special tapestry crochet graph paper. Participants must have basic crochet skills – all you need to know is how to chain and single crochet. Age II and up.

● 2ND-HALF

☐ 219. Braiding a Kumihimo Pendant

Kumihimo is the ancient art of braiding ropes, belts, ribbons and decorative sashes. Practiced in Japan and other countries for centuries, *Kumihimo* braiding is becoming very popular all over the world. Make a pendant using basic *Kumihimo* braiding techniques. Fee of \$5 is payable through your county office. Age II and up.

☐ 605. Country Bunny Pillow

Same description as first-half session 505.

☐ 220. Create It, Make It, Sell It

Want to turn your love of creative skills and sewing into a business? Work in teams to learn business basics through fun activities. You will have an opportunity to make a small project or two plus get lots of ideas for other projects you could make and sell. Age II and up.

☐ 606. Creative Clothing

Same description as first-half session 506.

☐ 607. Fashion Illustration

Same description as first-half session 507.

☐ 221. Locker Hooking

Learn how to use your leftover fabric scraps to make beautiful bags, rugs, cushions and more by locker hooking. You'll 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 II and up.

☐ 608. Pocket Bags, Trendy Totes, Sassy Sacks

Same description as first-half session 508.

● FULL

☐ 306. Learn to Sew

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

☐ 307. Make Your Own Boxer Shorts

Learn to sew and make a pair of boxer shorts that could become a favorite in your summer wardrobe. No sewing experience is required. You'll receive a supply list before the event. Age II and up.

COMMUNICATIONS

● 1ST-HALF

□ 509. Beginning Sign Language

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. Participants who want more experience may also enroll in Advanced Sign Language (session 222). Fee of \$3 is payable through your county office. Age 11 and up.

□ 119. News Reporting!

Do you love to be the first to know and share your news? Learn about print news reporting and what careers are in it for you! You'll also tour the MSU student newspaper, the *State News*, and talk to MSU students who also enjoy writing and sharing the news. Ages 14 to 19 only.

● 2ND-HALF

□ 222. Advanced Sign Language

If you have some knowledge of American Sign language and want to improve your skills, sign right up! Finger spelling skills and some vocabulary (words and phrases) in ASL are required. "Graduates" of Beginning Sign Language (session 509) are welcome. Age 12 and up.

□ 609. Beginning Sign Language

Same description as first-half session 509.

□ 223. From 4-H State Awards to Your First Job

Get a jump start on landing a job by participating in the Michigan 4-H State Awards program. This session will help you communicate your 4-H experiences in your portfolio as well as your interview. Life skills you've learned through your 4-H experience will be certain to catch the attention of employers. Age 11 and up.

□ 224. Produce Your Own TV Show

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

□ 225. Public Speaking for Future Rock Stars & the Rest of Us

Want to make a great impression and keep the karma flowing? Overcome your fears of speaking and 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

□ 120. A Bug's World

Explore the tremendous diversity of the insect world. Take an off-campus field trip to watch and collect insects in their own habitats. See beetle predators hunt their prey, pollinators that aren't bees, guard ants and dragonflies that will sit on your finger. Learn how to begin your own insect collection. Age 11 and up.

□ 121. Camp Counselor Bag of Tricks

Discover tried and true counseling tips, tricks and activities (including some for the outdoors and rainy days) to make your camp programs come alive. Learn to transform your campers into good stewards of their world! Age 14 and up.

□ 122. Don't Let Your Belongings Burn

Every year, Michigan has more than 8,000 wildfires (most are small yard or grass fires). Learn how to protect your home and possessions from wildfire. Visit a DNR fire station, see their equipment and learn how firefighters use it to fight wildfires. Age 11 and up.

□ 510. Fishing Basics: Tips & Tricks for Beginners

Interested in learning more about fishing? Then come join us for a fun-filled session full of fishing tips and tricks. You'll learn about everything from rods and reels to line, hooks and bait, and more fishing tricks than you can imagine. The session includes time outside where you will practice casting on your very own fishing rod, which you will take home with a small tackle box and tackle. Fee of \$14 is payable through your county office. Age 11 and up.

□ 123. Storm Chaser – Flood Disaster Series

Be the master of your own flood disaster by experimenting with a hands-on model in the lab, then following up with a field trip to explore green roofs, rain gardens, engineered wetlands and other storm water management systems. This is a very hands-on session – if you don't want to get wet, look elsewhere! Age 14 and up.

● 2ND-HALF

□ 226. Exploring the Natural Wonders of Michigan

Hike and explore Michigan's forests and wetlands. Experience and enjoy new discoveries and get wet and dirty. Encounter rarely seen wildlife, identify with nocturnal predators and learn the secrets of the carnivorous plants of the bog. Use field guides and measurement and testing equipment to learn about the outdoors. Dress for outdoor hiking comfort – your shoes will get wet! Age 11 and up.

□ 610. Fishing Basics: Tips & Tricks for Beginners

Same description as first-half session 510.

□ 227. Introduction to Taxidermy

Come learn about the taxidermy industry. Become familiar with the basic concepts of taxidermy and try your hand at various hands-on tasks associated with taxidermy. Age 12 and up.

● FULL

□ 308. Build & Learn to Use Your Own Fishing Rod

Learn how to build your own fishing rod from a professional rod builder and then find out how to use it from a professional fishing tournament angler. In this 4-H Project FISH session, you'll also make fishing tackle to use with your new rod, which you'll take home. Fee of \$25 is payable through your county office. Age 13 and up.

□ 309. From the Lake to the Pan & Everything in Between

This 4-H Project FISH session will help you learn everything you need to catch, clean and cook the big ones. Learn how to make lures, pick up tips and techniques for catching fish, and go fishing. After that, you'll learn how to clean your catch, too, and get recipes to take home. Fishing prizes will be awarded. Fee of \$3 is payable through your county office. Age 12 and up.

FOLKPATTERNS

● 1ST-HALF

□ 124. Cedar Bird Fan-Carving

Learn the Old World folk art of fan-carving. It is the technique of riving (slicing) long-fibered wood, and then turning and interlocking the blades to create a three-dimensional design. You will make a fan and a fan bird to take home. Visit fancarversworld.com online for

more information. Fee of \$5 is payable through your county office. Age 13 and up.

☐ 511. Fun With Soap Making

Learn to make soap the way great-grandma did. Well, sort of . . . She started with ashes from the fire, but you'll begin a bit differently. Learn two kinds of soap making: "cold process" and the "melt-and-pour process." You'll take home a variety of sweet-smelling and various-shaped homemade soaps. Fee of \$6 is payable through your county office. Age 11 and up.

☐ 125. Michigan Native American Arts & Culture

Explore historical, traditional and modern Michigan Native American culture. You'll learn about traditional foods, the history of our tribal communities, bead work and some pow wow dances for the modern component. Bead-work supplies will be provided and you'll be able to keep the project you make. Age 11 and up.

☐ 126. Welcome to England

Taste traditional English food, including specialties not served in the United States. Make a wheat heart to take home using a harvest-time craft called "wheat weaving." Learn an old English dance. Explore how traditional English holidays are celebrated, including Christmas, May Day, midsummer, Guy Fawkes Day and Halloween. You'll be surprised at how differently Halloween is celebrated in England! Fee of \$3 is payable through your county office. Age 11 and up.

● 2ND-HALF

☐ 228. 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 flash or thumb drive for storing your family-tree information. Age 11 and up.

☐ 229. Foodways Around the World

Discover different cultures through food and learn about your own food traditions or foodways. You'll learn about other cultures (and your own) by exploring the foods we eat. Foods and traditions are connected in more ways than you may imagine. You'll even get to make and try some different foods! Includes a field trip to a local market. Age 11 and up.

☐ 611. Fun With Soap Making

Same description as first-half session 511.

FOOD, NUTRITION & FITNESS

● 1ST-HALF

☐ 127. Cooking With Class

Work hands-on 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 11 and up.

☐ 128. Healthy Snacking

Snacking can be both healthy and delicious. Learn ways to make good choices in supplementing your diet with daily snacks. You'll also prepare and taste your own creations each day. Age 11 and up.

☐ 512. 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'll **almost** not want to eat them! Age 11 and up.

"4-H Exploration Days is thrilling, fun and educational – what a great way to learn!"

– Past 4-H Exploration Days participant

☐ 129. 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 11 and up.

☐ 130. 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 11 and up.

☐ 131. Shake, Rattle & Roll

Shake, rattle and roll your own ice cream – in a can! Have you ever planned an ice cream social? Bet you've never had a chance to develop your own ice cream flavor! Join us and learn how to party down with America's favorite dessert. Age 11 and up.

● 2ND-HALF

☐ 230. A 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 11 and up.

☐ 231. 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 11 and up.

☐ 232. Hands-On Food Science Investigation

Investigators don't just track criminals, sometimes they track everyday science. Learn more about science through cooking and food preservation. Become a food scientist yourself and find out how you can make money by developing, preparing, marketing and selling Michigan-made foods from your community. Age 11 and up.

☐ 612. MSU Bakery Days

Same description as first-half session 512.

☐ 233. Vegetarian Cooking

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

INTERNATIONAL LANGUAGE & CULTURE

● 1ST-HALF

☐ 132. Chinese Culture & Language

Speak Chinese in two days! Discover how young people in Chinese-speaking countries spend their time and how they celebrate cultural events. Learn how to write your name in Chinese, count and sing Chinese songs. Age 11 and up.

☐ 133. Exploring the Spanish Language

Did you know that Spanish is the fourth most commonly spoken language in the world? Knowing Spanish can help you get a job and enjoy friendships with other Spanish-speaking people. Have fun learning to use the Spanish alphabet, pronouncing Spanish words and gaining some language basics to help you communicate with people who speak Spanish. Ages 11 to 13 only.

● 2ND-HALF

☐ 234. The Caribbean: Colorful & Connected!

Get acquainted with the differences and similarities of culture, language, food and dance. Learn some of the language of the islands as well as the rich and wide-ranging history of this diverse and beautiful area of the Americas. Age 11 and up.

☐ 235. Indian Cooking: Follow the Spice Trail

Use your senses to explore the spices, fruits and vegetables of Indian cuisine while you learn fun Indian cooking techniques. You'll follow simple recipes to create a few healthy and delicious dishes that introduce you to the flavorful world of Indian food. Ages 12 to 16 only.

☐ 236. Poland & Its People & Culture

Meet some people who have been on the 4-H exchange trip to Poland. They will teach you about the culture, customs, music and foods of Poland. You'll learn about going on an exchange visit to Poland yourself, too. Age 11 and up.

● FULL

☐ 310. Konnichiwa! Japanese Language & Culture

Experience Japanese culture – its food, customs and language – in this intensive Japanese course. You'll gain a head start for a visit to Japan, as a host to a Japanese visitor or in the international business world. This session will run until 4:30 p.m. on Wednesday and Thursday. You'll receive a book on Japanese language and customs. Fee of \$10 is payable through your county office. Age 11 and up.

☐ 311. Scandinavian & German Arts & Crafts

Explore these cultures while making mischievous German elf dolls, wheat weaving and wheat art, an angel wall hanging, *Scherenschnitte* (German paper cutting), and German heartware jewelry and ornaments. You'll also take home recipes from these cultures and may make some of them. Fee of \$3 is payable through your county office. Age 11 and up.

MONEY MANAGEMENT

● 1ST-HALF

☐ 134. Who Wants to Be a 4-H Millionaire?

Ever wondered what it would be like to be a millionaire? Where would you live? What kind of car would you drive? In this interactive session, you'll learn the basics of becoming a millionaire in the future. It IS possible. Age 11 and up.

● 2ND-HALF

☐ 237. 4-H Mad City Money

Play an interactive and fun simulation that explores the ins and outs of money management, including budgeting, handling debit cards and check writing. YOU get to make the choices on where you spend your money and how you want to live! Don't miss this hands-on session. Age 11 and up.

☐ 238. Keys to My First Car

Hoping to buy a car? Discover what you can do now to prepare yourself and your wallet. Learn how to make a smart car choice, get a car loan and what auto insurance might cost. Preparation will help make your dream a reality! Age 14 and up.

OUTDOOR ADVENTURE CHALLENGE

Many of the sessions in this section involve physical activity and are held outdoors. We strongly recommend that you bring a filled water bottle, sunscreen and appropriate clothing to each meeting of the sessions in this section. Participants will receive a reminder letter before 4-H Exploration Days if you need to bring specific items.

● 2ND-HALF

☐ 239. Let's Take a Hike

Learn the difference between day hiking and backpacking, what type of equipment you need for each activity, how to stay warm and comfortable in all types of weather, how to read a map, how to use a compass and how to apply "Leave No Trace" ethics. You'll enjoy a pleasant day hike in a local park. Bring a book bag-style backpack, compass, filled water bottle, raincoat or poncho, and good walking shoes. Age 11 and up.

☐ 240. 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

☐ 312. 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 county office. Age 13 and up.

☐ 313. Climbing & Rappelling

Climbing walls and the MSU campus will be your classroom as you learn the technical and interpersonal skills you need for these challenging activities. Learn about the equipment, basic techniques and safety aspects of climbing and rappelling. Not for those who have taken this session before. Fee of \$24 is payable through your county office. Age 14 and up.

☐ 314. Kayaking

Kayaking is a great way to get outdoors and exercise your upper body. Learn 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 county office. Age 14 and up.

PERFORMING ARTS

● 1ST-HALF

☐ 135. Acting Basics for Ages 11 to 13

Learn acting basics under the guidance of an MSU theatre student. You'll engage in acting games and exercises, have fun with improvisation and explore developing a character for a play. You'll also get to work on a scene. No acting experience is needed. Ages 11 to 13 only.

☐ 136. Creative Writer's Workshop

Work in a group to explore creative-writing techniques for developing effective characters, settings and plots. Experiment with sensory detail, metaphor and allusion to connect to your readers. Bring samples of your writing such as poetry, stories, fiction, nonfiction, letters or journal entries. Ways to publish your work and interact with other authors will be covered. Ages 14 to 19 only.

☐ 137. Dance, Dance, Dance

Learn lots of cool jazz moves, warm-ups, floor work, stretches and strengthening movements. Learn the routines of top artists, some current hits and some oldies but goodies. Judson Laipply, creator of *The Evolution of Dance* and our 2012 Exploration Days Wharton Center entertainer, will teach on day two. Some dance experience is required. Age 12 and up.

☐ 138. Singing & Songwriting (Ages 15 to 19)

Maybe you don't play an instrument in a band or sing in a choir, but you can still make incredible music as a singer and songwriter. Learn the fundamentals of singing and pick up tips on writing lyrics, creating music, and recording and performing your songs. Ages 15 to 19 only.

● 2ND-HALF

☐ 241. Comedy 101

Experiment with improv and sketch comedy as a group performance. Explore how to write your own material and perform stand-up comedy. The instructor is a professional comic from West Michigan and has studied at Second City in Chicago and at the American Musical and Dramatic Academy in Los Angeles. Age 14 and up.

☐ 242. 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 13 and up.

☐ 243. Musical Theatre for Ages 14 to 19

This session is for you if you love to combine music and acting! You'll work on vocal warm-ups, pick-up tips and tricks for singing theatrically and discover how to act through music. You'll also work on a song. You should be comfortable singing in front of a group. Be prepared for a fast-moving session. Ages 14 to 19 only.

☐ 244. Singing & Songwriting (Ages 11 to 14)

Maybe you don't play an instrument in a band or sing in a choir, but you can still make incredible music as a singer and songwriter. Learn the fundamentals of singing and pick up tips on writing lyrics, creating music, and recording and performing your songs. Ages 11 to 14 only.

☐ 245. Storytelling: You Can Do It!

Storytelling is an exciting and fun way to explore your talents. Practice visualization and imagination-building activities. You'll practice storytelling in small groups using short legends, folktales and real-life stories. Suitable for beginning, intermediate and advanced storytellers. Age 11 and up.

● FULL

☐ 315. Glee Club

Become part of a Glee-style show choir. Your strengths will be assessed in dancing and singing. Following that, singing and dance warm-up exercises will be used to create a supportive group atmo-

sphere and to help everyone feel comfortable in being part of a glee club. Finally, you'll learn a choreographed song-and-dance number. Ages 14 to 19 only.

PERSONAL LIFE SKILLS DEVELOPMENT

● 1ST-HALF

☐ 139. Operation: Military Kids Mock Deployment Experience

Experience what it's like when service members deploy. Take a health and fitness assessment, learn about equipment and uniforms that service members use and hear about deployment experiences from service members. You'll create a presentation about what you've learned and share it with the group at the end of the session. Age 11 and up.

☐ 140. Relationship Reality Check

Building healthy relationships is an important part of growing up, and too often people get tangled up in relationships that are abusive. This session will tap your wisdom and experiences as we focus on developing healthy friendships and dating relationships that are grounded in respect, fairness and caring. Age 11 and up.

☐ 141. Teens Connecting With Kids

Are you a teen leader, a babysitter, a peer mentor or a class officer, or do you aspire to become one? You'll leave with an entire tool box of activities that you can use with younger kids to help them – and yourself – have fun, build cooperation, develop problem-solving skills and more. Age 11 and up.

● 2ND-HALF

☐ 246. Character COUNTS

As a person, a student, a professional, a citizen or whatever role you play in your community, character is important. You will participate in lots of hands-on activities exploring responsibility, citizenship, trustworthiness, respect, fairness and caring, and find out how you can leave your mark on the future. Age 11 and up.

☐ 247. Creative Cupcakes

Putting your life skills to work can be lots of fun! Decision-making, problem-solving, creativity, communications and teamwork will all help in this hands-on, cupcake-decorating session. Your creative cupcakes can become a service-learning project or a club activity to show community members you care. Age 11 and up.

☐ 248. Real Colors Personality Styles Training

Get to know yourself and your friends through a fun, colorful session! You'll take the fun and easy Real Colors personality survey to learn your unique blue, gold, green and orange color combination. Using your Real Colors you'll discover how to build better friendships, communicate effectively and much more! Age 12 and up.

DID YOU KNOW . . .

Each year, nearly 400 4-H volunteers contribute approximately 23,000 hours of their time teaching and supporting young people to ensure a successful 4-H Exploration Days!

Statistical data collected from 4-H Exploration Days registration program 2004–2011.

PHOTOGRAPHY

● 1ST-HALF

□ 142. Digital Nature Photography

Use your digital camera to take awesome nature photos. Explore the gardens and scenery on campus with your camera. You'll choose your best photos to upload to the web and to print. Bring a digital camera and a memory card with at least 128 Mb of free space. Age 11 and up.

□ 143. Exploring Your Own Photographic Style

Expand your creative world through digital photography. Learn to take better photographs by understanding the principles of design, composition and exposure time. Become comfortable with your camera and its functions. Learn to go beyond taking snapshots to develop your own unique photo style. Bring a camera you know how to use, the camera instruction manual, a memory card and lots of batteries. Age 11 and up.

● 2ND-HALF

□ 249. Digital Photography for Cowards

Beginners with a point-and-shoot digital camera and advanced photographers are welcome. This session is for anyone who wants to use a camera to its maximum potential. You'll learn about camera settings that often seem confusing, pick up easy tips for taking better photos and learn how to capture your 4-H projects. Bring a camera you know how to use, the instruction manual, a memory card and lots of extra batteries. Age 11 and up.

PLANT SCIENCE

● 1ST-HALF

□ 144. Fantastic Fibers & Dyes

From seed to tie-dyed T-shirt, figure out how a plant becomes something colorful we wear. We'll explore the plants that make up our cloths and learn how to make natural plant dyes. You'll make your own natural tie-dye T-shirt to take home. Age 11 and up.

□ 145. Technology & Plants at MSU

Get a hands-on overview of operations and research procedures in plant sciences and related areas. This is an exclusive opportunity to do real research in the MSU plant-science greenhouses. These greenhouses are closed to the public, so don't miss out on this opportunity. Age 12 and up.

● 2ND-HALF

□ 250. Butterflies & Hummingbirds

Learn how to attract hummingbirds and butterflies to your garden. You'll discover plants that attract these creatures for food and shelter. You'll make a hummingbird and butterfly feeder to take home. Fee of \$5 is payable through your county office. Age 11 and up.

DID YOU KNOW . . .

4-H Exploration Days participants from the classes of 2009 to 2011 are currently attending college at a 77% higher rate than their Michigan peers!

Student Tracker Data provided through the National Student Clearinghouse, November 2011; higheredinfo.org; 2009.

RECREATIONAL SPORTS

This section was called "Adventure Education" in 2011. 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.**

● 1ST-HALF

□ 513. 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 versus competitive play. Bring a filled water bottle and wear court shoes. Age 11 and up.

□ 514. Fencing

En garde! Fencing is one of only four sports to be included in every modern Olympic Games since the first in 1896. Team USA Fencing will be competing in the 2012 Summer Olympics in London. Learn about fencing and its equipment, gain hands-on fencing experience and so much more. Ages 14 to 19 only.

□ 146. Field Hockey

One of the world's most popular and competitive sports, field hockey was played in the Nile River Valley more than 4,000 years ago and was introduced to the United States in 1901. Join this fast-paced session to learn more about this NCAA and Olympic sport. Bring a filled water bottle. Age 11 and up.

□ 515. Ice Skating

Learn more about recreational skating and ice hockey. Tour an area sports complex and learn about sports management careers. For people of all ice skating skill levels. Fee of \$15 includes skate rental and is payable through your county office. Age 11 and up.

□ 516. Irish Road Bowling

Directly from Ireland comes an Irish lad to teach road bowling! The sport is similar to Frisbee golf, but involves a lead ball thrown down a country road. The fewest throws to traverse the designated distance wins. Curvy roads add to the challenge and excitement! You'll be bowled over by this growing international sport. Age 11 and up.

□ 517. Line Dancing

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

□ 518. 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. Bring a running suit or a sweat suit, a filled water bottle and a towel. Age 11 and up.

□ 519. Volleyball for Fun & Recreation

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

● 2ND-HALF

□ 613. Basketball Skills for Fun & Recreation

Same description as first-half session 513.

❑ 251. 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. Half of this session will be devoted to learning strategies and the other half will be spent playing chess. Age 11 and up.

❑ 614. Fencing

Same description as first-half session 514.

❑ 615. Ice Skating

Same description as first-half session 515.

❑ 616. Irish Road Bowling

Same description as first-half session 516.

❑ 617. Line Dancing

Same description as first-half session 517.

❑ 252. Racquetball

Learn the fundamentals of this great, physically exhausting game. Reduce stress and learn rules and game strategies. Court (not jogging) shoes are required; protective eye gear is recommended. Bring your own racquet, if possible, and a filled water bottle. A limited supply of racquets will be available. Age 11 and up.

❑ 618. Run for Your Life

Same description as first-half session 518.

❑ 253. Softball: Coed Slow Pitch

Swing through 4-H Exploration Days – enjoy the All-American sport of softball. Learn softball rules and strategies and experience the thrill of swinging the bat and running the bases. More experienced participants will be encouraged to assist beginners in learning the sport they have come to love. Remember to bring your softball glove and a filled water bottle! Age 11 and up.

❑ 619. Volleyball for Fun & Recreation

Same description as first-half session 519.

● FULL

❑ 316. 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 county office. Age 13 and up.

SHOOTING SPORTS

● 1ST-HALF

❑ 520. 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. Come and see how this easily accessible sport can be fun, safe and competitive! Age 11 and up.

❑ 147. Gobble Heads

Gobble up this session with successful tips on hunting the elusive wild turkey. Learn about turkey decoys, calling, feeding, roosting and courtship behavior, where to place a hunting blind and more. You must have completed a hunter safety course and hunted during the 2010–11 season or have participated in the 2011 Hunting Michigan's Big 5 session at 4-H Exploration Days to enroll in this session. You must bring your own turkey call. Age 11 and up.

❑ 521. Introduction to Archery

Hit the bull's-eye with this introduction to archery basics. Learn tips to help you get started in the fun sport of archery! Age 11 and up.

● 2ND-HALF

❑ 620. Beginning Pellet Rifle

Same description as first-half session 520.

❑ 254. Buck Heads

Focus on the details of hunting whitetail deer and what equipment to use to put a trophy on the wall or meat in the freezer. You must have completed a hunter safety course and hunted during the 2010–11 seasons or have participated in the 2011 Hunting Michigan's Big 5 session at 4-H Exploration Days to enroll in this session. Age 11 and up.

❑ 621. Introduction to Archery

Same description as first-half session 521.

❑ 255. Quack & Honk

Learn the fine points of calling and hunting ducks and geese, using decoys, selecting shots, and hunting from duck boats and pit blinds. You must have completed a hunter safety course and hunted during the 2010–11 season or have participated in the 2011 Hunting Michigan's Big 5 session at 4-H Exploration Days to enroll in this session. You must bring your own duck and goose calls. Age 11 and up.

● FULL

❑ 317. Hunting Michigan's Big 5

Gain hands-on experience learning how to hunt Michigan's "Big 5" – ducks, turkey, deer, geese and pheasants – from outstanding Michigan hunters! Learn how to blow a duck call, sneak up on a big buck, handle a pointer for pheasants and call in a turkey. Age 11 and up.

TECHNOLOGY

● 1ST-HALF

❑ 148. Basic Web Page Design

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

❑ 149. GPS Basics

Learn to use a GPS (Global Positioning System) unit to mark locations, find landmarks and do a GPS scavenger hunt. You'll also learn how to create your own GPS scavenger hunt. Have some fun outside with GPS and become a GPS expert. Age 11 and up.

❑ 522. Life Beneath the Naked Eye

The scanning electron microscope (SEM) has opened up a new way of seeing materials. Visit a materials-science lab and learn about SEMs. Use a SEM to view insects, human hair, ceramics, metals and other materials, and examine how temperature affects the "factor" of materials. Age 11 and up.

❑ 150. The Power of the Wind

Be green at MSU and challenge yourself to think like an engineer, build and test wind-powered devices, and explore important wind-power issues. You'll also receive a VIP tour of the MSU Power Plant's biofuel operation! Cost includes interactive youth guide and supplies. Fee of \$2 is payable through your county office. Age 11 and up.

□ 151. A Supernova in the Lab

Look behind the scenes at a world-leading laboratory where MSU researchers accelerate atomic particles to half the speed of light and then smash them. Age 11 and up.

□ 152. Web Design Using Flash

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.

● 2ND-HALF

□ 256. Advanced Web Page Design

Take web design beyond the basics by exploring topics such as using frames and style sheets, creating image maps and managing websites. Explore importing Flash and video into your web page. Taking Basic Web Page Design (first-half session 148) or having equivalent experience is required. Age 11 and up.

□ 257. Digitally Connected Clubs

Explore how you can integrate web pages, mp3 players, tablet computers, smartphones, wikis, online document sharing, QR codes and other digital technologies into your 4-H club. Age 11 and up.

□ 622. Life Beneath the Naked Eye

Same description as first-half session 522.

□ 258. Photoshop

Learn the basics of using Adobe Photoshop to modify your digital pictures. You'll learn to lighten pictures, eliminate red eye, move pieces of pictures and do lots of other fun stuff with your digital photos. Age 11 and up.

● FULL

□ 318. Amateur (HAM) Radio Licensing Course

Amateur (HAM) radio operators use radio equipment to communicate with other licensed radio amateurs worldwide. Talk to astronauts, ship personnel and people everywhere! You'll prepare for, then take the Federal Communications Commission test to earn a license to get on the air! Fee of \$10 (for the license) is payable through your county office. Age 11 and up.

□ 319. Digital Story Telling

Have you ever been interested in creating your own short film? Learn the basics to creating a great story in a digital format and post it online. Age 13 and up.

□ 320. Small Engines

Focus on the theory and practice of small engine maintenance and repair. You'll receive a list of basic tools to bring before the event. Ages 11 to 13 only.

VISUAL ARTS & CRAFTS

● 1ST-HALF

□ 153. Basketry (Advanced): Make a Picnic Basket

Apply your basketry skills in a whole new way! Learn to make a beautiful picnic basket with a new style of rim and other decorations that may include flowers or curls to adorn your creation. Baskets will be either 8 inches by 12 inches or 10 inches by 14 inches in size and perfect for those sunny days outdoors. You must have taken a basketry session previously or have the equivalent experience. Fee of \$5 is payable through your county office. Age 14 and up.

□ 154. Beaded Jewelry

Create a crystal bracelet and earrings using an easy "daisy chain" technique. This will be an elegant, unforgettable piece for someone special in your life and a great project for the beginner. Fee of \$5 is payable through your county office. Age 11 and up.

□ 523. Cool Candles

Learn to make candles of all shapes, sizes, colors and scents. Pour them, dip them, mold them and decorate them. You'll have many fun candles to take home. Fee of \$7 is payable through your county office. Age 11 and up.

□ 155. Cool String Art

String art is an arrangement of colored thread strung between nails on a wooden board to form complex designs. The designs can be either abstract or representational (such as a ship's sail, star or cross). Search "string art" on the web and you'll discover a cool craft. You'll complete a 12-inch by 12-inch string art piece. Fee of \$4 is payable through your county office. Age 11 and up.

□ 524. Festive Crafts

Pick a favorite holiday (Valentine's Day, Flag Day, Easter, Thanksgiving, Christmas, Kwanzaa or Hanukkah) and then make a durable holiday basket from assorted paper materials. You'll also make a decorative egg-shaped, 3-D frame made with yarn *maché* (like *papier maché* but with colorful yarn) to display craft objects. You'll receive realistic-looking flowers made from wood to display. Fee of \$5 is payable through your county office. Age 11 and up.

□ 156. Get Fired Up About Wood Burning

Design and decorate (with wood burning and colored pencils) a keepsake box. You'll start by practicing your wood-burning skills on flat tree ornaments. Then, working from your own design or patterns supplied by the instructor, you'll burn the design into a keepsake box that can be used as a souvenir, memento or jewelry box. Design ideas and patterns will be available or you can bring several designs of your own. Fee of \$5 is payable through your county office. Age 11 and up.

□ 157. Leather Craft

Make a design on leather using leather carving and stamping tools. You'll be able to choose a project to finish: coasters, a memory book, bookmarks or simple pictures. Dyes and finishes for leather will also be available and techniques will be demonstrated. Fee of \$7 is payable through your county office. Age 11 and up.

□ 158. Mosaic Art

Create your own colored-glass mosaic fish or turtle for your garden, yard or home. Learn how simple, inexpensive and creative mosaic making can be. You'll take home one finished art piece. Fee of \$5 is payable through your county office. Age 11 and up.

□ 159. Scrapbooking Your Favorite Memories & Stories

Create fun and creative scrapbook pages to take home using some of your favorite photographs of school, sports, family holidays, animals, friends and more. Learn easy journaling ways to document your photos with writing. Bring 20 to 30 of your favorite photos. Fee of \$5 is payable through your county office. Age 11 and up.

□ 160. Tie-Dye

Tie-dye is back and it's fun! Use your imagination and create one-of-a-kind wearable art. Bring a washed, white, 100-percent cotton T-shirt and another item (such as a pillow case, socks, a second T-shirt or a scarf) to tie-dye. Fee of \$2 is payable through your county office. Age 11 and up.

● 2ND-HALF

☐ 259. Basketry (Beginning): Make a Muffin 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 of 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 county office. Age 11 and up.

☐ 260. Colorful Accessories

Make two colorful accessories in this session, including a unique Duck Tape purse and a one-of-a-kind beaded stretch bracelet. Wow your friends with your new skills and your new fashion accessories. Fee of \$4 is payable through your county office. Age 11 and up.

☐ 623. Cool Candles

Same description as first-half session 523.

☐ 261. Crafting With Recyclables

Learn the benefits and ecological impacts of creating crafts from recycled, rather than store-bought, products. Bring your old, recycled items from home or school and turn them into creative pieces of art! You'll finish several items to take home. Age 11 and up.

☐ 624. Festive Crafts

Same description as first-half session 524.

☐ 262. Glass Etching

Learn how to etch glass, including selecting a design, transferring it to a glass surface and applying a chemical to your design. The chemical etches (eats) the glass surface only. When finished etching your design, you'll have a magnificent glass mirror to take home. Etching designs you can choose from include sports logos, flowers, animals, abstract designs, plus whatever your imagination produces. Fee of \$5 is payable through your county office. Ages 14 to 19 only.

☐ 263. Iris Paper Folding

Iris folding is a fun way to make beautiful greeting cards or wall hangings. It has nothing to do with origami, the iris flower or folding paper. Instead, iris paper folding consists of strips of paper that are layered upon each other to create amazing designs. In this session, you will discover a craft with endless possibilities. Age 11 and up.

☐ 264. Printoons: Fingerprint Art With a Message

Since no two fingerprints have been found to be exactly alike, Printoons (fingerprint art and cartooning) is a great way to explore how we were all meant to be different and to examine our unique selves. Through roleplaying, games and fingerprint art, you'll learn about accepting diversity, denying peer pressure and making healthy choices. This is an active session. Be prepared to make friends, create art and have fun! Age 11 and up.

☐ 265. Tin Punching

Tin punching is a type of metal work that has been used for many centuries around the world to decorate masks, picture and mirror frames, candle holders and other forms for "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 other objects (such as buttons and much more). Age 11 and up.

Attending 4-H Exploration Days is a great chance to practice independence and college life in a safe and supportive environment."

— Past 4-H Exploration Days participant

☐ 266. Unique Scrapbooking

Make and take home finished memory scrapbooks, including a photo explosion box and an accordion fold-out book, and at least one other unique scrapbook. You'll be able to complete each scrapbook page with your favorite photos and additional decorations and designs. Bring 20 to 25 of your favorite photos, including animals, family, friends, sports, school events and more. Fee of \$2 is payable through your county office. Age 11 and up.

● FULL

☐ 321. Advanced Stained Glass

This session is for individuals who have experience in making stained glass art. You'll complete one simple piece and two to three more complex pieces. You'll also improve your skills in glass cutting and soldering techniques. Materials and patterns will be provided. Bring your enthusiasm. Fee of \$9 is payable through your county office. Age 15 and up.

☐ 322. Basic Cake Decorating

Cake decorating is a fun way to be creative and share your talent with others. Learn the basics of cake decorating, including how to make icing and decorations such as stars, flowers and borders. You'll leave with a decorated cake and a basic cake-decorating certificate. No experience required. Bring an apron. Fee of \$10 is payable through your county office. Age 13 and up.

☐ 323. Pottery & Printmaking

Learn basic techniques for both pottery and printmaking. Create a pottery piece of up to 12 inches in height, and embellish it with your own designs and paint. Explore the printmaking process and take home a few prints that you'll make. Tour the MSU Art Department's studios for drawing, painting, graphic design, printmaking and sculpture. Fee of \$7 is payable through your county office. Age 11 and up.

☐ 324. Wooden Treasure Chest (Beginning Woodworking)

Make your very own treasure chest to store the things you value. You'll develop basic woodworking skills, including designing, sawing, sanding, staining, drilling, assembling and embellishing. You'll be amazed at your finished creation! Fee of \$7 is payable through your county office. Age 11 and up.

VOLUNTEER DEVELOPMENT

● FULL

☐ 325. Volunteer Academy

Learn new skills to enhance your work across all 4-H project areas. You'll have fun while you learn to identify and effectively use age-appropriate materials to teach the life skills that young people need. Take home a volunteer-starter kit that contains supplies (fun and games!) to use with your groups. Fee of \$10 is payable through your county office. Age 17 and up.

4-H AWARDS ASSEMBLY

(If you are not a state 4-H awards nominee, you can skip the rest of this page!)

The Michigan 4-H state award winners will be chosen during the 4-H Awards Assembly. All state award nominees are selected to attend this event on June 20 and 21, 2012. You must register for the 4-H Awards Assembly by completing the form on page 21. **You must also complete the Parent or Guardian Consent/Medical Treatment Authorization and Code of Conduct/Media Release/4-H Overnight Housing Permission Forms on pages 23 and 24.** Be sure to sign up for the three-digit award category for which you've been selected as your first-half session. The individual and team award categories are listed below.

Individual Awards

- 900. Achievement
- 901. Agriculture
- 902. Beef
- 903. Citizenship
- 904. Clothing & Textiles (including Style Review)
- 905. Communications
- 906. Companion Animals (including Cats, Fish, Pocket Pets & Reptiles)
- 907. Dairy Cattle
- 908. Dogs
- 909. Entomology
- 910. Entrepreneurship
- 911. Environmental & Outdoor Education
- 912. Folkpatterns, Global & Cultural Heritage
- 913. Food
- 914. Goats
- 915. Horses
- 916. Horticulture & Crops
- 917. Leadership
- 918. Leisure Education
- 919. Llamas & Alpacas
- 920. Performing Arts (including Clowning)
- 921. Photography
- 922. Poultry
- 923. Rabbits & Cavies
- 924. Science & Technology (including Automotive, Computers, Electrical, Small Engines & Tractors)
- 925. Sheep
- 926. Shooting Sports
- 927. Swine
- 928. Veterinary Science
- 929. Visual Arts

Group Awards

- 930. Community Service & Citizenship Emphasis
- 931. Entrepreneurship Emphasis
- 932. Project Area Emphasis
- 933. Special Activity Emphasis

During the 4-H Awards Assembly, you will:

- Have opportunities for personal and leadership growth.
- Develop skills in communication and team building.
- Be part of a hands-on community service project and use your skills to make a difference!
- Interact with other award nominees.
- Be recognized for being nominated in your recognition area.
- Participate in interviews for selection of 4-H state award winners.

All state award nominees in all recognition areas will be required to participate full-time in both days of the 4-H Awards Assembly. Absence from any part of the two days makes you ineligible to be a state winner.

Awards participants are encouraged to stay for the remainder of 4-H Exploration Days and to participate in a second-half session on Thursday afternoon and Friday morning. **Awards nominees may not sign up for or help with 4-H Exploration Days full or first-half sessions.**

If you don't register to stay until the end of 4-H Exploration Days, you must attend the Thursday afternoon session for awards participants and the 4-H Awards Celebration on Thursday evening, then check out of your residence hall room between 9 and 10 p.m. and immediately leave campus. **Thursday evening recreation activities are only for those registered for all of 4-H Exploration Days.**

A 4-H Awards Celebration will be held in the Great Hall of the Wharton Center for Performing Arts on Thursday from 7 to 9 p.m. State winners will be announced during this celebration. The program is open to 4-H members, 4-H volunteers, staff and parents of nominees. Seating will be available on a first-come, first-served basis.

Schedule

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

4-H Military Canine Support Project

All 4-H Awards Assembly delegates will participate in the "4-H Military Canine Support" project. Delegates will create care packages for deployed military dogs and their handlers. Donated items will be coordinated with the collection efforts of Michigan Search and Rescue and shipped to active canine military units. Delegates to the 4-H Awards Assembly are asked to bring items for dog care (such as leashes, treats and toys) and handlers (such as nonperishable snacks, books and grooming items), or monetary donations to help offset shipping costs. At the 4-H Awards Assembly, delegates will write notes about their 4-H experiences to include with the care packages. More information about this project can be found online at michigansar.org.

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 exception 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.

County Conference Assistant Role & Training Information

Each county must have one male and one female County Conference Assistant (CCA) to oversee the county delegation. Multicounty supervision is encouraged for counties bringing fewer than 10 to 15 delegates of either sex. County conference assistants 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 working through the assigned residence hall’s Head Conference Assistants (HCAs). They serve as the go-to person for all chaperones, share information, provide assistance and coordinate the activities of the county delegation.

To prepare CCAs to effectively fulfill this role, online training will occur before 4-H Exploration Days. The training will include brief online movies, interactive quizzes and a recorded online webinar. Email and a hard-copy mailing will be sent to CCAs in late May about CCA responsibilities and online training site links and directions. CCAs will also touch bases with the Head Conference Assistants in their assigned residence hall upon their arrival to the event to receive additional information.

For more information please visit the CCA Responsibilities Section of the 4-H Exploration Days website at 4h.msue.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

Past 4-H Exploration Days participants say . . .

“Through attending Exploration Days I gained confidence, inspiration and skills I need for the future.”

“4-H Exploration Days helped me to communicate, be responsible and set high standards for myself.”

“Attending this program helped me set higher goals.”

“I am more prepared to enter the work force because of my involvement and skills developed in 4-H. Participation in programs like Exploration Days helped to teach me skills that I will keep forever.”

on the adult-use-only section of the registration form. Session and activity hosts provide extra support by taking attendance, answering questions and assisting as needed. If each of the more than 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 county MSU Extension office will also receive a summary of the host assignments for all of its adults.

For more information visit the 4-H Exploration Days web site at 4h.msue.msu.edu/4h/responsibilities

or contact your county 4-H staff.

You can also download pdf (Adobe Acrobat) copies of the registration forms (including a Spanish version) from the 4-H Exploration Days website.



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.

There's Lots to Do at MSU!

Learn more about the variety of attractions on the beautiful MSU campus during late afternoon and evening on Wednesday and Thursday. Day, time and location details will be listed in the Activity Guide provided at the event. The possibilities include:

- **Abrams Planetarium**
Take in a narrated sky show to learn about the stars and planets.
- **4-H Children's Garden**
Experience the many themed gardens within the world-famous 4-H Children's Garden.
- **Jack Breslin Student Events Center**
Tour the home of the MSU Spartan basketball teams and a variety of sports, music and other events. See the locker rooms, media room and "star signing" wall that are not normally open to the public.
- **MSU Animal Field Laboratory Tour**
Travel by bus to visit either the MSU Dairy, Horse or Beef Facilities.
- **MSU Bug House**
See the Entomology Department's amazing collection of creepy critters – both live and pinned.
- **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.
- **MSU Skandalaris Football Center**
Tour this \$15 million facility that's the home for teaching, learning and training MSU football stars.
- **MSU Student Organic Farm**
This 10-acre, certified organic, year-round teaching and production farm uses passive solar greenhouses or hoopouses to produce and distribute fresh produce all year long. Its markets include an on-campus farm stand and sales to MSU dining halls.
- **National Superconducting Cyclotron Laboratory**
Tour one of the world's top nuclear research facilities that has advanced knowledge in fields as varied as medicine and national security.

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

JOIN | THE REVOLUTION OF RESPONSIBILITY

There is a movement of positive change going on around the country. Discover some of the ways that 4-H'ers are making a difference! Share your story at 4h.msue.msu.edu

2012 4-H EXPLORATION DAYS SCHEDULE OF ACTIVITIES

WEDNESDAY, JUNE 20

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.–11:30 a.m.	County Meetings – counties will be pre-assigned a half-hour time & location
11:00–11:15 a.m.	Host Orientation (option 1)
11:15 a.m.–1:00 p.m.	Lunch
11:45 a.m.–12:00 p.m.	Host Orientation (option 2)
12:30 p.m.–1:45 p.m.	State 4-H Awards Assembly Program
1:30 p.m.–4:00 p.m.	First-Half Sessions
1:45 p.m.–3:45 p.m.	Full Sessions
2:00 p.m.–5:00 p.m.	State 4-H Award Interviews
4:45 p.m.–5:00 p.m.	Youth/Chaperone County Huddles on Assigned Floors (Chaperones may adjust time slightly)
4:50 p.m.–5:30 p.m.	Swimming (designated counties only)
5:00 p.m.–6:30 p.m.	Dinner
6:15 p.m.–6:55 p.m.	Swimming (designated counties only)
8:00 p.m.–9:15 p.m.	Wharton Center Entertainment
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 21

7:00 a.m.–8:15 a.m.	Breakfast
8:30 a.m.–10:00 a.m.	State 4-H Awards Assembly Program
8:30 a.m.–11:00 a.m.	First-Half Sessions
8:45 a.m.–11:15 a.m.	Full Sessions

10:30 a.m.–12:30 p.m.	State 4-H Awards Program Rehearsal
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)
4:50 p.m.–5:30 p.m.	Swimming (designated counties only)
5:00 p.m.–6:30 p.m.	Dinner
6:00 p.m.–7:00 p.m.	4-H Awards Celebration Reception (by invitation only)
6:15 p.m.–8:15 p.m.	Swimming (40 minutes each for designated counties)
7:00 p.m.–9:00 p.m.	State 4-H Awards Celebration
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 22

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

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