



## Session A: Thursday, June 22 8:30 am - 11:30 am

Session Number	Title	Description	Age Range
A-1*	3, 2, 1, Liftoff!	3, 2, 1, Liftoff! Soar into the atmosphere in this session as you learn the basics of making a model rocket. Launch yourself into the design process as you carve a nosecone, cutout fins, and add unique elements to fit your mission parameters. Don't let this session zoom by. Ages 12 and up.	12-19
A-2	American Sign Language for Beginners	Did you know American Sign Language (ASL) has its own grammar, word order and style? Attend this session to learn the basics of the ASL alphabet, numbers 1-20, every day words, and basic sentences. This session is geared toward participants who don't have much experience with ASL but want to learn this important language. Ages 12 and up.	12-19
A-3*	Archers to the Line!	Join us at the world class MSU Demmer Center for this introductory class to the worldwide sport of archery. Learn the basics of what it takes to knock, draw, aim and fire an arrow down range to the target. Learn about the basic equipment, range rules, and competitions you can take part in while having fun shooting bows and arrows! This is a class on the basics of archery. No open-toed shoes will be allowed. Ages 12 and up.	12-19
A-4	Chinese Calligraphy	Chinese calligraphy combines visual art and literal meaning into one form of communication. This session will allow you to use traditional Chinese calligraphy tools to create your own calligraphy works. Learn about the start of Chinese calligraphy, including the writing tools, the different types of script, and important calligraphers. Leave with an appreciation and skill in this beautiful visual art. Ages 12 and up.	12-19
A-5	Colorful Canvas: Acrylic Painting 101	Are you an aspiring Picasso? In this session, have some creative fun while learning how to paint your own masterpiece! With step-by-step instructions, you will recreate an acrylic painting to take home. Please bring an apron or wear old clothes you don't mind getting paint on. No previous painting experience is needed. Ages 12 and up.	12-19
A-6	Crocheting Basics	Crochet is the process of using hooks to interlock yarn, thread or other materials together. A convenient and adaptable craft, this session will teach you basic crochet stitches so you can create your own crocheted items, including bags, blankets, hats and more! Ages 12 and up.	12-19

A-7*	Design Your Own Gymkhana/Speed Pattern	Advanced Level Session! Attend this session to create a new horse show gymkhana/speed class to submit for approval to the Michigan 4-H Horse & Pony Project Rules Committee! We will create a pattern, decide what obstacles to use, determine the measurements, and include information on penalties and disqualifications. We will also evaluate the new pattern for any safety issues. Bring your knowledge of the current approved 4-H Horse & Pony Project Speed/gymkhana classes that are offered at the Michigan State 4-H Horse Show and develop your skill in designing a pattern. Ages 12 and up.	12-19
A-8	Don't Bite Off More Than You CAN Chew!	In this hands-on food preservation session you'll learn different ways to preserve food and practice preserving food so you can enjoy it later. You'll also explore ways to showcase your great food preservation projects at your county fair. Ages 12 and up.	12-19
A-9*	Dungeons and Drawing	Interested in digital art? Enjoy Dungeons and Dragons(DnD)? Want to attend an EPIC session? In this session, you will utilize the Sketchbook Pro app on provided iPads to design a DnD-inspired character. Experience character creation techniques and a variety of approaches to digital art. Develop your skill in this drawing and animation software and leave inspired to create more! Ages 12 and up.	12-19
A-10	Everyone Can Code	Are you ready to take a coding adventure? Use your critical thinking skills and solve fun interactive puzzles. Using Swift Playgrounds, a revolutionary app for iPads, have fun and experiment with this powerful programming language. No coding experience required and iPads are provided for the session. Ages 12 and up.	12-19
A-11	Exploring Horticulture At MSU	Are you interested in plant science, gardening or just love plants? Explore all that MSU has to offer in the beautiful world of horticulture. Get a behind-the-scenes, hands-on look at MSU greenhouses, gardens and more! Ages 12 and up.	12-19
A-12*	Gain some Gikendaasowin (Knowledge)	Get Quizzicle! Play an Anishinaabek Knowledge Game! Want to learn more about the Michigan Tribal Nations? This session will provide a foundation of the history and structure of Michigan tribal society and policy. Find out more about the tribal/indigenous people in our state and leave inspired to keep learning and connect with our tribal/indigenous people in a respectful way. Put your new knowledge to the test and win the game! Ages 12 and up.	15-19
A-13	Get Rolling.....With Robots!	Do you love coding? Are you interested in robots? If yes, then this is the session for you! Join us as we cruise around with Sphero bots. Using iPads and Sphero bots, we will explore coding, master mazes, and more! iPads and Spheros are provided. Ages 12 and up.	12-19

A-14*	Good Vibes Only: Mindfulness, Self-Care, and Harmony	This session will allow you to increase your awareness of who and how you are. Knowing this, you can respond, instead of react, to your environment and limit times your feelings overwhelm you. We will discuss the importance of self-care, sample approaches to daily mindfulness, and methods to create regular habits that foster peace and harmony. You will be able to practice these approaches in your daily life and share what you learned with friends. Ages 12 and up.	12-19
A-15	Heat Press to Impress	In the market for a t-shirt but nothing is catching your eye? Design your own! In this session, you will find or create your design, make an outline and then use heat to apply the image onto your shirt. You'll also learn about the different application processes required for different fabrics. A shirt will be provided and you are also welcome to bring an extra shirt to try out different heat application methods! Ages 12 and up.	12-19
A-16	Ice Cream, You Scream	Did you know that chocolate and vanilla are the most popular flavors of ice cream? Join us in this session as we scoop our way through the science of ice cream. Whether eaten in a bowl or in a cone, you will be able to add to your toppings of knowledge as we learn about the elements and recipes for various ice cream flavors! Ages 12 and up.	12-19
A-17	In-Line Skating	Advanced Level Session! You must have inline skating experience for this session and <b>bring your own inline skates</b> . Explore the beautiful MSU campus as we skate around while making friends. Find out more about inline skating with trivia and games! Wear clothes you can move in and bring your own inline skates. If you have safety equipment (pads, helmets, wrist guards) of your own, please bring as well. (Skates will not be provided.) Ages 12 and up.	12-19
A-18*	Intro to Horses	Do you want to learn about horses? Do you ride horses and want to enhance your knowledge? This fun session will let you learn while playing a game. Find out all things horse from grooming to saddling, basic anatomy and how to care for them. You will even create a craft to take home! Bring your questions to ask and build your horse-based knowledge. Ages 12 and up.	12-19
A-19*	Intro to Meat Evaluation	Experience the science of meat! This session will cover the basic concepts of meat evaluation and grading. Learn the priorities for placing classes of beef, pork and lamb, and allow you to use the tools (such as a probe, grid, marbling cards) of the industry. Then put your knowledge to the test as you estimate beef yield and quality grades. A portion of the session may be spent in the meat lab (i.e. cold environment). You will need closed toed shoes and jacket and adhere to meat lab policies. Long pants would be recommended. Ages 12 and up.	12-19

A-20*	Make Your Own Video Game Controller	Do you love playing video games? Have you thought about the design that is involved in your controller? Did you know you could use every day materials like modeling dough, foil, wires, and cardboard to create a functioning controller? You will explore engineering and design concepts in this session by using Makey Makeys to make a controller and control a video game! Ages 12 and up.	12-19
A-21*	Meetings That Get You Moving!	Do your 4-H meetings or group activities feel like all work and no play? Learn quick and engaging activities to make your next meeting both fun and functional. Find ways to involve everyone in a group from the shy new member to the enthusiastic older participant. Have fun and learn ways to help everyone participate at their own comfort level. Ages 12 and up.	12-19
A-22*	No Kidding! Goats 101	Did you know there are over 300 distinct breeds of goats? From nutrition, to showing, to evaluation, this session will provide you with the basics on goats. Try using clippers, hoof trimmers and doing body assessments. No open-toed shoes allowed. Ages 12 and up.	12-19
A-23	Nothing Up My Sleeve! Magic & Illusions	Amaze and impress your friends and family with your skillful perspective on magic and illusions. You'll learn how to make your own simple bag of magic tricks on a shoestring budget, explore the science and psychology behind these tricks as well as take a historical look at optical illusions. Ages 12 and up.	12-19
A-24	Orange, Blue, Green, Gold - What are You?	What type of cereal are you? How do you define doing a good job? Where do you want to be in five years? Master how to answer these questions as you take a deeper look at your personality in this session. Using the Real Colors personality assessment, you will learn tips and tricks to help prepare for your next interview. Ages 14 and up.	15-19
A-25*	Paws-tivity: Training a Future Leader Dog	Do you want to help the mission of Leader Dogs for the Blind and raise a future Leader Dog? This session is for you! Find out about positive reinforcement training, training a guide dog prospect, and careers in the guide dog industry. Experience a guided walk alongside a trained Leader Dog Canine Ambassador. Leave with a better understanding of the important role Leader Dogs have in empowering people who are visually impaired with lifelong skills for independent travel. No open toed shoes. Ages 12 and up.	12-19

A-26*	Pickleball: The Basics	Come play the fastest growing sport in the US! Learn the basic shots and rules to play Pickleball, a paddle sport that looks like a ping pong game on a small tennis court. The game is all about strategy and defense- a great game to play across generations. Find out where the Kitchen is and enjoy some Pickleball! Participants should bring a water bottle, clothes to move in, and athletic shoes. Ages 12 and up.	12-19
A-27*	Pollination Celebration	Celebrate and support pollinators in this activity-based session. Learn how flowering plants adapt to attract pollinators by designing your own flower and pollinator. Take a stroll around campus to look for and identify plants and their pollinators using iNaturalist. Put your knowledge to the test by building a hotel for solitary burrowing bees using recycled materials. Ages 12 and up.	12-19
A-28	Rabbit and Cavy Showmanship	Want to expand your rabbit and cavy showmanship skills? Learn how to be a top competitor this summer for your fair showmanship competition. No open-toed shoes allowed. A long-sleeve shirt is required for safety. Ages 12 and up.	12-19
A-29*	Ready! Set! Pull!	Ready! Set! Pull! During this hands-on session you will learn the parts of the gun, shooting techniques and safety. This session will allow you to try the discipline of trap. No open-toed shoes will be allowed.	12-19
A-30*	Run for your Life	Running is a free form of cardio exercise and you can do it anywhere! Learn the basics of distance running as well as running techniques to be healthy and fast. Discuss the health and lifestyle benefits and nutrition tips to support your running practice. Come ready to learn how to run for your whole life! Wear clothes you can move/run in and athletic shoes. Ages 12 and up.	12-19
A-31*	Spartan Dollars and Cents- A Budgeting Challenge	Ever wonder how difficult it is to live on your own, make life decisions, and pay your bills? In this exciting budgeting simulation, participants will take on the challenge of creating a budget based on decisions they make about common monthly expenses. Find an apartment, buy a car, save for retirement. Can you develop a budget that best align with the lifestyle you envision for yourself? Ages 12 and up.	12-19
A-32	Sow and Grow Your Late Summer Garden	Do you still have room in your garden for a few more flowers or vegetables? Learn which seeds can be started in summer for a late season crop. Practice potting seedlings and starts and leave with your own plants and seeds to build your successful growing space. Come ready to work in the dirt! Wear clothes that can get dirty and no open-toed shoes. Ages 12 and up.	12-19

A-33*	There's Been a Crime!	Collect the evidence! Solve the crime! Magnify your knowledge in forensic science in this interactive session. Learn the process of identifying evidence such as blood typing, fingerprints, shoeprints, handwriting and more! Ages 12 and up.	12-15
A-34*	Tie-Dye Transformations	Learn to create the perfect tie-dye masterpiece. You will get to experiment with twisting, scrunching, and swirling techniques to make beautiful patterns. Open to all skill levels. A t-shirt will be provided for tie-dye but you have the option to bring up to 3 extra items of your choice. Extra items can be socks, another t-shirt, a dress, shorts - just about anything that's 100% cotton. Ages 12 and up.	12-19
A-35	Tree-mendous care	What do trees need to be healthy? In this session, you will see how the campus arboretum is maintained at Michigan State University. Experience basic instruction in tree climbing with ropes and saddles. Learn from arborists about the care that trees need and see demonstrations of tree spraying and injection techniques. See how MSU repurposes wood from trees that are removed from campus. Leave with ideas for tree care in your community! No open-toed shoes. Ages 12 and up.	12-19
A-36	Venture to Adventure	Does working outside interest you? Enjoy camping, hunting, hiking, or kayaking? Learn firsthand about careers that will keep you connected to the natural environment, such as wildland fire, forestry, wildlife and more. Practice your skills in these career paths and meet the professionals currently working in these roles. Most importantly, spend some time outside! Wear clothes you can move in outside and no open-toed shoes. Ages 12 and up.	12-19
A-37*	Writing from Austen to Zusak	Are you a writer? Would you like to become a writer? Join this session to develop the skills necessary to build characters, stories, and worlds. We'll use shared prompts and word games to strengthen our writing abilities. You will leave with tools to help your writing in any genre. Ages 12 and up.	12-19

## Session B Thursday, June 22 1:30 pm - 4:30 pm

Session Number	Title	Description	Age Range
B-1*	3, 2, 1, Liftoff!	3, 2, 1, Liftoff! Soar into the atmosphere in this session as you learn the basics of making a model rocket. Launch yourself into the design process as you carve a nosecone, cutout fins, and add unique elements to fit your mission parameters. Don't let this session zoom by. Ages 12 and up.	12-19

B-2	Acrylic Painting- A Forest of Birch Trees	Picture it: you're walking through a forest of birch trees; the sun is bright, the breeze is cool. Now...paint it! In this session, you will use your imagination and create a painting featuring your own forest of birch trees. Experiment with color and texture in paint as you construct a wooded oasis to take home with you. Please bring an apron or old clothes that you can get paint on. Ages 12 and up.	12-19
B-3*	Archers to the Line!	Join us at the world class MSU Demmer Center for this introductory class to the worldwide sport of archery. Learn the basics of what it takes to knock, draw, aim and fire an arrow down range to the target. Learn about the basic equipment, range rules, and competitions you can take part in while having fun shooting bows and arrows! This is a class on the basics of archery. No open-toed shoes will be allowed. Ages 12 and up.	12-19
B-4*	Be a Veterinary Nurse for a Day	This session will let you experience and understand the role of a veterinary nurse. Walk through a surgery case and engage in a live bandaging lab. Learn more about the ways you can provide crucial medical treatment for animals in this career path. Ages 12 and up.	12-19
B-5	Beat the Clock: Escape Room	Tick Tock! Can you beat the clock! Solve the clues! Escape the room! Discover your own leadership strengths and learn how to work with others as a team by solving two themed escape rooms. Escape room themes will be Farmer Fred and his lost mare and MSU Playful Spirits. Ages 12 and up.	12-19
B-6	Beat the Competition: Make the Most of your Market Animal Project	Selling a livestock market animal? Want a leg-up on your competition? In this session, we will cover a variety of marketing and communication strategies that will help you make your best even better. Experience cow/calf and feedlot operations and take away tips to improve your market animal project. Ages 12 and up.	12-19
B-7	Beginning Rabbit Basics	How do I raise a rabbit? This interactive and hands-on session is for those just starting a 4-H rabbit project. You'll gain a basic understanding of rabbit care such as palpating and nail clipping. Leave with skills to breed and raise a young rabbit. No open-toed shoes. Ages 12 and up.	12-19
B-8	Celebrate Festa Junina!	It is June and time to celebrate "Festa Junina", the largest annual festivity in Brazil after Carnival. Learn more about this cultural harvest celebration, craft "Festa Junina" paper decorations, and play a typical game called "pescaria" for small prizes. You will even get to experience "quadrilha", a traditional family-friendly group dance. Travel to Brazil during 4-H Exploration Days! Must wear flat and stable footwear (no open back shoes, flip flops, crocs, etc). Sneakers or slip on sneakers are recommended. Ages 12-15.	12-15



B-9*	Design Your Own Gymkhana/Speed Pattern	Advanced Level Session! Attend this session to create a new horse show gymkhana/speed class to submit for approval to the Michigan 4-H Horse & Pony Project Rules Committee! We will create a pattern, decide what obstacles to use, determine the measurements, and include information on penalties and disqualifications. We will also evaluate the new pattern for any safety issues. Bring your knowledge of the current approved 4-H Horse & Pony Project Speed/gymkhana classes that are offered at the Michigan State 4-H Horse Show and develop your skill in designing a pattern. Ages 12 and up.	12-19
B-10*	Gain some Gikendaasowin (Knowledge)	Get Quizzicle! Play an Anishinaabek Knowledge Game! Want to learn more about the Michigan Tribal Nations? This session will provide a foundation of the history and structure of Michigan tribal society and policy. Find out more about the tribal/indigenous people in our state and leave inspired to keep learning and connect with our tribal/indigenous people in a respectful way. Put your new knowledge to the test and win the game! Ages 12 and up.	15-19
B-11	Exploring Health Care Careers	Interested in healthcare but not sure about being a doctor? The need for healthcare professionals is expected to increase over the next 10 years, and there are a variety of career paths to choose from. Hear about these exciting healthcare positions and ask questions directly to professionals and providers in the field. You will learn how to create your own healthcare professional career path. Ages 12 and up.	12-19
B-12	From Calf to Cow	Do you know what beef cattle need to eat to be healthy and grow? Gain knowledge in the basics of beef cattle production. In this session, you will learn about cattle behavior and experience proper handling techniques. Leave knowing the principles of nutrition, cattle selection, evaluation, and breeding. No open-toed shoes allowed. Ages 12 and up.	12-19
B-13	Graphic Design Basics	Take a lot of digital photos? Learn the basics of how to modify digital photos and create a photo montage. You'll learn to lighten photos, eliminate red-eye, move pieces of pictures, and use other fun digital retouching techniques on digital photos. Ages 12 and up.	12-19
B-14	Intro to Equine First Aid	Find your horse limping or with a wound? Wondering what to do before the vet arrives? Wondering when you should call a vet? This session will cover the basics of equine first aid including kit preparedness, basic injury care and an introduction to common horse ailments. Ages 12 and up.	12-19

B-15*	Intro to Horses	Do you want to learn about horses? Do you ride horses and want to enhance your knowledge? This fun session will let you learn while playing a game. Find out all things horse from grooming to saddling, basic anatomy and how to care for them. You will even create a craft to take home! Bring your questions to ask and build your horse-based knowledge. Ages 12 and up.	12-19
B-16*	Intro to Meat Evaluation	Experience the science of meat! This session will cover the basic concepts of meat evaluation and grading. Learn the priorities for placing classes of beef, pork and lamb, and allow you to use the tools (such as a probe, grid, marbling cards) of the industry. Then put your knowledge to the test as you estimate beef yield and quality grades. A portion of the session may be spent in the meat lab (i.e. cold environment). You will need closed toed shoes and jacket and adhere to meat lab policies. Long pants would be recommended. Ages 12 and up.	12-19
B-17	Jelly Roll Drag Race	Advanced Level Session! Using bundles of pre-cut fabric strips (jelly rolls), you will sew them together to create a lap quilt! Sew at your own speed. Experience with straight line sewing is needed. Celebrate the uniqueness of everyone's individual jelly roll lap quilt. If there is time, pressing, batting, backing and binding the project will be covered. Ages 14 and up.	15-19
B-18*	Junk Drawer Robotics: Build a Catapult	What can you make with materials you can find in a junk drawer? Put your engineering skills to the test in this hands-on workshop! You will learn about the engineering design process and spark your own creativity as you work in a team to build a catapult. Can your team's catapult meet the design specifications and fling a pompom the farthest? Come find out! Ages 12 and up.	12-19
B-19	Kindness: Making Positive Change Locally & Globally	Invent a positive future for your community and world by exploring the traits of kindness, empathy, and respect, which are essential to being a youth leader. Meet people who are making a difference in their lives and careers with positive character as their guiding light. You will leave with inspiration and ideas on how you can make a difference in your world. Ages 12 and up.	12-19
B-20	Let's Get Cooking!	Want to enhance your cooking skills and be able to create a full meal? Attend this session to learn about knife safety, cooking methods, and nutrition while preparing a balanced meal. Use your creativity to design a one-of-a-kind dessert using 3 simple ingredients! Open to 12-15 year olds.	12-15

B-21*	Make Your Own Video Game Controller	Do you love playing video games? Have you thought about the design that is involved in your controller? Did you know you could use every day materials like modeling dough, foil, wires, and cardboard to create a functioning controller? You will explore engineering and design concepts in this session by using Makey Makeys to make a controller and control a video game! Ages 12 and up.	12-19
B-22*	Money JEOPARDY!	"This is JEOPARDY!" Now here is our host the MSU Federal Credit Union's Financial Educators! Join us, as a contestant as we learn what matters most when it comes to money! You will experience mini financial education presentations and then test your knowledge in categories such as credit, credit unions vs. banks, fraud, Michigan facts and more! Ask yourself: Will you be crowned the next Money JEOPARDY Champion? Ages 12 and up.	12-19
B-23*	Navigating Relationships	Relationships and dating can be challenging! In this session, you will identify healthy signs of a positive relationship and warning signs of a unhealthy relationships. Having boundaries can lead to healthy relationships. You will understand and practice communicating your own boundaries while respecting your peers' boundaries. You will also learn how to navigate a break-up and support others in their relationship journeys. Ages 12-15.	12-15
B-24*	No Kidding! Goats 101	Did you know there are over 300 distinct breeds of goats? From nutrition, to showing, to evaluation, this session will provide you with the basics on goats. Try using clippers, hoof trimmers and doing body assessments. No open-toed shoes allowed. Ages 12 and up.	12-19
B-25	Orienteering	Knowing where you are is the best way to not get lost. Take to the outdoors in this session! Through hands-on activities, you will learn basic compass and map reading skills to help you prepare for your next outdoor adventure. Bring a water bottle, sunscreen/hat, and comfortable walking, close toed shoes. Ages 12 and up.	12-19
B-26	Part of Your World...With Dragons	Come learn how to craft your own Dungeons & Dragons adventure. Assemble exciting characters, thrilling stories, and twists guaranteed to make a Tabaxi Rogue's head spin. Leave inspired and having created your own adventure. Ages 12 and up.	12-19

B-27	Pathways to Protection: The World of Public Health	Promote and protect the health of the people and communities where you live, learn, and work and play! In this wellness-focused session, you will get to meet public health practitioners working directly in the field. Public health professionals help improve our quality of life. Learn ways that you can help yourself and others thrive, and ask questions of epidemiologists, health educators, nurses, and environmental specialists as you explore this career path. Age 12 and up.	12-19
B-28*	Paws-tivity: Training a Future Leader Dog	Do you want to help the mission of Leader Dogs for the Blind and raise a future Leader Dog? This session is for you! Find out about positive reinforcement training, training a guide dog prospect, and careers in the guide dog industry. Experience a guided walk alongside a trained Leader Dog Canine Ambassdaor. Leave with a better understanding of the important role Leader Dogs have in empowering people who are visually impaired with lifelong skills for independent travel. No open toed shoes. Ages 12 and up.	12-19
B-29*	Pickleball: The Basics	Come play the fastest growing sport in the US! Learn the basic shots and rules to play Pickleball, a paddle sport that looks like a ping pong game on a small tennis court. The game is all about strategy and defense- a great game to play across generations. Find out where the Kitchen is and enjoy some Pickleball! Participants should bring a water bottle, clothes to move in, and athletic shoes. Ages 12 and up.	12-19
B-30*	Ready! Set! Pull!	Ready! Set! Pull! During this hands-on session you will learn the parts of the gun, shooting techniques and safety. This session will allow you to try the discipline of trap. No open-toed shoes will be allowed.	12-19
B-31*	Run for your Life	Running is a free form of cardio exercise and you can do it anywhere! Learn the basics of distance running as well as running techniques to be healthy and fast. Discuss the health and lifestyle benefits and nutrition tips to support your running practice. Come ready to learn how to run for your whole life! Wear clothes you can move/run in and athletic shoes. Ages 12 and up.	12-19
B-32	Standing out on Paper	What have you accomplished? What are your skills? Work your way to the top of the stack in this session as you learn the do's and don'ts of creating, reviewing, formatting and brainstorming what to include on your resume. Showcase who you are by designing or modifying your resume. Ages 14 and up.	14-19

B-33	Storytelling Through Videography	Come and learn the fundamentals of telling a good story through video. Whether you aspire to be the next greatest movie director, or you want to create some music videos with your friends, this session will teach you the skills you need to create a masterpiece! Use iPads and iMovie to create a unique digital story to share with others. iPads will be provided for the session. Please feel free to bring your own everyday objects to use for the creation of your video. Ages 12 and up.	12-19
B-34	The Physical Therapy Career Map	Interested in a career in physical therapy? In this session, you will explore the educational and licensing requirements of a physical therapist, the settings in which a physical therapist might work, and the range of career options in the field. Experience an up-close view of "a day in the life of a physical therapist." Leave with an understanding of class choices and volunteer experiences that may align with your future goals, physical therapy programs available in Michigan, and resources/contacts for continued Q&A beyond the session. Ages 15-19.	15-19
B-35*	There's Been a Crime!	Collect the evidence! Solve the crime! Magnify your knowledge in forensic science in this interactive session. Learn the process of identifying evidence such as blood typing, fingerprints, shoeprints, handwriting and more! Ages 12 and up.	12-15
B-36*	Tie-Dye Transformations	Learn to create the perfect tie-dye masterpiece. You will get to experiment with twisting, scrunching, and swirling techniques to make beautiful patterns. Open to all skill levels. A t-shirt will be provided for tie-dye but you have the option to bring up to 3 extra items of your choice. Extra items can be socks, another t-shirt, a dress, shorts - just about anything that's 100% cotton. Ages 12 and up.	12-19
B-37	Vinyl Cut Creations	Mugs, Hats, T-Shirts, Signs and More! Learn a variety of ways to cut vinyl for projects, big and small, in this session! Ages 12 and up.	12-19
B-38	What Are You Feeding Your Mind?	In this mindfulness-focused session, you will explore ways you take care of your body and your mind. Pick up tips to live in the present, particularly breath and meditation practices to help defeat negative thinking. You can implement many of these practices daily--even while you eat! Leave with a sense of peace and a stronger sense of self-worth so you can respond instead of react to the challenges of daily life. Wear comfortable clothes. Ages 12 and up.	15-19
B-39	What's the Buzz all about?	What is the difference between a honey bee and a native bee? In this session, you will learn what that difference is and why it matters to our planet. Leave with tangible ways you can support both types of bees in your backyard and in your community. Ages 12 and up.	12-19

## Session C Thursday, June 22 8:30 am - 11:30 am & 1:30 pm - 4:30 pm

Session Number	Title	Description	Age Range
C-1	Bump! Thud! Snap! Digging into Safety	Join us on the MSU Agronomy Farm as we bump, thud, and snap our way through working safely on and around farms and agribusinesses. We will explore different food and agricultural related jobs while emphasizing the rewards and risks of on site safety. Through hands-on demos, learn how to recognize common hazards, prevent accidents, and respond to emergency situations in this career field. No open toed shoes allowed. Ages 12 and up.	12-19
C-2	Developing Young Minds	Time is a terrible thing to waste! Learn to use games, art, music, crafts, and snacks to keep children in your care busy and entertained. In the first half of this session, you'll work as a team to plan age-appropriate activities for young children. In the second half, you'll take a field trip to a child care center to try out your ideas with young children. Age 12 and up.	12-19
C-3	Fairy Gardens	Miniature gardening can be traced back over 70 years and is great for accessible gardening and small spaces. In this session, you will build a house and other items to decorate your own fairy garden. We will talk about scale, style, and the types of plants to include. Use your creativity to make your own enchanted space! Ages 12 and up.	12-19
C-4	Frontiers in Swine Production	Farrow to finish! Learn about the different aspects of swine production including health, nutrition, and career opportunities. Plan for critical issues by learning about swine respiratory diseases and experiencing a real-life swine trailer rollover event from the vet, truck driver, pig owner and first responder on scene. Find out how important the swine industry is! No open-toed shoes. Ages 15 and up.	15-19
C-5	Gone Fishin'	Enjoy fishing? In this session, you will create your own fishing rod that you will be able to use for years to come. Amaze your friends as you fish with a rod hand-created by you, from start to finish! Ages 12 and up.	12-15
C-6	Intro to Kayaking	Kayaking is quickly becoming one of the most popular watersports in North America. In this session, you will be introduced to the paddle strokes needed to have fun in a kayak. Different kayaks are designed for specific conditions, you will get a chance to learn about the various kayaks and the overall sport. Safety considerations will also be covered so you are ready to hit the water for the day! Wear quick-dry athletic type shorts, similar shirt and bring shoes that can get wet such as tennis shoes/water shoes (should not be only pair of shoes for week) and sunscreen; a hat or sunglasses might be beneficial. Ages 12 and up.	12-19

C-7	Laughter Club	Knock, knock. Who's there? Laughter Club! This session will show you the benefits of laughter. You will participate in other mindful activities and become your own Intergenerational Laughter Club leader in your community. Ages 12 and up.	12-19
C-8	Mad City Money- Take on Your Financial Future!	Make real world money decisions as a teen! In this session, you will be given a career, debt, insurance, and take on the challenge of making the financial decisions for your life. What meals will you choose? Where will you live? Learn tips on how to navigate the choices of life such as education, personal and family commitments, transportation, and housing as you take on the challenges of a monthly budget. You get to make all the choices about where to spend your money and will leave ready to take on your future. Ages 12 and up.	12-19
C-9	Pellet Rifle and Air Pistol Target Shooting Fundamentals	Would you like to learn about a shooting style that takes place in local 4-H programs and continues all the way up to the Olympics? Come and learn about three position pellet rifle shooting. In this hands-on session, you will experience the equipment and positions used in pellet rifle shooting, techniques to improve shooting skills, and firearms safety. No open-toed shoes will be allowed. Ages 12 and up.	12-19
C-10	Poppin Popcorn for Money!	Do you like popcorn? Have you ever wanted to start your own business? Join us to learn how to start your own poppin' business. You will learn what foods you can sell, how to label, food safety, and how to price and package your product. In this session you will start your popcorn business and start making flavored popcorns that you will be able to sell by the end of the session. The money you earn will be donated as a community service project to a local nonprofit organization. Have fun creating your own poppin popcorn business! Ages 12 and up.	12-19
C-11	Vegan Cooking	Want to learn more and eat healthy as a vegan, whether lacto, ovo, or lacto-ovo? Attend this session to prepare and sample food in all types of the vegan diet. You will leave with experience and materials to be successful planning meals and eating as a vegan. Ages 12 and up.	12-19
C-12	Watery World of Fish	Join us as we dive into the exciting world of lakes, rivers, and streams. Submerge yourself in this session as we explore the diverse ecosystem, learn about fish ecology and collect scientific samples from below. Throughout our underwater adventure, you will gain a deeper understanding of how people interact and benefit locally from Michigan's fantastic fisheries. In this adventure you will do some scientific sampling and may get a little wet as we discover the watery world of fish! Wear clothes that can get wet. Ages 12 and up.	12-19

C-13	Where Do Bikes Belong?	Bike and make a difference in the community! This session combines biking and urban planning as you explore MSU's campus and the topics of land use, diversity, transportation needs and sustainability. Learn basic biking rules and safety before you head out to determine what features you think could benefit your own community. Find out ways to share your voice on community planning decisions that impact you. See you on the road! Wear clothes appropriate for bike riding and no open-toed shoes. Please plan to bring your own helmet (wearing a helmet during the session will be required) and bike if possible. If bringing your own bike, please make sure it is in good riding condition. If you need to rent a bike, bikes will be available to rent through the MSU Bike Store for \$20 for the day. If renting you will be contacted by MSU staff prior to the event to help us know what size of bike you will need. We plan to ride approximately 7-10 miles during this session. Ages 12 and up.	12-19
C-14	Working with K-9 Search and Rescue Dogs	Explore the world of K-9 search and rescue (SAR) dogs, experiencing the disciplines of Air Scent, Human-Remains Detection, Trailing and Disaster. Learn how to choose, train and test SAR dogs. You will get a chance to make decisions on how to plan and execute a search, navigate in the field using a compass course and interact with the dogs. No open-toed shoes will be allowed. Ages 14- 19.	14-19

## Session D Friday, June 23 8:30 am - 11:00 am

Session Number	Title	Description	Age Range
D-1	100% Coaco	Attention chocolatiers! Did you know 200 cacao beans could once buy a turkey? Or that during World War II, there was a chocolate exploding bomb? Come learn about the life of a cacao farmer while creating your own tasty chocolate treats. Nuts and dairy may be a part of this program due to processing of chocolate used. Ages 12 and up.	12-19
D-2	A Virus Among Us!	This is sus. Someone is carrying a new virus and passing it on to others. The carrier doesn't have symptoms, but this virus has some wild ones like glitter farts and candy turds. Wait until you see the possible cure! Work with your crewmates to figure out who among us is Patient Zero in this super fun, interactive game where the campus is the gameboard and the suspects are real. Ages 12 and up.	12-19



D-3	Advanced American Sign Language	Advanced Level Session! Deepen your previous knowledge of this beautiful language. Enhance your sentence structure, expand your vocabulary, and gain greater confidence in signing and understanding others. Must have taken ASL for Beginners or know the following: ABCs, numbers 1-20, basic sentence structure, and some general vocab. Ages 12 and up.	12-19
D-4	Advanced Equine First Aid	Advanced Level Session! Do you know basic first aid for horses? In this session, you will build on your knowledge of basic equine first aid and prepare for more serious conditions involving horses. Learn about sports injuries, fractures, trailer injuries and more. Dive deeper into the equine body structure and how to keep your friend at their best. Ages 12 and up.	12-19
D-5	Artwork is Work- Turning your Passion into Profits	Thinking about turning your passion for art into a career? Discover tips and techniques to transform your passion into a thriving business. Learn from a former 4-H member about her artistic journey developing a prosperous fused glass business. Gain knowledge of running a small business including creative process, pricing models, marketing, networking, business plans and much more! In this session you'll discover how you can make money doing something you love. Ages 12 and up.	12-19
D-6	Astronomy : A Trip Across the Universe	Have you ever wanted to travel through space and time? In this session, you will learn about the stars, planets, and other objects that make up the night sky. We will look at real images of space and make our own observation of the constellations overhead. We will discuss missions launched by NASA and SpaceX, and ultimately discuss the possibility of aliens in our cosmic backyard. Travel out into the universe! Ages 12 and up.	12-19
D-7	Be an Agriculture Ambassador	There is a lot of misinformation about farming and agriculture floating around. Learn how to be an ambassador for Michigan agriculture and connect with consumers in meaningful ways to share information. You'll also receive useful tools to engage with attendees at your county fairs and local events. These communication tools can benefit your future, too! Ages 12 and up.	12-19
D-8*	Be a Veterinary Nurse for a Day	This session will let you experience and understand the role of a veterinary nurse. Walk through a surgery case and engage in a live bandaging lab. Learn more about the ways you can provide crucial medical treatment for animals in this career path. Ages 12 and up.	12-19

D-9	Beaded Appliques	Beaded appliques can be used to decorate clothing, accessories, and other home items. In this session, you will design your own beaded applique, transfer it to fabric and use glass beads, instead of embroidery floss, to fill out the design using a couching technique. At least three types of hand stitches will be shown. Gain a skill that will allow you to make plain items more unique! Ages 12 and up.	12-19
D-10	Clover Cupcake Wars	Sprinkle your way to the top! Compete to be crowned the 4-H Cupcake Champion! Join us in the Clover Cupcake Wars as you frost your unique creations in two competitive themed rounds. Think outside the box as you plan for this year's themed rounds which are Summer Fun and the 2023 4-H Exploration Days- All Paths Lead to 4-H. Don't forget your piping bag! You are encouraged to bring additional non-edible items to include in your designs and decorating needs. Basic supplies will be provided. Ages 12 and up.	12-19
D-11	Color Changing Rabbits	This fun session will explore rabbit genetics and how it effects a rabbit's coat color. Why do all rabbit offspring not look like their parents? Can you figure out what fur color a rabbit might have? Challenge yourself and learn how genetics plays a role in every living creature. No open-toed shoes. Ages 12 and up.	12-19
D-12	Dairy Cattle 201: Practices for the Modern Farmer	Advanced Session Alert! Join us as we dive deeper into the whys and hows of practices used to keep dairy herds healthy. In this session, you will learn about tube feeding calves, blood collection and rumen fluid collection. Experience the process of dehorning calves firsthand through a demonstration. No open-toed shoes will be allowed. Ages 15 and up.	15-19
D-13*	Dungeons and Drawing	Interested in digital art? Enjoy Dungeons and Dragons(DnD)? Want to attend an EPIC session? In this session, you will utilize the Sketchbook Pro app on provided iPads to design a DnD-inspired character. Experience character creation techniques and a variety of approaches to digital art. Develop your skill in this drawing and animation software and leave inspired to create more! Ages 12 and up.	12-19
D-14	Engineering - Creating 4 the Future!	Are you creative? Do you enjoy solving problems? Like inventing new things? Engineers - both women and men - are changing the world through innovation, design and research. Explore hands-on activities in a variety of engineering disciplines guided by the MSU College of Engineering. Learn how you can become an engineer and aim for a great career! Ages 12 and up.	12-19

D-15	Explore Solar Energy with WKAR's Curious Crew	Calling inventors! This session will be an investigation full of hot air – literally – as the Curious Crew investigates the power of the sun and solar energy. Take the STEM Challenge and build a car that is powered by light. Ages 12-15.	12-15
D-16	Farm Livin' Is the Life for Me!	A day in the life of a dairy farmer! Experience living and working on a dairy farm and find out about the many opportunities to work in the field of agriculture and natural resources. In addition to learning about the education, jobs and careers associated with the agriculture industry, you will get to play interactive games and work through real-life scenarios to help you prepare for your future. Ages 12 and up.	12-19
D-17	Finding the Sparkle in Every Moment	Interested in making your own jewelry? And perhaps starting a jewelry-making business? Join this session focused on the art of making jewelry. Try out a new craft, create your own personalized style, and learn, from a 4-H member, how a passion for jewelry can also lead to a business. Ages 12 and up.	12-19
D-18	Future Spartan Success	Getting ready to apply for college? Looking at Michigan State University? Take a tour of campus and talk with current students and faculty during this interactive session. Find out the steps you can take now to be prepared to apply to MSU. Learn about the resources available at MSU to help you be successful during your Spartan journey. This session is best for those in high school but open to all. Ages 12 and up.	15-19
D-19	Game of Life: Spring Training	In the game of life, it often feels like you have to learn the rules on the go. Join us for a spring training session where we will learn some of the rules ahead of time! With stations focused on auto loans, online security, and resume building, you will leave ready to win!	12-19
D-20*	Good Vibes Only: Mindfulness, Self-Care, and Harmony	This session will allow you to increase your awareness of who and how you are. Knowing this, you can respond, instead of react, to your environment and limit times your feelings overwhelm you. We will discuss the importance of self-care, sample approaches to daily mindfulness, and methods to create regular habits that foster peace and harmony. You will be able to practice these approaches in your daily life and share what you learned with friends. Ages 12 and up.	12-19
D-21	Hungry as a Horse!	What hays or grains are best for your horse? In this session, you will learn to identify different hays and grains commonly fed to horses. You will get the chance to body condition score horses and learn about career options within the field of equine nutrition. Help your equine friends live their healthiest life in this session. Must wear closed toed shoes. Ages 12 and up.	12-19

D-22	If You Can Vision Board It, You Can Do It!	What do you dream of? A job, a college, a car, showing a prize-winning sow this summer? Join this session for targeted work on achieving those dreams. Learn about the psychology of goal-setting, and spend time establishing the action steps needed to achieve your own dreams. Leave with a vision board to help keep your eyes on the prize! Ages 12 and up.	12-19
D-23	Intro to Livestock Judging	What are the important steps and factors in judging livestock? What do you say when you give an oral reason for a placing? This session will provide a basic introduction to evaluating market animals and give you a strong footing to build your livestock judging skills. No open-toed shoes allowed. Ages 12 and up.	12-19
D-24	Intro to Pellet Rifle	Start your journey to Olympic gold! Three-position pellet rifle shooting can be found in programs ranging from 4-H Shooting Sports all the way up to the Olympics. In this hands-on session we will cover firearm safety, the types of equipment used, and the basics of the prone, kneeling, and standing pellet rifle positions. No open-toed shoes will be allowed. Ages 12 and up.	12-19
D-25*	Junk Drawer Robotics: Build a Catapult	What can you make with materials you can find in a junk drawer? Put your engineering skills to the test in this hands-on workshop! You will learn about the engineering design process and spark your own creativity as you work in a team to build a catapult. Can your team's catapult meet the design specifications and fling a pompom the farthest? Come find out! Ages 12 and up.	12-19
D-26	Keep Calm and Teach Ag	Want to help younger students understand where their food, fiber, and fuel come from? Enjoy sharing your excitement for agriculture? During this session, you'll first be the student as you enjoy hands-on, interactive activities. Then you'll be the teacher as you create your lesson plan, practice teaching techniques, and learn about all the resources available to you as you keep calm and teach younger youth about agriculture! Ages 12 and up.	12-19
D-27	Lights! Camera! Action!	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! Ages 12 and up.	12-19
D-28*	Meetings That Get You Moving!	Do your 4-H meetings or group activities feel like all work and no play? Learn quick and engaging activities to make your next meeting both fun and functional. Find ways to involve everyone in a group from the shy new member to the enthusiastic older participant. Have fun and learn ways to help everyone participate at their own comfort level. Ages 12 and up.	12-19

D-29*	Money JEOPARDY!	"This is JEOPARDY!" Now here is our host the MSU Federal Credit Union's Financial Educators! Join us, as a contestant as we learn what matters most when it comes to money! You will experience mini financial education presentations and then test your knowledge in categories such as credit, credit unions vs. banks, fraud, Michigan facts and more! Ask yourself: Will you be crowned the next Money JEOPARDY Champion? Ages 12 and up.	12-19
D-30	Mystery on the Farm	Prepare yourself for the unexpected! Learn strategies to handle an animal emergency on a farm. Then use your skills to solve an animal health mystery to save the family farm. You will leave with emergency response skills for animals so you are better able to manage and respond if needed. Ages 15-19.	15-19
D-31*	Navigating Relationships	Relationships and dating can be challenging! In this session, you will identify healthy signs of a positive relationship and warning signs of a unhealthy relationships. Having boundaries can lead to healthy relationships. You will understand and practice communicating your own boundaries while respecting your peers' boundaries. You will also learn how to navigate a break-up and support others in their relationship journeys. Ages 12-15.	12-15
D-32*	Paws-tivity: Training a Future Leader Dog	Do you want to help the mission of Leader Dogs for the Blind and raise a future Leader Dog? This session is for you! Find out about positive reinforcement training, training a guide dog prospect, and careers in the guide dog industry. Experience a guided walk alongside a trained Leader Dog Canine Ambassdaor. Leave with a better understanding of the important role Leader Dogs have in empowering people who are visually impaired with lifelong skills for independent travel. No open toed shoes. Ages 12 and up.	12-19
D-33	Plant Propagation: How to make more houseplants for yourself and friends!	How can you take care of seedlings and what does it mean to propagate a plant? Find these answers and more in this session! You'll explore plants around MSU to determine how they are produced. Be ready to get your hands dirty (and maybe even take home a plant souvenir)! No open toed shoes allowed. Ages 12 and up.	12-19
D-34*	Pollination Celebration	Celebrate and support pollinators in this activity-based session. Learn how flowering plants adapt to attract pollinators by designing your own flower and pollinator. Take a stroll around campus to look for and identify plants and their pollinators using iNaturalist. Put your knowledge to the test by building a hotel for solitary burrowing bees using recycled materials. Ages 12 and up.	12-19

D-35	Puppy Treats and Care!	If you love dogs, baking, and "do-it-yourself" projects, then this is the session for you! Pippin, the dog, is bringing his pantry to MSU to share what is and is NOT safe to feed your canine companions from the human table! You will make a dog-safe treat from scratch to take home to a pup or donate to a local shelter! You will also experience some veterinary concepts such as calculating chocolate toxicity, canine CPR, and the canine Heimlich maneuver. Ages 12 and up.	12-19
D-36	Putting the Pieces Together	Collect the pieces throughout the session to solve the Apprenticeship 101 puzzle. Starting at the edge participants will work through learning about the requirements and opportunities associated with apprenticeships in Michigan. Flip and connect your puzzle pieces to discover if an apprenticeship, whether used as a stepping stone or full-fledged job or career is right for you! Ages 12 and up.	12-19
D-37*	Ready! Set! Pull!	Ready! Set! Pull! During this hands-on session you will learn the parts of the gun, shooting techniques and safety. This session will allow you to try the discipline of trap. No open-toed shoes will be allowed.	12-19
D-38	Reality Farm	Get ready to roll the dice on the Reality Farm! In this simulation, you will see if your 4-H project animal can make any money at an auction. Learn tips, along the way, to help your livestock project sales in real life. Ages 12 and up.	12-19
D-39*	Run for your Life	Running is a free form of cardio exercise and you can do it anywhere! Learn the basics of distance running as well as running techniques to be healthy and fast. Discuss the health and lifestyle benefits and nutrition tips to support your running practice. Come ready to learn how to run for your whole life! Wear clothes you can move/run in and athletic shoes. Ages 12 and up.	12-19
D-40	Soap Making for Beginners	Channel your creative side and join us in this session to learn how to make soap! You will take different nourishing oils and create your own bar of soap. Leave with your very own soap samples to use at home. This class is great for beginners. Ages 12 and up.	12-19
D-41	Soccer FUNdamentals	Shoot for the goal! Have fun while learning and practicing the 7 fundamentals of soccer: passing, dribbling, shooting, controlling, heading, goal-keeping and tackling. Learn nutrition tips to help you perform at your best as an athlete. Wear athletic clothing, athletic shoes and bring a refillable water bottle. Ages 12 and up.	12-19

D-42*	Spartan Dollars and Cents- A Budgeting Challenge	Ever wonder how difficult it is to live on your own, make life decisions, and pay your bills? In this exciting budgeting simulation, participants will take on the challenge of creating a budget based on decisions they make about common monthly expenses. Find an apartment, buy a car, save for retirement. Can you develop a budget that best align with the lifestyle you envision for yourself? Ages 12 and up.	12-19
D-43	Stop Motion Animation Challenge	In this session, you get to create your own fun stop motion animation using just a phone or tablet! Practice video planning and storyboarding, explore software used to make stop motion animations, and channel creativity to complete an animated film. (Please note-to make your own stop motion animation, you will need to have or share a phone or tablet with an installed stop motion animation software. Stop Motion Studio's free version can be downloaded for iOS or Android.) Ages 12 and up.	12-19
D-44	Super Collision of Atomic Nuclei	You'll get plenty of hands-on experience while exploring a world-class isotope laboratory where nuclei are smashed into a target at nearly half the speed of light! Take a tour behind the scenes where researchers make and study nuclei that don't exist on Earth. Discover the future of MSU's Facility for Rare Isotope Beams, a new laboratory designed to push the boundaries of nuclear science. Ages 12 and up.	12-19
D-45	Upcycle and Explore at the MSU Recycling Center	Get crafty and explore the world of 'reduce, reuse, recycle!' First, you will get to repurpose materials with Spartan Upcycle to make your own Funky Junk Journal, and tour the Grow Green Vermicompost hoophouse where thousands of Spartan worms turn campus food waste into plant food! Get a behind-the-scenes look at the MSU Recycling material recovery facility, where thousands of pounds of recyclables are sorted and baled every year. Leave with ideas on how you can make a difference by reducing, reusing and recycling! Wear closed toed shoes and dress for the weather. Ages 12 and up.	12-19
D-46	Vet School 101	Do you love animals? Interested in Veterinary Medicine? Come to this session to learn more about the application process, what to do to get into vet school and helpful tidbits that you can start in middle/high school. Ages 15 and up.	15-19
D-47	Watercolor Techniques	Watercolor painting is a water-based medium often praised for the transparency of the colors. In this skill-building class, you will learn watercolor painting techniques and how to achieve a variety of effects in your painting. Try out what you learn before progressing to a bigger canvas. Ages 12 and up.	15-19

D-48*	Writing from Austen to Zusak	Are you a writer? Would you like to become a writer? Join this session to develop the skills necessary to build characters, stories, and worlds. We'll use shared prompts and word games to strengthen our writing abilities. You will leave with tools to help your writing in any genre. Ages 12 and up.	12-19
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