

“Attending [4-H Exploration Days] has helped me with being more independent and confident. It has also informed me about all the career choices that MSU has to offer.” ~ 4-H Exploration Days Participant

What’s the event schedule like?

This action-packed event starts Wednesday morning and ends after lunch on Friday. An outline of the event schedule follows.

WEDNESDAY

- » Check in and settle into your room
- » County delegation meetings
- » Lunch
- » Large group session & unity activity
- » Youth & chaperone county meetings
- » Dinner
- » Evening free time
- » Reflection on the day with county delegation
- » Quiet in residence halls

THURSDAY

- » Breakfast
- » Learning sessions meet
- » Lunch
- » Learning sessions meet
- » Dinner
- » County delegation huddle
- » Dance & other evening activities
- » Reflection on the day with county delegation
- » Quiet in residence halls

FRIDAY

- » Breakfast
- » Learning sessions meet
- » Lunch
- » Check out and head home



What can I do at 4-H Exploration Days?

Learn and explore with more than 100 hands-on learning sessions on topics such as:

- » Animal science
- » Archery
- » Art and design
- » Cooking
- » Entrepreneurship
- » Leadership
- » Music
- » Science, technology and engineering
- » World cultures and languages

Learning sessions are just the start of the fun at 4-H Exploration Days. You can also enjoy a variety of free-time activities, which have ranged from campus tours to ice skating and from nature walks to craft activities! There is even a dance to enjoy with new-found friends.

“It helped me make new friends, be more independent, and gain more leadership skills.” ~ 4-H Exploration Days Participant

In 2019, 96% of youth participants surveyed said they planned to attend college after attending 4-H Exploration Days.

What can I learn at the event?

4-H Exploration Days strives to prepare you for your future, introducing you to new ideas and career paths as you develop important life skills and learn more about yourself and your passions. You can dive deeper into topics of your choice and take the knowledge you gain with you throughout your life. In addition, you will practice important skills such as time management, responsibility and problem-solving as you navigate campus life on your own.

After attending 4-H Exploration Days in 2018, 94% of youth participants surveyed said they felt more independent.

How can I find out more?

To learn more about 4-H Exploration Days, visit <https://bit.ly/2CmphYz> or contact your local MSU Extension office. (To find your local office, visit extension.msu.edu/county). You can also email questions about the event to 4h.expodays@msu.edu.

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4-H EXPLORATION DAYS

EXPERIENCE
MICHIGAN STATE
UNIVERSITY
THIS SUMMER!



June 21–23, 2023
East Lansing, Michigan

MICHIGAN STATE UNIVERSITY | Extension

**“It has allowed me to get out of my comfort zone by meeting new people and trying new things.”
~ 4-H Exploration Days Participant**

Join 1,000 youth from across Michigan on MSU’s campus to explore YOUR future! Live like a college student and learn about future careers at 4-H Exploration Days. This three-day pre-college program is designed to help you explore careers, build skills and envision your future. Choose from more than 100 fun learning sessions on a variety of topics that are led by MSU faculty, 4-H staff and volunteers, and other experts! You’ll stay in and eat at MSU residence halls, attend sessions in buildings throughout campus, and of course have fun at free-time activities across the university!

Five great reasons to attend!

1. Meet new people and make new friends from different places and backgrounds. You will build relationships and make connections that will last a lifetime!
2. Develop and expand career and personal interests through fun, engaging learning sessions YOU choose. You can try things that aren’t available in your county or community.
3. Live like an MSU student – stay and eat in the residence halls and attend your sessions in real lecture halls and campus facilities while enjoying the campus atmosphere and activities it has to offer!
4. Develop social and academic skills you’ll need for a successful transition to college and life as an adult. Increase your responsibility, confidence, independence, accountability, problem-solving, decision-making and time management skills.
5. Have fun! Enjoy a wide range of free-time activities with friends old and new, including a dance!

In 2017, 91% of youth survey respondents said they increased their time management skills during their time at 4-H Exploration Days.

When & where is 4-H Exploration Days?

4-H Exploration Days will be held June 21 to 23, 2023, at Michigan State University in East Lansing. Most sessions will be held on campus, with some sessions taking off-site field trips.

“Coming in here, I was set on another college, but after seeing the gardens, trails and all the buildings, I can see myself going here in the future. MSU stole my heart!” ~ 4-H Exploration Days Participant

MSU pre-college scholarship opportunity

Participants who will enter eighth, ninth, tenth and eleventh grades after attending 4-H Exploration Days are eligible for nomination to apply for a \$2,000 MSU Pre-College Scholarship. 4-H Exploration Days participants will be invited to apply for nomination by writing an essay. Five percent of eligible participants will be chosen to represent 4-H Exploration Days and complete the scholarship application process through the MSU Admissions Office. Scholarships will be applied toward the recipient’s first year at MSU as a degree-seeking student.



What does 4-H Exploration Days cost?

The cost for the 2023 event is \$220, which includes two nights’ lodging in a residence hall, meals, learning sessions, an event T-shirt and free-time activities. Contact your local MSU Extension office to find out if your county 4-H program offers scholarships for youth participants.

Who should attend?

All young people ages 12 to 19 are invited to join the fun! You don’t need to be a 4-H member to attend. Adults who would like to serve as event chaperones should contact their county 4-H program coordinator.

How do I register?

The 2023 event registration website (<https://bit.ly/2GRhuwv>) will provide updated information in the spring. You can also contact your county 4-H program coordinator in your local MSU Extension office for details.

Registration will open March 21 and close April 20, 2023. You’ll want to register early – sessions fill up fast and are assigned on a first-come, first-served basis!

**“This program has made me better with communication skills and working in a group that I’m not familiar with. It’s made me social!”
~ 4-H Exploration Days Participant**



Cancellation & refunds

- » **Before May 1** – payment is fully refundable.
- » **May 1 to May 26** – \$50 not refundable.
- » **May 27 to June 15** – \$120 not refundable.
- » **June 16 and after** – \$220 not refundable.

“4-H Exploration Days has helped me get the feel of a college life. Being responsible for being on time to class gave me a huge idea [of what] college will be like in my future.” ~ 4-H Exploration Days Participant

