Hello everyone!

I’m excited to share information for this year’s 4-H Career Ex! Career Ex is a great opportunity for you to experience life on campus, explore how your 4-H projects can lead to careers, and meet new friends!

I’d especially like to thank our great team of Educators, Volunteers, and Focus Assistants helping to plan and make this event happen.

Please read carefully through these Program Facts to decide how you will participate. Registration is online and needs to be completed by your county 4-H Educator.

I hope to see you at Cornell this June!

Alexa Maille
NYS 4-H STEM Specialist
4-H Career Explorations Event Coordinator

4-H Career Explorations Conference
exploring Cornell and careers

2015 Program Facts

Quick Details
Dates: June 30-July 2, 2015
Location: Cornell University
Arrival: 10 AM – 12:30 PM on June 30
Departure: 2:30 PM on July 2
Cost: $250 per person
Registration: Opens March 6, closes June 1

Program Tracks:
University U: teens entering 8th – 9th grades
Focus for Teens: teens entering 10th – 12th grades

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General Information

The 4-H Career Explorations Conference is made up of two programs – University U (for those entering 8th & 9th grade) and Focus for Teens (those entering 10th – 12th grade). Teens choose the grade appropriate program and then Focus participants select three Focus programs they are most interested in exploring.

- University U: Participants will be introduced to Cornell’s campus through campus tours and participating in six different departmental workshops that will expose participants to a wide variety of topics.
- Focus for Teens: This is a more intense program where participants spend 3 days with a specific Department. Returning Focus for Teens participants should not apply to the same department program they attended in previous years. See program listings for more details.

General 4-H Career Exploration Program Policies

Behavior: Everyone (youth and adults) is expected to create an inclusive and welcoming environment at Career Ex, respect the diversity of conference participants (e.g. race, religion, sex, sexual orientation, cultural background, etc.). Everyone will be expected to uphold the NYS 4-H Code of Conduct. All youth and adults are expected to model appropriate behavior and follow guidelines stated on the 4-H Career Exploration registration form. In addition, all Cornell property and Cornell program presenters should be treated respectfully. Delegates acting inappropriately will be sent home at their cost/inconvenience.

Please Note:
- Adult chaperones will have the authority to make decisions in the absence of a County 4-H Educator if necessary. In Focus for Teens groups, Focus Assistants should be involved in decisions about the group if appropriate.
- Chaperones will be expected to intervene in any situation that violates the rules of the event or the basic rights of others, including with youth from other counties. Any problems with youth from other counties should be dealt with immediately and then reported to the appropriate chaperones, Chrys Nestle, and Alexa Maille.

Eligibility: The 4-H Career Explorations Conference is open to all NYS youth in grades 8-12. However, registrations are handled through your local county Cornell Cooperative Extension (CCE) 4-H program. CCE County Associations have varying policies about participation in 4-H events, and not all counties participate in 4-H Career Explorations. The NYS 4-H Office encourages CCE Associations to invite all teens involved in their programs to participate in Career Ex.

Other policies:
- Most youth will be assigned a double-occupancy room. Youth cannot switch rooms. Roommates requested on registration forms will be assigned when possible. Participants are responsible for damages that occur to the room during their stay.
- Any disturbances or emergencies should be reported to a chaperone.
- Alcohol, tobacco, and other drugs are strictly prohibited.
- Parents of disruptive participants will be notified and participants will be sent home at parents’ expense.
- Participants must be in the dormitory by 10:00 p.m. Lights out and strict quiet hours begin at 11:00 p.m.
- Photos taken during the program may be used to promote 4-H Youth Development.
- 4-H appropriate clothing is required at all times. This means modest covering shirts, skirts, shorts, and pants. No rude or vulgar language or pictures on clothing. Youth dressing inappropriately will be asked to change. You are representing 4-H and your county while you are on campus.
Preparing for the Conference

Registration: Participants must register with the local 4-H Youth Development program through your county Cornell Cooperative Extension Office. Registration opens March 6 and will close June 1 or when programs are full, whichever happens first. This can occur before June 1. Counties will be billed directly for the registration fee and any additional room and board fees as appropriate.

Cost: $250 per participant to cover room, board, and program fees. Early Arrival/Late Departure costs: Double Room per night - $30.80, Single Room per night - $38.50, Breakfast - $8.36, Lunch - $11.86, Dinner - $16.29. Scholarships are competitive but available.

Scholarships: Scholarship applications are due at the time of registration, or no later than May 1. To apply for a full or partial youth scholarship, please complete the scholarship section of the Registration Form. Scholarships are limited and will be awarded to qualified applicants through a competitive review process. Scholarship applications must be approved by a county 4-H Educator.

Early Arrival: Please indicate your needs on the registration form if your county plans to arrive on campus early. See the registration form for costs. Teens arriving early must have a chaperone (we provide chaperones for Focus Assistants). Contact Alexa Maille, ask37@cornell.edu, to make special arrangements.

Chaperones: Counties are expected to provide chaperones in about a 1 to 6 ratio for teens attending. Chaperones may be shared with other counties. Every participant must have a designated chaperone. The state office needs to know about multi-county groups that need to be housed together. The chaperone registration fee is the same as for youth.

Cancellation Policy: Cancellations prior to June 1 will not be charged. Cancellations after June 1 will be billed a $100.00 cancellation fee. Same gender, same program replacements are allowed, but need to be registered before arrival at the conference. No-shows will be charged in full.

Chaperone and Participant Orientation: The Delegate Handbook will be available online by early June. All chaperones and participants should review the new handbook prior to coming to Career Explorations. We strongly encourage 4-H Educators to hold an orientation meeting to review this information before coming to campus.

While you’re on Campus

Check In: Your delegation needs to arrive between 10:00 a.m. and 12:30 p.m. on Tuesday, June 30. There are lots of great things to do and see on campus should you arrive early. The delegate handbook will include a listing.

Parking: There is NO PARKING on central campus during the event. Association and personal cars must be left at Cornell Conference lot (CC). Vehicles with “official” plates may park on campus in eligible parking spaces without additional fees being assessed. Parking permits will be available for the CC Lot at registration. If you are in need of handicap parking, please notify the state office in advance.

Dormitory Housing
- Chaperones should check rooms upon arrival, noting damages or defective appliances.
- Please use hair dryers in the bathrooms only.
- Linens are provided with rooms including sheets, pillow and pillowcase, one blanket, one towel, one washcloth, and soap. Participants will be asked to make their own beds.
- Participants will have to supply their own towel for the pool.
- Participants may want to bring an alarm clock and a fan.
- If there are problems with the rooms (i.e. light bulbs burnt out), contact staff immediately so that problem can be resolved or noted.
- Youth need to be careful not to lock themselves out of their dorm rooms. Doors close and lock automatically.
Telephones: There are no phones in the dorm rooms. Do not use cell phones during program times unless it is part of the program or an emergency.

Safety: Even though Cornell has a rather tranquil setting, be assured that serious crimes can and do occur along its pleasant footpaths.

- Youth should never walk alone anywhere on campus at any time.
- Dorm doors should be locked at all times.
- Under no circumstances should youth leave the dorm at night.
- The Safety Division's (Cornell police) phone number is 255-1111.

Emergencies: During the day (8:00 a.m. - 4:30 p.m.) the emergency phone number for families is (607) 255-0896. The evening number (after 5:00 p.m.) will be provided at a later date. Note that this is not a switchboard to reach people at the Conference. Chaperones will receive a list of campus emergency numbers during orientation.

Free Time/Recreation: Some participants may wish to arrive early to meet with Cornell admissions and/or tour the Cornell campus (see handbook for where assistance in arranging tours is available). During evening free time on Tuesday night, there will be time for the use of the Helen Newman Hall pool, gym, and bowling lanes. On Wednesday there will be several options for recreation including: a movie, dance, swimming and bowling, billiards, outdoor games, and more. On both nights there will be a quiet lounge open for reading and silent relaxation. During free time activities, chaperones will be assigned to supervise one of the free time activities. If you so choose, you may bring items such as Frisbees, soccer balls, footballs, etc. to use during free time outside, as there is plenty of space for outdoor activities. Evening activities are offered as a time to meet people from around the state. All participants are expected to participate in some form of evening activity with adult supervision and should not be in the dorm before 10:00 pm. If a youth needs to go to the dorm for some reason they need to be accompanied by an adult.

Curfew: It is required that all delegates (youth and adults) follow the following schedule.

- 10:00 p.m. 4-H Career Exploration programs end.
- 10:00 - 10:45 p.m. Everyone inside dorms
- 11:00 p.m. Settled in assigned rooms and LIGHTS OUT!

To have the best possible experience at Career Explorations, youth should be getting at least 8.5 hours of sleep.

Campus Transportation: A 4-H Focus Assistant or chaperones will escort participants to their program or bus pickup every morning. Be on time and prepared to walk to your program destinations. Program gathering and departure times will be listed in the Delegate Handbook within the itineraries for each specific program. Please be aware departure times may vary for specific programs. If there are special transportation needs, please be sure to notify Alexa Maille in advance of the 4-H Career Explorations Conference. Walking is a part of the college experience at a large world-class university like Cornell. Enjoy the beautiful campus and get some healthy exercise - **so wear sneakers or comfortable walking shoes!**
Focus for Teens

**Astronomy**

*Title:* Star Struck: Exploring the Solar System and the Universe  
*Cornell Department:* Astronomy  
*Maximum Number of Youth Accepted:* 20  
*Minimum Number of Youth Needed:* 10  

**Description**

In this workshop, students will investigate the meaning behind Carl Sagan's famous quotation: "We are made of star-stuff." Starting with the Big Bang and ending with the human body, we will trace the 14 billion year journey of a single atom, from the birth of the Universe, through the formation and evolution of stars, to the development of the Solar System, our home planet Earth, and the origin of life. Through hands-on activities, you will experience the reality of conducting science and the challenge of discovery.

**Packing Suggestions**

None

**Quality H₂O**

*Title:* Collecting and Analyzing Water Quality Data  
*Cornell Department:* Computer Science  
*Maximum Number of Youth Accepted:* 25  
*Minimum Number of Youth Needed:* 10  

**Description**

This course will investigate how computers can be used to assist with the collection and analysis of water quality data. Working in partnership with a scientist from the USGS, we will introduce mathematical models for predicting flood events, learn how to access online repositories of historical stream flow data, and write computer programs that make predictions about this data and depict it graphically to users. The course will also include a panel discussion of possible careers in science, technology, and mathematics disciplines, as well as a field trip to a local USGS monitoring station.

**Packing Suggestions**

Participants will need clothing suitable for a day hike, including rain gear.

**What’s Up with Soil**

*Title:* Amounts and reactivity of soil organic matter in soils with depth  
*Cornell Department:* Soil and Crop Sciences  
*Maximum Number of Youth Accepted:* 10  

**Description**

We will explore soil environments by digging a soil pit, grabbing soil samples, doing analyses in the lab, and then constructing 3-D models based on our findings. We’ll look at changing proportions of organic and mineral matter in soil layers. We’ll do weight loss on ignition to analyze soil layers. We will then create physical 3-D models, built out of paper/cardboard and velcro. We’ll use these models to learn about the interactions of a variety of organic compounds with soil components. We’ll discuss theoretical aspects (e.g., the types of bonds) and practical applications (e.g., the consequences of reaching the adsorption capacity or saturation conditions) that result from these interactions.

**Packing Suggestions**

None.
Title: **Spaces and Places**  
Cornell Department: School of Integrative Plant Science, Soil and Crop Sciences, Institute for Resource Information Sciences  
Maximum Number of Youth Accepted: 20  
Minimum Number of Youth Needed: 10  
Description  
Geocaching, Google Earth, remote control aircraft, imaging satellites, gliders and stomp rockets! What do they have in common? These tools help us explore the past, present and future of our neighborhoods, communities and world. Where do you fit in? How do you already use these in your daily living and in your work or career? In this hands-on indoor-outdoor workshop, you will use GPS units, interactive mapping software and flying machines.  

**Packing Suggestions**  
Jacket, comfortable shoes, umbrella/poncho, smartphone or tablet if available.

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Title: **Embryonic Development**  
Cornell Department: Molecular Biology and Genetics  
Maximum Number of Youth Accepted: 10  
Minimum Number of Youth Needed:  
Description  
All of us were once embryos, being shaped into babies inside our mom’s bellies. In this program, participants will get a peak at how the intermediate steps of this process look by dissecting chicken and mouse embryos at different embryonic stages. Participants will also analyze mutant mouse embryos that model human congenital malformations and will be introduced to some of the molecular biology techniques commonly used in genetic research. Through this program, participants will learn how results from developmental biology studies are applied for the diagnosis of human birth defects and genetically inherited diseases.  

**Packing Suggestions**  
Closed-toed shoes; no flip-flops or open shoes in the laboratory

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**Environmental Engineering**  
Title: **Waste to Energy, Water Quality, and International Development**  
Cornell Department: Biological and Environmental Engineering  
Maximum Number of Youth Accepted: 15  
Minimum Number of Youth Needed: 8  
Description  
Explore what it means to be an environmental engineer! In this program, you will get to meet graduate students in Biological & Environmental Engineering, learn about their diverse research projects, and conduct fun environmental engineering experiments. For example, we will perform experiments to show how microbes can be used to produce useful fuels and chemicals through fermentation. A hands-on activity on water quality will show how engineers can help to protect lakes, rivers, and other waterways. We will also visit the Ithaca wastewater treatment plant to see first-hand how wastewater is converted into biogas – a source of renewable energy – through anaerobic digestion. Finally, one of our graduate students who spent a year in East Africa will lead a conversation on how engineers can support developing communities around the world through water and waste treatment technologies.  

**Packing Suggestions**  
Water shoes or shoes you don't mind getting wet for the stream flow activity
From Code to Craft

Title: Thinking in code, making it real
Cornell Department: Cornell Cooperative Extension Administration Information Technology
Maximum Number of Youth Accepted: 15 Minimum Number of Youth Needed: 8

Description
Scratch, Minecraft, littleBits and Arduino - in this session we'll begin with an exploration of the Scratch programming language as a foundation for coding and creating. Building on this, during the second day, we will learn how to interact with real and virtual worlds using Minecraft, littleBits and Arduino in combination with Scratch. We will be providing access to online resources and learning materials in advance of the 3 day session. Prior programming experience is not needed.

Packing Suggestions
None.

Nanoparticles in my what?

Title: Nanoparticles in my what?
Cornell Department: Chemical Engineering
Maximum Number of Youth Accepted: 10 Minimum Number of Youth Needed: 5

Description
Nanomaterials are everywhere, from your car to your sunscreen, and even in your ice cream! But most importantly, nanomaterials are applied to answer some of the most complex pharmaceutical issues we face. In our laboratory, students will explore how nanoparticles can be used to improve pharmaceutical development, materials development, and how chemical engineers use nanotechnology to solve practical problems. Students will synthesize nanoparticles and explore their properties as it relates to materials and biological applications. We will also discuss the diverse set of powerful careers for chemical engineers, ranging from the petroleum industry, to healthcare, to microelectronics, and even the food industry.

Packing Suggestions
Closed-toed shoes; no flip-flops or open shoes in the laboratory

Engineering to the Max!

Title: Exploring Mechanical and Aerospace Engineering through Hands-On Projects
Cornell Department: Mechanical and Aerospace Engineering
Maximum Number of Youth Accepted: 20 Minimum Number of Youth Needed: 12

Description
We will explore three important subfields of Mechanical and Aerospace Engineering through hands on activity. What is Mechanical Engineering? Mechanical engineers deal with objects and motion. This means many types of things ranging from mechanics of the human body to the mechanics of a car. Want to launch rockets? Want to make airplanes? Want to take materials to their limits? We will do all of these things and more in the three day Mechanical & Aerospace engineering exploration.

Packing Suggestions
Comfortable shoes - there will be plenty of walking
Title: **“Crafting” the Human Body**  
**Cornell Department:** Biomedical Engineering  
**Maximum Number of Youth Accepted:** 10  
**Minimum Number of Youth Needed:**  

**Description**  
This program will involve hands-on experiments, short lectures and a hands-on craft activity. In the lectures, tissue engineering and concepts from biomedical engineering will be introduced. In the hands-on experiments, students will culture cells, learn basic techniques to create tissue engineering scaffolds and work with graduate students to image their cells using various modes of microscopy. In the crafting activity, the students will be tasked with building a "tissue" from fabrics, yarns, papers, etc., mimicking the process engineers use to build living tissues for implantation.

**Packing Suggestions**  
Closed-toed shoes; no flip-flops or open shoes in the laboratory

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**Food Detectives**  
**Title:** Investigate an Outbreak of Foodborne Illness  
**Cornell Department:** Department of Food Science  
**Maximum Number of Youth Accepted:** 12  
**Minimum Number of Youth Needed:** 9  

**Description**  
Participants use epidemiological and molecular methods to investigate an outbreak of foodborne illness. This workshop seeks to portray science as a way of learning and knowing rather than a large collection of unrelated facts and seeks to provide a conceptual framework of the field. Participants should take ownership of their learning and demonstrate independence while coordinators fade into the background and simply become another member of the problem-solving team. We will start to introduce new methodologies, such as next generation DNA sequencing.

**Packing Suggestions**  
Closed-toed shoes; no flip-flops or open shoes in the laboratory

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**Where Life & Engineering Meet**  
**Cornell Department:** Biomedical Engineering  
**Maximum Number of Youth Accepted:** 20  
**Minimum Number of Youth Needed:** 10  

**Description**  
Students in this program will have the chance to see and discuss how engineering principles are abound in biology and medicine and learn how these principles can be applied to create new, cutting-edge medical therapies. The theme will be “intersection of developmental biology and regenerative medicine to engineer and study hearts.” Students will rotate through stations led by PhD students where they will get to grow chick embryos outside the shell, learn how the environment affects cell behavior, identify different structures as they form, including an inside look at the beating heart, learn how imaging technologies are used in medical research, engineer and make gels that are used in biology and in the body, and learn how three dimensional printing can lead to custom-built heart valve replacements. Come ready to learn and have a GREAT time!

**Packing Suggestions**  
Closed-toed shoes; no flip-flops or open shoes in the laboratory
**Title:** Insects and Spiders  
**Cornell Department:** Entomology  
**Maximum Number of Youth Accepted:** 20  
**Minimum Number of Youth Needed:** 10

**Description**
Insects & Spiders in the field, lab, & Insectapalooza! Learn why spiders and insects are so important, cause so much trouble, and are so awesome! Insects are responsible for pollinating much of the food that humans eat. Spider and insect predators help control insect pests without chemicals. At the same time, insects cause an enormous amount of damage to crops and other human products. Get hands-on experience catching and studying these animals, explore careers studying arthropods, and develop your own displays for the Cornell Insect Fair ‘Insectapalooza’.

**Packing Suggestions**
None

**Title:** Women in Science  
**Cornell Department:** Human Development  
**Maximum Number of Youth Accepted:** 25  
**Minimum Number of Youth Needed:**

**Description**
Why aren’t there more women scientists? Do the toys you have as a child shape your future career goals? Do stereotypes affect your academic performance, even without you being aware of it? These are the types of questions we explore in “Women in Science.” In addition, you will get to meet women scientists and learn about their different research areas within the fields of psychology and human development including forensic psychology and neuroscience. This program will give you a glimpse of what it’s like to be a social scientist in real life. Participation and activities are the best part! Come learn about the real world of psychology and human development you never hear about in school – and prepare to be entertained.

**Packing Suggestions**
None

**Title:** Natural Resources  
**Cornell Department:** Department of Natural Resources  
**Maximum Number of Youth Accepted:** 18  
**Minimum Number of Youth Needed:**

**Description**
This program will feature hands-on field experiences on and near the Cornell campus along with opportunities to experience wildlife rehabilitation and/or pathology efforts. Potential field experiences include forestry, stream ecology and deer management. Students will interact with Cornell faculty and Department of Natural Resources graduate students.

**Packing Suggestions**
Clothes you can get dirty. Comfortable, closed-toed walking/hiking shoes.
Title: Media Corps
Cornell Department: University Communications
Maximum Number of Youth Accepted: 18
Minimum Number of Youth Needed:
Description
Participants will see what we offer through University Communications on a Studio Tour. We will explore audio work, radio, and video. Time will be provided to work as a team. We will go over editing styles, producing footage, lighting, camera techniques, and then have time for everyone to work on 3-minute videos which can be uploaded to NYS 4-H’s YouTube channel. The theme of the videos will be “the 4-H Learning Experience”. Participants are encouraged to bring their own devices to learn how to use these skills at home. This is a great training opportunity for youth interested in the State Fair Press Corps.

Packing Suggestions
Smartphones, tablets, or iPods if available, and the USB cord that connects with it

Title: Discovering Birds and Nature Exploration
Cornell Department: Cornell Lab of Ornithology
Maximum Number of Youth Accepted: 18
Minimum Number of Youth Needed:
Description
We will teach bird ID via hands-on activities and presentations, go on bird walks, and contribute data to citizen science. We will offer opportunities to talk to staff and grad students about science and education careers. We will engage kids in our "Fancy Males" unit and activities regarding natural and sexual selection. If possible, students will see the Cornell Museum of Vertebrates or at least bird specimens. We may do sound recording. We will explore acoustic engineering topics. We will hold a behind-the-scenes tour of the Lab.

Packing Suggestions
Dress for the weather and spending time outside. Bring your water bottle.
University U

**Title:** Animal Adventures  
**Cornell Department:** Animal Science  
**Description**
Find out how you can turn a passion for animals into a career. Many people know the animal science department prepares undergraduate students for entry into animal and human medical professions, yet did you know animal facility managers, technicians, nutritionists and animal trainers are viable career path choices too? Visit with some of our campus partners to discover more animal related careers in fields that benefit society with hands-on experiences. Who knows...you may be the next animal scientist to make a new discovery.

**Packing Suggestions**
Students must wear closed toed shoes for safety. Exposure to hay, fur and latex is possible. Be prepared if you have allergies. Disposable boots, gloves and lab coats will be provided as needed. Wear clothes that would be ok to get muddy.

**Title:** Museology 101  
**Cornell Department:** Museum of the Earth  
**Description**
Who works in a Museum? Join educators from Museum of the Earth to learn the answer as we explore the process of writing, designing and constructing an exhibit. Choose a profession and work cooperatively with your peers to design your own exhibit using ancient fossils from the Museum’s education collections.

**Packing Suggestions**
None

**Title:** Nutritional Artist  
**Cornell Department:** Food Lab, Division of Nutritional Sciences  
**Description**
In this program, we will explore the topic of “easy” nutrition. We will prepare a popular dish, focusing on ways to make it easier to prepare and more nutrient dense. We will talk about food science, the reasons why we cook things a certain way, and careers in cooking, food, or nutrition. Participants will be encouraged to cultivate a sense of individual expression through food while learning how to have fun with it at the same time.

**Packing Suggestions**
Close-toed shoes for safety, and clothes that you don't mind getting (potentially) splattered with food.

**Title:** Printmaking at the Museum  
**Cornell Department:** Johnson Museum of Art  
**Description**
We'll explore the museum collections and related careers and make our own mono prints inspired by what we have seen.

**Packing Suggestions**
None.
Title: Have a Blast with Rocketry!
Cornell Department: Cornell Laboratory for Accelerator-based Sciences and Education (CLASSE)
Description
Build and launch your own bottle rocket! Explore Newton’s laws of motion and experiment with different rocket designs and fuels to get your rocket to travel the farthest. Students may take home their own unique rocket designs.
Packing Suggestions
None.

Title: Explorations in Nanotechnology
Cornell Department: Cornell Nanoscale Facility
Description
This hands on session will explore the exciting new field of nanotechnology, where very small things act in unexpected ways. How small is a nanometer, anyway? You will explore everyday things with various kinds of microscopes including a scanning electron microscope, and see how forces and interactions at the nanoscale cause materials to act in different ways. Finally, you will explore some of the different tools scientists and engineers use to build and explore nanostructures.
Packing Suggestions
None

Title: Construction of a Crystal Radio
Cornell Department: Applied Engineering and Physics
Description
Students will work in teams to construct crystal radios and then be able to listen to them. Students will also look at modern integrated circuits with a microscope, to understand the benefits of miniaturization.
Packing Suggestions
None

Title: Biomedical Research
Cornell Department: Biological and Environmental Engineering
Description
We will be talking about cell encapsulation with a particular focus on type 1 diabetes treatment. We will discuss the concept of cell encapsulation, how it works, what kinds of diseases it can treat and what kinds of potential problems we have to overcome before it becomes a real therapy. We will also discuss what kinds of roles scientists and engineers can play in medicine. The students will also have an opportunity to make the hydrogel microcapsules that are commonly used for cell encapsulation. (Biological & Environmental Engineering)
Packing Suggestions
None
Foods, Texture, and Eating Bugs
Why some things are chewy, some things aren't, and why eating bugs can be tasty and exciting

Cornell Department: Food Science

Description
Where do foods get their texture? Why are some things chewy, some things squishy, some things brittle, and others soft? Let's explore the fascinating chemistry that gives foods their texture and shape. We'll investigate how food scientists think about food structures, how cheese is made, and then, just for fun—we'll talk about eating bugs and who knows, maybe taste a few!

Packing Suggestions
None
# 4-H Career Explorations Conference Overall Schedule - Draft

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 AM – 12:30 PM</td>
<td>Check In</td>
<td>RPCC (upper side)</td>
</tr>
<tr>
<td>12:30 – 12:45 PM</td>
<td>Brief County Meeting</td>
<td>Location of your choice</td>
</tr>
<tr>
<td>1 – 1:30 PM</td>
<td>Chaperone Orientation</td>
<td>RPCC 2nd Floor Auditorium</td>
</tr>
<tr>
<td>1:30 – 2 PM</td>
<td>Lab Safety Training – for specific Focus groups</td>
<td>RPCC 2nd Floor Auditorium</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Leave for programs – groups not in Lab Safety</td>
<td>Court Hall green space</td>
</tr>
<tr>
<td>2 – 4:30 PM</td>
<td>Focus groups: see specific group schedule</td>
<td>Focus groups: see group schedule</td>
</tr>
<tr>
<td>2 – 3 PM</td>
<td>UU: Opening Presentation</td>
<td>UU: Call Auditorium, Kennedy Hall 101 Kennedy</td>
</tr>
<tr>
<td>2 – 3 PM</td>
<td>UU: Chaperone Orientation</td>
<td>Begins at Kennedy</td>
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<tr>
<td>3 – 4:30 PM</td>
<td>UU: Campus Tour</td>
<td></td>
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<tr>
<td>5 – 5:45 PM</td>
<td>County Group A: Dinner</td>
<td>RPCC Dining</td>
</tr>
<tr>
<td>5:45 – 6:30 PM</td>
<td>County Group B: County Meetings</td>
<td>Dorms</td>
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<tr>
<td></td>
<td>County Group A: Dinner</td>
<td>RPCC Dining</td>
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<tr>
<td></td>
<td>County Group B: County Meetings</td>
<td>Dorms</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Walk to Opening Assembly</td>
<td>Meet County outside of RPCC</td>
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<tr>
<td>7 – 8:30 PM</td>
<td>Opening Assembly</td>
<td>Call Auditorium, Kennedy Hall</td>
</tr>
<tr>
<td>8:30 – 10 PM</td>
<td>Free Time and Recreation</td>
<td>RPCC, Helen Newman Hall, Outside</td>
</tr>
<tr>
<td>10 PM</td>
<td>County Check In – youth must be in dorms!</td>
<td>Dorms</td>
</tr>
<tr>
<td>11 PM</td>
<td>Lights Out</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 – 8 AM</td>
<td>Breakfast – arrive no later than 7:30 AM</td>
<td>RPCC Dining</td>
</tr>
<tr>
<td>Varies</td>
<td>Leave for programs – check your schedule</td>
<td>Court Hall green space</td>
</tr>
<tr>
<td>9 AM – 4:30 PM</td>
<td>Programs – see specific schedules</td>
<td>See group schedule</td>
</tr>
<tr>
<td>5 – 5:45 PM</td>
<td>County Group A: Dinner</td>
<td>RPCC Dining</td>
</tr>
<tr>
<td>5:45 – 6:30 PM</td>
<td>County Group B: County Meetings</td>
<td>Dorms</td>
</tr>
<tr>
<td></td>
<td>County Group A: Dinner</td>
<td>RPCC Dining</td>
</tr>
<tr>
<td></td>
<td>County Group B: County Meetings</td>
<td>Dorms</td>
</tr>
<tr>
<td>6:30 – 10 PM</td>
<td>Free Time and Recreation</td>
<td>RPCC, Helen Newman Hall, Outside</td>
</tr>
<tr>
<td>8:30 – 10 PM</td>
<td>Dance</td>
<td>RPCC 2nd Floor</td>
</tr>
<tr>
<td>10 PM</td>
<td>County Check In – youth must be in dorms!</td>
<td>Dorms</td>
</tr>
<tr>
<td>11 PM</td>
<td>Lights Out</td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 – 8 AM</td>
<td>Breakfast and Checkout</td>
<td>RPCC Dining</td>
</tr>
<tr>
<td>Varies</td>
<td>Leave for programs – check your schedule</td>
<td>Court Hall green space</td>
</tr>
<tr>
<td>9 AM – 12 PM</td>
<td>Programs – see specific schedules</td>
<td>See group schedule</td>
</tr>
<tr>
<td>12:15 – 1 PM</td>
<td>Closing Ceremony and Send Off</td>
<td>Call Auditorium, Kennedy Hall</td>
</tr>
<tr>
<td>1:15 – 2:15 PM</td>
<td>Lunch</td>
<td>RPCC Dining</td>
</tr>
</tbody>
</table>