



JUNE 20-23 LOUISIANA STATE UNIVERSITY- BATON ROUGE

What is 4-H University?

Each year 4-H members who are 8th-12th grade are eligible to attend 4-H University on the campus of LSU and A&M College in Baton Rouge to demonstrate their skills in more than 30 competitive events, workshops, and educational sessions. It is a culmination of a 4-H member's year of hard work and dedication. Events range from Automotive Care, ESports, Fishing Sports, Healthy Living Demonstrations, Public Speaking, Fashion, Robotics and more! Through competing, youth demonstrate life skills in teamwork, decision making, problem solving, resiliency, and many more. Each competitive event allots youth an opportunity for personal growth, skill mastery, and other life skills vital to functioning members of society.



Pregisister using the QR code by April 3 and pay \$50 deposit (unless competing in only Photography or Fine Arts).

An informational meeting will be held **April 3 at 5:30 PM at the 4-H Office** for participants and parents to attend. Final registration and health form information will need to be completed in 4-H Online Event Registration between May 15 and June 1, 2023. Contest information can be found on the remaining pages of thos packet. All registration will be done online.

Visit www.lsuagcenter.com/4hu for more general information!



4-H UNIVERSITY AT A GLANCE



CONTEST	DATE	LOCATION	INDIVIDUAL /TEAM	# ENTRIES	GRADE REQUIREMENTS	CONTEST DESCRIPTION	AWARD
4-H Has Talent	June 21, 2023	LSU-PMAC	Individual or Team	3	8th to 12th Grade as of 8/1/2022	This contest will provide an opportunity for 4-H members to display their talent as an individual or groups with up to 8 people. Individuals and groups, regardless of performance, will be judged in one category. Each performance will be scored, and the winner will the designated contest award.	Louisiana 4-H Educational Trip Little Rock, Ark. July 2023
ATV Safety	June 21, 2023	LSU-PARKER	Individual	2	8th to 12th Grade as of 8/1/2022	The event will consist of three parts. 1) written test 2) parts identification which will consist of ten parts to identify 3) ATV riding portion which consists of ATV safety and operation. The scores from each part will be added. The lowest overall score wins.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Automotive Care	June 21, 2023	LSU-PARKER	Individual	2	9th to 12th Grade as of 8/1/2022	Each contestant will be expected to detect ten unsafe and /or hazardous conditions on an automobile; perform a situational demonstration; answer 50 questions on automotive care, safety and driving. Contestants will also demonstrate skills in the handling of a motor vehicle.	Louisiana 4-H Educational Trip Little Rock, Ark. July 2023
Career Prep	June 21-22, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Individual contestants, using the 2022 guidelines and forms, will submit a Cover Sheet and Job Application form using the examples in the Career Preparation Study Guide. Contestants will also submit a Cover Letter, Résumé and Reference List, which will be the contestant's design. Contestants will need to review and utilize materials provided in the Career Preparation Study Guide in planning and developing materials.	National 4-H Congress Atlanta, GA November 2023
Child Development	June 21, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	The contest will apply knowledge to practical situations using child development theory and knowledge and developmentally appropriate practices. Contestants demonstrate knowledge about all aspects of childcare, family development, and careers in child and family development.	National 4-H Congress Atlanta, GA November 2023
Civic Engagement /Leadership Demonstration	June 22, 2023	LSU	Individual or Team of 2	2	8th to 12th Grade as of 8/1/2022	Youth present a method demonstration in Citizenship. Topic areas can include citizenship, leadership, theater arts, communication, and personal development. The method demonstration should NOT include cooking/preparing food.	IGNITE 4-H Conference Washington, D.C.
Civic Engagement /Leadership Illustrated Talk	June 22, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Contest allows youth to present an illustrated talk on an area within citizenship, leadership, theater arts, communication and personal development	IGNITE 4-H Conference Washington, D.C.
Consumer Decision Making	June 21, 2023	LSU	Individual	8	National contest requirement of 14-18 years old as of January 1.	Teams of three (3) or four (4) 4-H members will judge six classes of consumer products or services. In addition, each participant will use criteria outlined in situation statement to give a set of oral reasons on one of the classes. Classes may include financial products or services, repeat purchase items, big ticket items, or contractual services.	National Western Roundup Consumer Decision Making Contest Denver, CO January 2024

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Consumer Food Evaluation	June 21, 2023	LSU	Team of 2 or 3	2	8th to 12th Grade as of 8/1/2022	The Consumer Foods Judging Contest is designed to measure the knowledge a 4-H member knows in making wise food choices. Food choices are made when we select food at supermarket, school, vending machines, fast food outlets, and restaurants. The contest is made up of nine (9) classes of items. Reasons will be required for one of these nine (9) classes. Each class contains four similar items, numbered 1, 2, 3, and 4 and has an accompanying scenario. The scenario describes a consumer and gives the needs to be considered when they decide to purchase the item. Factors influencing these needs include health, money, lifestyle, preferences, or other requirements which depend on the item given and the individual in the situation.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
ESports	June 21, 2023	LSU	Team of 3	2	8th to 12th Grade as of 8/1/2022	Youth will form a team to compete in a single elimination video game tournament. Youth will develop skills in teamwork, communication, critical and strategic thinking, creativity, sportsmanship, and leadership and a mastery of a Louisiana High School sport that can lead to scholarships and future careers.	IGNITE 4-H Conference Washington, D.C.
Fashion Review Ready to Wear	June 21-22, 2023	LSU	Individual	3	8th to 12th Grade as of 8/1/2022	Contestants put together a 4-H U outfit and accessories for any occasion. This year contestants are encouraged to shop in their closet to find pieces that will work for this year's virtual contest. 4-H U Outfit pieces may be all ready-to-wear or a combination of home sewn and ready-to-wear; outfit must include some ready-to-wear pieces.	National 4-H Congress Atlanta, GA November 2023
Fashion Review Upcycled Fashion - Recycling	June 21-22, 2023	LSU	Individual	3	8th to 12th Grade as of 8/1/2022	There are so many ways to reuse discarded clothing instead of throwing it all in the garbage. This contest seeks to bring awareness of the amount of clothing discarded into the landfill, of the types of recyclable materials, and of ways to reuse fibers and fabrics and other recyclable materials that would otherwise end up adding to the landfill. The Upcycled Fashion Contest demonstrates recycling knowledge and redesign skills using recyclable materials to create a wearable outfit for the runway. The design should be wearable, neat and of quality workmanship. Clothing should meet acceptable standards of appropriateness for a 4-H or school function. Most clothing can be upcycled which means to reuse a discarded item to create a product of better quality than the original or into something new and usable.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Fashion Review It's Sew You	June 21-22, 2023	LSU	Individual	3	8th to 12th Grade as of 8/1/2022	The contestant may choose a commercial pattern, create their own, or use a combination of each. Garment and Data Packet is submitted for judging prior to contest.	1st Place: National 4-H Congress, November 2023 2nd Place: Allbrands.com, Serger or Sewing Machine
Fishing Sports	June 21, 2023	Baton Rouge	Individual	8	8th to 12th Grade as of 8/1/2022	Fishing sports test the angling knowledge and skills of the 4-H members. This contest requires youth to take part in performance challenges (fish identification, knot identification, and fishing gear ID). Additionally, 4-Hers will be tested on fish rules, limits, safety, and ethical issues and then participate in a fishing tournament.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Healthy Living Demonstration	June 21, 2023	LSU	Individual or team of 2	2	8th to 12th Grade as of 8/1/2022	Contest allows youth to present a method demonstration in a healthy living subject area. Topic areas can include: Child Development, Food & Nutrition, and Health. The method demonstration may include cooking and preparing food.	IGNITE 4-H Conference Washington, D.C.

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Healthy Living Illustrated Talk	June 22, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Contest allows youth to present an illustrated talk on an area within child development, food & nutrition and health.	IGNITE 4-H Conference Washington, D.C.
Horticulture ID & Evaluation	June 21, 2023	LSU	Individual	4	8th to 12th Grade as of 8/1/2022	These contests provide the opportunity to study horticultural plants and their parts and products. Participation in the contest should result in improved abilities to recognize, use, grow, and appreciate the offerings of horticulture. Contests has three (3) components to it, which include: A) Four classes of four plates or specimens of (1) vegetable, (1) fruit or nut, (1) flower, and (1) woody ornamental, each to be judged based on quality and condition. B) Twenty (20) objective type questions (true/false, multiple choice) dealing with horticultural topics learned in 4-H project work, and C) Forty (40) specimens containing ten (10) each of the following major categories must be identified: vegetables, fruits and nuts, floricultural plants (annual flowers, herbaceous perennials, foliage plants), and woody ornamentals (tree, shrubs, ground covers, and can also include lawn grasses).	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Insect ID	June 21, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Individual contestants will take a written test including identification of insects. Correct spelling of common name and order will be a factor in scoring. Participants will also create an Entomology Collection that will be submitted prior to contest date.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Livestock Judging	June 21, 2023	LSU	Individual	8	National contest requirement of 14-18 years old as of January 1.	Teams of three (3) or four (4) 4-H members will judge at least seven (7) classes of livestock. Species of livestock include Beef cattle, swine, sheep, and goats. Twelve(12) minutes will be allowed for each class. Each contestant will be required to give three (3) sets of oral reasons.	National 4-H Livestock Judging Contest, North American International Livestock Exposition Louisville, KY
Meat ID	June 21, 2023	LSU	Individual	8	National contest requirement of 14-18 years old as of January 1.	Meat judging helps youth develop important life skills by allowing them to show their ability to evaluate various species of carcasses and identify a variety of meat cuts.	Nat 4-H Meat Judging Contest Kansas City, KS October 2023
Next Food Star	June 22, 2023	LSU	Team of 2 to 4	1	9th to 12th Grade as of 8/1/2022	This is a team food preparation/presentation is a contest using Louisiana Seafood to prepare a dish. The team will also present an informal speech on how the dish was prepared, importance of Louisiana seafood and the nutritional value of the dish. Each parish may allow a team of two to four (2-4) participants to compete in this contest. You may have to have an alternate if you only have two members on a team in the event something happens one cannot make the event.	Great American Seafood Cook-Off: 4-H Edition New Orleans, LA August 2023
Outdoor Skills	June 21, 2023	LSU	Team of 3 or 4	2	8th to 12th Grade as of 8/1/2022	The contestant will be required to take part in a performance challenge trail that involves shooting and orienteering challenges. They will take a test related to ethical and environmental decisions in the outdoors. Contestants (team) will be required to give a 5-7 minute oral presentation on a real-life situation involving an outdoor adventure.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Personal Trainer	June 22, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Contest includes a written exam, personal training demonstration rotations, and scenario coaching including exercise adaptations for specific needs.	IGNITE 4-H Conference Washington, D.C.

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Photography	June 13, 2023	Virtual	Individual	2	8th to 12th Grade as of 8/1/2022	The digital photography contest allows 4-H members to demonstration their skills and how they view the world through photography. Contestants submit a portfolio of no more than 10 photographs taken throughout the year along with a narrative summary of their photography. Additionally, each contestant will take an exam to test their knowledge of photography.	IGNITE 4-H Conference Washington, D.C.
Plant Science	June 21, 2023	LSU	Individual	4	8th to 12th Grade as of 8/1/2022	Contest will consist of exercises in Weed Identification and Crop Identification.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Poultry Judging	June 22, 2023	LSU	Individual	8	National contest requirement of 14-18 years old as of January 1.	Poultry Judging teaches 4-H'ers how to judge live hens, grade eggs, grade ready to cook poultry, and identify poultry parts. It also provides experience in organizing thoughts and defending decisions with oral reasons. The contest will consist of three parts: Egg production class, market class, and egg class.	National 4-H Poultry and Egg Conference Louisville KY
Promote 4-H Graphic Design	June 22, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Contest allows a contestant to design and create a digital design featuring 4-H which could be incorporated into various marketing assets.	IGNITE 4-H Conference Washington, D.C.
Public Speaking - CoOp	June 22, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Contestants present prepared speeches on, or in favor of, agricultural cooperatives and speak on the benefits, challenges, and opportunities they provide in a free market system. Agricultural cooperatives handle, process, and market almost every type of agricultural commodity; furnish farm supplies; and provide credit and related financial services, including export financing. Earnings from these activities are returned to their farmer members on a patronage basis, helping improve their income from the marketplace.	National 4-H Congress Atlanta, GA November 2023 2nd place-\$100 3rd Place-\$50
Public Speaking - Any	June 21, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	This contest allows 4-H members to demonstration their skills in public speaking and communication. Speeches may focus on all age and subject appropriate topics and subjects except for those in the subject area of agriculture cooperatives.	National 4-H Congress Atlanta, GA November 2023
Robotics	June 21-22, 2023	LSU- Mini Farm	Team of 3 to 5	2	8th to 12th Grade as of 8/1/2022	Contest is designed as a challenge-based competition focusing on tasks and process related to those found in agricultural industry and/or farm and ranch. Contest will include both announced and unannounced challenges.	IGNITE 4-H Conference Washington, D.C.
Sports Broadcasting	June 22, 2023	LSU	Team of 2	2	8th to 12th Grade as of 8/1/2022	Contestants serve as sports broadcasters and will commentate on a sporting event by selecting from football, basketball, baseball or softball. One announcer will cover color commentary and other will cover the details of the sporting event.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
STEM Method Demonstration	June 21, 2023	LSU- Nelson Memorial	Individual or team of 2	2	8th to 12th Grade as of 8/1/2022	Contest allows youth to present a method demonstration in an area within Science, Technology, Engineering & Mathematics. Topics include Aerospace, Agronomy/ Plant Science, Forestry/Woodworking, Home Environment, Horticulture, Insect/ Entomology, Machines, Outdoor Skills, Photography, Pet Care, Veterinary Science, Horse and Livestock. The method demonstration should NOT include cooking/ preparing food.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023

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STEM Illustrated Talk	June 22, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Contest allows youth to present an illustrated talk on an area within Science, Technology, Engineering & Mathematics. Topics include Aerospace, Agronomy/ Plant Science, Forestry/Woodworking, Home Environment, Horticulture, Insect/ Entomology, Machines, Outdoor Skills, Photography, Pet Care, Veterinary Science, Horse and Livestock.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Teens Driving Teens	June 22, 2023	LSU	Team of 2 or 3	2	8th to 12th Grade as of 8/1/2022	This contest is for teams of two (2) or three (3) members. Contestants will present a five (5) to seven (7) minute presentation using format or audio visuals of choice on the topic of safe driving. Safe Driving topics include but are not limited to distracted driving (texting); drinking; reckless; sleepy; road rage; seat belt usage. The emphasis will be on young drivers, influencing other young drivers.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Tiger Tank	June 21, 2023	LSU	Individual or Team of 2	2 per Division	8th to 12th Grade as of 8/1/2022	The Tiger Tank Entrepreneurship Challenge offers 4-H Members an opportunity to apply their strengths, talents, and abilities to design innovative business ventures. In the process of designing their business concepts, students will sharpen their time management skills, financial management skills, communication skills, problem-solving abilities, critical thinking skills, perseverance, and confidence. The goal of the contest is to inspire students to think outside of the box and pursue their goals through experiential learning.	Division winners will be awarded a one-time, monetary scholarship.
Tractor Operations	June 22, 2023	LSU- PARKER	Individual	2	8th to 12th Grade as of 8/1/2022	Contest will consist of a twenty-five question written exam parts identification and hands-on tractor/bush hog component.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Vet Set Geaux	June 21, 2023	LSU	Individual	2	8th to 12th Grade as of 8/1/2022	Individual contestants will demonstrate their scientific knowledge of veterinary care/ science of dogs, cats, exotic animals, avian/ pet birds, small reptiles, amphibians, aquatic animals, or other small mammals—sugar gliders etc. (Excluding livestock animals). Winners will be determined by the combined scores from: 1) a written general knowledge exam (100 pts), 2) an informative presentation. (100 pts), and 3) skill-a-thon portion (50 pts)	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Visual Arts	June 9, 2023	LSU	Individual	1 entry per 4-H member No limit per parish	8th to 12th Grade as of 8/1/2022	Contest allow 4-H members to display their accomplishments in visual, digital and fine arts.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023
Zero Turn Mower	June 22, 2023	LSU-PARKER	Individual	2	8th to 12th Grade as of 8/1/2022	Contest will consist of participants identifying parts of a zero-turn mower, common turf grass species and lawn weeds in Louisiana, and complete a driving and safety portion.	Louisiana 4-H Educational Trip Little Rock, Ark July 2023

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