



Life Challenge Information

What is it?

Life challenge is a two-day event designed to help you learn about issues related to Family and Consumer Sciences, explore career opportunities that are available, complete with other teens from across the state and have FUN! The event is being sponsored by Nebraska 4-H, the College of Education and Human Sciences, the University of Nebraska-Lincoln and Nebraska Investment Finance Authority.

Opportunities at Life Challenge include:

- Family and Consumer Science Team Problem Solving Challenges
- On-line Team Clover Challenge
- Educational and Fun Workshops!

You can participate in any or all of these pieces. In addition, you will have chances to explore East Campus, meet with faculty members and have FUN with your friends!

When and Where:

It will be held June 29-30 on University of Nebraska-Lincoln's East Campus.



**Schedule of Events:
Sunday, June 28, 2009**

6:00 – 8:00 pm Dorm check-in available at Burr Residence Hall – East Campus.

Monday, June 29, 2009

Note: Upon registration, each Challenge Team will receive a specific time. Teams must be available to register 30 minutes prior to the time they present.

8:15-9:45 Workshop: Flavors of the World: Mini Meatloaves
(Ruth Leverton Hall, Rm 206) Highlighting the *Fast Foods* 4-H Curriculum

Open to all Life Challenge and PASE Participants

***Pre-registration Required! E-mail kspath3@unl.edu**

9:00 Pilot Challenge – “Going Green”

9:00-12:15 Clover Challenge – On-line Computer Event
Top 8 teams from district competitions will compete

9:00-10:30 Workshop: Food Technology for Companion Animals
(Filley Hall, Rm. 105) Open to all Life Challenge and PASE Participants

***Pre-registration Required! E-mail kspath3@unl.edu**

10:45-12:15 Workshop: Food Technology for Companion Animals
(Filley Hall, Rm. 105) Open to all Life Challenge and PASE Participants

***Pre-registration Required! E-mail kspath3@unl.edu**

11:30-12:15 Lunch

1:00-3:30 Challenge 1 – Food

3:30-5:00 Workshop: Flavors of the World: Mini Meatloaves
(Ruth Leverton Hall, Rm. 207) Highlighting the *Fast Foods* 4-H Curriculum

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4:00-8:00 Dorm Check-in – available at Burr Residence Hall on East Campus

6:00 Governor’s Ag Excellence Awards followed by evening meal.

7:00 Joint awards ceremony with PASE participants
1st Challenge and District Clover Challenge awards will be presented

9:00-11:00 Evening joint activities with PASE participants



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Tuesday, June 30, 2009

7:00-8:30 Continental breakfast available for dorm residents

8:00-10:30 Challenge 2 – Wardrobe

8:30-10:00 Paying for College 101 Workshop (Mussehl Hall Rm. 202)

10:30-11:30 Lunch (grab & go sack lunch)

11:30-2:00 Challenge 3 – Design

2:30 Awards ceremony
2nd & 3rd Challenge results announced
Auditorium – Hardin Hall

Challenges

Family and Consumer Sciences subject matter based challenges are a way for you to apply what you've learned in your 4-H projects to a real-life situation. The challenges involve 4-H'ers working in teams, solving problems and applying subject matter knowledge to a specific situation. For example, in the Wardrobe Challenge you might use your creativity to select as many different outfits based on the needs of the situation and your budget.

Your team will have 30 minutes to develop your response to the challenge question. After that, you will present a presentation (5-7 minutes) that outline your solution to the challenge to a panel of two judges. This presentation will be open to parents and others who are interested, so you'll be able to practice your communication skills as well! Once you've completed your presentation, you can watch the other teams present.

Your challenge team can have two, three or four members. If you can't find someone in your county who is interested in being on your team, your county extension office will help you find someone from a surrounding county. Your county office will also have "sample" challenge packets so you can practice before you get to the state event. The top teams in each challenge area will be recognized during the awards ceremony on Monday evening and Tuesday afternoon.

The challenges in each area will involve information from 4-H project manuals. The following list of manuals should help you prepare:

Food & Health Challenge: Youth in Motion, Fast Foods, You're the Chef, & Foodworks

Wardrobe Challenge: Shopping in Style, Attention Shoppers

Design Challenge: Design Decisions Project Manual



NEW FOR 2009: Pilot - Going Green Challenge:

- NebGuide: Easy on Energy: Tips for Conserving
<http://www.ianrpubs.unl.edu/sendIt/hef565.pdf>
- Recycling: <http://kids.niehs.nih.gov/recycle.htm>
- Carbon Footprint: <http://science.howstuffworks.com/carbon-footprint.htm>
- Go Green and Save: http://www.worldwatch.org/resources/go_green_save_green

What To Bring For Challenges:

PRODUCT BOXES

As part of each of the Challenges, participants will be asked to incorporate the items found in their "Product Box" within their response to the Challenge question. All of the Product Box items can fairly easily be found around the home. Teams will use the products in their boxes to help design their response. For example, one of the Challenges may work around a piece of clothing or a clothing advertisement that needs to be incorporated into a wardrobe.

In order to provide teams with more of a challenge, they are being asked to bring the specified Product Box for each Challenge in which they are participating. This year, teams will be using their county's Product Box for each Challenge (i.e., you will use your own box). Product Boxes will be checked at registration for each Challenge. We will have additional Product Boxes available. Product Boxes do not have to be a "box" (we know you have to fit these in your car, and some of you are bringing more than one team and each team is participating in more than one Challenge). You can bring the items in a bag, tote, whatever. You could also use the same tote for each Challenge, just switching out the products.

Product Boxes for each Challenge are listed below. Each team needs to bring one Product Box for each of the Challenges for which they are registered.

Food & Health Challenge – Youth in Motion, Fast Foods, You're the Chef & Foodworks Project Manuals

Food item package for a food in each of the food groups - five packages total (Whole Grain, Fruit, Vegetable, Meat & Milk)

Wardrobe Challenge - Shopping in Style and Attention Shoppers Project Manuals

4 - Clothing ads or pieces of clothing that a teenager would have in their wardrobe.

Example: T-shirt, capris, sandals

Design Challenge - Design Decisions Project Manual

Wallpaper sample (4 x 4 inch square), carpet sample (4 x 4 inch square), paint sample (up to 3 color choices 4 x 4 inch sample max.) and upholstery sample (4 x 4 inch square) (if samples are unavailable, picture of any of these are fine - no size requirement)



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****NEW** Going Green Challenge**

Four items or pictures of items that would contribute to an eco-friendly home (examples: compact fluorescent light bulbs, eco-friendly bag, energy star appliances, etc).

OTHER SUPPLIES YOU CAN BRING:

Scissors – 2 pair of scissors (to cut magazines, catalogues or cut poster board)

Poster Board – Up to 4 sheets per Challenge (28x22”), any color

Markers – Up to 12 markers for writing on poster board or paper

Glue Sticks

Ruler or Yard Stick

POWER POINT— To challenge teams’ creativity Power Point presentations will NOT be accepted.

Clover Challenge

Clover Challenge is a competitive computer event for young people who are interested in learning more about Family and Consumer Sciences subject matter. In 2007 the contest moved to a district-level event. 4-H’ers must compete and qualify in their district contest to be eligible to compete in the State Clover Challenge contest held during the PASE/Life Challenge events.

Similar to quiz bowl, the Clover Challenge consists of a series of multiple choice and true/false questions based on family finance, health, foods, clothing, and home environment. Clover Challenge participants compete in teams of two, three, or four youth: these teams compete against each other in randomly chosen tournament-like brackets. Together, the team reviews the randomly selected question that appears in their computer screen and selects the answer they believe is correct. If the answer is incorrect, the opposing team has a chance to “steal” the question and gain that leaf. The first team that can successfully gain control over all leaves of the clover wins the round and goes on to compete against another team. Competition continues until there is only one team left.

For more information on the Clover Challenge and the life Challenge competition, contact your local Extension office, or check the 4-H website: <http://4h.unl.edu>

Workshops

***Pre-registration Required! E-mail kspath3@unl.edu**

Throughout the PASE/Life Challenge event, there will be three special opportunities to attend workshops. These opportunities will be offered Monday, June 29, at 8:15-9:30, 9:00-10:30 am, 10:45-12:15 and 3:30-5:00 pm. All participants are welcome to attend the



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workshops. Anyone interested in attending these workshops must pre-register to ensure space and materials. Workshops may be canceled due to low registration.

This year's workshops:

- Flavors of the World: Mini Meatloaves (8:15-9:30 am in Rm. 206 Ruth Leverton Hall or 3:30-5:00, location TBA)
- Food Technology for Companion Animals (9:00-10:30 or 10:45-12:15 pm, location TBA)

The Flavors of the World workshop highlights the new Fast Foods 4-H curriculum available through your county extension office.

Food Technology for Companion Animals is a new major offered through the College of Agricultural Sciences and Natural Resources. Information regarding college admittance will be included as a part of each workshop.

Visits with professors – College of Education and Human Sciences

If you have a talent for working with people or young children, a career as a child care director, family counselor, teacher or consumer marketing director could be yours with the skills and experiences available from the Children, Youth and Family Studies Department. In our Nutrition & Health Sciences Department, your talent in science or business management can be developed into a career as a sports nutritionist, hotel catering director or dietitian. If your talent lies in fashion, retail or design, our Textiles, clothing and Design department can help you gain the skills you need to succeed in the “material” world. Whatever your talents, we can arrange a visit with a faculty member or current student who can help you gain insight into what career might be right for you and what the College of Education and Human Sciences has to offer. To schedule a visit with a professor while you are at the Life Challenge event, contact Karen Kildare at kkildare2@unl.edu or (402)472-0695.

Eligibility

The Life Challenge Event is open to any current 4-H'er who is 12 (by January 1, 2009) and older. Pre-registration for the 4-H FCS Life Challenge Event is required and can be done through your local Extension Office, check with them for specific deadlines. Each participant must turn in a 4-H Permission and health Form.

4-H'ers can select to do any of the team Challenge Events, workshops or campus tours, or any combination. You get to choose what you would like to do best. For example, you might just want to do the Design Challenge, or you may want to do all of the Challenges





and a campus tour. Or, you might want to do the Clover Challenge and the Wardrobe Challenge. The choice is yours!

Some 4-H'ers might also want to participate in the Premier Animal Science Events (PASE) that will be taking place on campus at the same time as Life Challenge. Check the PASE schedule (available from your Extension office and on the 4-H website) to see what opportunities will fit your schedule.

Meals & Lodging

Through a generous contribution by the Nebraska Investment Finance Authority and the Nebraska 4-H Foundation, Monday's picnic supper will be provided at no charge to participants. Monday and Tuesday's lunch will be available at a cost of \$1 per contestant. These meals will be offered free of charge to staff, parents and family members who are helping with the event. To properly prepare for meals, pre-registration is necessary; please contact your local Extension office.

Lodging will be available in Burr Residence Hall at the University of Nebraska-Lincoln's East Campus (35th & Holdrege) on Sunday and Monday evenings. Pre-registration is necessary; please contact your local Extension office. Youth pre-registering for a stay in the residence halls will be assigned roommates and will stay in double rooms unless accompanied by their parent or guardian, in which case they may stay with their parent or guardian. Rooms are \$18 per person, per night and include continental breakfast. Lodging fees are required in advance and are non-refundable. Sheets, pillows and pillowcases will be provided. Participants will need to bring their own blankets, towels and personal products.

Entry Fees

4-H members involved in any of the Challenges are required to pay a non-refundable entry fee of \$20.00 per team per Challenge. There is no charge for participation in the workshops. Pre-registration is required for participation in all contests, workshops, meals and for housing requirements.

Conduct

Participants in ANY PORTION of these events and contests are expected to conduct themselves in a positive manner that contributes to the program. You are expected to:

- Participate fully in all scheduled programs.
- Be courteous and kind to everyone.





- Respect people, furnishings and equipment
- Observe building and residence hall rules.
- Do not use alcohol, drugs (except as prescribe by a doctor) or tobacco products.

Disruptive behavior may result in expulsion form the event and/or the violator being sent home at the parents' expense. Remember, character does count!

Awards

Results for the Monday Team Challenge and District Clover Challenge Contests will be announced Monday evening during the PASE/Life Challenge Picnic and NIFA Awards presentation. Results for the Tuesday Team Challenges and Clover Challenge Finalists will be announced Tuesday afternoon during the awards ceremony.

Ribbons must be picked up by county staff or their representatives following the announcement of winners. The top five teams in the food, design and clothing challenges will be recognized with ribbons. Members of the top teams in these three competitions will also receive a scholarship from the College of Education and Human Sciences and a gift card. Ties between teams will be broken based on the "Application of Knowledge" score. (See the participant score sheet for more information). The top two Clover Challenge teams will also receive gift cards. There will be no individual recognition.