

4-H Youth Development Trends for County Plan of Work 2016-2020

Core Curriculum: Family and Consumer Sciences (PAC Code: 410)

Major Initiative: Acquiring basic life skills in family and consumer sciences.

Specific situation/trend description:

How we live life is ever-changing but learning basic life skills is still as important as ever. Learning to practice healthy habits, select clothing to emphasize one's best appearance, create and live within a budget, prepare nutritious meals safely, nurture children, create a safe and pleasant home environment, practice common courtesies, and form relationships with others—all of these skills are basic to everyday life. Many schools no longer include family and consumer sciences classes in the curriculum. Reality is that today's youth and adults are busier than ever. Many of these basic life skills are not consistently taught to youth at home or at school. 4-H family and consumer sciences projects equip youth with these skills.

As with any other Kentucky 4-H Core Curriculum area, when it comes to development of life skills, a strong case can be made for the need to go beyond mere transfer of knowledge to giving youth the opportunity for a variety of supportive, related learning experiences to significantly increase the program's influence.

4-H often offers basic learning activities on a topic of interest to youth but the addition of activities which support that interest (such as fair exhibits, related subject matter workshops or day camps, field trips, and decision-making judging contests) significantly increase the development of life skills in youth. In a study by Olson, Croymans and Ji (2014), 4-Hers reported that participating in 1 or 2 educational opportunities influenced the development of critical thinking and decision making skills, and participating in 6 to 8 opportunities significantly increased the program's influence by adding development of life skills in leadership, planning/organization, wise use of resources, useful/marketable skills and accepting differences.

While many FCS skills can be learned through self-directed projects or school enrichment, it's beneficial for youth to have the added experience and guidance of a trusted adult and the opportunity to form relationships with caring mentors. For many adults, long-term volunteering is not always possible but shorter-term volunteer roles create doable opportunities for more people to tuck volunteering into busy schedules. Special interest clubs and groups that meet for a few weeks or months broaden the possibilities. The volunteer efforts of multiple adults may be required to take the 4-H experience from club meetings alone to also include exhibits, field trips and more.

Long Term goals/outcomes: *Long term goals, specifically addressing the Social, Economic and Environmental outcomes.*

Youth will:

- Be responsible and contributing individuals and family members.
- Gain and maintain employment through life skill development.
- Contribute to a safe, pleasant and productive home and family.

Intermediate goals/outcomes: *Intermediate goals are expected behaviors and practices that youth/adults will do differently as a result of participating in the 4-H program.*

Youth will:

- Utilize and practice life skills in projects and life situations

- Project a positive image and self-confidence
- Practice responsible consumer and financial decision-making
- Practice healthy eating choices
- Make choices that lead to responsible and beneficial results
- Adopt habits and skills that contribute toward employability in the future

Short-term goals/outcomes: As a result of participating in the program...

Youth will:

- Gain knowledge and develop skills in Family & Consumer Sciences projects and programs
- Understand the decision-making process
- Gain skills in setting a goal and developing a plan of action
- Learn to read and follow instructions

Evaluation Measures/Impact Indicators

Use the Family & Consumer Sciences evaluation template. Insert 2 or more statements about the specific topic taught into the top section of the form.

Impact indicators:

- Number of youth who reported that they followed instructions step-by-step to do or make things themselves.
- Number of youth who reported that they followed safe practices.
- Number of youth who reported that they showed another person how to do what they learned to do for themselves.
- Number of youth who reported that they set a goal and accomplished it.
- Number of youth who demonstrate increased or routine use of life skills learned through 4-H in daily life.

Role of 4-H Youth Development Program-Inputs- *What are the existing and new resources related to this issue that can be used at the county level.*

New efforts on the horizon planned for next Four Year Plan of Work- *Base this on situation/trends, new material available or to be completed and/or completing efforts from current Plan of Work.*

- **Child Care: Kentucky 4-H Babysitting Basics 4 Fun and 4 Profit**—final edition to be available for PY 2015-16.
- **Consumer & Financial Education:** looking for a replacement for **Consumer Savvy** series
- **Fashion/Grooming/Image:** Revision of **Fashion Magic** as **Project Fashion Forward**—to be available for PY 2016-17
- **Fashion/Grooming/Image:** Addition of **Laundry Knowhow**—expected to be available in PY 2017-18
- **Food Preparation & Nutrition:** looking for a replacement for **Fantastic Foods Series**
 - **Food Science: What's on Your Plate**—available 2015-16 if approved by com
 - **Cooking 101-401**—available 2015-16 if approved by committee
 - **Teen Cuisine**—seeking permission to use beginning 2015-16
 - **Put It Up!**—available PY 2015-16 if approved by committee
- **Home Environment:** revised versions available by PY 2017-18
 - **Etiquette lesson plans**—available PY 2015-16
- **Textile Science**—new project **Fiber to Fabric Fun**—expected to be available PY 2016-17
- **Workforce Preparation**—to be replaced or revised
- **Paying for College**-Webinar 2016

Existing resources from Core Curriculum-Take from Core Curriculum Catalog.

Child Care:

State Contact: Marha Welch

Kentucky 4-H Babysitting Basics 4 Fun and 4 Profit Member Manual **New for 2015-16**

This member's manual is made up of 8 chapters and includes the topics: qualities of an effective babysitter; basic care of infants and children; child development; play and activities; emotional development; caring for a sick or injured child; safety consciousness; and setting up your business. (68 pages) Intended user: youth in grades 6-12.

Source: KY Cooperative Extension; Download at: (TBA)

Web Download & print

Kentucky 4-H Babysitting Basics 4 Fun and 4 Profit Leader's Guide **New for 2015-16**

This guide outlines eight one-hour sessions and one optional session. The topics are aligned with the member's manual. The topics include: qualities of an effective babysitter; basic care of infants and children; child development; play and activities; emotional development; caring for a sick or injured child; safety consciousness; and setting up a babysitting business. (118 pages) Intended user: volunteers working with a group of youth in grades 6-12.

Source: KY Cooperative Extension; Download at: (TBA)

Web Download & print

Note: A committee is currently writing a KY Babysitting project. It is expected to be available for use in PY 2015-16. Continue to use the following until that time.

Babysitting Beginnings—Member's Guide

This project book outlines 6 lessons: Babysitting Responsibilities, The Business of Babysitting, Understanding Children, Fun with Children, Sitting Safety, Sharing Tool Kits and Portfolios. (28 pages)

Intended user: youth ages 12 and older

Source: Pennsylvania State University; Download at: <http://extension.psu.edu/4-h/leaders/resources/publications/j0521a-babysitting-beginnings-member-guide.pdf>

Web Download

Babysitting Beginnings Leader's Guide

This leader's guide outlines activities to be used with a group of youth who are working on the Babysitting Beginnings member guide. Activities are included for each of the six sessions. (16 pages)

Intended user: volunteers working with youth ages 12 and older

Source: Pennsylvania State University; Download at: <http://extension.psu.edu/4-h/members/projects-resources/consumerscience/babysitting/sittingleader.pdf>

Web Download

Consumer & Financial Education:

State Contacts: Kim Foster Leger, Dr. Bob Flashman (UK), Dr. Joanne Bankston (KSU), Dr. Jennifer Hunter (UK)

4-H Build a Million

This curriculum is designed to help youth develop an understanding of personal finance and basic investing. Intended user: volunteers working with a group of youth ages 14-18. It can be adapted for use with younger youth.

Source: eXtension-- <http://campus.extension.org/course/view.php?id=477>

Web Download and print at no charge

Building a Healthy, Wealthy Future (approved for NEP grant)

This curriculum is designed to help youth understand the relationship between personal behaviors and health and financial success. It is designed for use with youth in grades 6 through 8. It includes a variety of activities and learning lessons that may be used in clubs, special interest groups, school enrichment, and theme camps. Intended user: volunteer working with a group of youth in grades 6-8

Source: KY Cooperative Extension. Download at:

<http://www.ca.uky.edu/agc/pubs/fcs5/fcs5451/fcs5451.PDF>

Web Download and print at no charge

Consumer Savvy Series:

The Consumer in Me (Level 1)

Youth experience what it means to be a consumer through saving, spending and sharing. (40 pages)

Intended user: youth in grades 3-12 (beginning)

Source: National 4-H Supply Service

N4-HSS BU-08030 \$3.98 (printed) or \$3.99 digital download

Consumer Wise (Level 2)

Youth realize the influence of peer pressure and the power of advertising as they learn to make independent decisions when shopping. (40 pages) Intended audience: youth in grades 3-12 (intermediate)

Source: National 4-H Supply Service

N4-HSS BU-08031 \$3.99 digital download

Consumer Roadmap (Level 3)

Teens navigate the potholes in the marketplace en route to becoming savvy consumers. (40 pages)

Intended user: youth in grades 3-12 (advanced)

Source: National 4-H Supply Service

N4-HSS BU-08032 \$3.99 digital download

Consumer Savvy Helper's Guide

This guide includes resources for helpers who facilitate learning for all ages of youth. Numerous group activities help youth develop essential life skills as they pursue their interest in consumer education. (40 pages) Intended user: volunteers working with youth

Source: National 4-H Supply Service

N4-HSS BU-08033 \$3.99 digital download

Financial Champions Helper's Guide

Youth participate in group experiences and financial activities. An interactive web-based game reinforces the concepts learned in this curriculum. (48 pages) Intended user: volunteers working with youth

Source: National 4-H Supply Service

N4-HSS BU-07712 \$3.98

High School Financial Planning Student Workbook

The NEFE High School Financial Planning Program® (HSFPP) is a six-unit program which provides teens with a greater understanding of and ability to manage their personal finances in the areas of goal setting, budgeting, saving, credit, and risk management. (120 pages) Intended user: youth in grades 9-12

Source: National Endowment for Financial Education. Contact Bob Flashman at rflashma@uky.edu for an information packet and order form.

NEFE HSFP Workbook No charge

High School Financial Planning Instructor Manual

The NEFE High School Financial Planning Program® (HSFPP) is a six-unit program which provides teens with a greater understanding of and ability to manage their personal finances in the areas of goal setting, budgeting, saving, credit, and risk management. The Instructor's Manual includes unique games, simulations, case studies, and interactive exercises to provide hands-on experience for students to test and apply the financial principles and concepts being taught. (405 pages) Intended user: volunteers working with youth

Source: National Endowment for Financial Education. Contact Bob Flashman at rflashma@uky.edu for an information and resources.

NEFE HSFP Workbook No charge

High School Financial Planning Resources

A variety of additional educational resources are identified for each of the six units in the NEFE High School Financial Planning Program® (HSFPP). Includes "Weekly Updates" on hot topics currently in the news. Intended user: volunteers working with youth

Source: Contact Bob Flashman at rflashma@uky.edu for an information and resources.

Web

It's Your Reality **Introduced December 2014**

It's Your Reality is a curriculum teaching financial management concepts. It's a combination of *Reality Store* and *Dollars and Sense* that's we've known in the past and lots more. Agents will be able to pick and choose from a variety of lesson plans to make up 6 hours of instruction appropriate to the age of the youth. The instruction will be followed by an event very similar to "*Dollars and Sense*" or "*Reality Store*" where youth put what they've learned about financial management into practice. (pages)

Intended user: Instructor working with youth ages 9-18

Source: KY Cooperative Extension; Download at: Agent Resource Guide under "I"—It's Your Reality.

KYCES Download

Entrepreneurship:

State Contact: Kimberly Adams Leger

American Private Enterprise

Using the APE curriculum, local business professionals and owners teach youth scholars about the American economy, where it fits in the global economy, and how Americans organize to form businesses. They learn about corporations, cooperatives, partnerships, and individual businesses. The local APE program may be done in 1-2 hour sessions over the course of 6-8 weeks or as a 3-day high impact workshop. Intended user: juniors in high school and volunteer instructors.

Source: UK Agriculture Economics Department, contact Quentin Tyler at quentin.tyler@uky.edu or call 859-257-3482. Download curriculum at: <http://www.uky.edu/Ag/apes/welcome.html> or from the Agent's Resource Guide under "American Private Enterprise System."

Be the "E" Member

Youth learn business types, products and pricing, marketing, partnerships, agreements and contracts. The booklet guides youth through the process of creating a business plan and starting a business. They will do market surveys, budget forecasts, exit strategies, learn about ethics and more. (pages) Target audience: middle & high school youth.

Source: National 4-H Supply Service

N4-HSS 08035 \$10.00

Be the “E” Helper’s Guide

This guide includes an extensive background on life skills, teaching using the Experiential Learning Model, background on entrepreneurship, and answers to questions in youth manual. Experiential activities are correlated to the national education standards. (pages) Target audience: volunteers working with middle & high school youth.

Source: National 4-H Supply Service

N4-HSS 08036 \$4.95

Be the “E” Lesson Plans

These lesson plans are for use with the Be the “e” materials. Target audience: volunteers working with middle & high school youth entrepreneurs.

Source: KY Cooperative Extension; Download from Agent’s Resource Guide under “entrepreneurship.”

KY CES Download from Agent’s Resource Guide

Fashion/Grooming/Image:

State Contact: Marjorie Baker

Fashion Magic: Wardrobe Planning **Being updated—use until new curriculum is available in 2016-17**

Guys and girls learn to select clothing which fits his/her unique personal style, lifestyle, and body type. They learn to determine clothing "needs" in relation to other garments already in their closet. Youth complete several activities getting to know him/herself better and conduct an inventory of garments already in the closet. Youth are to complete this project before doing either of the other projects in this series. (32 pages) Intended user: youth in grades 6-12 (Beginning)

Source: KY Cooperative Extension, Ag Distribution Services; Download at

<http://www.ca.uky.edu/agc/pubs/4jd/4jd10pa/4jd10pa.pdf> (Link)

KY CES 4JD-10PA Order at no charge or download

Fashion Magic: In the Marketplace **Being updated—use until new curriculum is available in 2016-17**

In this project, guys and girls build on what they learned "Wardrobe Planning". They learn to make the most of clothing dollars through sound shopping skills and marketplace savvy. Looking cool doesn't have to be expensive. (24 pages) Intended user: youth in grades 6-12 (Advanced Option A)

Source: KY Cooperative Extension, Ag Distribution Services; Download at

<http://www.ca.uky.edu/agc/pubs/4jd/4jd11po/4jd11po.pdf>

KY CES 4JD-11PO Download and print

Fashion Magic: Clothing Coordination **Being updated—use until new curriculum is available in 2016-17**

After completing the wardrobe inventory and get-to-know yourself activities in "Wardrobe Planning", youth may begin work on this project. Guys and girls learn to mix and match garments in the wardrobe for a variety of looks and occasions. (24 pages) Intended user: youth in grades 6-12 (Advanced Option B)

Source: KY Cooperative Extension, Ag Distribution Services

KY CES 4JD-12PO Order at no charge

Food Preparation & Nutrition:

State Contacts: Dr. Sandra Bastin, Debbie Clouthier, Debra Cotterill, Jackie Walters, and Brooke Jenkins-Howard

Super Star Chef (Basic Preparation Skills) (approved for NEP grant)

This curriculum teaches basic food preparation skills to youth with little or no previous kitchen experience. Sessions include: 1) It's All in the Recipe, 2) A Feast for Your Eyes, 3) It's a Wash, 4) Portion Distortion, 5) Counting on You, 6) Measuring Savvy, 7) Spoiled Rotten—Play It Safe, 8) What's Behind a Label, and 9) Flavor Calculations. This curriculum should be completed before youth move into the Fantastic Foods projects ([Six Easy Bites](#), [Tasty Tidbits](#), etc.) Sessions may be done as a series or as a one-day cooking school. Intended user: volunteers who work with youth and youth ages 9-18.

Source: KY Cooperative Extension. CD/DVD was distributed to every county in 2008. Also available in Agent's Resource Guide for download under "S" or "F"—"Food Preparation".

KY CES order # TBA DVD or download for free

Super Star Chef Goes to Farmers Market (approved for NEP grant)

This curriculum is the second part of the Super Star Chef series and may be used to enhance the 4-H Fantastic Foods projects ([Six Easy Bites](#), [Tasty Tidbits](#), etc.) The curriculum highlights the selection, storage, cooking, and nutritional value of fruits and vegetables purchased from the local farmers market. Session titles include: 1) A Visit to Farmers Market, 2) Safe Harvest, 3) The Edible Rainbow, 4) Versatile Vegetables, 5) Healthful Beginnings, 6) The Thrill of the Grill, and 7) Cooking with Herbs. Sessions may be done as a series or one-day cooking school. Intended user: volunteers working with youth and youth ages 9-18.

Source: KY Cooperative Extension. CD/DVD was distributed to every county in 2008. Also available in Agent's Resource Guide for download under "S" or "F"—"Food Preparation".

KY CES order # TBA DVD or download for free

Super Star Chef Kneads a Little Dough (approved for NEP grant)

This curriculum is the third part of the Super Star Chef series and may be used to enhance the 4-H Fantastic Foods projects ([Six Easy Bites](#), [Tasty Tidbits](#), etc.) This curriculum helps youth develop skills in making a variety of bread products—cookies, quick bread, cakes, pies/cobblers, yeast bread and bread machines. Sessions may be done as a series of meetings or a cooking school.

Intended user: volunteers working with youth and youth ages 9-18.

Source: KY Cooperative Extension. DVD was distributed to every county in December 2011. Also available in Agent's Resource Guide for download under "S" or "F"—"Food Preparation".

KY CES order # TBA DVD or download for free

Fantastic Food Series: This series is no longer approved for SNAP-ed programming. 4-H Mall is discontinuing the sale of these as printed books. 4-H Mall has made them available for digital download. For 2015-16, may be continued for non-SNAP-ed audiences.

Six Easy Bites

Youth prepare foods, do fun experiments and go on fact-finding missions. (52 pages) Intended user: youth in grades 3-5

Source: National 4-H Supply Service

N4-HSS BU-07144 \$3.99 digital download

Tasty Tidbits (See note above in red)

Youth learn healthy food selection, food safety and smart food purchasing through exciting and challenging activities. Youth solve problems, acquire information (learn to learn), make decisions, keep records, and learn how to use resources wisely. Fun packed recipes allow choices for food preparation, such as pretzels, biscuits and lasagna. (62 pages) Intended user: youth in grades 6-7

Source: National 4-H Supply Service

N4-HSS BU-07146 \$3.99 digital download

You're the Chef (See note above in red)

This guide is designed to help youth learn to select healthy food, prepare and preserve food and about

career in the food industry. Youth learn to evaluate fad diets, connect emotions to eating habits & to can foods. Youth enjoy making crazy casseroles. (82 pages) Intended user: youth in grades 3-12

Source: National 4-H Supply Service

N4-HSS BU-07148 \$3.98 (printed) or \$3.99 digital download

Foodworks (See note above in red)

Youth learn about foods and more advanced food preparation. They have access to the fun new web site where they can download recipes from across the country and around the world (www.n4hccs.org).

(56 pages) Intended user: youth in grades 9-12

Source: National 4-H Supply Service

N4-HSS BU-07150 \$3.99 digital download

Food Group Helper's Guide (See note above in red)

Helpers will find group activities and answers to the questions posed in the youth guides here and on the website. Developed by Purdue University. (32 pages) Intended user: volunteers working with youth in grades 3-12

Source: National 4-H Cooperative Curriculum System

N4-H SS BU-07730 \$3.99 digital download

International Foods

Youth study customs and prepare foods typical of families living in Mexico, Germany, Italy, and Japan. (20 pages) Intended user: youth ages 12-18

Source: Kentucky Cooperative Extension Service, Ag Distribution Services; Download at

<http://www.ca.uky.edu/agc/pubs/4jg/4jg07pb/4jg07pb.pdf> (Link)

KY CES 4JG-07PB Order at no charge or download

Exploring MyPlate with Professor Popcorn—(Approved for NEP grant) Updated 2013

This curriculum has been revised to include MyPlate. Professor Popcorn specifically teaches youth about MyPlate and how to use it as a guide to healthy eating. It also emphasizes the need for food safety and physical activity for grades 1-6. The curriculum is a series of 5 lesson plans for each grade. Lesson 1: MyPlate; Lesson 2: Grains; Lesson 3: Vegetables; Lesson 4: Milk; Lesson 5: Meat and Beans. While the general focus for each grade is the same, the learning activities and topics included are different. Pre- and post-tests are included. While this curriculum can be used in multiple settings, it fits very well in school settings. Pick and choose from a variety of learning activities to fit the time available. Intended user: Volunteers leading groups of youth in grades 1-6.

Source: Kentucky CES at: <http://www2.ca.uky.edu/hes/internal/ProfPopKY.php>

KY CES Download and print your own

Kentucky Farm 2 School (approved for NEP grant)

The Kentucky Farm 2 School (KF2S) Curriculum is a series of eight lessons to teach youth to: 1) Recognize the source of their foods; 2) Explain the relationship of local production to improved food quality and nutrition; 3) Understand the importance of thriving agricultural businesses to healthy communities; 4) Identify the skills and knowledge individuals need to succeed in the farming industry; 5) Increase consumption of locally produced food and agricultural products; 6) Increase consumption of fruits and vegetables. This research-based curriculum provides: curriculum overview, Kentucky core academic standards, curriculum matrix, planning guide, tips for delivery, evaluation tools, additional resources, and references. The curriculum includes an introductory unit, one unit for each food/commodity group, a unit on oils and sugars, and a summary unit. Each interactive unit contains a facilitator's guide/lesson plan and handouts and/or activity sheets. Intended User: volunteers working with high school aged youth

Source: Kentucky Cooperative Extension, hard copies available from Jackie Walters (859-257-2948); Download from the Kentucky Department of Agriculture site at:
http://www.kyagr.com/consumer/documents/FD_FS_Curriculum.pdf
KY CES Download at no charge

Wellness in Kentucky (WIN in Kentucky) (approved for NEP grant)
WIN is a 10-part curriculum targeting youth ages 10-13 years old. The goal is improved health status for Kentucky youth and their families. The objectives for youth include: Eating a variety of food in moderation; Balancing calorie intake with calories used; Increasing fruit and vegetable consumption; and Being active daily. Lesson plans are included for 30-40 minute sessions on the following topics: Variety, Balance, and Moderation; Focus on Flavor; B.O.N.E.S. (Calcium for bone strength); Physical activity; Fruits and Vegetables; Portion sizes; Fiber; Fat; and Added sugar. Handouts are camera-ready.
Intended User: youth ages 10-13 years old, volunteers working with youth ages 10-13
Suitable for use with the following delivery methods: club, special interest group, school enrichment, camps, school-aged child care
Source: Kentucky Cooperative Extension; Download at:
<https://www.ca.uky.edu/hes/internal/Wellness.php>
KY CES Download at no charge

Home Environment:

State Contact: vacant; Interim—Martha Welch

Home Environment 1: Exploring Your Home

This unit introduces youth to a variety of activities designed to make their homes more attractive and functional. Activities include using color and texture as design tools, organizing and personalizing their room, making a simple cloth article or wastebasket and applying a finish to a small wood item for their home. (20 pages) Intended user: youth ages 9-10
Source: KY Cooperative Extension; Download at
<http://www.ca.uky.edu/agc/pubs/4jb/4jb01po/4jb01po.pdf>
KY CES 4JB-01PO Download*

Home Environment 2: Living with Others

Unit 2 builds on the skills and concepts introduced in Unit 1. Activities include caring for the home, applying the elements of design through learning experiences and in creating accessories for the home, making pillows, refinishing wood furniture, creating desk accessories and more. (20 pages) Intended User: youth ages 11-12
Source: KY Cooperative Extension; Download at
<http://www.ca.uky.edu/agc/pubs/4jb/4jb02po/4jb02po.pdf>
KY CES 4JB-02PO Download*

Home Environment 3: Where I Live

This unit provides opportunities for applying elements and principles of design in the home, creating and arranging accessories, restoring and recycling furnishings, and storage. (24 pages) Intended User: youth ages 13-14
Source: KY Cooperative Extension; Download at
<http://www.ca.uky.edu/agc/pubs/4jb/4jb03po/4jb03po.pdf>
KY CES 4JB-03PO Download*

Home Environment 4: In My Home

Youth will learn more about their heritage and home, applying the concepts of design, creating fabric furnishings, making major home improvements, creating original designs for furnishings, and making

wise decisions in household purchases. Youth are encouraged to plan, create, evaluate, and expand their knowledge through various learning experiences. (24 pages) Intended user: youth ages 14 and older.

Source: Kentucky Cooperative Extension Service; Download at <http://www.ca.uky.edu/agc/pubs/4jb/4jb04po/4jb04po.pdf>

KY CES 4JB-04PO Download*

Home Energy Detectives

The 4-H Home Energy Detectives program will teach youth how they can be active participants in their home's energy management by learning how their home uses energy. Energy efficiency, energy conservation, home energy loads and phantom energy are program topics. An overview of the Home Energy Detectives program and how to access and use a free, online home energy self-assessment tool will be presented.

Intended user: volunteer working with a group of youth ages 9-18.

Source: UK Biosystems and Agriculture Engineering; Request files from Beverly Miller, Beverly.miller@uky.edu, 859-257-3000, ext. 206

UK CES Request files at no charge

Needlework:

State Contact: Marjorie Baker

Kentucky 4-H Needlework Notebook

This notebook (or CD) includes overviews and project guides for knitting, crochet, embroidery, lacework (tatting), needlepoint, and quilting (machine quilting and hand quilting). "How to" instructions and practice projects are included for each needlework category, as well as patterns for projects and/or suggested projects and resources. Information is provided on setting up successful project meetings and teaching needlework to young people. Notebooks were distributed during in-service training in 2004 and 2005.

A disk of all resources in the notebook will soon be available on a CD. Although the entire notebook is not available for download from the web, the following pieces are and may be downloaded at <http://dept.ca.uky.edu/agc/pub-dept.asp?dept=4-H+Programs> :

- **Needlework Member Project Book: Crochet** (10 pages)—KY CES 4JF-10PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf10pa/4jf10pa.pdf>
- **Needlework Member Project Book: Embroidery** (11pages)—KY CES 4JF-11PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf11pa/4jf11pa.pdf>
- **Needlework Member Project Book: Knitting** (11 pages)—KY CES 4JF-13PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf13pa/4jf13pa.pdf>
- **Needlework Member Project Book: Needlepoint** (8 pages)—KY CES 4JF-14PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf14pa/4jf14pa.pdf>
- **Needlework Member Project Book: Quilting** (18 pages)—KY CES 4JF-12PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf12pa/4jf12pa.pdf>
- **Needlework Member Project Book: Tatting** (8 pages)—KY CES 4JF-15PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf15pa/4jf15pa.pdf>

Intended user: volunteers working with youth

Source: Kentucky Cooperative Extension Service. Download and print.

KY CES order # TBA Download

Sewing:

this Workbook. (16 pages) Target audience: youth in middle school
Source: KY Cooperative Extension; Download at
<http://www.ca.uky.edu/agc/pubs/4ec/4ec02pa/4ec02pa.pdf> (Link)
KY CES 4EC-02PA Order at no charge or download*

Jump Start for Job Seekers

Youth learn to fill out a job application, write a letter of application and resume, practice basic interview skills and workplace etiquette. The Workbook offers practical advice on how to look for, find, and keep a job. This Workbook may be completed by an individual member with the help of a mentor or in a group setting. (24 pages) Target audience: youth in high school
Source: KY Cooperative Extension; Download at
<http://www.ca.uky.edu/agc/pubs/4ec/4ec03pa/4ec03pa.pdf> (Link)
KY CES 4EC-03PA Order at no charge or download*

The World of Work: A Guide to 4-H Workforce Preparation WorkBooks

This leader guide provides background and a wide variety of ideas for volunteers working with a group of youth on the WorkBooks. For each activity, multiple hands-on ways of completing the activity are offered. KERA learning goals are identified at
<http://www.ca.uky.edu/agcollege/4H/resource/workprep.htm>. (16 pages) Intended user: volunteers working with youth
Source: KY Cooperative Extension; Download at
<http://www.ca.uky.edu/agc/pubs/4ec/4ec01la/4ec01la.pdf> (Link)
KY CES 4EC-01LA Order at no charge or download*

Reality Store Was discontinued at the end of PY 2015. Check under “Consumer and Financial Education” for It’s Your Reality.

Paying for College-Webinar 2016

Contacts:

Martha Welch, Extension Specialist for 4-H Youth Development
Chuck Stamper, CES Special Projects Coordinator
Kim Adams Leger, Extension Specialist for 4-H Youth Development
Marjorie Baker, Extension Associate

Reference:

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