

4-H COMMUNICATIONS PROJECT



Step It Up!

Here are some other project ideas for you to complete!

Are you Into It?

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Learn how you can become a better communicator!

- Practice and develop communication skills
- Interpret verbal and nonverbal messages
- Demonstrate effective written skills
- Demonstrate effective public speaking
- Use presentation aids to enhance quality of spoken communication

Communication

- Share your speech or demonstration with a local organization.
- Write a letter to someone.

Citizenship

- Develop a PSA for a local nonprofit organization.
- Organize a letter writing campaign to soldiers overseas.

Here are some project ideas!

Starting Out Basic/Level 1

- Practice interpreting nonverbal cues
- Create your own secret code using symbols
- Create a painting that communicates how you feel
- Practice being a good listener by playing the telephone game
- Lead a discussion at your family dinner
- Write a song
- Write a letter to a friend
- Tell someone how you feel

Learning More Intermediate/Level 2

- Give someone complete directions on how to make a sandwich
- Make a list of what makes a good listener
- Lead a discussion with your friends
- Practice internet etiquette
- Present oral reasons
- Write a PSA
- Plan and write a speech
- Present a speech to your family

Expanding Horizons Advanced/Level 3

- Put together a speech or demonstration
- Use presentation aids
- Overcoming stage fright
- Write a persuasive speech
- Write a campaign speech
- Perform a speech or demonstration in public
- Explore communication careers
- Write a resume and cover letter for a job
- Interview for a job

Leadership

- Run for a 4-H office.
- Teach a class on internet safety.
- Present a session at Teen Conference.

4-H is a community of young people who are learning **leadership** **citizenship** and **life skills**.

Learn more at www.kentucky4h.org or contact your county extension office.





Take Communications Further!

Here are some other opportunities to explore communications:

- Participate in a county speech and demonstration contest.
- Participate in a mock job interview.
- Participate in the Kentucky 4-H Written Communication Contest.
Website: http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/kentucky_4-h_written_communications_contest_rules_0.pdf
- Assist younger 4-H'ers in planning and organizing a speech.
- Write a song.
- Win at your district level and participate in the Kentucky 4-H State Communications Day. Website: <http://4-h.ca.uky.edu/content/state-4-h-communications-day>
- Job shadow or interview a motivational speaker, politician, or news broadcaster.
- Become a State 4-H Officer! Website: <http://4-h.ca.uky.edu/content/state-4-h-officers>

Exhibit Ideas

- Exhibit a Communication Scrapbook Display at the county and state fair.
- Exhibit a Resume at the county and state fair.
- Enter a song in the Kentucky 4-H Written Communications Contest.
- Enter a poem in the Kentucky 4-H Written Communications Contest.
- Enter a "What 4-H Mean to Me" Essay in the Kentucky 4-H Written Communications Contest.
- Enter an original monologue in the Kentucky 4-H Written Communications Contest.
- Enter a press release in the Kentucky 4-H Written Communications Contest.
- Enter a Public Service Announcement in the Kentucky 4-H Written Communications Contest.

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • National 4-H Level 1 Picking Up the Pieces • National 4-H Level 2 Putting It Together • National 4-H Level 3 The Perfect Fit • National 4-H Group Activity Helper's Guide • Kentucky 4-H Publication 4-H Speeches • National 4-H Module 1 • National 4-H Module 2 • National 4-H Module 3 • National 4-H Finding Your Voice • National 4-H The Writer in You • Kentucky 4-H Publication 4-H Demonstrations 	<ul style="list-style-type: none"> • Ashley, J., (1996) <i>Overcoming Stage Fright in Everyday Life</i>, New York: Clarkson N. Potter Publishers. • Cook, J., (1990) <i>Elements of Speechwriting and Public Speaking</i>, New York: Macmillan Co. • Desber, P., Ph.D., (1996) <i>No More Butterflies: Overcoming Shyness, Stagefright, Interview Anxiety, and Fear of Public Speaking</i>, Oakland, Calif.: New Harbinger Publications, Inc. 	<ul style="list-style-type: none"> • Complete the project planning guide in <i>Level 1 Picking Up the Pieces</i>. • Complete the project planning guide in <i>Level 2 Putting it Together</i>. • Complete the project planning guide in <i>Level 3 The Perfect Fit</i>. • Create a portfolio of writing pieces.





Kentucky 4-H Independent Project Record Book

Project Name: _____

County: _____ Year: _____ Age on Jan. 1 of Current year: _____

Name: _____ Email: _____

Mailing address: _____, KY _____
Street/Box City Zip

Goals

List three (3) goals you plan to accomplish in this project this year.

1.	
2.	
3.	

What did you **DO** in this project? Write a brief summary of your project, major accomplishments and what you learned this year through your participation.



Financial Records Keeping an accurate financial record of what you spend and receive for your project is an important part of financial management. List the expenses, income and profit/loss for your 4-H project. Add lines as needed.

Expenses:	
Materials/Supplies	
Other Expenses:	
Other Expenses:	
Income/Savings (if any):	
Profit/Loss (if any):	

Participation Use the table below to record your participation related to this project. Include educational meetings, workshops, items produced/exhibited, field trips, judging events & shows, etc. Use numbers to show size or quantity when appropriate. Add lines as needed. (i.e. 2013/14, Teen Club, Attended meetings, 8 meetings)

Date	Name	Short Description	Numbers, Size or Awards

Service/Civic Engagement How did you show qualities of good citizenship (such as promote service and caring toward others) through this 4-H project? Use the table below to record your service or civic engagement related to this project. Add lines as needed. (i.e. 1/13/2014, Roadside Cleanup, picked up debris along highway, 3 miles)

Date	Name	Short Description	Numbers, Size or Awards

Leadership *How did you demonstrate leadership? Use the table below to record your leadership related to this project. Include your responsibilities anytime you taught, coordinated, organized or guided others. This could include assisting others with their projects, mentoring younger members, leading workshops, etc.) Add lines as needed. (i.e. 2012/13, Teen Club, committee chair, 4 meetings)*

Date	Name	Short Description	Numbers, Size or Awards

Communications/Marketing *How did you communicate with others about 4-H and your project? Use the table below to record your activities related to communications and marketing of 4-H and your 4-H project. This could include demonstrations, talks, news articles, radio or TV appearances, etc).*

Date	Name	Short Description	Numbers, Size or Awards

REFLECT on what you learned/accomplished in this project.

Participation: What knowledge and skills did you gain/learn through your participation in this project?
Service/Civic Engagement: How did you promote service to others through this project? How can you use what you have learned to help others?

Leadership: How did you develop your leadership skills through this project? How did your leadership skills contribute to or enhance this project?
Communications/Marketing: Why is it important to tell others about 4-H and your project? What did you learn through your efforts in this area?

Looking to the future, how will you APPLY what you learned? *Write a 1-3 paragraphs under each section that tells how you plan to apply what you have learned in the future.*

How will you use what you have learned through your participation, service, leadership experiences and communication in this project in your everyday life?
How will what you learned in this project help you as a family member, citizen and employee in the future?
What types of jobs utilize the skills you have learned?

What value did you get from your participation in this project? This might include money, feelings of satisfaction, skills or material items.

What are some obstacles you overcame during this project? How would you prevent these obstacles in the future?

Documenting Your Experiences in this Project

Optional: You may include up to two pages of supplemental materials related to your project. (such as: photos/newspaper articles and/or print outs of Power Point slides, collages, etc.)