What's Your C?

(page 33 in *iThrive*)

Objective:

Understand the definitions of the 6 Cs and the application of each to 4-H projects and activities.

Time:
30 minutes

Materials:
Thriving Indicator Wheel (*iThrive*, page 34), What's Your C? quotes (*iThrive*, page 35), pencils or pens

Facilitator Tips:
You could make this activity more kinesthetic by placing copies of quotes around the room and giving each person a card with one of the Cs. Ask everyone to walk around the room and match their card to the quote that best demonstrates the C they have in their hand.

Directions:

1. Instruct members to look at the Thriving Indicator Wheel on page 34 of *iThrive*. Explain the 6 Cs and point out the indicators and definitions under each of the Cs.

2. Instruct members to turn to page 35 and look at six quotes from 4-H members. Working individually, have members write the C that is BEST reflected in the quote.

3. Allow them to work for about 10 minutes or until everyone has completed their page.

4. Discuss their answers to each of the quotes. See the answer key on page 62.

5. Discuss the following questions:

   What Happened?
   Was it easy to determine which C went with which quote? Why do you think that is?
   So What?
   Through your 4-H experience have you been able to improve on one or more of the C's? Which ones? Why do you think it's important to reflect on your growth toward the C's? What do you think will happen if you set goals around improving your C's?
   Now What?
   Let's say you're going to work on your Confidence. What would be an example of a goal to help build confidence? What would be some strategies to help you get to that goal? Describe how the Indicators of Thriving and Goal Management skills are linked together?

What's Your C?
(answer key)

Competence
"This is my sixth year in the leadership project and I've continued to learn more about running a meeting, making goals, teaching others, planning events, making motions, and the parliamentary procedure."
-Tyler, San Bernardino County

Confidence
"When I first started 4-H I would always sit in the back and I wouldn't talk to anyone, but as I got more involved I started to do more with leadership in my club. I also started talking to people I normally wouldn't have talked too."
-Kyle, Kern County

Caring
Morgan enjoys presenting demonstrations about proper equine care. Morgan says, "I think the members appreciate having a peer present information in a way they can understand."
-Morgan, Humboldt County

Character
Chelsea uses equine therapy with Cricket, her horse; to mentor a non-verbal autistic child named Maya. There are many healing and therapeutic benefits to equine therapy. Chelsea dedicates her time each week to ensuring that Maya has access to such critical therapy. The services Chelsea provides to those in need, do not go unrecognized in her community. Maya's mother says that Chelsea is "disciplined, honest, sincere, selfless and dedicated. She has not only changed the life of my daughter in a positive manner but she has changed our lives as well."
-Chelsea, Orange County

Contribution
Zoey demonstrates civic participation outside of the 4-H program. For five years, she has been active in the Natural Conservation Service, selling trees and promoting their use as protection for soil and a barrier to wind erosion. She has put over 2,500 trees and shrubs in the hands of Siskiyou county residents for planting.
-Zoey, Siskiyou County

Connection
Lauren is sensitive to the special needs of members in her club and is able to work with all people with respect, integrity, and understanding. She is able to mentor her members and assist them with problems without simply giving them a straightforward answer. Her ability to guide and instruct while letting others learn, is what makes her an "exemplary 4-H member and youth leader", according to her club leader.
-Lauren, Sacramento County