



## 2016 State 4-H Presentation Day

### Impromptu Topics

at the **2016 California State 4-H Field Day**

Saturday, May 28, 2016

University of California, Davis

Speakers are expected to have completed basic research on the topics listed below so they can give an impromptu speech on one of these topics. Speakers are allowed one 5" x 7" note card (single sided) to reference on each topic during the delivery of the impromptu speech. More information is available in the [4-H Presentation Manual](#).

### Senior Topics (ages 14-19 years old)

#### Science, Engineering and Technology (SET): Bio-Security

Bio-security is the protection of agricultural animals and humans from infectious agents -- viral, bacterial, fungal, or parasitic. Thousands of youth participate in 4-H projects annually where 4-H members focus on the rearing, care, husbandry and, in many cases, showing and marketing of live animals. Impromptu questions in this category will focus on:

- The major types of bio-risk factors associated with 4-H project animals at home and at shows/fairs
- Best practices to mitigate disease transmission at home, on farms, and at shows/fairs

#### Healthy Living: Sleep and Stress

Importance of sleep- Impromptu questions in this category will focus on:

- Effects on ability to learn
- Signs of sleepiness
- Sleepiness and decision making
- Consequences of lost sleep
- How to get a good night sleep
- Sleep and stress management

#### Citizenship: Civic Engagement

Civic Education - the cultivation of the virtues, knowledge, and skills necessary for political participation. Impromptu questions in this category will focus on:

- Cultural Competency- the development of skills to understand, value, and respect one's own culture and the culture of others within the U.S. and around the world

#### Positive Youth Development: Mindset

People with a growth mindset see skills and abilities as things that can be improved through practice, effort, and persistence. Impromptu questions in this category will focus on:

- The differences between a Growth Mindset versus a Fixed Mindset

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### Intermediate Topics (ages 11-13 years old)

#### Science, Engineering and Technology (SET): 4-H Animal Science

Thousands of 4-H members raise animals every year where they learn how to care for and show their livestock. In addition, members learn responsibility and other life skills. Impromptu questions in this category will focus on:

- What members learn by raising and caring for an animal in 4-H.

#### Healthy Living: Sleep and Stress

Importance of sleep- Impromptu questions in this category will focus on:

- Signs of sleepiness
- Sleep and screen time
- How to get a good night sleep
- Exercise and sleep

#### Citizenship: Civic Engagement

Civic Education –Understand how government operates and how you can participate in politics. Impromptu questions in this category will focus on:

- Personal Roles and Responsibilities-taking responsibility and accepting the consequences that come from your own actions and understanding that what you do impacts those around you.

#### Positive Youth Development: Sparks

A spark is something that you are passionate about; it really fires you up and gives you joy. Impromptu questions in this category will focus on:

- Why sparks are important to a healthy lifestyle
- Strategies for identifying and nurturing your spark