



4-H LEADERSHIP DEVELOPMENT PROJECT



4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

- Goal Selection:** Choose one meaningful, realistic and demanding goal.
- Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.
- Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

A leader is a person who inspires groups and identifies and achieves goals in a positive manner. In a 4-H leadership development project, members learn about leadership skills including teamwork, communication, organization, goal management, decision-making, and problem solving. In addition, 4-H members can serve in authentic leadership roles in 4-H, such as: a club officer, a junior or teen leader, 4-H State Ambassador, or county All Star, and leading activities in the local community.

- Learn about different types of situation-dependent leadership styles
- Experience serving in leadership roles as well as member roles
- Practice a variety of skills needed for positive leadership, including public speaking, organization, goal management, and decision making

Starting Out *Beginner*

- Assist in hosting and serving refreshments at a 4-H activity
- Help a new member learn the 4-H Pledge
- Help plan and implement a project or 4-H Club program
- Describe a decision you have made and how you arrived at the answer
- Make a 'things to do' list and prioritize it. Select one item from the list and write a personal goal for it including what, how, when
- Create a poster that teaches something to someone else
- Prepare and give a talk about a 4-H activity at a club or project meeting

Learning More *Intermediate*

- Teach other members in your club or project how to properly give a demonstration.
- Participate on a county 4-H council committee/ VMO
- Help officers in your project, club or county to understand and perform correct parliamentary procedure
- Plan a project lesson
- Choose a problem and use the decision making process to come up with a realistic solution
- Attend a leadership training workshop or conference

Exploring Depth *Advanced*

- Serve as Junior or Teen leader in a project or as an active All Star
- Volunteer for a county youth leadership role, or participate in a regional or state leadership event
- Prepare teaching materials for use at a project meeting.
- Attend a youth-adult partnership training
- Serve as a State Ambassador
- Become a Teen Teacher

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Citizenship

- Plan and implement a service learning project in your community (See: http://4h.ucanr.edu/Projects/Citizenship/service_learning/)
- Create and give a presentation about a community member that exhibits leadership qualities

Healthy Living

- Become a Healthy Living Officer (See: http://4h.ucanr.edu/Projects/HealthyLiving/Become_a_Healthy_Living_Officer/)
- Plan and implement a Color Me Green Run in your county (See: http://4h.ucanr.edu/Projects/HealthyLiving/Color_Me_Green_5K_Run/)

Science, Technology, Engineering, and Mathematics

- Lead a 4-H National Youth Science Day event in your community: www.4-H.org/NYSD
- Serve as a Teen Teacher in a 4-H Youth Experiences in Science curriculum project in your county (see: http://cesacramento.ucanr.edu/4H/Youth_Experiences_in_Science/)

Leadership

- Become a junior or teen leader
- Become a club officer
- Attend State Leadership Conference
- Apply for statewide advisory committees

Resources

- California 4-H Leadership <http://4h.ucanr.edu/Projects/Leadership/>
- California 4-H Officer Manual <http://4h.ucanr.edu/files/167443.pdf>
- State Leadership Conference http://4h.ucanr.edu/4-H_Events/SLC/
- Teens As Teachers <http://www.ca4h.org/files/145251.pdf>
- Youth Leadership Initiative http://www.youthleadership.net/?go_main=true
- Leadership Books for Young Adults <http://growingleaders.com/blog/must-read-leadership-books-young-adults/>

Connections & Events

4-H State Leadership Conference- Youth delegates gain exposure to college life by living in the residence halls, eating in the dining commons, and participating in educational sessions

Leadership Washington Focus- Develop an understanding of person leadership style, create and accomplish goals, practice effective communication with others through discussion and public speaking

Curriculum

- iSprout, iGrow, and iThrive http://4h.ucanr.edu/About/Framework/PYD/Thrive/4-H_Thrive_Educational_Series_Resources/
- Step Up to Leadership <http://www.4-hmall.org/Category/bus-cit-leadership.aspx>

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.



University of California Agriculture and Natural Resources

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals