

State 4-H Presentation Program 2017 Impromptu Speech Topics



Impromptu speaking involves speeches that the speaker has developed themselves at the Presentation Day within a *three-minute* preparation. One at a time, the speakers will randomly draw a piece of paper with a topic on it. The topics will be developed from the pre-announced categories outlined here. From the time that the speaker is given the topic, they will have three minutes to prepare a speech.

Please refer to the Impromptu Speech category description on page 17 of the State 4-H Presentation Manual at <http://4h.ucanr.edu/files/2193.pdf>.

Senior Topics (14-19 years old)

Science, Technology, Engineering and Mathematics (STEM): Robotics

Robotics is a branch of engineering that deals with the design, construction, and application of robots. Robots are used in many different types of industries, such as the automotive, medical, manufacturing, and space industries. Impromptu questions in this category will focus on: what defines a robot, ways that robots impact our lives, and ways that robots can improve our society.

Healthy Living: Mindfulness

Mindful practices address physical, social, and emotional health. Being mindful, aware of the present moment, can lead to improvements in managing goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. Impromptu questions in this category will focus on: time management, stress management, emotional regulation, and mindful eating practices

Citizenship: Civic Engagement

Young people involved in civic engagement become engaged in political awareness, social justice, advocacy, public problem solving, and community service. Impromptu questions in this category will focus on youth voice, advocacy, activism and informed decision making, and ways that young people can be engaged and make a real difference in their communities.

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.



University of California

Agriculture and Natural Resources | 4-H Youth Development Program

Intermediate Topics (11-13 years old)

Science, Technology, Engineering and Mathematics (STEM): Engineering

Engineering is a branch of science and technology that applies scientific knowledge to solve problems by designing and building complex objects. Engineers use math, science, and critical thinking to understand how and why things work. Impromptu questions in this category will focus on: what it takes to be an engineer, the impacts that engineering has made in your life, and the different fields of engineering.

Healthy Living: Mindfulness

Mindful practices help the whole person be healthy. To be mindful means to be focused on one task at a time and to be present in the current moment. Impromptu questions in this category will focus on: handling stress, time management, dealing with emotions (like what to do when you get upset) and mindful eating.

Citizenship: Civic Engagement

4-H Citizenship activities and programs help young people develop leadership skills by encouraging young people to use their voices, actions, ideas or behaviors for the greater good. Impromptu Topics in this category will focus on: service learning, community service and community youth development.

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 and strategies for identifying and nurturing your spark.

Junior Topics (9-10 years old)

At State 4-H Presentation Day, participation in Impromptu Speeches is limited to Intermediate and Senior 4-H members.



University of California

Agriculture and Natural Resources | 4-H Youth Development Program