## ■ University of California Agriculture and Natural Resources

CALIFORNIA 4-H PROJECT SHEET SERIES
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## 4-H LEADERSHIP DEVELOPMENT PROJECT





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 léadership 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 County Ambassador.
- 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.

## **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.

- **G**oal Selection: Choose one meaningful, realistic and demanding goal.
- Pursue Strategies: Create a stepby-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.

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

Light Your Spark

Flex Your Brain

Reach Your Goals

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## **Expand Your Experiences!**

## Citizenship

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

## **Healthy Living**

- Become a Healthy Living Officer (See: <a href="http://4h.ucanr.edu/Projects/HealthyLiving/Become a Healthy Living Officer/">http://4h.ucanr.edu/Projects/HealthyLiving/Become a Healthy Living Officer/</a>).
- Plan and implement a Color Me Green Run in your county (See: <a href="http://4h.ucanr.edu/Projects/HealthyLiving/Color\_Me Green\_5K\_Run/">http://4h.ucanr.edu/Projects/HealthyLiving/Color\_Me Green\_5K\_Run/</a>).

## 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: <a href="http://cesacramento.ucanr.edu/4H/Youth Experiences">http://cesacramento.ucanr.edu/4H/Youth Experiences</a> in Science/).

## Leadership

- Become a Junior or Teen Leader.
- Become a club officer.
- Attend State Leadership Conference.
- Apply for statewide advisory committees.

#### **Connections & Events**

Conference- Youth delegates

gain exposure to college life by

eating in the dining commons,

and participating in educational

Leadership Washington Focus-

Develop an understanding of

your personal leadership style,

create and accomplish goals,

communication with others

through discussion and public

living in the residence halls,

4-H State Leadership

sessions.

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/

## 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 <u>http://4h.ucanr.edu/4-</u>
   <u>H Events/SLC/</u>
- Teens As Teachers
   http://www.ca4h.org/files/145251.pdf
- Youth Leadership Initiative <a href="http://www.youthleadership.net/?go\_main=true">http://www.youthleadership.net/?go\_main=true</a>
- Leadership Books for Young Adults
   <a href="http://growingleaders.com/blog/must-read-leadership-books-young-adults/">http://growingleaders.com/blog/must-read-leadership-books-young-adults/</a>

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Light Your Spark

practice effective

Flex Your Brain

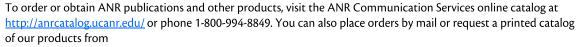
Reach Your Goals

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### FOR FUTHER INFORMATION



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