Spotlight on 4-H Index by Topic

updated July 2017

Animal Science
- Tips for Showing Beef (July '17)
- Livestock Sportmanship (June '17)
- Premise ID & EID (Mar. '17)
- Youth for the Quality Care of Animals (Feb. '17)
- 4-H Contests: Horse Stampede (Jan. '17)
- "All Ewe" Need to Know About Showing Sheep (Jan. '14)
- Animal Science — More Than Just at County Fair (Apr. '13)
- Hop to Your 4-H Rabbit Project (May '11)
- Drug Residuals (April '11)
- Simple Tips for Showing Swine (Feb. '11)
- Beyond the Show Ring (June '10)
- Working with Animals, Families & Showmanship (May '10)
- Food and Feed (May '10)
- Rabbit Showmanship (July '09)
- 4-H Foundation Trail Ride (June '09)
- Premier Exhibitions (May '09)
- Showmanship Success Tips (Apr. '09)
- Bucket calf Basics (Mar. '09)
- Dog Agility (Feb. '09)
- Never "Boer-ing" Genetics (Jan. '09)
- Herdsmanship — Working As A Team (June '08)
- Livestock Learning Kits (Mar. '09)
- Setting the P.A.S.E. On Campus (Premier Annual Science Event and Life Challenge) (Apr. '08)
- A Cut Above the Rest — the 4-H Meats Program (Mar. '08)
- Preparing for the Livestock Quiz (Feb. '08)
- Livestock Skill-a-thon (Jan. '09)
- 4-H Pet Showman at the Nebraska State Fair (July '07)
- Showmanship Tips for Rabbits and Poultry (June '07)
- Pets Make Purr-fect 4-H Projects (Apr. '07)
- Incorporating Animal Science Knowledge and Life Skills (Jan. '07)
- Electronic Identification for Livestock (Feb. '07)
- Club Activity: Livestock (Apr. '17)
- Livestock Quiz Bowl (Apr. '17)
- Livestock Disease Prevention (Apr. '17)

Communications & Expressive Arts
- Interview Contest (Mar. '17)
- Speech & Presentations (Feb. '17)
- Club Activity: Communicating & Public Speaking (Jan. '17)
- Photography Tips and Techniques (May '15)
- 4-H Interview Contest (Feb. '15)
- Photography Portfolio (Jan. '15)
- 4-H Interview Masterclass (March '16)
- Presentations/Multimedia Contest: The Show & Tell of 4-H (Mar. '14)
- 4-H Public Speaking Contests (Feb. '14)
- Photography Portfolio (Apr. '13)
- Focus on Photography Portfolio! (Feb. '13)
- A Quick Flash on 4-H Photography Project Changes (Mar. '12)
- Cattin Jitters While Speaking in Public (June '10)
- Photo Ops (July '09)
- Telling A Digital Story (July '09)
- Techie Tips (Apr. '09)
- Possibilities with Pretrest (May '07)
- Photography — It's More than Smile and say "Cheese" (April '09)
- 4-H is Something to Talk about (Feb. '07)

Family and Consumer Science
- Beyond the Needle: Tips & Tricks (June '17)
- Illusions of Lines in Design (May '17)
- Life Challenge Contest (May '17)
- Setting the P.A.S.E. On Campus (Premier Annual Science Event and Life Challenge) (Apr. '08)
- Techie Tips (Apr. '08)
- Perfect Fit Measuring for Patterns (Mar. '08)
- Set Your Sights on the New Visual Arts (Feb. '08)
- Selecting Fabrics for Quilting Projects (Jan. '08)
- Welcome to Auto Town (July '07)
- Youth Entrepreneurship — Farmers Markets (Apr. '07)
- Take Clover Challenge (Life Challenge) (Mar. '07)
- The Safety of Homemade Toys (Mar. '07)
- Shop 'Til You Drop — Shopping in Style (Feb. '07)
- Gulf Quest (Jan. '07)

Environmental Education/ Earth Sciences
- 4-H Outdoor Skills (June '16)
- Wildlife Project Exhibit Hints (July '15)
- Environmental Science & Outdoor Skills (May '15)
- Bugged by Bacteria? (April '15)
- Corn to Cola, Soybeans to Soap (July '10)
- Investigator Insectiographer (May '10)
- The Wild Side of WHEP (Wildlife Habitat Evaluation Program) (Feb. '10)
- 4-H Foundation Trail Ride (June '09)
- Exploring Your Environment (Mar. '08)
- 4-H and the Environment (Feb. '09)

Healthy Lifestyle Education
- Food Preservations Canning Tips (July '17)
- Club Activity: Healthy Lifestyles (Mar. '17)
- 4-H Focus on New Food Exhibits (July '17)
- Snacks That Satisfy (Mar. '16)
- MyPlate for MyHealth (Feb. '16)
- Food Preservation — Canning 101 (June '15)
- 4-H Food Preservation (Mar. '15)
- 4-H Culinary Challenge Contest (Feb. '15)
- Hints for Writing a Perfect Menu (June '14)
- Healthy Snacks for Club Meetings (June '14)
- Food Apps as Teaching Tools for Club Meetings (May '14)
- Baking it Easy: Bread in a Bag—World of Wheat Science (July '13)
- Making Food for Me! (June '13)
- Food, Culture and Heritage (May '13)
- Get Moving at Your Club Meetings! (Apr. '13)
- Make Healthy Foods Fun for Kids (Mar. '13)
- Kitchen Science (Mar. '13)
- Prevent Food Allergy Reactions (Feb. '13)
- 4-H Healthy Living Officer (Jan. '13)
- Physical Activity in Club Meetings (June '12)
- Kitchen Science (June '12)
- Baking for People with Food Allergies (May '12)
- Can I Still Use MyPyramid? (Apr. '12)
- Choose MyPlate! (May '12)
- Play with Your Food! (July '11)
- Is It Safe? Food Safety and 4-H (April '11)
- Portion Distortion! (May '11)
- Creative Cooking! (April '11)
- Baking with Whole Grains (Mar. '11)
- Dive into Health Snacks (Feb. '11)
- MyPyramid Focus on Grains (Jan. '11)
- Focus on Fitness (July '10)
- Explore the Food World (July '10)
- Com to Cola, Soybeans to Soup (July '10)
- Gifts in a Jar (June '10)
- Bake Safe Food! (May '10)
- Bread in a Bag (April '10)
- Let's Get Moving (Mar. '10)
- Edible Science (Mar. '10)
- Food and Feed (May '10)
- Recipe Makeover Magic (Feb. '10)
- Food Allergies and 4-H (April '10)
- Make Meal Planning Perfect (May '09)
- Think Your Drink (Apr. '09)
- Kitchen Science That's Good Enough to Eat (Mar. '09)
- Dive into Health Snacks (Feb. '09)
- Fast Foods (Jan. '09)
- Family Mealtimes (June '09)
- Taking the Mystery Out of MyPyramid (May '09)
- Focus on First Aid (May '09)
- Cheer for Your Health (April '09)
- Learn About Nutrition by Reading the Label (Mar. '09)
- Give Yourself a High Five for Five-a-Day (Feb. '09)
- Let's Get Moving: Helping Kids to Become Physically Active (Jan. '09)
- A New Twist to Fast Foods (Jan. '08)
- How Sweet It Is — How Much Sugar is in Your Beverage (July '07)
- Explore Healthy Lifestyles Curriculum for Your 4-H Meetings (June '06)
- Healthy Eating for Healthy Clubs (June '07)
- Focusing on Foods — What, Where and When to Donate (May '07)
- Focusing on Food Safety and Fundraising (Apr. '07)
- Focusing on Food Security (Apr. '07)
- Focusing on Fast Foods (Feb. '07)
- Are you DUTH in Motion (Jan. '07)

Leadership and Citizenship
- Tewens as Leaders (June '17)
- Parliamentary Procedure (Mar. '17)
- Utilizing Junior Leaders (Mar. '17)
- Youth Roles on 4-H Council (Feb. '17)
- Building Officer Teams (Jan. '17)

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska—Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.
Volunteering/Community Service/Service Learning

Service Learning (Jul '17)
- Our Hands for Service (Apr. '17)
- 4-H Volunteer Screening (Jan.'17)
- 4-H Volunteer Legislation (Mar.'17)
- Developing Service Learning Skills (Mar.'15)
- Recruiting Volunteers (Jan.'15)
- 4-H — Teen Leadership for Service (Feb.'14)
- Community Service with a Food Twist (Jul.'13)
- 4-H Hands for Service (May.'13)
- Food Security and Hunger Relief (Mar.'13)
- 5 Steps to Engaging and Sustaining Service Partners (Mar.'13)
- 4-H and Volunteers (Feb.'13)
- Fast Track Volunteer Training (Jan.'12)
- Recruiting 4-H Leaders (Jan.'12)
- Gifts in a Jar (Jun.'10)
- Technology in the Community (Jun.'10)
- Time for Volunteers (May.'10)
- 4-H and Volunteering — Encouraging Others to Volunteer in 4-H (Feb.'10)
- Caring and Sharing Baskets (Apr.'08)
- An Opportunity for Community Service (Apr.'07)

Leader Specific Resources

- Ways to Increase In-4-H博物馆 (Apr.'17)
- Club Strategies for Parent/Guardian Engagement (Apr.'17)
- Introducing New Families to 4-H (Feb.'17)
- Social/Emotional Needs of Youth (Feb.'17)
- 4-H Better Kids (Feb.'17)
- Including All Youth In Meetings (Jun.'16)
- 4-H Meetings that ROCK (Jun.'16)
- Keeping Our Meetings Simple (Jun.'16)
- Recruiting New 4-H Members (Apr.'16)
- Coaching of Youth Members (Mar.'16)
- Finding a Future in the Future (Jun.'16)
- 4-H and Positive Youth Development (Feb.'16)
- Reaching Underserved Audiences (Feb.'16)
- Creating Open Communication with Families (Jun.'15)
- Volunteer Training (May.'15)
- Help! I Can’t Do This Alone (May.'15)
- The Value of Club Meetings (Mar.'15)
- STEM Focus for Monthly Club Meetings (Feb.'15)
- Keep it Safe at 4-H Club Meetings (Jul.'13)
- Help Members Develop Skills for Resolving Conflict (Apr.'10)
- Online with 4-H Fun (Feb.'10)
- Meeting Deadlines and Meeting Needs (Mar.'10)
- Work and Family: Today’s Juggling Act (Feb.'10)
- Parents as Partners (Feb.'10)
- Stress Free Fair Time (Jun.'09)
- Creating Fun Club Activities (May.'09)
- Retaining 4-H Members (Mar.'09)
- Nebraska 4-H Curriculum (Mar.'09)
- Involved Families in 4-H (Feb.'09)
- 4-H and Leadership (Feb.'09)
- Striving for Successful Clubs (Jan.'09)
- Communicating with Families (Mar.'09)
- 4-H Fun in the Bag (Feb.'09)
- Let’s Get Moving: Helping Kids to Become Physically Active (Jan.'09)
- Empower Awards Applications (Jul.'07)
- Explore Healthy Lifestyles Curriculum for Your 4-H Meetings (Jun.'07)
- Empowering Teens (Mar.'07)
- Help for Preventing Leader Burnout (Feb.'07)
- Fun Meeting Ideas (Jan.'07)

General 4-H

- 4-H Leaders Share Their Stories (Jul.'17)
- Social Media and 4-H Clubs (Jul.'17)
- 4-H Club Activity (May.'17)
- Essential Elements of Youth Programs (Jun.'16)
- How Teens Think: Implications for 4-H Programming (May.'17)
- Community Partnerships (Mar.'17)
- Helping Nebraska Students Write their Next “Chapter” (Apr.'17)
- 4-H Builds Strong Families (Apr.'17)
- Interview Skills for Success (Jun.'16)
- Growth Goals & 4-H Grows Here (Alumni) (Feb.'16)
- The Value of Contests in 4-H (Mar.'16)
- Disaster Kids (Feb.'16)
- 4-HOnline Enrollment — Tips & Tricks (Jan.'16)
- What Do You Want to Be When You Grow Up? (Jul.'16)
- How to Write a Scholarship Application (Jul.'16)
- The Power of Positive Thinking (Jun.'16)
- Engaging Youth as Entrepreneurs (Jun.'16)
- The Power of a Positive Role Model (May.'16)
- Inspiring Gratitude in Our Youth (Mar.'16)
- Entrepreneurs Creatively Solving Problems in 4-H (Mar.'16)
- Confessing the Fun of 4-H Camp (May.'16)
- Igniting Passion and Purpose With 4-H (Apr.'16)
- 4-H Projects = Future Careers (Mar.'16)
- Minding Your Manners (Apr.'16)
- Don’t Do It Again (Apr.'16)
- 4-H Projects = Future Careers (Mar.'16)
- Positive Youth Development (Mar.'16)
- 4-HOnline Lines to Enroll a NEW Member (Feb.'16)
- Career Connection to 4-H Projects (Feb.'16)
- Tips to Showcase Your 4-H Career (Jul.'15)
- Keeping It Safe — First Aid (Jul.'15)
- Creating a Resume (Jun.'15)
- Preparing 4-H Youth for Natural Disasters (May.'15)
- Using the 4-H Shooting Sports (Feb.'15)
- 4-H Emergency Preparedness (Apr.'15)
- Get Your 4-Hers Involved in Diamond Clover Program (Apr.'15)
- Teaching 4-H for the Last 😐 of Thank You Notes (May.'15)
- 4-H Projects = Future Careers = March (Mar.'15)
- NE 4-H Strategic Plans Fits Projects (Feb.'15)
- 4-H Youth Ag Literacy in Everyday Life (Jan.'15)
- 4-H — Online Enrollment (Jan.'15)
- Sportmanship and 4-H (May.'14)
- 4-H Career Portfolio Hints and Helps (Mar.'14)
- Parental Involvement (Mar.'14)
- 4-H Policy (Mar.'14)
- Virtual 4-H Field Trips (Mar.'14)
- 4-H — Your Career Connection (Jan.'14)
- Nebraska Diamond Clover Program (Jan.'14)
- Diamond Clover Program Provides Focus for Your 4-H Year (Jau.'14)
- Ag Literacy & 4-H Meetings (Jun.'13)
- 4-H: Your Career Connection (Jun.'13)
- Using the 4-H Dots for Careers (May.'13)
- Every Day is Earth Day...in Agriculture (Apr.'13)
- 4-H Judging Contests 101 (Apr.'13)
- Four’s to Successful Club Projects (Mar.'13)
- Making the Connection: 4-H Contests and Careers (Mar.'13)
- Farm to Table in 4-H (Mar.'13)
- Parliamentary Procedures at Club Meetings (Jan.'13)
- Selecting 4-H Projects (Jan.'13)
- Your Thanks Can Go a Long Way (Jul.'12)
- 4-H Career Connection (Jan.'12)
- Understanding Competition in 4-H (Mar.'12)
- Volunteering Busy Families & Communities (Apr.'12)
- 4-H Inports Diamond Clover (Mar.'12)
- Finding a Balance with Time Management (Jul.'11)
- Interview Jitters — Helping Teens With Communication (Jul.'11)
- Computers In the Classroom (Jun.'11)
- Understanding Facebook (Jun.'11)
- eTEOD (online acronym) (May.'11)
- 4-H and Facebook (Apr.'11)
- Career Choices — What Teens Need to Succed (Mar.'11)
- Dealing with Bullies (Feb.'11)
- How do I pick a 4-H project? (Jan.'11)
- Your 4-H People (Jan.'11)
- Your Community and Your World (Jun.'10)
- The History of 4-H Clubs (May.'10)
- Onlines with 4-H Clubs (May.'10)
- The History of Head, Heart, Hands & Health — My Hands to Larger Service (Apr.'10)
- The History of Head, Heart, Hands & Health — My Health to Better Living (Mar.'10)
- The History of Head, Heart, Hands & Health — My Heart to Greater Loyalty (Feb.'10)
- The History of Head, Heart, Hands & Health — My Head to Clearer Thinking (Jan.'10)
- Nebraska 4-H Clubs of Excellence (Jul.'09)
- 4-H Foundation Trail Ride (Jun.'09)
- We Are in 4-H, Now What? (Apr.'09)
- Hands-On 4-H Learning (Mar.'09)
- Retaining 4-H Members (Feb.'09)
- Nebraska 4-H Curriculum (Mar.'09)
- ATV Safety (Feb.'09)
- Involving Families in 4-H (Feb.'09)
- 4-H and Leadership (Feb.'09)
- Striving for Successful Clubs (Feb.'09)
- Resisting Peer Pressure (Jan.'09)
- 4-H Club of Excellence (Oct.'08)
- 4-H Club of Excellence (May.'08)
- Nebraska 4-H Club of Excellence (Mar.'08)
- Caring for Character (Feb.'08)
- 4-H Introduces Diamond Clover Program (Jan.'08)
- Welcome to 4-H! (Oct.'07)
- 4-H Awards Applications (July'07)
- Character Counts: Good People Doing Good Things for Good Kids (Apr.'07)
- 4-H Member Recognition (Jul.'07)
- 4-H Activity Corner — Time with Grandparents — Improving the Health of 4-H Members (Mar.'07)
- Growing the 4-H Family — Recruiting New Members (May.'07)
- 4-H Corner — Use of the 4-H Name & Emblem (May.'07)
- Empowering Teens (Mar.'07)
- 4-H Activity Corner — Take a Leap, Discover 4-H and the Positive Impact on Youth (Mar.'07)
- Parliamentary Procedure (Feb.'07)
- Fun Meeting Ideas (Jan.'07)
- 4-H Activity Corner — Off to a Great Start (Jan.'07)

Fair

- 2017 Culinary Challenge Contest (Jul.'17)
- The Color of the Ribbons (Jun.'17)
- Tablesetting Contest Tips (May.'17)
- The Five C’s of County Fair (May.'17)
- Winning Exhibits are Teaching Exhibits (May.'09)
- Stress Free Fair Time (May.'09)
- Talking Your Way to a Purple (Jun.'08)
- Finishing Home Environment Projects for Fair (Mar.'08)