

4-H Life Skills

What are life skills?

They are skills young people need to grow into competent and caring adults. In 4-H we emphasize these life skills: thinking critically; solving problems; respecting self, others and the environment; communicating; preparing for a career; serving others; choosing healthy lifestyles; and managing change and challenges.

These life skills are developed through over 150 4-H projects. Projects fall under the following areas: animal science, communication and expressive arts, consumer and family science, engineering and mechanics, healthy lifestyles, personal development and plant and earth science.

Check out these 4-H opportunities

There are several opportunities in the 4-H program for 4-H'ers to develop, expand, and gain confidence in their leadership and presentation skills. Some of these opportunities include:

Teen Council: Youth are able to develop and expand leadership skills in this organization. They take leadership of several activities including 5th and 6th grade lock-in, Lancaster County Fair ice cream social and several community service events.

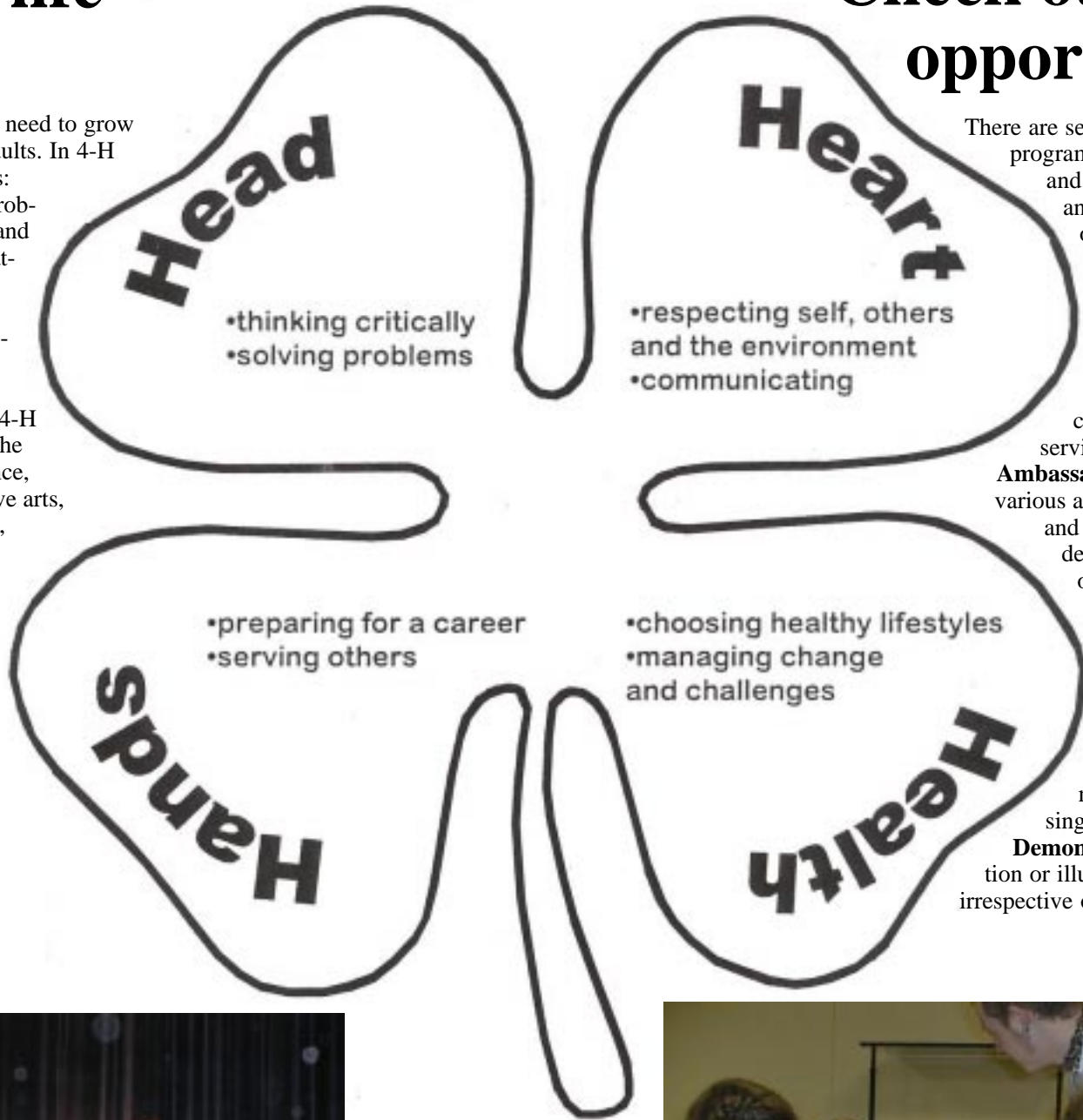
Ambassadors: Youth promote 4-H through various activities and events. Leadership and public relation skills are also developed and expanded in this organization.

Speech: Contestants prepare and present a speech, usually on a topic related to 4-H.

Judging: Youth exhibit knowledge and decision making abilities in these contests.

Music: Participants select any number of songs which they can sing within the 6 minute time limit.

Demonstrations: Youth give a demonstration or illustrated talk in any 4-H area irrespective of project enrollment.



I'm interested in 4-H!



Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507.
A 4-H representative will contact you. Please call 441-7180 for more information.

Name _____ Female Male Birthdate _____

Address _____ Zip _____

Telephone _____ Grade in school _____ School _____

Daytime Telephone _____

Check project area of interest:

- Dogs
- Rabbits
- Home Environment
- Child Care
- Foods
- Clothing
- Cats
- Other Household Pets
- Woodworking
- Model Rockets
- Flowers/Gardening
- Livestock
- Horses
- Safety
- Shooting Sports
- Photography

Are you interested in becoming a 4-H volunteer? Check your interest:

- Club Leader
- Project Assistant