



Spotlight on 4-H Index by Topic

updated July 2019

Animal Science

Poultry Judging ([July '19](#))
Nebraska 4-H Fed Steer Challenge ([June '19](#))
Grab & Go: Animal Science "My Cheeseburger Comes From a Farm" ([May '19](#))
State Fair Livestock Nomination/Identification Requirements ([Apr. '19](#))
Youth for the Quality Care of Animals (YQCA) ([Mar '19](#))
Contest: Dairy Judging Offers Additional Opportunity ([Feb. '19](#))
Grab & Go: Showing Rabbits & Poultry ([May '18](#))
Contest: National 4-H Poultry Judging ([May '18](#))
Grab & Go: Sit. Stay. Dog Project. ([Apr. '18](#))
Contest: Hippology ([Apr. '18](#))
Livestock & Horse Skillathon & Quiz Bowl ([Apr. '18](#))
Contest: PASE/Life Challenge ([Mar '18](#))
2018 Livestock ID Requirements for State Fair/ AKSARBEN ([Feb '18](#))
Tips for Showing Beef ([July '17](#))
Livestock Sportsmanship ([June '17](#))
Premise ID & EID tags ([Mar '17](#))
Youth for the Quality Care of Animals ([Feb '17](#))
4-H Contests: Horse Stampede ([Jan '17](#))
4-H Goat Showing Hints, Tips & Tricks ([June '16](#))
Animal ID for Nebraska State Fair and AKSARBEN ([Apr. '16](#))
What's New in Dog Projects ([June '15](#))
Companion Animal Projects and Show Hints ([Mar. '15](#))
Connecting With Your Canine ([June '14](#))
Preparing Your 4-H Cat for the Show ([April '14](#))
Animal Science and Record Keeping ([Feb. '14](#))
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 ([Apr. '11](#))
Simple Tips for Showing Swine ([Feb. '11](#))
Beyond the Show Ring ([June '10](#))
Working with Animals, Families & Showmanship ([May '10](#))
Food and Feed ([Mar. '10](#))
Rabbit Showmanship ([July '09](#))
4-H Foundation Trail Ride ([June '09](#))
Premier Exhibitors ([May '09](#))
Showmanship Success Tips ([Apr. '09](#))
Bucket Calf Basics ([Mar. '09](#))
Dog Agility ([Feb. '09](#))
Never "Boer-ing" Genetics ([Jan. '09](#))
Herdsman'ship – Working As A Team ([June '08](#))
Livestock Learning Kits ([May '08](#))
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. '08](#))
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 ([Jan. '07](#))
Club Activity: Livestock ([Apr. '17](#))
Livestock Quiz Bowl ([Apr. '17](#))
Livestock Disease Prevention ([Apr. '17](#))

Youth Quality Care of Animals (YQCA) ([June '18](#))

Communications & Expressive Arts

Contest: Digital Video — 4-H FilmFest ([Mar '19](#))
Grab & Go: Presentations ([June '18](#))
Contest: Speech & PSA ([June '18](#))
Contest — Presentations ([Jan '18](#))
Interview Contest ([Mar '17](#))
Speech & Presentations ([Feb '17](#))
Club Activity: Communicating & Public Speaking ([Jan '17](#))
Photography Tips and Tags ([July '15](#))
4-H Interview Contest ([Feb. '15](#))
Photography Portfolio ([Jan. '15](#))
4-H Interview Contests ([April '14](#))
Presentations/Multimedia Contest: The Show & Tell of 4-H ([Mar. '14](#))
4-H Public Speaking Contests ([Feb. '14](#))
Photography Portfolios ([Apr. '13](#))
Focus on Photography Portfolios! ([Feb '13](#))
A Quick Flash on 4-H Photography Project Changes! ([Mar. '12](#))
Calming Jitters While Speaking in Public ([June '10](#))
Photo Ops ([Jan. '10](#))
Telling A Digital Story ([July '09](#))
Techie Tips ([Apr. '08](#))
Possibilities with Posters! ([May '07](#))
Photography – It's More than Smile and say "Cheese" ([Apr. '07](#))
4-H is Something to Talk About ([Feb. '07](#))

Family and Consumer Science

Human (Child) Development Classes ([July '19](#))
Contest: FCS Quiz ([May '19](#))
Beyond the Needle Design Techniques ([May '19](#))
Nebraska 4-H Quilts of Valor ([Mar '19](#))
Will You Accept the Challenge? ([Feb. '19](#))
Heritage -- Every Family Has Their Stories ([Feb. '19](#))
Nebraska Make It With Wool Competition ([July '18](#))
Determining Personal Colors ([Apr. '18](#))
Contest: PASE/Life Challenge ([Mar '18](#))
Teaching Kids About Ages & Stages - Human Development Project ([Feb '18](#))
Beyond the Needle: Tips & Tricks ([June '17](#))
Illusions of Lines in Design ([May '17](#))
Life Challenge Contest ([May '17](#))
Celebration of Youth: 4-H & CEHS ([Mar '17](#))
Quilts of Valor ([Jan '17](#))
4-H STEAM 1 Clothing Skills ([July '16](#))
Nebraska Summer Reading Connections ([June '16](#))
Updating Clothing and Textile Projects ([Apr. '16](#))
Guidelines for Manipulations of Media in Design Decisions ([July '15](#))
STEAM Clothing: Beyond The Needle ([July '15](#))
Designs & Principles of Home Environment Projects ([June '15](#))
STEAM Clothing Design Portfolio ([May '15](#))
S.T.E.A.M. 1-2-3: The New Clothing Curriculum!!! ([May '15](#))
\$15 Outfit Challenge ([Mar. '15](#))
Shopping in Style Tips ([Jan. '15](#))
Feel the Pull of Stylish Zippers! ([May '14](#))
Design Principles and Elements for Home Environment Exhibits ([April '14](#))
Repurposed, Reclaimed! Upcycled, Upscaled! ([Mar. '14](#))
New Clothing Projects! ([Feb. '14](#))
Decorate Your Duds Ideas ([June '13](#))
Child Development & 4-H Outcomes ([May '13](#))
Fads and Fashions ([Feb '13](#))
Entrepreneurship ([Jan. '13](#))
Decorate Your Duds ([July '12](#))
Preparing Clothing Exhibits for Fair ([July '12](#))
Tips for Accessorizing your 4-H Fashion Revue Outfit ([June '12](#))
Age Appropriate Toys for Children ([June '12](#))
Seam Finishes ([June '12](#))
Child Development Strategies ([May '12](#))
The Art of Felting ([May '12](#))
Shopping in Style — More Than an Excuse to Go Shopping ([Apr. '12](#))
Clothing, Textiles, Careers and Style! ([Apr. '12](#))
A Few Ins and Outs of Sewing With Wool ([Apr. '12](#))
Creativity in the Home ([Feb. '12](#))
Digging Up Roots! [Genealogy] ([Feb. '12](#))
Simple Sewing Projects ([Jan. '12](#))
Projects with a Purpose: Entrepreneurship Investigation (ESI) ([July '11](#))
Principles of Design ([June '11](#))
Unique Batiks! ([May '11](#))
Selecting Patterns and Fabrics for 4-H Fair Projects ([Apr. '11](#))
Quiltless Quilt Exhibits ([Mar. '11](#))
Sew, What's New? ([Feb. '11](#))
Green By Design (recycled apparel & accessories) ([Jan. '11](#))
4-H'ers and Heritage ([July '10](#))
Design Decisions ([June '10](#))
Sewing Resources Online ([May '10](#))
Making Cents of Saving ([Apr. '10](#))
Continuous Quilting ([Mar. '10](#))
4-H Focus on Club Finances ([Jan. '10](#))
Stitching for Others ([Jan. '10](#))
Sewing for Success – Getting Sewing Projects ready for Fair ([July '09](#))
Toy Safety Isn't Just A Game ([May '09](#))
Learn About 4-H Career Portfolios ([May '09](#))
What's Your Quilt Quest ([Apr. '09](#))
Clues to Clothing Level 1 ([Mar. '09](#))
Invisible Zippers ([Feb. '09](#))
Discover the Entrepreneur in Your 4-H'ers ([Jan. '09](#))
Explore Your Heritage ([June '08](#))
The Final Press plus Other Pressing Tips ([June '08](#))
Finishing Home Environment Projects for Fair ([May '08](#))
Focusing on Club Finance ([Apr. '08](#))
Decorate Your Duds Ideas ([Apr. '08](#))
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 the Clover Challenge (Life Challenge) ([Mar. '07](#))
The Safety of Homemade Toys ([Mar. '07](#))
Shop 'Til You Drop – Shopping in Style ([Feb. '07](#))
Quilt Quest ([Jan. '07](#))

continued on next page

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.

Environmental Education/ Earth Sciences

Pollinator FAQs ([May '19](#))
4-H Outdoor Skills ([June '16](#))
Wildlife Project Exhibit Hints ([July '15](#))
Environmental Science & Outdoor Skills ([May '13](#))
Bugged by Entomology! ([May '13](#))
Investigator Insectigtor ([May '10](#))
The Wild Side of WHEP (Wildlife Habitat Evaluation Program) ([Feb. '10](#))
Exploring Your Environment ([Mar. '08](#))
4-H and the Environment ([Feb. '08](#))

Healthy Lifestyles Education

Learn, Grow, Eat & Go ([July '19](#))
Cooking Up Some New 4-H Food Curriculum ([June '19](#))
Grab & Go: Animal Science "My Cheeseburger Comes From a Farm" ([May '19](#))
Grab & Go: Healthy Lifestyles ([Mar '19](#))
Contest: 2019 Culinary Challenge Contest ([Jan '19](#))
Healthy Habits ([Jan '19](#))
Keep HOT Food Hot & COLD Food Cold ([May '18](#))
Issue Team: Healthy Lifestyles for Children ([Mar '18](#))
Cooking Up Some New Curriculum! ([Jan '18](#))
Focus on 4-H Food Preservation! ([Jan '18](#))
Healthy Snack at Your 4-H Club ([Bonus '17](#))
Food Preservations Canning Tips ([July '17](#))
Club Activity: Healthy Lifestyles ([Mar '17](#))
4-H Focuses on New Food Exhibits ([July '16](#))
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 at 4-H 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! ([Feb. '12](#))
Play with Your Food! ([July '11](#))
Is it Safe? Food Safety and 4-H! ([June '11](#))
Portion Distortion! ([May '11](#))
Creative Cooking! ([Apr. '11](#))
Baking with Whole Grains ([Mar. '11](#))
Dive into Healthy Snacks ([Feb. '11](#))
MyPyramid Focus on Grains ([Jan. '11](#))
Focus on Fitness ([July '10](#))
Explore the Food World ([July '10](#))
Corn to Cola, Soybeans to Soap ([July '10](#))
Gifts in a Jar ([June '10](#))
Bake Sale Food Safety ([May '10](#))
Bread in a Bag ([Apr. '10](#))
Let's Get Moving ([Mar. '10](#))
Edible Science ([Mar. '10](#))
Food and Feed ([Mar. '10](#))
Recipe Makeover Magic ([Feb. '10](#))
Food Allergies and 4-H'ers ([June '09](#))
Make Meal Planning Perfect ([May '09](#))
Think Your Drink ([Apr. '09](#))
Kitchen Science That's Good Enough to Eat ([Mar. '09](#))
Keeping Youth in Motion ([Feb. '09](#))
Fast Foods ([Jan. '09](#))
Family Mealtimes ([June '08](#))
Taking the Mystery Out of MyPyramid ([May '08](#))
Focus on First Aid ([May '08](#))
Cheers to Your Health ([Apr. '08](#))
Learn About Nutrition by Reading the Label ([Mar. '08](#))
Give Yourself a High Five for Five-A-Day ([Feb. '08](#))
Let's Get Moving: Helping Kids to Become Physically Active ([Jan. '08](#))
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 '07](#))
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 Foodworks ([Mar. '07](#))
Focusing on Fast Foods ([Feb. '07](#))
Are Your YOUth in Motion? ([Jan. '07](#))

Leadership and Citizenship

Adventures in Diversity & Cultural Awareness ([July '19](#))
Seeing i2i: Adventures in Diversity and Cultural Awareness ([June '19](#))
Citizenship Washington Focus ([May '19](#))
Growing Leaders in 4-H ([Apr. '19](#))
Hike Your Leadership Trail ([Mar '19](#))
Grab & Go: Leadership ([Feb. '19](#))
Developing Leaders Through Priceless Preen ([Jan '19](#))
Camp Counselors ([June '18](#))
4-H Leadership Opportunities ([May '18](#))
Teens as Teachers ([Mar '18](#))
Citizenship Washington Focus ([Feb '18](#))
New Handbook Provides Information on 4-H Council Role ([Jan '18](#))
Grab & Go — Parli Pro ([Jan '18](#))
Twins 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](#))
4-H and Washington D.C. ([July '16](#))
Parliamentary Procedure — Parli Pro ([July '15](#))
Helping Members Develop Leadership Skills ([Jan. '15](#))
Empowering 4-H Teens ([July '13](#))
Developing Leaders for Tomorrow ([July '13](#))
Statewide Citizenship Opportunities ([June '13](#))
Teen Leadership in 4-H Clubs ([Feb. '11](#))
Incorporating Older Youth at Club Meetings ([Apr. '13](#))
"Case by Case" 4-H Citizenship Project ([Jan. '12](#))
4-H Leadership and Citizenship Projects ([May '11](#))
Junior 4-H Leadership Opportunities ([Apr. '11](#))
Teen Leaders as Clover Kids Mentors ([Mar. '11](#))
Teen Leadership in 4-H Clubs ([Feb. '11](#))
Learn About 4-H Career Portfolios ([May '09](#))
4-H and Leadership ([Feb. '09](#))
Citizenship Activity – American & 4-H Flag Etiquette ([May '08](#))
Leadership and Citizenship ([Apr. '07](#))
Parliamentary Procedure ([Feb. '07](#))

Plant Science

Learn, Grow, Eat & Go ([July '19](#))
Horticulture Judging Contest ([Apr. '19](#))
Crop Programming Opportunities ([Feb. '19](#))
Special Gardening Project ([Jan '19](#))
Crop Projects Teach Careers & More ([May '18](#))
How Your Garden Grows ([July '18](#))
Crop Programming Opportunities ([Mar '18](#))
Special Garden Project ([Jan '18](#))
Crops Projects Teach Careers & More ([Bonus '17](#))
Preparing Grain Crops for Fair ([Bonus '17](#))
Club Activity: Focus on Forestry ([June '17](#))
Horticulture Contest ([June '17](#))
Crops Projects Teach Careers & More ([May '17](#))
Special Garden Project ([Jan '17](#))
4-H Special Gardening Project Grows Statewide ([May '16](#))
Engaging Youth in Agronomics ([Mar. '16](#))
Fun with Fairy Gardens ([May '15](#))
Preparing Houseplants for Exhibits ([Apr. '15](#))
Youth Crop Scouting Competition ([Feb. '15](#))
Marketing at Farmer's Markets - Entrepreneurship ([May '14](#))
Fairy Gardens ([Mar. '14](#))
Youth Corn Challenge ([July '13](#))
Popcorn — Let's Get Popping! ([Feb '13](#))
Preparing Vegetables for Exhibit ([July '12](#))
What's In a Name? Know Your Cultivar! ([Mar. '12](#))
Innovative Youth Corn Challenge ([Feb. '12](#))
Guidelines for Cut Flower Exhibits ([June '11](#))
Crops Projects Teach Careers! ([Mar. '11](#))

Corn to Cola, Soybeans to Soap ([July '10](#))
Growing It Green with 4-H Gardening Projects ([Apr. '09](#))
Exhibiting Vegetables, Flowers and Crops ([June '08](#))
Exploring Science Using the 4-H Horticulture Project ([July '07](#))
Blooming Up Budding Gardeners! ([May '07](#))

Science, Engineering and Technology

National Youth Science Day ([July '19](#))
Club Activity: Engineering a Hovercraft ([Feb '17](#))
FIRST LEGO League (FLL) and 4-H Robotics ([Feb. '16](#))
Taking Off With Rockets ([June '15](#))
Junk Drawer Robotics ([Apr. '15](#))
Recycled Woodworking Display ([Apr. '15](#))
Premier Science Exhibits at the NE State Fair ([Mar. '15](#))
National Science Day & 4-H ([June '14](#))
What About Woodworking? ([April '14](#))
Fun Science Project for your Non-Science Club Meeting ([July '13](#))
Become a Scientist for the Day: Be Part of the National Science Experiment ([June '13](#))
The Power of Wind ([Feb '13](#))
Bringing Science into Club Meetings — the Scientific Method ([Jan. '13](#))
Gear Up for Gear-Tech 21 ([May '12](#))
Exciting Electricity! ([Mar. '12](#))
Wind Energy is For Everyone! ([Feb. '12](#))
Add Some 4-H Science to Projects ([Jan. '12](#))
The Science of 4-H! ([July '11](#))
GEAR-Tech-21 Robotics Club info. ([Jan. '11](#))
Rockets Blast Off ([July '10](#))
Technology in the Community ([June '10](#))
The Power of Wind ([Apr. '10](#))
Science, Engineering & Technology ([June '09](#))
Position Yourself for Global 4-H Fun ([May '09](#))
4-H Rockets Take Off ([Mar. '09](#))
Techie Tips ([Apr. '08](#))
4-H SET Mission Mandate ([Jan. '08](#))
4-H Teaches Through Technology! ([May '07](#))
Robotics ([Mar. '07](#))

Clover Kids

Grab & Go: Clover Kid Lessons ([June '19](#))
Grab & Go: Clover Kid Nutrition Lesson ([Jan '19](#))
Club Meetings: Including Clover Kids ([July '18](#))
Grab & Go: Clover Kid "Crazy About Corn" ([July '18](#))
Clover Kids as Part of a Club ([May '17](#))
Club Activity: Clover Kid – Butterflies ([May '17](#))
Watching Clover Kids Grow ([July '16](#))
The World of Clover Kids! ([Apr. '16](#))
4-H Clover Kids - the Pre 4-H Adventure ([Apr. '15](#))
Clover Kids "Making Food For Me!" ([Jan. '15](#))
Clover Kids Resources ([Feb. '14](#))
Clover Kid Kaleidoscope ([Jan. '14](#))
A Space for Me...and Some Clover Kids ([Jan. '14](#))
The Ages and Stages of Clover Kids ([Apr. '13](#))
Clover Kid Fun is Just a Click Away ([Mar. '13](#))
"A Space for Me!" Clover Kids Project ([Jan. '13](#))
Including Clover Kids in Clubs ([Jan. '11](#))
Clover Kids ([Jan. '09](#))

Going Green

Reduce, Reuse, Recycle...Rejoice ([June '14](#))
Rethink Recycling ([Mar. '12](#))
Green By Design (recycled apparel & accessories) ([Jan. '11](#))
The 4 "Rs" of 4-H – Reduce, Reuse, Recycle, Rethink ([Feb. '10](#))
Keeping 4-H Green ([June '09](#))
Reduce, Reuse, Recycle ([Feb. '07](#))

Disasters

Flood Response ([Apr. '19](#))
Natural Disasters Often Bring Family Stress ([Apr. '19](#))
Disaster Kits ([Mar '17](#))
Preparing 4-H Youth for Natural Disasters ([May '15](#))

Volunteering/Community Service/Service Learning

Community Service ([May '19](#))

continued on next page

Volunteer Screening Process ([Feb. '19](#))
Club Management: A Commitment to Youth Safety ([Feb. '19](#))
Importance of 4-H Council & Their Roles ([Jan '19](#))
Service Learning ([Feb '18](#))
Service Learning ([July '17](#))
Our Hands for Service ([Apr. '17](#))
4-H Volunteer Screening ([Jan '17](#))
4-H Shooting Sports Aims High for Volunteers ([May '16](#))
4-H Code of Volunteer Ethics ([Mar. '16](#))
Developing Service Learning Skills ([May '15](#))
Recruiting Volunteers ([Mar. '15](#))
Volunteer Screening ([Feb. '15](#))
Recruiting Volunteers ([Jan. '15](#))
4-H — Pledge Your Hands to Service ([Feb. '14](#))
Community Service with a Food Twist ([July '13](#))
4-H Hands for Service ([May '13](#))
Food Security and Hunger Relief ([Mar. '13](#))
5 Steps to Organizing a Service Project ([Mar. '13](#))
4-H and Volunteers ([Feb '13](#))
Fast Track Volunteer Training ([Jan. '12](#))
Recruiting 4-H Leaders ([Jan. '12](#))
Gifts in a Jar ([June '10](#))
Technology in the Community ([June '10](#))
Time for Volunteering ([May '10](#))
Encouraging Others to Volunteer in 4-H ([Feb. '10](#))
Stitching for Others ([Jan. '10](#))
4-H and Volunteering – Youth Volunteering ([Jan. '10](#))
Caring and Sharing Baskets ([Apr. '08](#))
An Opportunity for Community Service ([Apr. '07](#))

Leader Specific Resources

Celebrating with Your Club ([July '19](#))
Club Management: 4-H Trip Ideas ([June '19](#))
Club Management: Beginning With Parliamentary Procedure at Your 4-H Meetings ([May '19](#))
Grab & Go: Careers ([Apr. '19](#))
Club Management: Club Recognition ([Apr. '19](#))
Club Management: Accountability with 4-H Funds ([Mar. '19](#))
Club Management: 4-H Clubs of Excellence Award ([Jan. '19](#))
Club Meetings: Including Clover Kids ([July '18](#))
Club Meetings: Creating a Cohesive Club ([June '18](#))
Club Meetings: Brain Breaks ([May '18](#))
Club Meetings: Lead up to Career Portfolios ([Apr. '18](#))
Clubs: Money Management ([Mar '18](#))
Club Meetings: An Essential Part of the 4-H Experience ([Feb '18](#))
Best Practices for Club Leaders ([Jan '18](#))
Using Presentations During Club Meetings ([Bonus '17](#))
Ways to Increase Interest in 4-H Clubs ([June '17](#))
Club Strategies for Parent/Guardian Engagement ([Apr. '17](#))
Introducing New Families to 4-H ([Feb '17](#))
Social/Emotional Needs of Youth ([Feb '17](#))
Better Kid Care! ([July '16](#))
Including All Youth In Meetings ([June '16](#))
4-H Meetings that ROCK ([June '16](#))
Keeping 4-H'ers Safe ([May '16](#))
Recruiting New 4-H Members ([Apr. '16](#))
Coaching of Youth Members ([Mar. '16](#))
Creating Dynamic Leaders ([Feb. '16](#))
4-H and Positive Youth Development ([Feb. '16](#))
Reaching Underserved Audiences ([Feb. '16](#))
Creating Open Communication with Families ([June '15](#))
Volunteer Training ([May '15](#))
Help! I Can't Do This Alone! ([Apr. '15](#))
The Value of Club Meetings ([Feb. '15](#))
STEM Focus for Monthly Club Meetings ([Feb. '15](#))
Keep it Safe at 4-H Club Meetings ([July '13](#))
Help Members Develop Skills for Resolving Conflict ([Apr. '10](#))
Online with 4-H Fun ([Apr. '10](#))
Meeting Deadlines and Meeting Needs ([Mar. '10](#))
Work and Family: Today's Juggling Act ([Feb. '10](#))
Parents as Partners in 4-H ([June '09](#))
Stress Free Fair Time ([June '09](#))
Creating Fun Club Activities ([May '09](#))
Retaining 4-H Members ([Mar. '09](#))
Nebraska 4-H Curriculum ([Mar. '09](#))
Involving Families in 4-H ([Feb. '09](#))
4-H and Leadership ([Feb. '09](#))

Striving for Successful Clubs ([Jan. '09](#))
Communicating with Families ([Mar. '08](#))
4-H Fun is in the Bag ([Feb. '08](#))
Let's Get Moving: Helping Kids to Become Physically Active ([Jan. '08](#))
4-H Awards Applications ([July '07](#))
Explore Healthy Lifestyles Curriculum for Your 4-H Meetings ([June '07](#))
Empowering Teens ([Mar. '07](#))
Tips for Preventing Leader Burnout ([Feb. '07](#))
Fun Meeting Ideas ([Jan. '07](#))

General 4-H

4-H Achievement Application ([July '19](#))
4-H Delivery Modes ([June '19](#))
4-H Awards and Recognition ([Mar '19](#))
Contest: National 4-H Conference ([July '18](#))
Nebraska 4-H Foundation ([July '18](#))
How to Disagree & Still Be Friends ([July '18](#))
#4HGrowsHere ([May '18](#))
Nebraska National 4-H Congress ([Apr. '18](#))
Personal Management ([Apr. '18](#))
Help for Your Student's Next Chapter ([Mar '18](#))
Grab & Go: Finding Passion & Discovering Strengths ([Mar '18](#))
Grab & Go: Team Building ([Feb '18](#))
4-H Code of Conduct ([Feb '18](#))
Diamond Clover ([Jan '18](#))
Family Safety Plan ([Bonus '17](#))
4-H Leaders Share Their Stories ([July '17](#))
Social Media and 4-H Clubs ([July '17](#))
Club Activity: Trust Walk Activity ([July '17](#))
Essential Elements of Youth Programs ([June '17](#))
How Teens Think: Implications for 4-H Programming ([May '17](#))
Community Partnerships ([May '17](#))
Helping Nebraska Students Write Their "Next Chapter" ([Apr. '17](#))
4-H Builds Strong Families ([Apr. '17](#))
Interview Skills for Success ([Apr. '17](#))
Growth Goals & 4-H Grows Here (Alumni) ([Feb '17](#))
The Value of Contests in 4-H ([Mar '17](#))
4HOnline Enrollment — Tips & Tricks ([Jan '17](#))
What Do You Want to Be When You Grow Up? ([July '16](#))
How to Write a Scholarship Application ([July '16](#))
The Power of Positive Thinking ([June '16](#))
Engaging Youth as Entrepreneurs ([June '16](#))
The Power of a Positive Role Model ([May '16](#))
Inspiring Gratitude in Our Youth ([May '16](#))
Entrepreneurs Creatively Solving Problems in 4-H ([May '16](#))
Confessing the Fun of 4-H Camp ([May '16](#))
Igniting Passion and Purpose With 4-H ([Apr. '16](#))
4-H Projects = Future Business ([Apr. '16](#))
Minding Your Manners ([Apr. '16](#))
Do's and Don't of Being a 4-H Parent ([Mar. '16](#))
4-H Projects = Future Careers ([Mar. '16](#))
Positive Youth Development ([Mar. '16](#))
4HOnline Steps to Enroll a NEW Member ([Feb. '16](#))
Career Connection to 4-H Projects ([Feb. '16](#))
Tips to Showcase Your 4-H Career! ([July '15](#))
Keeping It Safe — First Aid Kits ([July '15](#))
Creating a Resume ([June '15](#))
Using the 4-H Clover ([May '15](#))
4-H Emergency Preparedness ([Apr. '15](#))
Get Your 4-H'ers Involved in Diamond Clover Program ([Apr. '15](#))
Thank You For 4-H - the Lost Art of Thank You Notes ([Mar. '15](#))
4-H Projects = Future Careers = ([Mar. '15](#))
NE 4-H Strategic Plans Fits Projects ([Feb. '15](#))
Teaching Ag Literacy in Everyday Life ([Jan. '15](#))
4-H - Online Enrollment ([Jan. '15](#))
Sportsmanship and 4-H ([May '14](#))
4-H Career Portfolio Hints and Helps ([May '14](#))
Parental Involvement ([April '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 ([June '13](#))
Ag Literacy & 4-H Meetings ([June '13](#))

4-H: Your Career Connection ([June '13](#))
Using the 4-H Emblem ([May '13](#))
Connecting the Dots for Careers ([May '13](#))
Every Day is Earth Day...in Agriculture ([Apr. '13](#))
4-H Judging Contests 101 ([Apr. '13](#))
Four C's to Successful Club Projects ([Mar. '13](#))
Making the Connection: 4-H Contests and Careers ([Mar. '13](#))
Farm to Table in 4-H ([Jan. '13](#))
Parliamentary Procedure at Club Meetings ([Jan. '13](#))
Selecting 4-H Projects ([Jan. '13](#))
Your Thanks Can Go a Long Way ([July '12](#))
4-H Career Connection ([July '12](#))
Understanding Competition in 4-H ([May '12](#))
Involving Busy Families & Communities ([Apr. '12](#))
4-H Introduces Diamond Clover ([Mar. '12](#))
Finding a Balance with Time Management ([July '11](#))
Interview Jitters — Helping Teens With Communication ([July '11](#))
4-H'ers in the Future: How to Write a Resume ([June '11](#))
Understanding Facebook ([June '11](#))
@TEOTD [online acronyms] ([May '11](#))
4-H and Facebook ([Apr. '11](#))
Career Choices – What Teens Need to Succeed ([Mar. '11](#))
Dealing with Bullies ([Feb. '11](#))
How do I pick a 4-H project? ([Jan. '11](#))
Your 4-H Pledge ([July '10](#))
Your Community and Your World ([June '10](#))
The History of 4-H Clubs ([May '10](#))
Online with 4-H Fun ([Apr. '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 ([July '09](#))
We Are in 4-H, Now What? ([Apr. '09](#))
Hands-On 4-H Learning ([Apr. '09](#))
Retaining 4-H Members ([Mar. '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 ([Jan. '09](#))
Resisting Peer Pressure ([Jan. '09](#))
4-H Club of Excellence ([May '08](#))
Communicating with Families ([Mar. '08](#))
Nebraska 4-H Club of Excellence ([Mar. '08](#))
Caring for Character ([Feb. '08](#))
4-H Introduces Diamond Clover Program ([Jan. '08](#))
Welcome to Auto Town ([July '07](#))
4-H Awards Applications ([July '07](#))
Character Counts: Good People Doing Good Things for Good Kids ([June '07](#))
4-H Member Recognition ([June '07](#))
4-H Activity Corner – Time with Grandparents – Improving the Health of Your Grandchildren ([June '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

Preparing Exhibits for Fair ([June '19](#))
4-H Volunteers & Judges! ([June '18](#))
Purple Ribbon Projects Through Info Sheets ([June '18](#))
2017 Culinary Challenge Contest ([July '17](#))
The Color of the Ribbons ([June '15](#))
Tablesetting Contest Tips ([Jan. '10](#))
The Five C's of County Fair ([July '09](#))
Winning Exhibits are Teaching Exhibits ([July '09](#))
Stress Free Fair Time ([June '09](#))
Talking Your Way to a Purple ([June '08](#))
Finishing Home Environment Projects for Fair ([May '08](#))