



# 4-H Communications

## North Dakota 4-H Project Sheet

**The world of communication impacts you every day. By participating in the 4-H communication project, you will explore the exciting world of communication, and learn more about yourself and others.**



**Pass it on!**  
**Now that you know how, share it with others. Here are ideas to get you started.**

- Learn written, oral and visual communication skills.
- Develop self-confidence through public presentations.
- Practice self-expression and creativity.
- Learn how to organize and present information.

### Citizenship

- Volunteer to teach Cloverbuds a new skill.
- Create a presentation around a community issue you feel strongly about and present it at a 4-H club, school board or community meeting.
- Use your speaking skills to run for a school or 4-H club office.

### Leadership

- Present a demonstration or speech at a 4-H club meeting.
- Help another member prepare his or her working exhibit or presentation.
- Volunteer to organize publicity for a community event.
- Apply to be a county or state 4-H ambassador.

### Entrepreneurship

- Job shadow an author or journalist.
- Submit your short stories or articles to writing contests or magazines.
- Develop a list of speeches and offer your services to local organizations.

## Here's what you can do all year!

Starting Out Basic/Level 1	Learning More Intermediate/Level 2	Expanding Horizons Advanced/Level 3
<ul style="list-style-type: none"> <li>• Describe various modes of communication.</li> <li>• Introduce a speaker at your club meeting.</li> <li>• Learn the basic parts of a speech.</li> <li>• Write a thank you note.</li> <li>• Practice communicating with gestures.</li> <li>• Develop and present an illustrated talk.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare and deliver a speech.</li> <li>• Learn and practice electronic etiquette.</li> <li>• Learn to make good impressions.</li> <li>• Practice using technology with presentations.</li> <li>• Create exciting and effective visual aids.</li> <li>• Identify listening styles; observe and record listening types at your next meeting.</li> <li>• Write and present oral reasons.</li> </ul>	<ul style="list-style-type: none"> <li>• Select a speech topic to fit a specific audience.</li> <li>• Write a speech.</li> <li>• Present a persuasive speech.</li> <li>• Evaluate another's presentation.</li> <li>• Prepare your resume.</li> <li>• Prepare for an interview by practicing with your leader.</li> </ul>

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Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.



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### Here are other opportunities to explore communication:

- Give a presentation or working exhibit at your club meeting and county communication event.
- Write thank you notes to a speaker or donor to your club program.
- Record a radio ad or volunteer to be interviewed on a local radio station.
- Volunteer to read a book at the library.
- Teach a younger member how to give a presentation or prepare a working exhibit.
- Create an electronic presentation about your 4-H club activities for members to use in community presentations.
- Write a letter to the editor about the value of 4-H for National 4-H Week.



### Exhibit Ideas

- Make a poster to demonstrate the use of visual aids.
- Prepare an exhibit describing the steps in preparing a speech.
- Write a short story (or a novel).
- Prepare a poster on a community issue you feel strongly about.
- Create a 4-H banner for display at the North Dakota State Fair.

4-H Resources	Other Resources	Recordkeeping
<p><u>National 4-H Curriculum:</u></p> <ul style="list-style-type: none"> <li>• <a href="#">Module 1 (BA111)</a></li> <li>• <a href="#">Module 2 (BA112)</a></li> <li>• <a href="#">Module 3 (BA113)</a></li> </ul> <p><b>Online Publications</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Communication Arts Program (BA800)</a></li> <li>• <a href="#">The 4-H Demonstrator (BAA806)</a></li> <li>• <a href="#">Making Your Interpretive Readings Come Alive (BAA807)</a></li> <li>• <a href="#">Fish Tank Entrepreneurship (BAA809)</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Public Speaking Tips</a></li> <li>• <a href="#">Effective Scientific Posters</a></li> <li>• <a href="#">Designing Effective Posters</a></li> <li>• <a href="#">Communications Toolkit</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Planning for My Project Adventure (PA093)</a></li> <li>• <a href="#">ND 4-H Project Plan (PA095)</a></li> <li>• <a href="#">ND 4-H Plan of Action (PA096)</a></li> <li>• <a href="#">ND 4-H Participation Summary for 11- to 19-year-olds (PA098)</a></li> </ul> <p><b>Contests and Events</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Communication Arts Contest</a></li> <li>• <a href="#">Project Expo</a></li> <li>• <a href="#">Extension Youth Conference</a></li> </ul>

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