

UTAH 4-H



Career Readiness Workshops



CONTINUING ON YOUR 4-H JOURNEY

For Intermediate 4-H Youth



CONTINUING YOUR 4-H JOURNEY

Introduction

The intermediate age group is a great group to begin and continue working on 4-H Portfolios. Youth in this age group are becoming more independent and learning to do things on their own. Being able to reflect on the things they have done in 4-H helps them to recognize their individual accomplishments and establish a pattern for independence (Heinsohn, 1993). As this age group builds their portfolio they will also learn how to set goals, looking forward to their years in the Senior division of 4-H.

Supplies

- Plastic Ball (beach ball or something similar) with sections of portfolio written on it
- Portfolio Matching Game
- Head, Heart, Hands, Health quadrant sheets
- Pens / Pencils
- Example portfolios (Have the youth bring their own, if they have one started)

Set Up/Portfolio Review Activities

Although some members in your group may already have a portfolio, some members might be new to 4-H and be just starting out with their portfolio. To help those who are new to 4-H and who may not understand what a portfolio is, or the purpose of a portfolio, start out with a review session. In this session you will do a simple review activity.

Review Activity 1

Ball Toss:

On a plastic ball (beach or other) write the various sections of the portfolio. Have the youth toss the ball back and forth to each other. When they catch the ball, they should give an example of what might be found in the section closest to where their left thumb landed. For example: If they land on "Leadership" they could give an example of their time spent in a 4-H leadership position.

Review Activity 2

Matching Game:

In this activity youth will play a memory game to match activities and events that they have done to what section. Use the matching game below. You can print this off and use it as a quiz, write them on papers to match it as a memory game, or read them out loud, etc. It is possible that youth will debate which section the example comes from, if this is the case, use your judgment and knowledge to decide whether or not the answer is justified with where the portfolio section exists.

Activity 1

Making the Best Better

In this activity, youth will divide up into sections and go through an example portfolio. Divide youth into groups to go through each of the seven sections. Have the youth find ways that this portfolio is good, but also find ways in which they can improve. If there is time, have youth switch their portfolios with each other to gain suggestions and tips from their peers.

Activity 2

Head, Heart, Hands, Health:

By this point in their 4-H journey, intermediate aged youth can begin reflecting on their experiences in 4-H and what they've learned from those experiences. In this activity, youth will learn to identify what they have gained from their time in 4-H, but also learn how to set goals and build upon what they have to with what they will do in the next year. Learning to set goals is an important aspect of positive youth development (Moyses, 2014). To teach intermediates how to do this, youth will tie in their portfolio experiences to the four sections of the 4-H pledge. Give youth 2 sheets with Head, Heart, Hands, Health in each quadrant (See below). Have them go through their portfolios and experiences and write down what they've learned from them in each section of the four H's (see example below). Then, have youth look forward to the next year and decide what they would like to learn in the year in each of these sections.

References

Heinsohn, A. L. (1993). Ages and Stages of Child and Adolescent Development. Penn State College of Agricultural Sciences, 1-8.

Moyses, K (2014). Learning to set goals is a life skill. Michigan State University Extension Online Records. Retrieved from http://msue.anr.msu.edu/news/learning_to_set_goals_is_a_life_skill

A.

SECTION 1:
**PROJECT
REPORT
FORM**

B.

SECTION 1:
**KNOWLEDGE
AND SKILLS
LEARNED**

C.

SECTION 3:
**4-H
EXPERIENCES &
ACTIVITIES**

D.



SECTION 4:
**4-H ENTRIES,
AWARDS &
RECOGNITIONS**

E.

SECTION 5:
4-H
LEADERSHIP

F.

SECTION 6:
4-H
COMMUNITY
SERVICE

G.



SECTION 6:
NON 4-H
EXPERIENCES

H.



SECTION 7:
MY 4-H
STORY

Portfolio Matching Game



Portfolio Sections:

- | | |
|---------------------------------------|--------------------------|
| A. Project Report Form | E. 4-H Leadership |
| B. Knowledge Learned/ Skills Learned | F. 4-H Community Service |
| C. 4-H Experiences & Activities | G. Non-4-H Experiences |
| D. 4-H Entries, Awards & Recognitions | H. My 4-H Story |

1. Jr. Teen Council ice breaker games leader.
2. Purple ribbon received for cookies entered in the County Fair.
3. Planned and led children's games for Family Reunion – 100 Children Participated.
4. A List of items made at sewing camp and the time and spent making each item.
5. Participated in a livestock judging contest.
6. Learned how calcium works in the body and how to measure dry ingredients.
7. Planted 50 trees for park beautification project in local city with 4-H club.
8. A description of how 4-H has influenced your life.
9. How much it cost to raise a lamb for the county fair.
10. Went on a tour of the USU Space Laboratory.
11. Won a \$50 certificate for modeling in the County Fashion Revue Contest.
12. Gathered used paper products for recycling from area businesses.
13. Member of the High School Basketball team.
14. Bake and Take Week, delivered cookies to seven widows with my club.
15. Vice President of 4-H Art Club.
16. Did a demonstration on Fitting and Showing a Lamb to 25 club members.
17. Learned how to program a Lego robot at robotics camp.
18. A chart with how many and what kinds of cookies made.
19. Attended 10 club meetings from January to September.
20. Awarded a trophy for a 4-H public speaking competition.

Portfolio Matching Game Answer Key



Portfolio Sections:

- | | |
|---------------------------------------|--------------------------|
| A. Project Report Form | E. 4-H Leadership |
| B. Knowledge Learned/ Skills Learned | F. 4-H Community Service |
| C. 4-H Experiences & Activities | G. Non-4-H Experiences |
| D. 4-H Entries, Awards & Recognitions | H. My 4-H Story |

- Jr. Teen Council ice breaker games leader.
 - E. (4-H Leadership)
- Purple ribbon received for cookies entered in the County Fair.
 - D. (4-H Entries, Awards & Recognitions)
- Planned and led children's games for Family Reunion – 100 Children Participated.
 - G. (Non 4-H Experiences)
- A List of items made at sewing camp and the time and spent making each item.
 - A. (Project Report Form)
- Participated in a livestock judging contest.
 - C. (4-H Experiences & Activities)
- Learned how calcium works in the body and how to measure dry ingredients.
 - B. (Knowledge Learned/ Skills Learned)
- Planted 50 trees for park beautification project in local city with 4-H club.
 - F. (4-H Community Service)
- A description of how 4-H has influenced your life.
 - H. (My 4-H Story)
- How much it cost to raise a lamb for the county fair.
 - A. (Project Report Form)
- Went on a tour of the USU Space Laboratory.
 - C. (4-H Experiences & Activities)
- Won a \$50 certificate for modeling in the County Fashion Revue Contest.
 - D. (4-H Entries, Awards & Recognitions)
- Gathered used paper products for recycling from area businesses.
 - G. (Non 4-H Experiences)
- Member of the High School Basketball team.
 - G. (Non 4-H Experiences)
- Bake and Take Week, delivered cookies to seven widows with my club.
 - F. (4-H Community Service)
- Vice President of 4-H Art Club.
 - E. (4-H Leadership)
- Did a demonstration on Fitting and Showing a Lamb to 25 club members.
 - C. (4-H Experiences & Activities)
- Learned how to program a Lego robot at robotics camp.
 - B. (Knowledge Learned/ Skills Learned)
- A chart with how many and what kinds of cookies made.
 - A. (Project Report Form)
- Attended 10 club meetings from January to September.
 - C. (4-H Experiences & Activities)
- Awarded a trophy for a 4-H public speaking competition.
 - D. (4-H Entries, Awards & Recognitions)

HEAD

HEART

HANDS

HEALTH