

DESCRIPTION OF 4-H LIFE SKILLS DAY EVENTS FOR 2011

STIR-UPS COOKING COMPETITION – This event emphasizes individuality in selection of food choices. Prepare a meal for your skill level and compete in four different areas as you do so! Contestants will be judged on the **1)** taste of their product, **2)** the complete nutritional makeup of the meal they design, **3)** the proper table setting and preparation techniques and **4)** a notebook showing the nutritional content of the meal you selected. The best part is you will be able to taste test all of the recipes prepared this day! Please stop by the office for a Stir-Ups packet needed to compete in this contest. We have examples and score sheets to aid you in your meal plan for this event. You do not have to be enrolled in a 4-H foods project to compete in this contest. The senior Stir-ups winner will represent Valley County at Montana 4-H Congress.



GAVEL GAMES - This contest is an opportunity for 4-H members to present their knowledge of parliamentary procedure by acting as officers for a model 4-H business meeting. Each team is made up of four contestants who are assigned roles as officers of the club. Following proper business meeting order, the team conducts the meeting. (Study guides are available in the office) If you win this event at Life Skills Day, the team is awarded a trip to Montana 4-H Congress in Bozeman. The winning team at congress goes on to a national event.



QUILT SHOW AND TELL – This is a time to show what you have done in quilting and explain to fellow quilters how you did it. Please bring your project, completed or still under construction! In this informal quilt show, you will have a chance to tell all about it. One quilt will be chosen to represent Valley County at Montana 4-H Congress in July.



INTERVIEW - You will be faced many times in life with an interview situation. It may be for your first babysitting job or dog sitting job, it maybe your school newspaper wanting your opinions on the new dress code, or a host of many other possibilities.



You will not know in advance what questions will be asked so you cannot prepare any specific answers. You can, however, prepare yourself by keeping some of the following in mind.

- * How you look makes the first impression on an interview. Be neat and clean at all times and maintain a positive and interested posture.
- * Be sure to look at the interviewer when you are being asked a question and when you are responding. And, always remember to SMILE.
- * Answer each question as completely as you can. If you do not know the answer, simply state that you do not know.
- * If you have questions to ask the interview, be sure to state them clearly.
- * Thank the interviewer for the opportunity to be considered.

JOB ANNOUNCEMENTS FOR INTERVIEW SKILLS

For senior 4-H members, ages 14 and older by October 1, (4-H year), resume must be turned in with application. Seniors can pick from all openings listed below. Junior and Beginning members do not need a resume, but need to choose an opening to interview for.

- Position Title: **Grounds Keeper** – Maintaining the grounds around homes and businesses. Mowing, raking, weed control, water management and simple repairs.
- Position Title: **Veterinary Assistant** - -Assist veterinarian with animals. Feed, water, clean cages/pens. Help the veterinarian with surgeries which will include handing vet surgical tools.
- Position Title: **Restaurant Worker**—work in food preparation and serving, customer service, washing dishes and light cleaning
- Position Title: **Receptionist/Office work**- - Phone skills, addressing envelopes, taking messages, sending or calling committee members reminding of appointments, meetings, etc. Must have file and photocopying skills.
- Position Title: **Agriculture Worker** – Farm and ranch work which involves irrigation, equipment maintenance, fencing, livestock care and minor repairs.

Openings for Pre-Junior and Junior 4-H Members, (do not need to prepare a resume)

- Position Title: **Paper Boy/Girl** - - Deliver newspapers to paper customers. Put rubber bands around newspapers, put in plastic bags and collect subscription dues.
- Position Title: **Neighbors Helping Hand** - - Duties may include the following: picking up mail, empty garbage, clean the garage, sweep and shovel sidewalk, fold clothes, etc.
- Position Title: **Baby Sitter** - -Be completely in charge of two children ages 3 & 5 years old. Prepare lunch and snacks. Four hours per day, Monday through Friday.
- Position Title: **Lawn Caretaker** - - Duties consist of watering, mowing, raking, pulling weeds and trimming lawn.
- Position Title: **Pet Caretaker** - - Walk dogs, clean kennels/cages, feed & water dogs, cats & birds.

SHORT TAKES



This is thinking on your feet, something you are faced with every day. It is a fun way to communicate what you know, feel or believe - without any advance preparation.

- * You will be given a topic when you enter the room
- * You will have three (3) minutes to gather any thoughts together on a note card.
- * You will then present your “short take”. No points will be deducted for time but a maximum of five (5) minutes speaking time will be allowed. A monitor will hold up a time card at 4.5 minutes, so you will know that you must begin summarizing.
- * Senior’s - two (2) minutes minimum. Junior’s one (1) minute minimum, Cloverbuds - 30 seconds minimum.

Remember, in this communication activity, as in all others, you will want to organize your thoughts with an introduction that catches the audience’s attention and lets them know the topic you will be covering, a body that gives the main ideas you want the audience to know about the subject and a summary to implant in their minds the most important thing you want them to remember.



DEMONSTRATION - A demonstration is a presentation that shows how to complete a task - - a “hands-on”, step-by-step presentation which prepares the audience to complete a task. This is a “how to” presentation.

TEAM DEMONSTRATION - Two persons work together to deliver the presentation. Each person must share equally in the verbal and visual parts of the presentation.



ILLUSTRATED TALK - A communication which conveys information with the use of visual items and illustrations.

Demonstration, Team Demonstration and Illustrated Talk time limits are:

Age as of October 1, (4-H year):	8 - 10 year olds	3 to 5 minutes
	11 - 13 year olds	5 to 7 minutes
	14 and over	7 to 20 minutes
	Seniors should not have note cards	

Presentations will be evaluated on the:

Introduction (10) (Motivating, creative, Brief, Interesting)

Body (30) (Central theme, accurate, Informative, appropriate information, level and content.)

Summary (10) (Major points summarized, conclusions drawn, no new information)

Presentation (25) (Logical sequence, organization of materials, use of visuals, questions)

Speaker (25) (Poise, appropriate grooming, eye contact, enunciation, voice)



SPEECH - A communication technique in which only the spoken word and gestures of the presenter are used. No props or posters are used in 4-H public speaking contests. Refer to the Public Speaking manual for additional information.

Time Limits:	8 - 10 year olds	3 to 5 minutes
	11 - 13 year olds	5 minutes
	14 & over	7 to 20 minutes

POSTER SUGGESTIONS

Letter size and their effectiveness

Color tells a story

SIZE	VIEWING DISTANCE	USE	AVOID
1/4'	8 feet	Black on Yellow	Blue on Green
1/2'	16 feet	Black on White	Blue on Red
1 inch	32 feet	Dark Blue on White	Red on Orange
2 inch	64 feet	Green on White	Pinks on Lavenders

A successful Poster Must:

1. Catch the eye
2. Be simple and clear
3. Stress an idea or fact
4. Ask for support of your idea