

DESCRIPTION OF 4-H LIFE SKILLS DAY EVENTS FOR 2017



Purpose of demonstration and talks: You will present previously gained knowledge by using the “show and tell” method to teach skills you possess to an audience.

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.

As you show how, you tell how. You create a final product. **A demonstration is doing.**

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. You are telling “how”, using visual aids. You may use charts, posters, photos, computer programs, slides, pictures, models or cut-outs to support the information given. **An illustrated talk is talking.**

Suggested time Limits - Demonstration, Team Demonstration and Illustrated Talk:

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	



SPEECH - A communication technique in which only the spoken word and gestures of the presenter are used. This should be original material prepared by the member. No props or posters are used in 4-H public speaking contests. Refer to the Public Speaking manual for additional information. Time Limits: same as above

Visual Aids

Product labels should be limited to generic names and product names should be covered.

Note Cards:

Note Cards: Use of note cards is discouraged. Posters and/or visual aids should provide any necessary prompting.

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)

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:

- Catch the eye
- Be simple and clear
- Stress an idea or fact
- Ask for support of your idea



CAREER COMMUNICATION (INTERVIEW) - This is an opportunity for members to experience applying for a job. Contestants will be asked to submit a job application, cover letter and resume with your Lifeskills Day registration and then interview during Lifeskills Day.

You get to design the position you wish to apply for. What is it that you would like to do? What are your career goals? You will not know in advance what questions you will be asked during the interview but can access a list of sample questions on the Valley County 4-H website to help you prepare. Other helpful hints to keep 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.



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.



STIR-UPS COOKING COMPETITION – Purpose: To prepare an appealing, nutritious meal that can be prepared easily by using common ingredients available in many homes. Meal should be prepared using food safe techniques and reflect creative use of ingredients. This year's county contest is to prepare a main dish utilizing at least one pulse and at least five items from the list of ingredients. (see separate Stir-Ups information on Valley County 4-H website) Following the preparation you will do an oral presentation rather than a notebook. Please stop by the office for a Stir-Ups information packet needed to compete in this contest along with a copy of the judging sheet. 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.



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.