

# Preparing Volunteers for Today's 4-H



## 3-Stop Roadshow

**March 31, 2012 – Plymouth State University Graduate Center, 2 Pillsbury St, CONCORD, NH 03301**

**Registration/Refreshments 8:30 a.m., Opening Session 8:45 a.m., Workshop 9-Noon**

[Click here to register on-line by March 19<sup>th</sup>.](#)

[Click here for directions.](#)

**April 19, 2012 – Keene State College, Morrison Hall, 229 Main St., KEENE, NH 03435**

**Registration/Refreshments 6 p.m., Opening Session 6:15 p.m., Workshop 6:30-9 p.m.**

[Click here to register on-line by April 12<sup>th</sup>.](#)

[Click here for directions.](#)

**May 23, 2012 – Lafayette Regional School, 149 Main Street, FRANCONIA, NH 03580**

**Registration/Refreshments 6 p.m., Opening Session 6:15 p.m., Workshop 6:30-9 p.m.**

[Click here to register on-line by May 16<sup>th</sup>.](#)

[Click here for directions.](#)

**Workshop Session Cost:** \$10 per workshop to include light refreshments and program materials.

On-line registration is encouraged as space is limited. Registering on-line will hold your space until payment is received. You may register on-line and then forward a paper check or pay online by credit card or electronic check.

**WORKSHOP CHOICE 1** *(please choose your first, second and third choice when you register)*

**Teens As Teachers – Workshop designed for both teens and adults**

*Wendy Brock, 4-H Program Leader*

Adults – do you sometimes think youth speak a different language? Is technology putting you over the edge? Teens – do you observe how younger kids want to be “just like You” and they listen to you when they might not listen to adults? These and many other reasons are why *Teens As Teachers* could help us in NH move forward with many of our Science, Engineering and Technology and Healthy Living initiatives, as well as ongoing activities within your club or county. This session will give participants hands on experiences in teaching and managing a group of youth (it works for adults too). Teens will explore how to build a teaching partnership with adults.

**WORKSHOP CHOICE 2** *(please choose your first, second, and third choice when you register)*

**Healthy Living, Healthy Choices**

*Kathy Jablonski, Extension Educator, Grafton County and Robin Luther, Extension Educator, Sullivan County*

As the fourth “H”, Health is an important part of the 4-H program. This session will bring you up to date with the new nutritional guidelines around *MyPlate* and new healthy living initiatives within NH. Hands on teaching tools will help with nutrition education and wellness activities. Find out why your 4-H’ers should join the Presidential Active Living Challenge: <http://www.presidentschallenge.org/challenge/active/index.shtml>

**WORKSHOP CHOICE 3** *(please choose your first, second, and third choice when you register)*

**Creating a Sense of Belonging in the Group: a Cornerstone of 4-H Positive Youth Development**

*Michael Young, Extension Educator, Rockingham County*

Creating a sense of belonging and cooperation is a cornerstone of 4-H programming. Furthermore, amidst the often difficult social realities of school and adolescence, many of us already know that one of the most powerful parts of a 4-H experience can be the chance for youth to feel welcome and respected within their group. It can also be difficult for a group to achieve its learning goals if the youth involved are not able to work together as a respectful team. This workshop will explore this issue by 1) offering participants a chance to reflect on their club or group’s current teamwork needs and 2) providing a series of fun activities that can be used to foster group cohesion.

**For persons requiring special accommodations please make note on registration form.**

**No person shall be denied access to the information provided through this program because of inability to pay.**

**Contact your County 4-H Extension Educator for more information.**