

State 4-H Presentation Program 2020

Impromptu Speech Categories

Impromptu speaking involves speeches that the speaker has developed themselves at Presentation Day within a *three-minute preparation* time. One at a time, the speakers will randomly draw a piece of paper with a prompt on it. The prompts will be developed from the pre-announced categories outlined here. From the time that the speaker is given the prompt, they will have three minutes to prepare a speech. Please refer to the Impromptu Speech category description on page 17 of the State 4-H Presentation Manual at <http://4h.ucanr.edu/files/2193.pdf>.



Senior Categories (14-19 years old)

- **Civic Engagement: Youth Activism**
Civic engagement involves competencies to positively impact community and society. Activism may include seeking changes in the way things are currently done. Activism takes many forms, including addressing collective problems through joint action, mobilizing political pressure, and engaging in both formalized (attending public meetings, protesting, voting) and new forms of public participation (forming online affinity groups).
Potential topic: promoting civil discourse, effective methods to bring about positive community change, or how 4-H can promote youth activism.
- **Healthy Living: Mental Health**
Mental health is our emotional, psychological, and social well-being. Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
Potential topics: ways to destigmatize mental health issues, developing coping skills, or how 4-H can promote positive mental health.
- **Leadership: Character**
An effective and respected leader displays virtues and values in addition to competence and commitment. The late civil rights leader Martin Luther King Jr. encouraged his followers not to judge people by their appearance, but by the content of their character. A person's character, good or bad, can inspire others to greatness or discourage them from trying.
Potential topics: defining character traits in a leader, how character can elevate or diminish a leader, or how 4-H can promote character in its leadership roles (club officer, teen leader, ambassador).
- **Science, Technology, Engineering and Mathematics (STEM): Environmental Science**
Environmental science is the study of the effects of processes and interactions in the environment. One aspect of environmental science is studying ecosystems, that is the biological community of interacting organisms and their environment.
Potential topics: what affects the health of an ecosystem, methods commonly used in environmental science, or ways 4-H can involve youth in exploring environmental science.

Intermediate Categories (11-13 years old)

- **My 4-H Club**
Potential topics: project learning experiences, community service and service learning activities, or youth leadership roles (like club officer or junior leader).
- **My Neighborhood**
Potential topics: safety and your neighborhood, connection and community among neighbors, or ways 4-H can help improve the neighborhood.

Junior Categories (9-10 years old): Participation is limited to intermediate and senior members.



University of California

Agriculture and Natural Resources | 4-H Youth Development Program