

State 4-H Presentations: 2024 Impromptu Speech Categories



Impromptu speaking involves speeches that the speaker has developed themselves at Presentation Events within a *three-minute preparation* time. One at a time, the speakers will randomly draw a piece of paper with a prompt on it. 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 21 of the State 4-H Presentation Manual at <http://4h.ucanr.edu/files/2193.pdf>.

Senior Categories (14-19 years old)

Civic Engagement: Civic Engagement

Definition/Description: Civic Engagement, as defined by the National 4-H Citizenship framework, involves both individual and collective actions that are purposefully taken to recognize and tackle public concerns. It's about actively participating in making our communities and the world a better place. Civic Engagement empowers individuals to be informed, involved citizens who reflect on, consider, and think about how they can contribute to addressing issues that affect everyone. Reflect on how your individual actions, like volunteering or voting, make a positive impact on your community or society as a whole? Consider why it might be important for people to come together and work collectively to solve public issues. Think about some public concerns you're passionate about, and how can you, as a young person, get involved in addressing these concerns in your community?

Potential prompts: How do you see the role of technology and social media in modern civic engagement efforts? As you plan your civic engagement activities, how can you actively promote diversity and inclusion in your group or project? In what ways can civic engagement contribute to personal growth and skill development, such as leadership, communication, and problem-solving?

Healthy Living: Importance of Sleep

Sleep is a fundamental and essential aspect of human life, playing a crucial role in maintaining overall health and well-being. It is a complex, restorative process that involves physical, mental, and emotional components. Reflect on your own sleep patterns; like on how many hours of sleep you typically get and what is the quality of your sleep? Consider how sleep patterns and requirements vary across different age groups and on the changing sleep needs and preferences from childhood through adolescence to adulthood. Think about the importance of making sleep a priority in your daily life and how might prioritizing sleep positively influence your physical health, cognitive function, and emotional resilience?

Potential prompts: how important is sleep for your overall well-being and how can prioritizing a good night's sleep contribute to a healthier and more productive life; what factors that might impact your sleep, such as screen time before bed or irregular sleep patterns; what role does academic demands and extracurricular activities play in shaping the sleep patterns of adolescents. What adjustments can be made to support adequate sleep in this age group?

Leadership: Resilience

In the journey of adolescence, building resilience becomes a crucial skill. Resilience is the ability to bounce back from challenges, learn from setbacks, and grow stronger in the face of adversity. Reflect on the moments in your life when you faced challenges. How did you handle them, and what did you learn from those experiences? Consider what resilience mean to you, and how do you see it playing a role in your personal development and well-being? How can resilience contribute to success in your studies, relationships, and future endeavors? Think about specific strategies or practices that promote resilience. How can you integrate these into your daily life to better cope with stress, setbacks, and uncertainties?

Potential prompts: identify role models or stories that exemplify resilience and explain how these examples influenced your understanding of overcoming challenges; explore how resilience extends beyond individual experiences to community and societal levels and describe how communities can work together to overcome challenges and adversity.



Science, Technology, Engineering and Mathematics (STEM): Agricultural Science & Technology

Definition/Description: Agriculture is a deeply rooted historical set of practices that involve cultivating the soil, transporting and protecting water, growing and harvesting crops, and raising and preparing livestock to provide humans food, fiber, fuel, and timber. Reflect on how advances in science and technology have improved the efficiency, yield, quality, and safety of agricultural production; for example: irrigation, machinery, fertilizers, and genetic modification. Consider the importance of advancing science discoveries and designing new technologies in order to sustain, protect, and preserve the land, while ensuring all people have access to fresh and healthy food. Think about your connection to agriculture, where you obtain your food and clothing, and how you might contribute to safer, more sustainable agricultural practices.

Potential prompts: describe an agricultural technology and its positive and negative impacts; explain the advantages and disadvantages to sustainable, regenerative, or restorative agriculture; discuss the impacts climate change might have on agriculture and potential technologies to adapt or mitigate those affects.

Intermediate Categories (11-13 years old)

My 4-H Club

My 4-H Club is a dynamic and inclusive community where young individuals come together to learn, grow, and make a positive impact. In 4-H, members have the opportunity to explore a variety of projects and activities, develop valuable life skills, and engage in service projects that benefit their communities. It's a space for personal growth, skill-building, and teamwork. Reflect on how your involvement in 4-H shaped your personal growth, interests, or skills? Consider the impactful projects or initiatives your 4-H Club has undertaken? How do these projects align with the needs and concerns of your local community? Think about what opportunities exist for members to take on leadership roles, drive change, and make a positive difference in the community?

Potential prompts: project learning experiences, community service and service-learning activities, or youth leadership roles (like club officer or junior leader).

My Neighborhood

My Neighborhood is like a small community where we live and connect with our neighbors. It's where your house is and where you know your neighbors. In our neighborhood, we look out for each other, making sure it's a safe and happy place for everyone. Reflect for a moment about how well you know your neighbors and what are some things you already do to be a good neighbor? Consider what are the rights and responsibilities you and your neighbors have in your neighborhood? Think about how you can contribute to making your neighborhood a better place?

Potential prompts: 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.

