OVERVIEW

This activity is conducted to permit 4-H members to better understand themselves and others, and to demonstrate what they have learned by sharing with others some of their interests and achievements in the area of human development.

OBJECTIVES

Targeted Life Skills:

- nurturing relationships
- child guidance
- conflict management
- stress management

- service to others
- social skills
- cooperation
- self-discipline

- decision-making
- accepting differences
- communication
- self awareness & discovery

Opportunity will be provided for faculty to share information about related college degree programs in Human Development, Family Sciences and Rural Sociology and these career options:

- Child Care Professionals
- Youth & Family Advocates
- Marriage & Family Education
- Human Services Administrator

- Social Service Workers
- Parent Educators
- Aging Services Providers
- FCS Professor

- FCS County Agents
- Crisis & Support Services
- FCS Teacher
- FCS Specialist

ELIGIBILITY

District 4-H O-Rama: Each county may enter one junior 4-H member and one senior 4-H member in the Human Development activity at the District 4-H O-Rama. Talks should be human development related.

Arkansas 4-H O-Rama: The top five senior members in Human Development from each District 4-H O-Rama will be eligible to compete in the Arkansas 4-H O-Rama.

ACTIVITY

1. To participate, each member should be prepared to give an illustrated talk or demonstration on some aspect of human development. (Juniors talk 2-5 minutes, seniors talk 5-8 minutes.) Talks could be given on topics such as the importance of optimism, child guidance skills or effective listening. Special Project Books are available which cover these subjects. Other human development topics, such as character education, or early brain development, can also be chosen.

2. All topics should be based on scientific research rather than personal opinion. However, participants can use personal experiences or examples to help illustrate the scientific principles.

3. Each participant should be able to answer questions pertaining to the demonstration or talk.
JUDGING

The score sheet for method demonstrations and illustrated talks will be used to judge this activity – CES-663.

AWARDS

The following awards will be given in the junior and senior division:

First Place: Trophy
Second, Third, Fourth, and Fifth Place: Ribbons

The top five senior members from each District 4-H O-Rama will be eligible to attend the Arkansas 4-H O-Rama. Trophies will be given to the state winners, and second- through fifth-place ribbons will be awarded.

SUGGESTED TOPICS FOR A DEMONSTRATION OR ILLUSTRATED TALK

“The Keys to a Strong and Healthy Family”  “Preparing for Healthy Adult Relationships”
“Helping Children Through a Divorce”  “What the Research Says About Happiness”
“Infant Development: The First Year”  “Toddlers: Terrible or Terrific?”
“The Power of Optimism”  “Connecting Children to the World of Work”
“Teaching Responsibility to Children”  “Appropriate Toys Help Children Grow and Learn”
“Making a Home Safe for Children”  “This Is What Youth ages 5-8 Are Like”
“Building Friendships”  “Bullying”
“Military Families: Deployment”  “A Special Needs Child: Each unique and important”
“The Preschool Scientist”  “Developing Character in Children”
“Fun Times with Senior Citizens”  “How to Share Music with Children”
“Making Playgrounds Safe”  “Family Reading”
“How to Help A Child Learn”

PROJECT BOOKS

Kids On The Grow Series: Growing On My Own – BU8075; Growing With Others - BU8076; and Growing In Communities - BU8077

SUGGESTED RESOURCES FOR FCS AGENTS

http://www.arfamilies.org/family_life.htm
Getting Our Hearts Right
The Personal Journey
Managing Stress: Turning Challenges into Blessings
The Marriage Garden
See the World Through My Eyes
The Parenting Journey
http://www.arfamilies.org/child_care.htm
Best Care Curriculum
Best Care Connected Curriculum
Guiding Children Successfully Videos and Books
Public school library

PREPARED BY Rebecca Simon, MS, Child Care Program Associate

Note: Be sure to report your participation in this activity in your 4-H records. Child Development or related projects such as leadership or achievement may be chosen.