Hello 4-H Youth Development Professional Team,

Personal Management

Let's face it, we are all guilty of trying to cram too much into our schedules. We spend our days running from one appointment to another, working early morning and late evenings only to find our list getting longer and our stamina dwindling until our flame is only an ember. We are either wishing the day would come to an end, or hoping for an extra hour. But the fact is, time is an equal opportunity commodity, and how we optimize every day is dependent on the choices we make. Personal management begins with the understanding that in every aspect of our life we have a choice and for every choice there is a consequence. No matter how trivial or consequential, we choose our response.

How we choose our response is dependent on our life's mission. Many people spend weeks and even months planning the perfect vacation, but when it comes to our lives, we have the tendency to “take things as they come.” Becoming clear on our principles and values allows one to become focused on the most important things. Creating a personal mission statement begins with identifying the 5-7 most important roles you play as well as setting goals in how you want to effectively fill each role. While this process may take some time, it will become the foundation that grounds you in your life purpose. Once we have developed our mission and understand what is important, we can then begin to match our mission to our actions. Stephen Covey refers to this process as scheduling the Big Rocks. In this process we set aside 30 minutes each week to focus on our mission and set goals within each of the areas of our life. From there we dedicate blocks of time to accomplish our goals, remembering that we are striving for effectiveness, and not just efficiency. (This mindset will prevent us from filling every hour in our schedule.) The final step in the planning process is to set aside 5-10 minutes each day to review your progress and make any necessary adjustments.

Because life can be full of surprises, we will never be able to avoid all crisis or emergencies. However, the process will minimize the time we spend on urgent matters allowing us to enjoy this beautiful journey we call life!

Sincerely,
Carissa Davis
IEPYE President
PUBLIC ISSUES LEADERSHIP DEVELOPMENT CONFERENCE

By Carissa Davis

The PILD Conference is sponsored by the Joint Council of Extension Professionals (JCEP) as a Professional Development opportunity for the members of the seven member organizations of JCEP:

- Association of Natural Resource Extension Professionals
- Epsilon Sigma Phi
- National Association of County Agricultural Agents
- National Association of Community Development Extension Professionals
- National Association of Extension Program and Staff Development Professionals
- National Association of Extension 4-H Agents
- National Extension Association of Family and Consumer Sciences

The purpose of the conference is/was to provide leadership and advocacy skills to effect public issues by Extension professionals. In addition to keynote speakers with national recognition, the conference featured breakout sessions with presentations by members who have demonstrated excellence in Extension program efforts in the area of Public Issues. Presentations and speaker information can be found at: https://www.jcep.org/archives/presentations/pild-presentations/2019/pild.

As a result of attending the PILD Conference I am/was able to:

- Gain valuable insight from Washington, DC insiders
- Learn what makes Washington tick...and how to use the new understanding of the "big picture" to improve Extension programs
- Connect with national leaders and others, and share local programs and constituent needs with important decision-makers
- Spend a day “on the Hill,” meeting with the Illinois Congressional delegation and discuss programs’ impact on their constituency
- Learn how to effectively work with my county and state decision makers back home
- Make valuable connections with Extension colleagues -- field staff to administrators - across the U.S.
How else would you know when you're finished?

Too many of us stop in the middle. Too many of us don't let the goal guide our actions. We shut out the voice whispering "this way." We stop being the architect of our own destiny. We never set a goal; never plot our own course.

By Judy Mae Bingman

Jenny laughed at me.

Years ago, missing time with her, I headed with her to the fitness center to run alongside, treadmill to treadmill, and talk about everything and nothing. We get along better when we talk about nothing. Sometimes my opinions about "everything" run counter to hers, so it was best the conversation be about nothing.

I realized long ago that if I was ever going to spend time with my children, I was going to have to go where they went and like what they loved.

So, a few years back, in my ever-increasing old age, I took up running, though my run is comparable to most folks stroll. Nevertheless, I huff and puff and try to keep up with the two of them as they train.

At about 2.5 miles, Jenny asked how far I was going, and, gasping, I replied, "Three miles."

With eyes glued to the monitor, I sweated and panted and grimaced until the number flashed 3.0, then I pushed the stop button instantly, and she laughed.

She didn't laugh because I ran three miles. She laughed because I ran exactly three miles. She didn't understand what I've come to know. Sometimes, a goal is the only thing that keeps us going.

There has to be a finish line, a place to stop so I know I'm done, a voice beckoning "over here."

An end to every beginning.

A whisper that says "keep going just a little bit farther because you're almost there."

Without a plan in mind of what I wanted to accomplish that day, I would have eagerly stopped at the first mile. I would have given up and given in. I would have conceded the race. I would have let the doubt that I couldn't shadow the belief that I could.

No, I needed 3.0.

Now, you know as well as I that this story isn't about running. It's about finishing. It's about seeing a plan through to the end. Too many of us stop in the middle. Too many of us don't let the goal guide our actions. We shut out the voice whispering "this way."

We stop being the architect of our own destiny. We never set a goal; never plot our own course.

Many of us sit in the back seat of life and let someone else do all the driving. That's okay if you don't care where the car's going. To set the course in the direction you want to go, you have to take the wheel. You have to drive and know where you're going.

Sure, stuff happens. Some days, I want to run three miles, but I stop at two, unable to go on. Some days I have to adjust my goals, and some days, so should you.

I like running at the track at the high school, but I have to count laps or I would stop at the first hint of pain. Each lap is another check off my "To Do" list. It's a measure of my success. It's a gold star on an A+ paper. It's an evaluation of my progress toward a goal.

No one would know if I stopped early. No one would know if I ran seven laps instead of eight.

No one, but me.

And that's what character is all about. True character is being good when no one is watching; being honest when no one would recognize the lie; running the whole mile when no one is counting.

We had a good run, she and I. And another of life's lessons was taught without her ever realizing it.
Life Skills for Leadership (LSFL)

**Audience:** High School Students  
**Age Range:** 14-16 y/o  
**Location:** Waukegan & Round Lake High Schools  
**Program Duration:** 10 weeks (45 min sessions)

**Program Description:** Life Skills for Leadership (LSFL) is a leadership program designed to help students identify and hone in on their leadership qualities. University of Illinois Extension’s Tackling Tough Skills curriculum was revised and utilized to facilitate LSFL. The program was facilitated over 10 weeks and served freshmen and sophomore students at two Lake County high schools. The program covered topics such as: Attitude, Communication, Responsibility, Critical Thinking, and Problem Solving. The sessions were conducted in a small group setting of up to 10 students per session as a way to allow each student a voice in the program. The small group setting also allowed the students the opportunity to participate on a higher level.

**Favorite Quote from a Participant:** "Dr. Michelle, sometimes I don't believe I am a leader, but because you believe I am, it makes me believe it too." -Aylin

**Success Story:** As a result of the LSFL program, 4-H was introduced to students in the under-served areas of Waukegan and Round Lake. Of the twenty-three students participating in the leadership program, fifteen joined 4-H as a pathway to help become better leaders in their communities. In addition, due to the generosity of the Spitler-Johnson Scholarship, nine LSFL students will attend University of Illinois Urbana-Champaign’s Illini Summer Academy this summer. I am ecstatic about the doors that the Life Skills for Leadership program has opened for these young scholars.

**What worked?:** For a pilot, I believe the Life Skills for Leadership program using the Tackling Tough Skills curriculum went extremely well. The program was on a voluntary basis and was implemented during the students’ lunch period. Of the 23 students initially registered for the program 22 remained for all 10 sessions. On the post-surveys when asked what went well, the majority communicated that they had a chance to voice their opinions, they felt heard, and they felt like their perspectives were valued.

**What worked?:** Due to time constraints, we were not able to unpack the information in some of the more intense sessions. For example, there was an activity called, Tales from the Crib that discussed the attitude and perceptions, we have of ourselves, based upon things that were said to us over the course of our lives. We talked about how things spoken to us shape our perception of ourselves whether positive or negative. Needless to say, it was a very emotional session. In the future, I will either forgo the session or facilitate it as a supplemental, 2-3 hour workshop. Extending the session will allow participants an opportunity to work through some of their feelings. I would also encourage having counselors available for further inquiry.

**Things you might change for next time:**
- Plan sessions for 1-1.5 hours
- Let the participants engage with each other more (group activities). Young people learn better from their peers.
- Add a service learning component.
High Fives are in Order!

Congratulations to our State & Regional* Award Winners!

*Regional award winners are in bold

**Communicator Award**
- Feature Story-- Judy Mae Bingman
- Personal Column-- Judy Mae Bingman
- Promotional Piece (Individual)-- Judy Mae Bingman

**Specialty Award**
- Citizenship in 4-H Youth Development Award-- Liz Miller
  (Team Members: Bill Million, Carolyn Hansen)
- Excellence in Ag Literacy Programming Award-- April Littig
  (Team Members: Duane Friend, Tanya Hetelle, Kenneth Johnson, Michelle Berg-Vogel, Aaron Dufelmeier)

**Service Award**
- Distinguished Service Award-- April Littig
- Distinguished Service Award-- Donna Nuger

The regional winners marked in bold moved on to be judged nationally. The results for national winners should be coming available very soon. The Service Awards are automatically awarded at the national level.
It's Time to Hit the Road!

IEPYE Annual Meeting

Below you will find the link to register for the upcoming Fall IEPYE meeting. The meeting will be held on Friday, September 6 at the Sangamon County Extension Office in Springfield. Our business meeting will begin at 10:00 a.m., followed by new officer installation, and award winner recognition. We will enjoy lunch before embarking on our afternoon team building adventure.

https://web.extension.illinois.edu/registration/?RegistrationID=20773

UPCOMING EVENTS

August 9-12: 4-H project judging at State Fair
August 20: 4-H Youth Development Zoom Call @ 10am
August 22: New 4-H Year Webinar @ 10am
September 6: IEPYE Fall meeting
September 17-18: 4-H All Team Meeting @ i-Hotel
October 15-16: 4-H Youth Development Educator meeting @ 4-H Memorial Camp
Nov. 3-7: 2019 NAE4-HA Conference @ The Greenbriar in White Sulphur Springs, WV