



Do you enjoy talking with friends, telling stories, or sharing information, photos, and videos? In a 4-H Communications project, you will explore the world of communication and learn more about yourself and how you communicate with others.



Exploring 4-H Communications

Spark Activity: Make a Sandwich

Find a partner, this could be a sibling, parent, or friend. Gather supplies to make a sandwich. Be sure to ask your partner about allergies before deciding what kind of sandwich to make. Stand back to back with your partner so you cannot see them. Have your partner use the supplies while you explain how to make the sandwich. Your partner should only do what they are told and not ask any questions. When your partner has completed making the sandwich, you may turn and face the sandwich. Talk about what you see and what could have made the sandwich making process go more smoothly. If time and supplies allow, switch roles and complete the activity again. Reflect: How did the sandwich making processes vary? Was it difficult not being able to ask questions or ask for clarification? Why or why not?

It is important to be clear and deliberate when we communicate. Many times, we may know exactly how to do something and when we try to explain or communicate it to others, we aren't sending a clear message and others may interpret our message differently. How can you make sure the message you want to deliver comes across clearly and deliberately?



4-H Project Levels and Goals

Beginner

- Practice active listening with a partner
- Understand communication preferences
- Make introductions
- Write a letter to a friend or family member

Intermediate

- Learn about conflict resolution
- Master communicating on social media
- Understand how culture impacts communication
- Write a press release

Advanced

- Learn about electronic communication
- Evaluate advertisements
- Write a resume and cover letter
- Become a digital storyteller
- Debate an issue

Put Your Project Into Action

Show Your Skills

- Create a print or digital portfolio of project activities

Service and Leadership

- Volunteer to do the marketing for a club fundraiser
- Create a presentation about an issue affecting your community and present it at a 4-H club meeting, school, or community meeting
- Volunteer to teach Cloverbuds a new skill from your project area
- Present a demonstration or speech at a 4-H club meeting or help another member prepare theirs
- Volunteer to serve as a 4-H Ambassador for your county or state

Entrepreneurship

- Shadow an author or journalist
- Submit your articles and stories to writing contests and local papers
- Develop a list of speakers to offer to local organizations
- Consult and help others on their stories, speeches, and presentations
- Create a digital newsletter/podcast for your club

Technology Connection

- Video writing, editing, and production
- Social media management
- Podcast writing, editing, and production
- Photo editing

Connecting with a Mentor

- Local media outlet (newspaper, television, radio)
- Local businesses or organizations with communication staff
- Local church administration or leaders
- Local school administrators

Events

- Speaking for Illinois 4-H
- 4-H Public Speaking Contest
- Local writing contests



Careers for People Interested in Communications

Author	Social Worker
Journalist	Psychologist
Communications Manager	Customer Service
Marketing Manager	Human Resources
Educator	Professor
Corporate Consultant	Speech Writer
Clergy	Song Writer

Start a Conversation

What is your preferred communication style?

How do you interact with others who have a different communication style from you?

How would you convince others to do ...?

What is unique about the way people in your culture communicate?

How can you be a better listener?

Want to learn more?

go.illinois.edu/4Hcommunications

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4-H.extension.illinois.edu



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