



# Communications Project



Welcome to the world of communications! It's been estimated that the average person spends 50 to 80 percent of their time communicating in some way throughout the day. No matter who you are or where you come from, communication takes practice! In the 4-H Communications project you can learn how to be an effective public speaker, learn how to actively listen and respond to resolve conflict, and practice self-expression and creativity.

## Starting Out *Beginner*

- Discover communication preferences.
- Develop active listening.
- Identify aggressive communication.
- Create and use visual aids.
- Learn to make introductions.
- Practice writing letters and songs.

## Learning More *Intermediate*

- Practice conflict resolution.
- Learn about online communications and social media.
- Discover cultural differences in communication.
- Write thank you notes, press releases, and speeches.
- Explore careers in communications.

## Expanding Horizons *Advanced*

- Understand electronic interpersonal communication.
- Learn to evaluate advertisements.
- Practice writing resumés and cover letters.
- Understand risk and practice safe online communication.
- Strengthen leadership and teamwork skills.
- Create digital storytelling.

## Inspire Kids to Do

### Explore

#### "I might like to do this."

Youth who explore a variety of interests before high school, through experiences like 4-H camps and educational events, can develop early interest in a career path and improve their academic performance.

### Learn

#### "I can do this."

4-H project-based learning, guided by adult volunteers, improves youth understanding of skills and concepts, as well as their ability to problem-solve and collaborate.

### Practice

#### "I'm interested in this."

Youth who have participated in sustained hands-on learning and engaged with professional mentors and volunteers before entering high school are more likely to explore studies and potential career paths.

### Experience

#### "I will be this."

Real-world application is key — 91% of Kansas 4-H members have a plan for reaching their goals. Youth that have been active participants in hands-on learning, combined with strong decision-making skills, are more able to effectively navigate life.

## Communications Project

### Expand Your Experiences!

#### Healthy Living

- Create a project to build awareness about daily stressors and mental health concerns in youth and how to be supportive or preventive.
- Create posters about anti-bullying at school.
- Present a play about the benefits of healthy living to audiences ranging from preschoolers to the elderly.

#### Science and Agriculture

- Present an illustrated talk on how effective or ineffective communication occurs.
- Create a project talk that explains different communication disorders in youth and the adaptive technology that they use to access education and resources.
- Start a blog to share your passion for agriculture issues.

#### Community Vitality

- Volunteer to teach Cloverbuds how to use a new communication skill.
- Serve as a Communications junior project leader and help facilitate project meetings.

#### Communication and the Arts

- Give a reading or perform a short skit at your club meeting or county event.
- Give a talk on how to resolve a conflict, show empathy, or have a tough conversation.

## Career Development

- Schedule an informational interview with a theater, dance, or communications teacher.
- Job shadow with journalist.
- Guest write for an established online publication.
- [Discover Kansas State University communications fields of studies.](#)

## Local Contact Information

Resources and Events	Curriculum and Resources	4-H Record Keeping	Project Exhibit Ideas
<p>Participating in educational events and learning opportunities will expand your knowledge and skills in the project area. Contact your local K-State Research and Extension office for local opportunities. Take part in:</p> <ul style="list-style-type: none"><li>• 4-H Club Day</li><li>• Citizenship In Action</li><li>• Kansas 4-H Discovery Days</li><li>• Citizenship Washington Focus</li><li>• Kansas 4-H Youth Leadership Forum</li></ul>	<p>Project materials to assist youth in learning may be available through your local 4-H office or you can order directly.</p> <p><a href="#">Communications Module 1</a> <a href="#">Module 2</a> <a href="#">Module 3</a></p> <p>Supplemental Resources:</p> <ul style="list-style-type: none"><li>• <a href="#">Diversity: The Source of our Strength</a></li><li>• <a href="#">YA4-H! Youth Advocates for Health</a></li><li>• <a href="#">Common Sense Education</a></li><li>• <a href="#">National Issues Forum</a></li></ul>	<p>Learning to keep accurate records is a life skill. The following forms can help you:</p> <ul style="list-style-type: none"><li>• <a href="#">Setting 4-H Project Goals (4H1100)</a></li><li>• <a href="#">Kansas 4-H Record Keeping</a></li></ul>	<ul style="list-style-type: none"><li>• Give an educational presentation, working exhibit, or extemporaneous speech.</li><li>• Write a short story or novel.</li><li>• Design a poster on the tools for effective communication.</li><li>• Prepare a presentation about teen social networking use.</li><li>• Make an audio file of sound effects for a play.</li><li>• Construct puppets for a puppet theater.</li></ul>

