

4-H County Activity Day

What is County Activity Day (CAD)?

The day when 4-H members from across the county compete in Public Speaking and/or Presentations.

How does it work?

- Youth will preregister with the 4-H office by calling and stating their topic, 4-H age (age on January 1 of that year), and if they are doing a speech or presentation. They may do both at the county level but, if they place in both, will have to choose one for District Activity Day (DAD).
- On the set date and time, the youth will compete by delivering their speech or presentation based on age.
- Youth who place first or second in their category and age division will have the opportunity to move on to District Activity Day. If one is unable to go, the third place participant will have the opportunity to attend.

What are the age divisions for 4-H CAD?

- Cloverbuds -- 5-8 years of age (not competitive - each youth will get an ribbon). Competition does not go outside the county at this age.
- Junior 9-10 -- First and second place in this age division are eligible for DAD. At DAD, only first place winners can go on to State competition.
- Junior 11-13 -- First and second place in this age division are eligible for DAD. At DAD, both first and second place winners are eligible to go on to State.
- Senior 14-18 -- First and second place in this age division are eligible for DAD. At DAD, both first and second place winners are eligible to go on to State.

May I give a speech I wrote for school?

Yes. As long as you did not deliver the same speech the year before, you may deliver a speech or presentation you created for class as long

as it is age appropriate and follows the general guidelines for a speech or presentation.

I'm scared to do it by myself; can I have a partner?

Yes you can do a team presentation. Please note that if the two members are in different age groups, they will be placed in the age group of the older team member.

For more information, contact Shea Ann DeJarnette, Extension 4-H Agent, or Wendy Maynor, Extension 4-H Program Assistant, at 910-671-3276.

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North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status, or disability. In addition, the two universities welcome all persons without regard to sexual orientation.

Public Speaking

What is Public Speaking?

Public speaking is when a 4-H member gets up and delivers an original speech without props or visual aids.

What is an original speech?

A speech a 4-H member has written themselves. We encourage parent and volunteer support in helping the youth proofread the speech and make sure it is factually and grammatically correct as well as give them tips on pacing, voice inflection, and gesturing.

Is there a limit on topics for my speech?

No, there is not a topic list to choose from or a limit in topics. We do ask that the speech be age appropriate for the person delivering the speech and audience friendly for all ages. We suggest using good common sense on topics that should and should not be discussed. If there is a question, please call the 4-H staff to determine if the topic is appropriate.

Can I bring a prop or use photos to support my point?

No. Public speaking is about making your point with your voice and words. Props and display items are not allowed in public speaking. If you feel you need them, it may be best to do a presentation.

How long do I have to stand up and talk?

The state suggests you should plan to have a speech that is about 7 minutes long.

- Cloverbuds - We do not time but will ask them to wrap it up at the 10-minute mark.
- Junior 9-10 - We recommend a 5- to 8-minute speech.
- Junior 11-13 - We recommend a 6- to 10-minute speech.
- Senior 14-18 - We recommend a 7- to 12-minute speech.

Do I have to memorize my speech?

No, you do not. However, we suggest that you do not write your speech down and read it word for word from a piece of paper. Notes are fine with bullets of points you would like to highlight. The upper

age divisions will get more points if they are able to speak without notecards.

Are there categories for Public Speaking?

There are no categories. However, Horse Public Speaking will be judged as its own category (via age divisions) from Public Speaking. The same rules apply; the topic must be equine related.

4-H Presentations

What is a Presentation?

A presentation is a demonstration, or show and tell speech, that utilizes visual aids and props. For example, cooking, making a craft, demonstrating how to use a cell phone.

Do I have to have posters or a PowerPoint presentation if I do a presentation?

Yes, you must use one or the other if giving a presentation. Posters can be made utilizing a computer; a trifold board may be used instead of a series of posters. A PowerPoint can be developed. Please note, you will need to be able to provide your own laptop with the presentation on it if you choose to do a PowerPoint. We can loan a projector but do not have enough laptops for everyone.

What should I put on my posters or slides?

Please see the next section for detailed information.

What topics are allowed for presentations?

Presentation topics are as follows:

- Horse
- Livestock and Dairy Production
- Small and Companion Animals
- Poultry
- Citizenship/Community Service
- Arts and Communications
- Family and Consumer Sciences
- Hospitality, Etiquette, and Social Graces
- Bugs and Bees
- Fisheries and Aquatics
- Forestry and Wildlife
- Environmental Science (Soil and Water)
- Health/Fitness
- Foods and Nutrition
- Turkey Char Grill
- Chicken Char Grill
- Beef Char Grill

- Pork Char Grill
- Safety
- Fruits and Vegetables Use
- Egg Cookery
- Peanut Foods
- Dairy Foods
- Open Class
- Career and Entrepreneurship
- Artistic Arrangement/Landscaping
- Horticulture Production and Marketing
- Agricultural Science (Crops)
- Wheels and Engines
- Science and Technology
- Electric

I'm not sure what category my presentation will be in; can I pick one?

Don't worry. When you give your presentation, we will determine what category it goes into. If you qualify for district, we will make sure you follow all guidelines for that category to the letter.

How long does my presentation have to be?

For all general presentation categories, the following time requirements are expected: A minimum of 5 and a maximum of 12 minutes. All char grill categories are 2 hours.

If I cook, will I be reimbursed for my ingredients?

- No, you will not be reimbursed. Please note that you can offer the judges a sample of what you have prepared, but they are not required to eat it and will not base your score on how good it is (or isn't). They are judging the quality of your presentation. It is encouraged to offer them a tasting of what you have prepared.
- Please note that in all char grill competitions, you will be required to provide your own grill, and you must use charcoal. Senior division youth will be required to give a presentation while younger age divisions are asked to concentrate on answering questions, cooking safely, and practicing food safety.

I would like to do a presentation on my rabbit. Can I bring it as a prop?

We're sorry. No live animals or weapons (for those who want to demonstrate martial arts, how to make a marshmallow gun, or even archery safety) are allowed at CAD, DAD, or State competitions.

Presentation Posters

Demonstration Presentation

1. Title of your presentation
 - Your name
 - Your age
 - Your club
 - Your county
 - Your district
2. What you need
List materials or ingredients
3. Instructions (may be more than one poster)
What you need to do and the order you are doing it in
4. Why (may be more than one poster)
Why did you do this, information, and/or nutritional information depending on the topic
5. Summary
A brief summary of what you talked about . . . bullets
6. References
Organizations, books, Internet, and/or people used to put this presentation together
7. Do you have any questions?

Informational Presentation

1. Title of your presentation
 - Your name
 - Your age
 - Your club
 - Your county
 - Your district
2. Introduction of what you plan to talk about in your presentation and why

3. First topic or point

4. Second topic or point

5. Third topic or point

6. Conclusion - Summarize what you talked about and why

7. References (Hint: Wikipedia is not a reference)

Any questions?