

Guidelines for 4-H Day

Event: Career Exploration Presentation*

Objective(s): 4-H'ers will learn about a career that is new to them. They will research what training or education that career requires, potential salary, job outlook and what the work environment would be like.

4-H'ers would then be able to explain what they find out about the career they researched and articulate the positives and negatives of that career.

Time Limit: Intermediate 3 minutes maximum
Senior 3 minutes maximum

A timer will be in the room letting the contestant know when they have one minute left and when they have 30 seconds left. Judge will deduct one ribbon placing if time is exceeded; 15 second grace period.

Equipment Provided: There will be no equipment, no posters or electronic presentations will not be permissible.

Guidelines:

- 1.) There will be two age divisions:
Intermediate: ages 10-13
Senior: ages 14-18
- 2.) This is an Individual event, no teams
- 3.) One page research summary is to be handed to the judge at the beginning of presentation. Judge will keep the paper.
- 4.) Summary should be one page, typed in a 10-12 pt. Arial or Times New Roman Font and double spaced.
- 5.) 4-H'er needs to document the sources of their information on the back of their summary or on another sheet of paper. Sources will also be given to judge.
- 6.) There will be a time keeper that will give a one minute and 30 second warning

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Name:		Career Researched:				
4-H Age:		Division: _____ Int. _____ Sr.				
Club:		Actual Time: _____				
Weight	Speaker	P	B	R	W	Comments
10	Appearance <ul style="list-style-type: none"> ▪ Dressed suitable for topic and activity ▪ Well groomed ▪ Good Posture 					
10	Introduction & Summary <ul style="list-style-type: none"> ▪ Interesting, short and gains attention ▪ Important points stressed ▪ Closing definite 					
30	Presentation <ul style="list-style-type: none"> ▪ Voice natural, words distinct ▪ Poised, friendly, confident ▪ Originality shown ▪ Convincing, interest held ▪ Well organized, words chosen well ▪ Eye contact with judges and audience 					
30	Information Given about Career Researched <ul style="list-style-type: none"> ▪ Training and Education Needed ▪ Description of Work Environment ▪ Potential Salary and Growth Opportunities ▪ Job Outlook 					
20	Written career research summary <ul style="list-style-type: none"> ▪ Correct Formatting ▪ Correct Grammar and Spelling ▪ Easy to Read ▪ Sources Cited 					
Penalty: _____ Exceeds time (15-second grace period) = reduction by one ribbon Circle ONE: Top Purple* Alternate Top Purple* Purple Blue Red White *Top Purple and Alternate Top Purple are only used at County or District 4-H Day.						

Reason for Ranking and other Comments: (Use back of sheet for additional comments.)

Judges Initials _____



4-H Career Exploration Essay Guidelines



Write an essay that describes your selected career.

The essay should include:

1. What you want to be and why.
2. The training and education needed.
3. A description of the work environment.
4. Potential salary and growth opportunities.
5. Job outlook.
6. Document your sources of information.

Websites for information:

<http://www.mynextmove.org>

<https://www.gafutures.org/career-exploration>

<https://www.k-state.edu/careercenter/students/exploration/assessments.html>

Once you have created bullet points for the above information, you must write a ONE (1) page: 12 point font-Times New Roman or Arial style, and double spaced document. You will then present your findings at Club Days, the presentation must be no longer than three minutes. Your essay must be handed into your judge before the event begins. You may have note cards. No posters, or power points will be allowed.

Use the form on back to organize your research.

Essay Outline

Proposed Career for Research- _____

The career that I researched is _____ because

_____.

Training and Education:

-
-
-
-

Work Environment:

-
-
-

Salary:

-
-

Job Outlook:

-
-

Growth Opportunities:

-
-
-

Sources where information was found at: