

## 4-H Connects Rockland Youth to Cornell University

### 4-H Youth Development: An Overview

Young people become confident, mature adults ready for success in today's challenging world through 4-H, the only youth development program with a direct connection to technological advances from research conducted at state land-grant universities. Studies show that six million youth participating in 4-H do better in school, are more motivated to help others, feel safe to try new things, achieve a sense of self-esteem, and develop lasting friendships. Boys and girls of all races and ethnic backgrounds in urban, suburban and rural communities across America and on U.S. military installations worldwide participate in 4-H experiences. 4-H programs are offered through school-based, after-school, camp settings and community clubs.

### Contemporary Focus

The fundamental 4-H ideal of practical "learn by doing" experiences encourages youth to experiment, innovate and think independently. Youth learn leadership, citizenship and life skills through more than 1000 projects with topics as varied as rocketry, GPS mapping, DNA analysis, public speaking, photography, nutrition and community service. 4-H offers youth supervised independence, a sense of belonging with a positive group, a spirit of generosity toward others and a wide variety of opportunities to master life challenges.

### An American Institution

The 4-H youth development movement began more than 100 years ago. It evolved from rural youth programs created by land-grant college and university researchers and the United States Department of Agriculture to introduce new technology to what was then a country of primarily rural communities. As our nation's economic and demographic profiles become more diverse, 4-H continues to adapt and expand to meet the needs of today's youth.

## About the partners...

The mission of **Leadership Rockland Inc.** is to identify, inform and inspire leaders to better serve our community by increasing their awareness of the many facets of Rockland County. Their goal is to attract and nurture exceptional leaders and to provide opportunities and structure for a continuum of professional development activities which will enhance their knowledge of Rockland County.

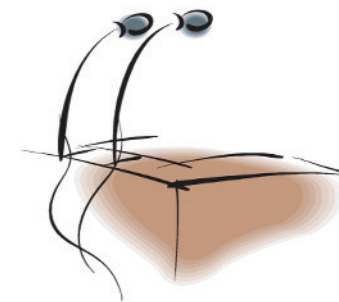
The **Leadership Rockland Alumni Association** is a group of more than 400 community members who have participated in Leadership Rockland. The group includes women and men from the arts, business, industry, labor, law, medicine, education, government, finance, social and civic agencies and many other walks of life. Their goal is to promote the development of leadership among emerging decision makers and community-minded people in Rockland.

**Cornell Cooperative Extension of Rockland County** is an educational, non-profit organization that helps people improve their families, businesses and communities through an educational process that uses scientific knowledge to address issues and solve problems. 4-H is the youth component of the Extension system. Major 4-H program areas include: leadership, citizenship and life skills.

**Dominican College** The aim of Dominican College is to promote education excellence, leadership, and service in an environment characterized by respect for the individual and concern for the community. The College is an independent institution of higher learning, Catholic in origin and heritage. Committed to building its programs upon a strong liberal arts foundation, the College maintains a student-centered climate and offers an array of degree opportunities in Liberal Arts and Sciences, Business, and other professions on the graduate and undergraduate levels. Dominican College is dedicated to the principle that its educational programs and services must be both challenging and supportive, distinguished both by high standards and by attention to the needs and potential of the individual student.

High School  
Juniors & Seniors  
are invited to participate in the

# Public Speaking Academy



A 4-H Youth Development Program  
of  
Cornell Cooperative Extension  
of Rockland County  
in partnership with  
Leadership Rockland, Inc.  
Leadership Rockland Alumni Association  
and  
Dominican College

### WHO may participate?

Are you comfortable speaking in front of groups or in public? This series of workshops for high school juniors and seniors is designed to help you improve your presentation skills and allow you to feel comfortable when speaking in front of other people.

### WHAT will you learn?

Through “hands-on”, interactive workshops that will utilize the latest technology, you will learn:

- ✓ Who’s listening?...knowing your audience
- ✓ Organizational skills...arranging the information
- ✓ Reducing fear of public speaking...controlling nervousness
- ✓ How the body and eyes communicate...engaging the audience
- ✓ The power of the voice
- ✓ Helpful links for effective speaking
- ✓ How to develop visual aids to support your topic

### WHAT is expected of students?

Attendance at all six sessions in order to receive a certificate of completion.

### WHERE will the program be located?

All of the sessions will take place at Dominican College in Orangeburg.

Confirmation letters with directions will be sent to students enrolled in the program prior to the first session.

### WHAT is the cost?

The program fee is \$75.00. Partial scholarships are available for students who need financial assistance. The fee is due with the registration form.

### WHAT is the program schedule?

Workshops will be held on Mondays, November 7, November 14, November 21, November 28, December 5 and December 12 from 4:30-6:30 PM at Dominican College, Orangeburg, NY. Students should make arrangements to be dropped off at and picked up from each session.

### WHO are the instructors?

**Dr. AnnMarie DiSiena,**

*Assistant Professor of Communications and  
Coordinator of the Communication Studies  
Undergraduate Program at Dominican College*

**Patricia Hubbard,**

*4-H Youth Development Program Director,  
Cornell Cooperative Extension of Rockland County*

### REGISTRATION Information:

The program fee is \$75.00. Students interested in participating in this program should complete the registration form and return it to Cornell Cooperative Extension of Rockland County, 10 Patriot Hills Dr. Stony Point, NY 10980 with a check or money order payable to Cornell Cooperative Extension by **October 21, 2011**. Registrations are accepted on a first-come, first-served basis.

### For more information, contact:

**Patricia Hubbard,**

*4-H Youth Development Program Director  
at 845-429-7085, ext. 103  
or pp40@cornell.edu*

# Public Speaking Academy

## Registration Form

**Registration Deadline:**

*October 21, 2010*

Confirmation letters including directions will be sent to registered teens prior to the first program.

PLEASE PRINT

\_\_\_\_\_  
*Student's Name* *Grade*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City* *State* *Zip Code*

\_\_\_\_\_  
*Telephone Number*

\_\_\_\_\_  
*Cell Phone Number*

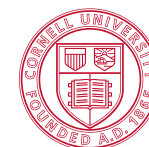
\_\_\_\_\_  
*E-mail Address*

Complete the registration form and mail it with a check or money order.



*Public Speaking Academy is a  
4-H Youth Development Program of  
Cornell Cooperative Extension  
of Rockland County.*

*Cornell Cooperative Extension in Rockland County provides equal program and employment opportunities.  
Please contact the Cornell Cooperative Extension of Rockland County office if you have any special needs.*



**Cornell University**  
**Cooperative Extension**  
**Rockland County**