

4-H Volunteer Connections

Ready, Set, Goal!

Jumpstart Your 4-H Year!

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Overview

- Connection before Content
- Why Set Goals with Youth?
- Help Youth Set Meaningful Goals
- SMART Goals
- Tips and Tricks for Volunteers





Why we set goals with youth:

- Increase motivation
- Build self-confidence
- Develop growth mindset
- Improve decision making skills
- Time management
- Develop positive work ethic



STARTING THE CONVERSATION:

What's important to you?

What do you want to work towards?

What do you love doing?

What would you like to get better at?

What skill set would you like to learn more about or improve?

ADDITIONAL PHRASES:

Tell me about...

Help me understand...

How do you plan to...

What is most important about...

What do you like about...

Explain a little more for me...

How did you determine, decide or discover...

What is a SMART goal?



- **Specific:** Set detailed goals.
- **Measurable:** Set goals with objectives you can quantify to monitor your success.
- **Achievable:** Important if your goals impact or involve other people.
- **Realistic and Relevant:** Think about your strengths and skills and set mini-goals to help you get to bigger ones.
- **Timely:** Put a timeline on achieving your goals so you know when to measure your success.





Goal:

I will create a mixed-media art piece that expresses an issue I care about and exhibit it at the county fair.

SMART Goal:

By August for the county fair, I will create one mixed-media art piece expressing a issue I care about and submit it for exhibition with a short artist's statement.

Specific- One mixed media piece

Measurable- Competed and exhibited artwork

Achievable- With regular work sessions

Relevant- Combines art and personal expression

Time-bound- County fair in August

Let's Practice!



Goal #1 : I want to learn how to take care of my lamb so it will stay healthy and gain weight for the fair.

Goal #2: I will plan and grow a vegetable garden and keep a journal so I can improve next year's harvest.

Goal #3: I want to learn how to bake a variety of breads, using different flours and share them with my family.

SMART

Specific

Measurable

Achievable

Relevant

Time-bound



Tips and Tricks

Write down the goal!

Use SMART goals.

Choose a goal buddy.

Name potential roadblocks.

Revisit and revise.

Celebrate and reflect!



Things to remember when it comes to helping youth set goals!



Youth Voice and Choice



Guide from the Side



Express Interest



Stretch and Connect



Celebrate



A. Helping Youth Find Motivation

Common volunteer struggle:

"They don't seem to care about goals I suggest."



B. Making Goals Realistic

Common volunteer struggle:

"They dream big- but lose steam when it's too hard."

C. Following Through

Common volunteer struggle:

"They start strong, but don't finish."

D. Keeping Goals Youth Driven

Common volunteer struggle:

"I end up doing the the steering instead of the youth."



Resources



- Hosking, L., Miner, G., Burns, A.T., Lobley, J.(2022). Ability to Motivate and Encourage Youth
<https://4h-volunteerism-resources.extension.org/wp-content/uploads/2023/09/VRKC-5PYD-6Motivate-and-Encourage-Youth.pdf>
- Henschen, A. 2023. Teaching Kids Effective Goal Setting
<https://extension.illinois.edu/blogs/our-illinois-4-h-story/2023-01-09-teaching-kids-effective-goal-setting>
- 4-H Member's Project Goals- Mississippi 4-H
https://www.uwyo.edu/4-h/volunteers/_files/additional-trainings/setting-goals-p1421-web.pdf





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We appreciate all you do!**



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LEARNING
FOR 4-H
VOLUNTEERS

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