NAE4-HYDP Excellence in 4-H Club Support Award

Shreemoyee Ghosh UF/IFAS Extension Polk County

Empowering Volunteers, Supporting Clubs: Polk County 4-H's Path to Success

Abstract

The 4-H club program serves as a cornerstone for positive youth development (PYD), offering a nurturing environment for youth to belong, grow, and thrive. In Polk County, where club programs are popular, averaging 30-40, the 4-H agent has tailored support systems to bolster volunteer engagement, crucial for sustaining the program's quality. Through four distinct initiatives, the agent facilitates volunteer training and resource accessibility. The Volunteer Roundup, an annual event, equips volunteers with workshops on applying PYD principles. New club leader training series, a comprehensive four-part training series teaches facilitation and club management techniques. Polk County 4-H Connections, a webinar series provides on-demand education tailored to volunteer needs, enhancing program adaptability. Moreover, a customized Member Handbook addresses volunteers' expressed needs, improving communication and engagement efficiency. By nurturing and empowering volunteers, the 4-H agent fortifies the foundation of the club program, ensuring continued success and positive impact on youth development.

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Goals and Objectives

The goal is to cultivate a nurturing environment in Polk County's 4-H clubs, promoting positive youth development. By emphasizing high-quality programs and developmental relationships that foster care, challenge growth, and share power, the aim is to create a supportive setting where youth can belong, grow, and thrive. Key to this effort is recruiting, engaging, and retaining long-term volunteers who sustain the program's success. Customized engagement opportunities and resources, including annual training events, new club leader programs, webinars, and a Member Handbook, support these volunteers, enhancing effectiveness, communication, and overall program quality.

- a. **Volunteer Roundup:** The annual volunteer training aims to equip both new and returning volunteers with practical skills and knowledge in implementing Positive Youth Development (PYD) principles. Through group experiential learning, they deepen their understanding of the 4-H Thriving Model and Essential Elements. By the end, volunteers develop plans to enhance these elements within their clubs, creating an environment where youth can thrive.
- b. **New Club Leader Training Series:** The aim of the New Club Leader Training (NCLT) series is to equip new volunteers with essential resources, policies, and facilitation techniques grounded in positive youth development principles. This process identifies and recruits suitable leaders for club positions, setting them up for success and elevating the club program's quality and impact.
- c. **Polk County 4-H Connections:** The webinar series aims to offer tailored sessions on topics requested by adult volunteers and 4-H families. By adapting content to meet their specific needs and providing on-demand access to resources, the series aims to empower participants with valuable knowledge and support for their roles in the 4-H program.
- d. **Polk County 4-H Handbook:** The goal of creating the customized Member and Volunteer Engagement handbook is to provide clear guidance, increase understanding of program activities and requirements, empower volunteers and families to effectively support youth participants, and improve communication efficiency.

Methods to Support and Strengthen Clubs

Volunteer Roundup: The annual six-hour training is conducted in-person three times to accommodate returning and new 4-H volunteer schedules, including weekdays and weekends. Developed by the applicant in 2018, this comprehensive training covers policy updates, subject matter development, and the application of Positive Youth Development (PYD) principles to create nurturing club environments. It fosters peer-to-peer learning and networking between new and veteran volunteers while engaging community organizations to enhance project work and youth volunteering opportunities. Commencing with volunteer recognitions and program success synopsis, the training provides updates on policies and requirements, followed by one or two power sessions and two to four concurrent subject matter-focused breakout sessions tailored to volunteers' needs. Power sessions, led by the applicant and other 4-H agents, address the highest-priority needs identified in club evaluations. Participants have the flexibility to choose breakout sessions based on their interests, which are led by the applicant, county extension director, and veteran volunteers. Networking is intentionally structured to facilitate peer-to-peer sharing of strategies on club management, project planning, recognition opportunities, fundraising, risk management, and more. Overall, the training emphasizes experiential learning to enhance

participant engagement and knowledge retention, equipping volunteers with the tools to implement experiential learning models in their programs. New Club Leader Training Series: Launched in 2018 to meet the growing demand for community clubs, the New Club Leader Training (NCLT) Series strengthens Polk County's 4-H program by equipping volunteers with essential knowledge, resources, and skills. This structured four-step process includes an application, interview, onboarding, and 12 hours of training. Shortlisted applicants complete individual interviews with 4-H staff. Three training sessions, co-led by the applicant and County Extension Director, cover Positive Youth Development (PYD), club management, risk management, member engagement, and reporting requirements. One of the four sessions is the annual Volunteer Roundup, designed to help new volunteers network with returning leaders, attend peer-led workshops, and strengthen project delivery and PYD application. Participants receive a club handbook, compiling key resources for easy reference. The applicant plays a pivotal role in application management, session facilitation, presentation development, resource creation, and evaluation, ensuring a comprehensive training experience. This program won the "Excellence in Volunteerism" award at the NAE4-HYDP regional level. Polk County 4-H **Connections:** Since its launch in 2021, the Polk County 4-H Connections webinar series has evolved to meet the needs of volunteers and 4-H families. Using Canva Pro, I create presentations for four to six sessions annually. In 2023, as volunteers sought more on-demand access, I switched to one live Zoom session (30–45 minutes) and three sessions on Canva Pro (15–20 minutes each) and housed on YouTube. Polk County 4-H Handbook: The applicant utilized Microsoft Word to develop the handbook, while employing Canva Pro for Teams to design the cover and table of contents. Topics were selected based on input from volunteers, families, and common queries received by the 4-H office. Developed in 2023 and updated annually as part of the Welcome Packet, this resource streamlines communication by centralizing FAQs and information requests, reducing repetitive inquiries, and improving efficiency.

Outcome and Impacts to the 4-H program

The implementation of these four initiatives has yielded significant multifaceted impacts on the overall 4-H program in Polk County:

- Enhanced Program Quality and Youth Engagement: Polk County 4-H served 5,472 youth in club programs, supported by 994 adult volunteers across 31-42 clubs annually. In 2024, 468 youth demonstrated service to the community, 70 teens led projects and activities, 115 youth took on club officer roles, and 261 youth delivered demonstrations and illustrated talks at club meetings, nearly doubling participation from 2023. This reflects a significant increase in youth engagement compared to previous years.
- Establishment and Retention of New Clubs and Volunteers: From 2018 to 2024, under the leadership of the 4-H agent, 91 new club leaders were trained, leading to the establishment of 28 new clubs while sustaining existing ones. Notably, the retention rate of these new clubs (at least two years and above) is 75% and the retention rate of these new leaders is 96%.
- Substantial Economic Value of Volunteer Contributions: Volunteer time contributions to Polk County 4-H from 2018 to 2024 totaled \$1,132,916.74, demonstrating the significant economic value generated by 41,451 hours of volunteer work. Additionally, two volunteerled grants have secured \$10,000 to support two clubs' robust and growing archery programs.
- **Increased Participation in Scholarships and Awards:** The introduction of the Scholarships and Awards session in 2022 in the webinar series has significantly boosted awareness and

participation in both 4-H state and county opportunities. As a result, the Polk County 4-H Foundation's spending rose from \$8,455 in 2021–2022 to \$19,255 in 2022–2023, and further to \$25,901.96 in 2023–2024. This increased investment directly supported greater involvement by both youth and volunteers.

- Expansion of Volunteer-Led Opportunities: Between 2018-2024, 43 countywide volunteer led and agent supported opportunities were offered, including open horse shows, shooting sports certification trainings, archery project workshops, cloverbud fair, open house and youth showcase, service-learning projects, and more, significantly expanding opportunities for community involvement and engagement.
- Polk County Handbook: Volunteers have expressed that the handbook is a valuable resource for communicating consistent message to families. It serves as a go-to guide, helping families navigate 4-H with ease. As a living document, it evolves yearly based on volunteer feedback, ensuring it remains relevant and effective. This ongoing refinement enhances its effectiveness, making it an essential tool for volunteers and both new and returning members.

Leadership and Volunteer Development: The initiatives implemented within Polk County's 4-H program reflect a comprehensive approach to nurturing leadership and volunteer development. Through events like the Volunteer Roundup, both new and seasoned volunteers receive hands-on training and practical skills, enabling them to effectively implement PYD principles. This not only equips volunteers with essential knowledge but also deepens their understanding of the 4-H Thriving Model and Essential Elements, fostering leadership capabilities as they apply these principles within their respective clubs and to the overall 4-H program. Additionally, the NCLT series provides a structured pathway for new volunteers, guiding them through essential resources, policies, and facilitation techniques. This initiative not only identifies and recruits suitable leaders but also elevates the quality and impact of club programs by ensuring that leaders are well-prepared and equipped to lead effectively. The Polk County 4-H Connections webinar series further supports volunteer development by offering tailored bite size education sessions, empowering participants with valuable knowledge and continuous learning opportunities. Lastly, the Polk County 4-H Handbook serves as a centralized resource thus allowing volunteers to provide consistent information thereby increasing communication efficiency. Overall, these initiatives empower them to lead effectively within their clubs and communities. By investing in volunteer development, the 4-H program in Polk County ensures the sustainability and success of its initiatives while fostering a culture of leadership and growth among its volunteers.

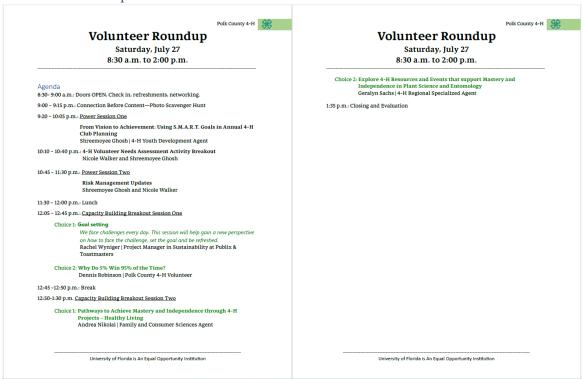
Scope of Adult and Youth Involvement: Involving volunteers and youth in program creation ensures initiatives cater to their needs and align with their experiences and perspectives. During the Volunteer Roundup, volunteers lead sessions, share tools, and discuss successful methods for activities and projects, while youth are provided opportunity to share their experiences and programming needs, aiding in the development of programs tailored to their requirements. The webinars provide concise informational and educational sessions based on the needs identified and expressed by volunteers, families, and senior 4-H members. Additionally, the comprehensive handbook is specifically developed based on the expressed needs and frequently asked questions of volunteers, families, and 4-H senior members. The final draft underwent review by volunteers attending the trainings to incorporate their feedback, ensuring its effectiveness and relevance.

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Supporting Document

Volunteer Roundup



Power Session 2024 Example



New Leader Training Series: Session 1, 3 and 4





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*** Club **Meetings**

- Number of meetings
- Agenda
- Business
- Education
- Recreation

4-H Club Meetings = Essential Elements

- Pre-Meeting Busics

 Location, day, and me are consistent and communicated
 Planned agenda with officers and leaders collaborating

 Make plans for FUN to encourage belonging

 - Room arrangement

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- Use of basic parliamentary procedure Youth speeches and demonstrations; guest speakers; project



- Educational Plan
- Club Special Activities
- Beyond Club Participation

Educational Plan

- eg. guest speakers, curriculums, project leaders, field trips, demonstrations or talks, contests etc.

Club Special Activity

- should support club goals and education
 eg. fundraisers, field trips, end of the year party, marketing event during TSC , christmas parade, National 4-H week etc.

Beyond Club Participation

- connecting youth to county, state and national opportunities
 eg. Youth Council at County, District & State Level, 4-H project
 showcase & County Events. 4-H camps, photo contests, nature poetry
 contest, clinics and workshops, iLead, 4-H University, 4-H Day at the

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- Overview
- Banking Process
- · Deposits, Withdrawals & Reimbursements
- Fundraisers- What, Why, How?

Overview

4-H Money = Public Funds

- · Purpose of 4-H club and committee funds: support the educational and life skills development of club
- · Policies are governed by the IRS, State of Florida, University of Florida, and the Office of the Dean for
- Petty Cash up to \$100
- · Annual Reporting

1. Club Planning

 Whar - Activity
 Who - Plans
 Why - Purpose When - Time
 How - Enhance 4-H Experience

2. Application

3. Approval

Fundraisers Funds to be raised ONLY for EDUCATIONAL Purposes or ENHANCE PYD Principles



Completed applications
 All Signatures
 Educational Purpose
 Meeting Minutes

Requirements:

Fill out the application

Club Treasurer Signature

Meering Minutes

Timeline: 15 business day:

Submit to Shree or Rita

During the Fundraiser Youth-Adult Ratio Handling Cash Receipts

- Complete 4-H Financial
 Transaction Form
 Deposit monies at the 4-H office
 Update Treasurer's Report

May 4-H clubs purchase materials to make something to donate to an organization? Example: purchasing cloth to make face masks and donate them?

A club decided to do a recognition event for their club members by going to a national park for overnight camping. All members and their families are invited to this camping rip. There is an entry fee per person and the club decided to pay the entry fees for everyone using the club funds. Is this an acceptable use club funds?

May a 4-H club use 4-H club money to sponsor a Belt Buckle award by giving those funds to the county fair

Case Studies

A 4-H club wants to participate in the Angel Tree program during the holidays by sponsoring a child. May the club use 4-H club funds to purchase and donate toys and other gift items for the Angel Tree program?

In their monthly club meeting, 4-H members decide to donate S X from their club funds to support the family of one of their club member. They want to buy the family groceries and other necessities following an unfortunate

incident.

Will it be acceptable to use 4-H club funds for this cause?

Bonus Question: May they fundraise for this cause using the 4-H name and emblem?

Polk County 4-H Connections: Webinar Series



May 21: Volunteering Opportunities with Polk 4-H



6:30 P.M.

Mar 19: 4-H Summer Opportunities



Pre-Registration Required

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YouTube Link to Session 1: Polk County 4-H **Scholarships and Awards**

https://www.youtube.com/watch?v=nVAcHgPBVh8

YouTube Link to Session 2: 4-H Project Reports aka **Record Books**

https://www.youtube.com/watch?v=BpHW09oOm 8

YouTube Link to Session 3: 4-H Youth **Opportunities**

https://www.youtube.com/watch?v=n19-VP1WyLc



Polk County 4-H Handbook

*Ghock, S. & Walker, N. University of Florida is An Equal Opportunity Institution

The link is to the updated handbook (July 2024)



*Shesh, S. & Walker, N. University of Florida is An Equal Opportunity Institution