



# Ohio 4-H Teen Connections

Mentoring, the theme for this issue, is an important experience for teens... to give as well as to receive! A "mentee" gains practical advice, encouragement and support. They increase their skills and confidence and become more empowered to make decisions. Mentors develop leadership and communication skills. Personal skills are reinforced, confidence increases, and a sense of fulfillment develops. Wow... sounds like many of the Key Elements of Ohio 4-H Positive Youth Development! (Ask your 4-H staff more about these.)

Ohio 4-H Teen Connections is pleased to share these mentoring stories, insights and opportunities. Catch us at [www.ohio4h.org/teenconnections/](http://www.ohio4h.org/teenconnections/) or on Facebook at [Ohio4HTeenConnections](https://www.facebook.com/OHIO4HTeenConnections)

Stay tuned for our next issue on Citizenship!



Thank you to the Ohio 4-H Foundation for its support of the Ohio 4-H Teen Connections.

## Embrace Leadership: Be a 4-H mentor



By Heather Wilson  
Fairfield County

When I was eight years old and in my first year of 4-H, I belonged to a 4-H club that specialized in the dog projects. There were not many older members in my club and I didn't really have any kids to "look up to," however, I did have a great advisor who helped to teach me how to train my dog. As I matured into my third year of 4-H, I began helping younger members in the club with dog projects.

Little did I realize that I was transforming into a mentor for the younger members of the club. As the years passed, I began taking on larger leadership roles, such as camp counselor or junior fair board, and my peers and younger members looked to me for guidance.

It wasn't until I was aging out of the 4-H program at age 18, that I realized the tremendous impact I had

on younger members when I shared my knowledge of 4-H projects with them. Parents of many of my fellow club members told me one-on-one that their child adored me and mimicked my every move. It was heartwarming to know that by simply sharing what I had learned or been taught was being passed on and would be passed on again to an even younger generation.

Whether you realize it or not, you are a role model to someone. 4-H members have such an incredible opportunity to be educated and share their knowledge with others.

I encourage you, no matter what your age, to embrace being a positive role model and begin to mentor others by simply sharing something that you're passionate about.

It doesn't have to be a giant, ongoing project; just a few tips here and there and showing others that you care about helping them to achieve success.

## 4-H'er starts internship program

By Heather Wilson  
Fairfield County

After doing an internship (student teaching) in a sixth grade classroom during my junior year of high school, I loved learning about potential careers that I wanted to do and gaining hands-on experience. I also interned with the American Red Cross communications department in Columbus during my senior year of high school. After these internships, I was convinced internships were an incredibly valuable experience for every student to have. So I came up with the idea, why not develop a 4-H program aimed to assist students with locating internships? I then wrote and received a grant from the Ohio 4-H Foundation to establish the program.

The Ohio 4-H Student Internship Program is designed to assist students, ages 16 and older, in career preparation and exploration. Students choose a career field of their interest and shadow a mentor with whom they are connected. It can be as few or as many hours as the intern and mentor wish. It provides a great opportunity to learn more about the industry, gain hands on experience, and develop professionally.

The program is funded by the Sauder 4-H Career Development Endowment Fund. There is no cost for the intern to join the program. Interns will be given a notebook to keep a journal of their internship experience.

Recently, an hour and a half hands-on workshop was held in Cuyahoga County about the program and career development skills, such as resumes and leadership styles. The group also discussed professional attire and professional communication skills.

Currently, the program is being operated in select counties in Ohio. If your county would be interested in learning more about the program and has a volunteer or extension staff that would be interested in assisting, contact [ohio4hintern@gmail.com](mailto:ohio4hintern@gmail.com). If you are a student and wish to participate in the program or if you are an adult interested in being a mentor for a student enrolled in the program (or know of any businesses that would be interested in hosting an intern), please contact [ohio4hintern@gmail.com](mailto:ohio4hintern@gmail.com).

## Grant allows mentors to help Ohio 4-H Youth

By Martha Filipic  
OSU Extension Communications and Technology

Sometimes kids have trouble learning from their mistakes. And sometimes, all it takes is a caring adult teaming up with those kids -- perhaps on a project that captures their interest -- that can make all the difference.

That's the premise behind a mentoring project that has taken place in five counties throughout Ohio, thanks to a grant to Ohio 4-H Youth Development from the National 4-H Council and the U.S. Department of Justice's Office of Juvenile Justice and Delinquency Prevention. The project received \$82,000 in funding in 2011 and an additional \$123,000 to continue through 2012.

Programs in Adams, Butler, Hardin and Lorain counties have focused their projects on "Tech Wizards," in which 4-H educators and other mentors use Lego Robotics, video production and other technologies to engage youths.

Mahoning County's program is "Youth and Families with Promise," in which mentors work with small groups of kids in community projects and other activities. The youths involved have below-average school performance, weak family bonds or poor social skills.

**Read more at:**

<http://go.osu.edu/4Hmentors>

Contact us at [www.ohio4h.org/teenconnections/](http://www.ohio4h.org/teenconnections/)

Ideas for photos, stories, columns are welcome! Please contact [yost.30@osu.edu](mailto:yost.30@osu.edu) or any Teen Connections Editors with story ideas, past highlights, upcoming events of statewide interest, or any suggestions you'd like to share.

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*Keith L. Smith, Associate Vice President for Agricultural Administration; Associate Dean, College of Food, Agricultural, and Environmental Sciences; Director, Ohio State University Extension; and Gist Chair in Extension Education and Leadership.*

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Rebekah Abel competes in the National Junior Olympics in Colorado Springs, CO.

## My Junior Olympic Journey

By Rebekah Abel

Licking County

With the excitement of the Olympic Games this summer, many people may be wondering how the Olympic athletes reach this monumental achievement. I have realized just how difficult this road to success is throughout my experience in the National Junior Olympics.

Competing in the Junior Olympics is one of the first of many steps to becoming a contender for the U.S. Olympic team. I compete in trapshooting, which is one of the nine Olympic shooting events. The U.S. Olympic Shooting Team is governed by 'USA Shooting', just like other, more well-known sports are governed by 'USA Swimming', 'USA Volleyball', etc. USA Shooting includes all rifle, pistol, and shotgun events. Trapshooting is one of the shotgun events.

The National Junior Olympic Shotgun Championship (NJOSC) is held in July every year at the U.S. Olympic Shotgun Range in Colorado Springs, Colorado. This year, the trap portion of the competition was July 10-12.

To qualify for the National Junior Olympic Shotgun Championship (NJOSC), competitors must be under 21, and shoot at their State Junior Olympics. The top three shooters at

the State Junior Olympics are automatically invited to the NJOSC.

The competition is both fun and stressful. I have met many nice people while shooting there, and gained a lot of great experience. I've also met and shot with current Olympic athletes and World Cup winners. During the practice day of the competition, Olympic athlete Corey Cogdell shot next to me, which was very cool. This was my second year competing at the NJOSC. Last year I placed third, and received the bronze medal. This year however, I placed a disappointing fourth, only one target behind third place.

The National Junior Olympic Shotgun Championship is one of four major national shooting competitions held every year. These competitions include: the NJOSC in Colorado, National Championship in Colorado, Fall Selection in Texas, and Spring Selection in Arizona

Overall, my week in Colorado was very fun. I learned a lot, enjoyed shooting, and met some great people. I hope I can compete again next year and do even better. As I watch the Olympics this summer, I have a much greater appreciation of what it took for those athletes to be able to participate, as well as how disappointing it must be to fall short.

## Experiences from a peer mentor

By Danielle Eafford  
Youth Advisory Committee  
of Cuyahoga County

I served as the peer mentor for the Youth Advisory Committee of Cuyahoga County (YAC) during 2011 - 2012. Although this position presented its challenges, it was very worthwhile and exciting.

The hardest part of being a mentor to your peers is when it's time to get work done. You have to transition from the friend role to an authority role. This can be especially difficult when some of the people you are mentoring are your very close friends.

In being a peer mentor, I've learned a lot about working in groups and teams. I learned that to be a leader of a group, you have to know the strengths and weaknesses of your team members, and not be afraid to step aside and let other people shine.

Toward the end of my term, I realized that I needed to start training someone else to take over my role as Peer Mentor. This was a difficult thing to do as I really enjoyed my time as Peer Mentor and felt that I had learned so much. It made me feel good to know that I was part of the decision making process in selecting the new Peer Mentor and would be able to train this individual and share my insights. This has allowed me to feel that the YAC was in good hands and would continue to move forward.

## Reflections on Mentoring....

*Thoughts from the Ohio 4-H Teen Advisory Council members.*

- “My 4-H Educator is such a great mentor and good example of the kind of person I would like to be in the future.”
- “I think peer to peer mentoring is so important. Adults are great but other teens may bring new solutions to different problems.”
- “Mentoring someone makes me feel that I’ve had a positive influence on someone else’s life.”
- “It’s so rewarding when you’re working with someone and they are able to accomplish their goals.”
- “The reward of mentoring someone is just seeing the smile on their faces when they succeed and receiving a hug in appreciation.”

## Activity: Mentor New Members

Think back to your first year in 4-H. Remember how confusing some of the information was? By the time you figured out what the four H’s stood for, your leader started talking about other things you had never before heard of like QA, OLE, DUNF, doing demonstrations, and making entries. How did you learn what all this meant? Did someone help you?

Now that you’re an older member, would you like to help new members learn about 4-H? One way teens that are passionate about 4-H can help expand the program is to become a mentor to new members. A mentor is a friend who teaches and gives advice. There are many things you can do to help a new member have more fun and less frustration during their first year. Here are some ideas:

- Teach them the 4-H pledge
- Show them how to do a demonstration
- Invite them to join your Health & Safety Speaking team
- Serve as a counselor for their camp
- Guide them during practice for skill-a-thons
- Keep them informed about upcoming deadlines
- Illustrate how to make an educational display for their project
- Encourage them to attend clinics and special events
- Explain how to complete fair entry forms, achievement records, etc.
- Sit with them during Quality Assurance training and awards programs
- Demonstrate how to care for and show their animal
- Help them during their fair show

Before you begin mentoring a new member, talk to your club advisor and ask for his or her advice about what you could do to be most helpful. In addition to helping someone else, your mentoring activities are great examples of leadership and community service to add to your achievement record, college application, and/or work resume.

**Submitted by: Joyce Shriner, CFLE, Extension Educator, 4-H Youth Development/Hocking County Director.**



### Camp Ohio hosts Old Fashioned Thanksgiving

Bring a tradition into your family. Join 4-H Camp Ohio in a community event Saturday, Nov. 10, 2012, 10am - 4pm with a full homemade Thanksgiving Meal at 12:30pm. Experience Native American living, pioneer games, and much more! Entrance & meal: \$15 (ages 12 & up), \$12 (ages 7-11), free for ages 6 & under. Go to [4hcampohio.osu.edu/flyer.pdf/view](http://4hcampohio.osu.edu/flyer.pdf/view) for details and ticket info.

### Ohio Youth Capitol Challenge

Get involved and have a hands-on experience that will help you make your community a better place! 4-H, FFA and Farm Bureau are partnering to create the first Capitol Challenge. Applicants must be at least 14 years of age and in 9th grade and have a desire to be more involved in local community issues. Cost to youth is \$25 upon selection. Fifty youth will be chosen for visit the Ohio Capitol and stay overnight in Columbus. Teams will be formed and will identify “Challenge” projects for competition at the 2013 Ohio State Fair for scholarships or seed money to implement Projects. Go to <http://go.osu.edu/oycc> for more information.

### Ohio 4-H CARTEENS In-Service

Youth instructors and advisors involved in their county CARTEENS program are invited to attend the “UNDER THE HOOD” CARTEENS in-service. Counties are limited to five 4-H CARTEENS youth and one adult advisor. For more info, talk with your advisor or download the flyer from [www.ohio4h.org/teenconnections/](http://www.ohio4h.org/teenconnections/).