



# Ohio 4-H Teen Leadership Council Reaches Out

## Presenting the Best Even Better

### Intended Audience:

- Teens (14-18 years old)

### Lesson Objectives:

Session participants will:

- Identify professional and non-professional characteristics when meeting someone.
- Make a proper introduction.
- Identify the 4 tips to best present yourself to others.
- Create a personal elevator pitch

**Time:** 30-45 minutes

### Equipment and supplies:

- Giant papers (large post it note, butcher paper cut into sections, or something similar)
- Markers
- Props/costumes (if desired)

### Do Ahead:

- Review activity instructions.
- Gather equipment and supplies.
- Review the tips and tools.
- Label a giant paper “professional” and another “not professional”

### BACKGROUND

People evaluate each other when they meet for the first time. In just a matter of seconds, opinions are formed based on appearance, body language, demeanor, mannerisms, and how one is dressed.

Throughout their time as a 4-H member, youth have opportunities to represent their self, the county, and in turn the entire 4-H program. It is important to show one’s best qualities and qualifications so people will take you seriously. If one presents him or herself in a positive manner, additional opportunities may also be available because of this.

The following activities can be completed separately or in the same lesson, depending on the time allotment and desires of the group.

### WHAT TO DO

#### *First Impressions Activity*

- Break the large group into smaller groups of about 4-8 people.
- Give each group a piece of giant paper and markers.
- Ask for each group to write down the different characteristics you notice when you first meet someone.
- Then have each group divide their list of characteristics into “Professional” and “Not Professional” and send one person from the group up to the front to write their characteristics on the giant papers labeled “Professional” and “Not Professional”.
- When each group is done, have a large group decision about why the characteristics they choose went into the categories that they put them into.

#### *Introducing yourself is how you set the tone of a first impression:*

- Tell the group, “Your introduction should include your name and relevant information such as where you are from, how many years of 4-H you have completed, what year of schooling you are in, and future goals.”
  - Activity: Ask for a few volunteers to introduce themselves in front of the whole group, as if they were at different events such as a county 4-H event, a state 4-H event, a national 4-H event, 4-H project judging, job interview, etc.
  - After each of the volunteer’s introduction, ask the group what stood out to them.
  - Give suggestions for what else could be included in the introduction.



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Sources:**

Foster School of Business. (2011). Polishing your professional presence. Retrieved from <http://foster.uw.edu/wp-content/uploads/2015/02/tm-mba-polishing-professional-presence.pdf>

Keiser University. (2015, June 26). Five levels of business attire. Retrieved from <https://kulacprofessional.wordpress.com/category/dress-for-success/>

Quast, L. (2013, September 9). 5 Tips to create a positive first impression. Retrieved from <http://www.forbes.com/sites/isaquast/2013/09/09/5-tips-to-create-a-positive-first-impression/>

**Additional lessons in this series can be found online at:** <http://go.osu.edu/TLC>

*Have a discussion about the tips to present yourself to others and tools to improve your image (Reference the resource page at this time.)*

- Activity: Using the tips you discussed
  - Break up into the same groups that people were in for the first impressions activity.
  - Give each group a giant paper and markers. (A second option is using props and costumes.)
  - Ask for each group to draw a person that is a great example or a poor example of a person using the tips of presenting yourself. (The second option would be to have each group dress up a great or poor example of using the tips.)
  - Ask each group to present to the whole group and give for reasons why their person is a great or poor example.

**4-H to the Real World:**

- “Elevator Pitch” Activity:
  - Explain that an “Elevator Pitch” is a short statement as if you were in an elevator, to introduce yourself, explain your involvement with an organization (such as 4-H), and describe your goals to make a good impression on your audience. You can use this “Elevator Pitch” when talking to sponsors, other 4-Hers, and when meeting new people.
  - Instruct each person to create their own 1 minute “Elevator Pitch” including: an introduction, explanation of their activities, and a future goal.
  - Pick volunteers to present their “Elevator Pitches” to the entire group.

**TALK IT OVER****Reflect:**

- What changes will you make when presenting yourself?
- Where are some scenarios where you will need to utilize your elevator pitch?

**Apply:**

- Use your “Elevator Pitch”.
- Utilize at least one of the tools to improve your image.
- Teach another teen something you learned from this session.

**PREPARED BY**

- Rachel Salyers, Vice President of Outreach  
Ohio 4-H Teen Advisory Council  
740-243-8776  
[salyers.60@osu.edu](mailto:salyers.60@osu.edu)
- Hannah K. Epley, Extension Specialist  
4-H Youth Development  
OSU Extension, State 4-H Office  
614-247-8144  
[epley.24@osu.edu](mailto:epley.24@osu.edu)