

INDEX: Teen Leadership 20 Expansion		
Lesson Title	Author(s)	Lesson Description
Breaking Down Goals	Christy Clary	In this lesson teens will learn how to break SMART goals down into smaller achievable steps.
Career Exploration	Hannah Epley	In this lesson teens will explore careers related to their interest.
Cell Phone Etiquette at Meetings	Hannah Epley	In this lesson teens will learn why cell phones should not be used during meetings.
Creative Thinking & Problem Solving	Phillip Goerig	In this lesson teens will learn to think creatively to solve problems.
Decision Making	Morgan Domokos	In this lesson teens will explore the decision making process as a team.
Everyday Super Hero	Nate Arnett	In this lesson teens explore the characteristics of good role models and how they can be a good role model.
Future Financial Well-Being	Jessica Rockey	In this lesson teens will discuss the concept of needs versus wants related to budgeting and the benefits of saving early.
Getting Started on a Resume	Mary Beth Albright	In this lesson teens will learn the basic elements of a resume.
Introducing a Guest	Katie Cole & Cassie Anderson	In this lesson teens will learn the basics of introducing a guest speaker, interview and public speaking skills.
Knowing Your Emotions	Hannah Epley & Becca Goodman	In this lesson teens will explore their feelings and productive and destructive behaviors for emotions.
Leading an Effective Meeting	Nate Arnett	In this lesson teens will learn the characteristics of an effective meeting and strategies to improve.
Learning to Say No	Jo Williams & Erin Dailey	In this lesson teens will learn to grasp the idea that there is a limit to how many things they can juggle in life.
Making 4-H Work for You Part 1	Cassie Anderson	In this lesson teens will learn to identify different volunteer experiences and how they relate to work experiences.
Making 4-H Work for You Part 2	Cassie Anderson	In this lesson teens will learn to communicate effectively in writing how volunteer experience relates to work experience.
Mindfulness: Breathe Deeply	Jo Williams	In this lesson teens will explore mindfulness exercises to help increase their ability to focus and relieve stress.
Nonverbal Communication	Kathy Bruynis	In this lesson teens will explore the differences between verbal and nonverbal messages.
Teen Led 4-H Promotion	Christy Clary	In this lesson teens will explore topics to discuss when promoting 4-H and develop a pitch to promote 4-H to younger youth.



The Benefits of Service	Nate Arnett	In this lesson teens will learn the benefits of service and how the individual completing the service may benefit.
Time Management for Teens Part 2	Phillip Goerig	In this lesson teens will learn to define procrastination and how to apply a time management matrix to their lives.
What's Your Personality?	Morgan Domokos	In this lesson teens will assess and identify their own personality.