

Self-Awareness Addendum #1

By: Katie Feldhues

The following “Potential Situations” outlines scenarios and examples for participants to work through that are common challenges within aspects of the 4-H program. “Scenarios” are intended to be read and worked through as a larger group to help develop understanding for what an individual can and cannot control in a situation. “Examples” are shorter alternative options of scenarios that small groups can then expand upon and practice using the “EIDT model” to process.

Potential Situations for Camp Counselors**Scenario 1**

You have been looking forward to the annual canoe battleship competition all week. Your campers are extremely excited. You walk them into the lodge five minutes before your event is scheduled to start and gather your campers around. Miss Debbie comes on the microphone and says “Ladies and gentlemen, I’ve got some bad news. We are going to have to cancel the competition because there’s a storm blowing in.” (Clap of thunder and starts to rain).

1. What emotion do you feel strongest? Why? (write emotion at top middle of paper)
2. If you feel that emotion, what is a positive/negative action you could take? (write action)
3. Then what might happen? Think about how that action might impact campers? Co-counselors? Staff?
4. If you take that action, then what might happen (write response)?
5. Keep processing through 2-3 steps. Process at least two action stems off the initial top emotion.

Scenario 2

You’ve been watching your campers all day and have had a particularly whiney, homesick camper named Suzie at your side the entire time. At lunch, your co-counselor steps up and gets Suzie to go with her for mealtime. This will give you the opportunity to duck out after lunch to kayak with your fellow counselors during free time. At the end of lunch, your co-counselor approaches you with a crying Suzie in tow and says “Suzie is very upset because she wants to go on a nature hike during free time, but won’t go unless you do.”

1. What emotion do you feel strongest? Why? (write emotion at top middle of paper)
2. If you feel that emotion, what is a positive/negative action you could take? (write action)
3. Then what might happen? Think about how that action might impact campers? Co-counselors? Staff?
4. If you take that action, then what might happen (write response)?
5. Keep processing through 2-3 steps. Process at least two action stems off the initial top emotion.

Camp Examples:

- You return to the cabin for rest hour and find your towel on the floor covered with dirt.
- Rest hour gets extended due to storm and your co-counselor is at another cabin, so you can’t get a break from your campers.
- Last minute schedule change that the director made without warning you or explaining.



- Big camp tradition is cancelled.
- Get to the lake/pool and a camper tells you they have to go to the bathroom, which is located all the way back at the lodge/dining hall.
- You get called on to scrape food garbage and you feel like it's just one more unappealing job you've been assigned and that you're being picked on.

Potential Situations for Volunteers

Scenario 1

Your officers are conducting your third meeting of the year and are struggling to keep control of the distracted chatter from group members. Additionally, in the back of the room sits a group of parents who are talking and laughing loudly with one another.

1. What emotion do you feel strongest? Why? (write emotion at top middle of paper)
2. If you feel that emotion, what is a positive/negative action you could take? (write action)
3. Then what might happen? Think about how that action might impact club members? Fellow advisors? Parents?
4. If you take that action, then what might happen (write response)?
5. Keep processing through 2-3 steps. Process at least two action stems off the initial top emotion.

Scenario 2

It is time to turn in paperwork for a big county-wide deadline at your club meeting. A notoriously late member claims they forgot their paper at home (again).

1. What emotion do you feel strongest? Why? (write emotion at top middle of paper)
2. If you feel that emotion, what is a positive/negative action you could take? (write action)
3. Then what might happen? Think about how that action might impact members? Co-advisors? Parents?
4. If you take that action, then what might happen (write response)?
5. Keep processing through 2-3 steps. Process at least two action stems off the initial top emotion.

Volunteer Examples:

- Setting up project booth and the office hasn't marked which booth is yours to decorate and you're on a tight schedule.
- Parents keep speaking over members during meeting and prevent youth decision-making.
- Club members and parents sign up to do a big community service project and everyone starts saying they cannot attend at the last minute.
- Your club is responsible for having two volunteers run a project judging station and no parents are willing to volunteer. You have to work and always are filling in to help.
- Your daughter does extremely well in the steer show and now is catching heat from a parent in another club who is saying she won because of her last name.

Potential Situations for Teen Audiences

Scenario 1

Your club worked very hard all year for honor club (special countywide recognition) by participating over and above in 4-H activities. You find out that your advisor forgot to turn in the necessary paperwork by the deadline.

1. What emotion do you feel strongest? Why? (write emotion at top middle of paper)
2. If you feel that emotion, what is a positive/negative action you could take? (write action)
3. Then what might happen? Think about how that action might impact the teen worker? Other teen workers? Parents?
4. If you take that action, then what might happen (write response)?
5. Keep processing through 2-3 steps. Process at least two action stems off the initial top emotion.

Scenario 2

You are club president. A fellow officer was in charge of following up with a local breeder for a club farm tour. The club members show up at the breeder's house for the event only to find out the breeder was never contacted.

1. What emotion do you feel strongest? Why? (write emotion at top middle of paper)
2. If you feel that emotion, what is a positive/negative action you could take? (write action)
3. Then what might happen? Think about how that action might impact other members? Advisors? Parents? The breeder?
4. If you take that action, then what might happen (write response)?
5. Keep processing through 2-3 steps. Process at least two action stems off the initial top emotion.

Teen Audience Examples:

- Another member volunteered to look into community service options by this meeting and forgot to do so (again).
- Members in your group have lots of ideas for your booth decorations but won't make any final plans and you are running out of time.
- Only younger members are attending your club meetings and seem to want to do anything.
- You planned to do several activities at your meeting that should have had 25 members attend and only 10 members show up.
- You find that cyberbullying is going on between two club members.
- Your 4-H advisor recognizes you for something by yourself when really a group of you completed the task together.
- You applied to be on Jr. Fair Board but your teacher forgot to write your recommendation letter despite giving appropriate notice.