



Teen Leadership 20

Intended Audience:

- Teens

Lesson Objectives:

Participants will:

- Be able to make a good impression.
- Think about the message they are sending to others by their appearance.
- Be able to reference a 4-H project book to help them make a good first impression when interviewing.

Time: 20 minutes

Equipment and supplies:

- Ohio 4-H Project Book “Am I Ready for Work?” (Optional)
- Magazines that have lots of people photos and ads (teen magazines, too)—3 magazines for each group of 4-7.
- Large Post-it paper or posters (or regular size paper)
- Scissors (one pair for each group of 4-7)
- Glue stick (one for each group of 4-7)
- Markers (several for each group of 4-7)

Making a Good Impression

BACKGROUND

In life, making a good impression is important whether it is for school, work, or just hanging out with friends. Often we think it's only our clothes that defines us. There are a lot of other factors that send messages to people about oneself like attitude, physical appearance, and use of words or even non-verbal communication such as body language. Think about how you would like to be perceived and why. As you travel through life, your roles will change. One thing will never change is that people are always observing you and making judgements on what they see. For this reason, it is important to work at making the best impression in your various roles in life.

WHAT TO DO

Activity:

- Discuss why it is important to make a good impression (see background information for some information).
- On a handout shared with participants or written on large post-it paper, share with teens that impressions can be made by:
 - Attitude
 - Clothing
 - Personal Hygiene
 - Body Language
 - Verbal Language
- Divide participants into small groups of 4-7 teens. Have teens designate a person to pick out three magazines, another teen to get scissors, glue stick, markers and paper (regular size or large post-it paper.)
- Ask each group to find a picture for each of the ways we make an impression (use the handout list or list from the large post-it paper.) The teens need to cut the picture out and glue it to their paper.
- Have each group share their pictures of impressions and what message it is sending to an observer, and why it sends this message.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Do Ahead:

- Review lesson.
- Gather equipment and supplies.
- Prepare handouts or large post-it paper.

Sources:

- Brinkman, P., Fogt, N., Soule, G., & Young, B. (2015). *Am I Ready for Work?* The Ohio State University.

Prepared By:

Nadine Fogt
Extension Educator
4-H Youth Development
OSU Extension, Fayette
County
Phone: 740.335.1150
Email: fogt.12@osu.edu

Reviewed by:

Ohio 4-H Teen Leadership
Design Team Members

- After all the groups have shared, have a discussion on how these impressions would change if it was for:
 - School
 - Job interview
 - 4-H club meeting
 - Church
 - Hanging out with friends
- Explain why and what would the differences be.

TALK IT OVER**Reflect:**

- Think about people you admire. What stands out about them?
- What kind of impression do you think you make on:
 - Your friends
 - Your teachers
 - Your coaches
 - Your 4-H advisor
 - Your 4-H extension educator?
- Why do you have this impression?
- What areas could you work towards improving? Why? How?
- Are there others that can help you make a better impression?
- How can you help others in making a good impression?

Apply:

- Make a goal sheet of what things you could work on to make a better impression.
- Find a practice partner for practicing good communication skills and non-verbal skills.

Please take time to complete the Participant and Facilitator evaluations, found online at go.osu.edu/TeenLeadership20.

Considerations for Conducting Virtually:

- Divide group into breakout rooms of 4-7 teens. Instead of having them use magazines to cut and paste, have them use the whiteboard/annotate feature to draw pictures/stamp/write.
 - Consider adding everyone to the same collaborative Google Doc or Slide and have them cut and paste photos from the internet
 - Be sure to give them some restrictions to encourage creativity (such as “you can only search the category words” or “you must use the first photo you see”)