Training for the Future
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Skill Session by:
Rebecca Kluesner & Peyton Luhring
State Junior Leader Conference 2020

The Importance of Having a Smart Work Ethic
Work Ethic is **discipline, tenacity** and **perseverance**. Most importantly it is **sustainability**.

**Sustainability**: Going about achieving goals in a realistic and consistent manner.
Avoiding Procrastination is **avoiding distraction**

- Procrastination is caused by *distractions*.
- Many distractions are *bad habits*.
- Replace bad habits with better ones *piecemeal*.
- To try otherwise is *counterproductive*. 
A better way to study

- **Marty Lobdell**: Studying should be done in bursts of 25-30 minutes to avoid frustration.
  - After 5 minutes back away. Come back, ready to learn again.
  - This is simple yet somethings missing...
When planning out long term, there are three important things.

- Realize all the things lead up to your goal
- Challenging yourself is good but still reasonably pace yourself
- Make sure you can revise your plans due to changing conditions
Why are you repeating advice which has been given a thousand times?
The Bigger Picture

The Purpose of Work Ethic

It is often the most real and true things we need to be reminded of the most.

Through bettering yourself you become more prepared to improve your club and your community.
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Skill Session by:
Peyton Luhring & Rebecca Kluesner
What can 4-H do for you?
Why is this needed?

There’s more to 4H than you may know.
County Level 4-H
What can your county do for you?
What can you do for your county?
County 4-H

▷ Projects

https://extension.purdue.edu/4h/Pages/projects.aspx

▷ Clubs

https://extension.purdue.edu/4h/Pages/membership.aspx

▷ Design-your-own experience
State Level 4-H

How can you be involved with 4-H throughout Indiana?
How can that benefit me?
State Opportunities/Experiences

4-H Band Workshop
Hoosier Beef Congress
4-H Performing Arts
4-H Chorus Workshop
Experience 4-H @ Purdue
Junior Pork Day

State 4-H Jr. Leader Conference

Global Gateway Experience
Robotics Challenge
IndYouth Food Challenge
Fluid Power Action Challenge
Teens as Teachers

Indiana 4-H Leadership Summit
Scholarships

- Grades 10, 11, 12, or first year graduate
- $1000

- Premier
  - $2000
  - Categories: Premier Achievement, Premier Citizenship, and Premier Leadership
National Level 4-H
How can you be involved with 4-H throughout the US?
How can that benefit me?
National Trips

Citizenship Washington Focus (CWF)

[Image of young people in a field]

https://extension.purdue.edu/4h/Pages/Camps_and_Workshops/Citizenship-Washington-Focus.aspx

National 4-H Congress

[Image of a group of people in a 4-H setting]

https://extension.purdue.edu/4h/Pages/National/National-4-H-Congress.aspx

National 4-H Conference

[Image of the National 4-H Conference Center]

https://extension.purdue.edu/4h/Pages/National/National-4-H-Conference.aspx
Youth Summit Series

- STEM
- Agri-Science
- Healthy Living
- Photography

https://4hcenter.org/tours-programs/national-youth-summits/
Youth in Action Awards

- $5,000 scholarship
- Promotional Video
- Trip to D.C. for National 4-H Council Legacy Awards
- Networking Opportunity
- Pillar Spokesperson

Pillars: Agriculture, Civic Engagement, Healthy Living, STEM

https://4-h.org/parents/4-h-youth-in-action-awards/
4-H in Your Life
“Start where you are. Use what you have. Do what you can.”
-Arthur Ashe
Thank you for participating!