

## What is a 4-H Project, Anyway?

It's the time of year where everyone seems to be asking the question, "what's your project?!". If you aren't actively working in your project area, you may be a bit thrown off by this question. So, let's talk about what a project is, why you should have one, and how you go about picking one!

A 4-H Project is a subject area that you are passionate about and spend a lot of time studying about and doing activities that relate to that subject area. Picking a project is a lot like picking a college major. After all, 4-H is educational, and this is your chance to pick a topic that fascinates you and dive into it!

Your 4-H Project is the foundation of your 4-H career and possibly your future professional career! By having a project, you will set clearer goals and select activities that will help you reach them.

So, how do you pick a project? First, think about what activities you are already doing. Then, think about what kind of career you might like to have when you're older and what classes you enjoy most at school. Are you noticing any patterns? It's likely that from those exercises you discovered some topics that you spend a lot of time on already. Once you have that, take a look at the list of project areas offered in 4-H. This list can be found on the next page. Pick 2-3 projects that you think would best fit you, and then contact your 4-H Agents! They will help you pick the best project for you and plan your next steps so that next year you will be ready when it's time to complete a portfolio, enter an interactive exhibit, and apply for conferences.

## 4-H Project Selection Guide



Welcome to 4-H! You have decided to become part of the largest youth development program in the world. You and the other 328,000 Tennessee 4-H participants are now “students” of the University of Tennessee. The 4-H program will help you develop skills you need to succeed in life. You will develop those life skills through project work. So, your next step is to select your 4-H project. What do you like to do? What would you like to learn more about? Tennessee 4-H has 26 program areas for you to choose from. Working with your parents and 4-H leaders, read through the brief descriptions of the projects listed below and sign up for **your** 4-H project.

### Beef\*

The 4-H beef program will teach you to select, manage, produce, market and show cattle.

### Citizenship

This project will help you learn to value others and to be a good citizen of your local, national, and global communities.



### Clothing and Textiles

The Clothing and Textiles project will help you acquire the skills and knowledge necessary to plan, select, make, assemble, and care for suitable clothing for work, school and social events.

### Consumer Education/Economics

This project will help you learn about being a good consumer as you explore smart shopping, Income, expenses, saving money, credit and needs vs. wants.



### Dairy\*

The 4-H dairy program will teach you about the selection, production, management, health and showing of dairy animals.

### Electric

Learn about the exciting world of electricity through this 4-H project. Atoms and electricity, current and voltage, generating electricity, electrical circuits and applications and using electricity safely—it's all here for you.



### Communications/Public Speaking

This project will help you to learn to express yourself in a variety of ways, from speeches to written communication.



### Engineering/Safety Science

In this project, you will learn about areas from bicycles and lawn mowers to leaf blowers and tractors.

### Companion Animals

This 4-H project is for you if you want to learn how to select, care for and train a dog, cat, rabbit or other small animal for personal or family enjoyment. The 4-H dog care program will help you learn about Health care.



### Entomology

This project will lead you into the exciting world of insects and their arthropod relatives. Learn about bees and other insects found in the soil, on plants, in homes, on pets, and in other secret places.



### Computers and Technology

In this project, you will learn to interact with computers and technologies to explore the world of animated presentations, interactive Web sites, geographic information systems (GIS), Global positioning systems (GPS), robotics and video editing.

### Forestry, Wildlife and Fisheries

You can find lots to do in this great outdoor adventure. Learn about fish and wildlife and the habitats in which they live. Check out outdoor sports, such as fishing and hunting. Learn about forests and how they contribute to people and wildlife.

\*These programs are part of the 4-H Animal Science project.

### Food Science

In this project, you will learn about food safety and food science. Learn how food goes from the farm to your table. Also learn how to safely prepare foods for yourself and others.

### Goat\*

The 4-H goat program will help you learn about feeding, caring for, managing, selecting and showing goats.



### Horse\*

The 4-H horse program will allow you to develop horsemanship skills. You will also learn skills through educational activities such as horse judging, horse bowls, hippology, speech and demonstration contests. You don't have to own a horse to be involved.

### Horticulture/Garden

This 4-H project is for you if you're interested in selecting, planting and growing (and sometimes harvesting) plants for home food production and beautification.



### Leadership/Personal Development

This project will bring out the best in you as you learn about yourself and what you can do. Learn how to work with and lead others at home, at school, and in the community.



### Line and Design

In this project you will learn to express your creativity through art, crafts, fashion and interior design.

### Nutrition, Health and Fitness

This project will help you learn about food preparation, health foods, career opportunities and personal health.

Learn more online at  
<http://4h.tennessee.edu>

### Performing Arts/Recreation

Express yourself creatively through dance, music and drama in 4-H performing arts. Explore the recreation program and develop leisure time activities such as hobbies games, collections and outdoor adventures.



### Photography

This project will help you learn how to use a camera to capture images on film. Explore flash techniques, lenses, shutter speeds and more.



### Plant Science

In this project you will learn how food and fiber are produced. Explore soils, plants, crop production and more.

### Poultry\*

The 4-H poultry program will teach you about chickens from the egg to the table. Get involved in embryology, poultry judging, growing and managing a small flock of chickens and chicken barbecue programs.



### Sheep\*

The 4-H sheep program will help you learn about the selection, production, management, marketing and health of sheep and wool production.



### Swine\*

The 4-H swine program will help you learn about the selection, production, breeding and management of swine.

### Veterinary Science

This 4-H project is for you if you're interested in learning about animal health and behavior, and how modern veterinary practices increase animals' health, comfort, recreation and livestock values.