Educational Areas

Cognitive & Creative Thinking
Learning is an on-going part of life. Service & Community Project work also involves setting goals, evaluating progress, record keeping and communicating knowledge to others.

Consumer Education & Economics
Learn about needs versus wants, saving money, explore smart shopping, income/expenses, and credit.

Health/Fitness/Nutrition
Through an emphasis on exercise, proper nutrition, and drug resistance awareness, youth are encouraged to develop positive habits that lead to a healthy lifestyle which will continue into adulthood.

Leadership, Citizenship, and Ethics
Understanding that the values of community or nation contribute to good citizenship. Encouraging youth to become involved, make ethical decisions, and find ways to make positive contributions to society.

Personal & Social Development
Activities that will assist youth to be more comfortable with themselves, cooperate with others, form friendships, and assume responsibility. Self-discipline initiatives are important components of social development.

Agriculture / Animal Science & Horticulture
Exploring education pertaining to animals, plants, and insects regarding impact each has on our lives.

Vocational
Life skills developed through participation prepare young people for successful professional careers. Emphasis is also placed on use of leisure time.

What is 4-H?
4-H is a non-profit informal research based educational organization that helps youth ages 9-19 develop their HEAD, HANDS, HEART, and HEALTH by participating in life skill initiatives, projects, and community work. Membership in 4-H is absolutely FREE.

Activities & Projects Include:

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<tr>
<th>Grades</th>
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<tr>
<td>Camps</td>
<td>4th - 8th</td>
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<tr>
<td>Chick Chain</td>
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<td>Clover Bowl</td>
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<td>Congress</td>
<td>9th - 12th</td>
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<td>Demonstrations</td>
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<td>Electric Camp</td>
<td>6th - 7th</td>
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<td>Honor Club</td>
<td>6th - 12th</td>
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<td>Horse Club</td>
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<td>Save, Share, Spend</td>
<td>4th - 8th</td>
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<td>Public Speaking</td>
<td>4th - 12th</td>
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<td>Arts &amp; Crafts</td>
<td>4th - 12th</td>
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<td>Character Ed.</td>
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<td>Citizenship</td>
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<td>Fashion &amp; Design</td>
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<td>Health &amp; Fitness</td>
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<td>Leadership</td>
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<td>Life Skills</td>
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<td>Art Posters</td>
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<td>Social Interaction</td>
<td>4th - 12th</td>
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<td>Workforce Prep.</td>
<td>6th - 12th</td>
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Opportunities for field trips & much more! See website for details

4-H College Scholarships
Through multi-year participation in 4-H programs, activities, projects, and contest youth members just prior to entering college can apply for 4-H College Scholarships ranging from $300 - $1500. Several of the college scholarships offered through 4-H can be used to attend any college or university and major in any field of study. Contact your Hamilton County 4-H Agent for more info.

HAMILTON COUNTY TENNESSEE

Motto: “To make the best better!”
Slogan: “Learn by doing”

Hamilton County 4-H
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Office Hours:
Monday – Friday, 8:00 am to 4:30 pm

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Website:
http://utextension.tennessee.edu/hamilton
The 4-H Vision

Tennessee 4-H, a component of the UT Extension Service, is a leader in youth development education that:

* Works with youth to provide effective and enjoyable learning experiences.
* Develops unity in all family structures
* Uses a quality, applied curriculum in classroom and community programs
* Reflects and values cultural diversity
* Employs competent, educated, and self-motivated staff who are assets of Land Grant System and recognized as youth development experts
* Delivers programs through cooperative efforts of the University of Tennessee, Tennessee State University, and Volunteers.

Programs in 4-H youth development, family and consumer sciences, agriculture and natural resources, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture, and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

4-H Pledge

I pledge …

- My HEAD to clearer thinking,
- My HEART to greater loyalty,
- My HANDS to larger service, and
- My HEALTH to better living for my club, my community, my country, and my world.

Our Values

The Hamilton County 4-H Program values youth and promotes excellence, responsibility, and integrity through leadership activities, educational programs, and involvement of family and community. Learning life skills and building self-esteem are key features of 4-H. All of this done in an environment that promotes learning, fun, fellowship, and friendship.

How to be a 4-H Volunteer?

Volunteer Leaders are an invaluable part of the 4-H program. A leader may be a teacher, an interested adult, or simply a parent who has agreed to help and support 4-H’ers in their project work. Volunteer leaders help 4-H’ers conduct activities, lead special project groups, judge teams, chaperone trips, events, and serve as mentors for youth.

If you would like to volunteer your time to making 4-H the best it can be, please contact the Hamilton County Extension 4-H office at:

Phone: (423) 855-6113
Keith Bridges KBridges8@utk.edu
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