2023 Tennessee 4-H Agent In-Services

TITLE: "4-H Volunteers: We Want You!"

INSTRUCTOR: Daniel Sarver

OBJECTIVES:
• Learn how to use the "position description makin' machine"
• Learn how to write position descriptions
• Explore opportunities open to volunteers to learn, socialize, and have fun

DESCRIPTOR:
Increasing the numbers of your County 4-H Volunteer Corps can seem like an uphill battle. If so, time for a new strategy. Participants will learn how to attract new recruits while utilizing new concepts to increase county volunteer numbers. Participants will be given tools and resources to plug in and use in their county 4-H program.

SUPER LINK:
CR: https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49018?fromSearch=true
ER: https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49020?fromSearch=true
WR: https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49022?fromSearch=true

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TITLE: "Diversity, Equity, and Inclusion Considerations for an Impactful and Inclusive 4-H Club Experience"

INSTRUCTOR: Janiece Pigg

OBJECTIVES:
• Generate a DEI plan for county 4-H clubs,
• Investigate the current status of DEI programmatic consideration
• Discuss terminology, primary concepts and pgrammatic implications of DEI in 4-H

DESCRIPTOR:
Participants wil discuss diversity, equity, inclusion, accessibility terminlology and programmatic considerations to enhance 4-H yough programs. We will access current outreach and enagegment practices and genearate new ideas to continually foster belonging for Tennessee youth.

SUPER LINK:
https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49693?fromSearch=true

TITLE: "Cultivating Cultural Competency to Increase Relevancy in Modern Youth Programs Across Tennessee!"

INSTRUCTOR: Janiece Pigg

OBJECTIVES:
• Discuss the terminology and componenets of programmatic cultural comeptency in 4-H
• Access profressional cultural competencies needed to maintain 4-H programs for diverse youth audiences
• Critique current 4-H club structures for cultural competency progression measures

DESCRIPTOR:
During this training, participants will explore cultural competency progression meausres and methods to bloster culturally competent programmatic development at a county level.

SUPER LINK:
https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49686?fromSearch=true

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TITLE: "4-H Youth Development Diversity, Equity, and Inclusion (DEI) Webinar Series"

INSTRUCTOR: Janiece Pigg

OBJECTIVES:
• Exploration of various DEI topics

DESCRIPTOR:
This monthly Zoom webinar series will discuss the various components and best practices in diversity, equity, inclusion (DEI), accessibility, community engagement and outreach, and individualized education. Each month, we will discuss a different DEI topic with experts from across the UT and UTIA system. Each monthly webinar will be on the first Wednesday of every month from 11:00 AM -12:00 PM EST beginning January 2023.

SUPER LINK:
https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49705?fromSearch=true

TITLE: "All Things Curriculum: Lesson Plans, Websites and Other Resources"

INSTRUCTORS: Lynne Middleton and Daniel Collins

OBJECTIVES:
• Examine parts of a lesson plan and design their own lesson plan
• Learn tips and tricks of creating or adapting lessons for their own use
• Identify websites and resources that will help with programming
• Be introduced to Learning Blade

DESCRIPTOR:
Lesson plans aren't everyone's cup of tea! The terms "methodology," "standards," "experience," along with incorporating hands-on activities, can make your head spin. During this in-service, participants will learn to understand and read lesson plans, design their own lessons, identify resources that can help with programming, and be introduced to the Learning Blade STEM and TN Career Awareness and Prep (TNCAPs) database. Agents will leave this session with tips and tricks, lesson plans, and resources to lead 4-H clubs in-school and out-of-school.

SUPER LINK:
https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49910?fromSearch=true

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TITLE: "A Integrating Global Programming in Your County Program"

INSTRUCTORS: Jamie Harris, Lynne Middleton and Lori Gallimore

OBJECTIVES:
• Introduce the global connections curriculum
• Bring awareness to different cultures across the world
• Promote the States 4-H Exchange Program

DESCRIPTOR:
Tennessee 4-H members need opportunities for global experiences. In recording information in their e-portfolios, 4-H'ers are expected to list international experiences, yet we offer very few. The very popular, States 4-H Exchange Program is one possibility but not all 4-H members have the ability to house a foreign exchange student.

Participants in this training will learn about the new Tennessee 4-H Global Connections Curriculum Guide. There are lessons that have a focus on global connections, along with hands-on opportunities, that agents can use as a "Grab & Go" program with little preparation. Agents will also learn more about the State 4-H Exchange Program and how their 4-H'ers can be involved.

SUPER LINK:
https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49899?fromSearch=true

TITLE: "Helping You to Help Others: Mental Health Discussion Guide and Topics for 4-H Agents"

INSTRUCTOR: Lynne Middleton, Janiece Pigg and National Alliance on Mental Health (NAMI) Representative

OBJECTIVES:
• Define mental health and mental health concerns
• Identify mental health symptoms and traits
I• dentify methods of treatment for mental health concerns
• Hear firsthand about mental health journeys from presenters who are in recovery

DESCRIPTOR:
Mental health in teens is becoming a more prominent issue in Tennessee. According to the Tennessee Department of Education's AWARE Initiative. An estimated 17.1 of 74.5 million in the U.S. have or have had a psychiatric disorder—more than the number of children with cancer, diabetes, and AIDS combined. Half of all mental illness occurs before the age of 14 and 75% by the age of 24. In spite of the magnitude of the problem, lack of awareness and entrenched stigma keep the majority of young people from getting help. In fact, fewer than half of young people with mental illness receive adequate treatment. Suicide is the second leading cause of death for young people (ages 10-19) in Tennessee. In 2018, there were 49 deaths among persons aged 10-19 (TDOH). But there is hope. The recovery rate for mental illness is 90%.

Helping middle and high schoolers understand mental illness makes a big difference. By introducing the National Alliance on Mental Health (NAMI) "Ending the Silence" program to 4-H Agents across the state, we will raise awareness and change perceptions around mental health conditions. Through this training, agents will learn to see the reality of living with a mental health condition. During the presentation, a young adult living in recovery with mental illness and a family member tell their stories about mental health challenges, including what coping mechanisms were effective and ineffective on their recovery journey.

SUPER LINK:
https://super2.tennessee.edu/TrainingRegistration/RegisterEvent/Index/49415?fromSearch=true

TITLE: "B.E.S.T.: Building Exceptionally Skilled Teachers"

INSTRUCTOR: Lori Gallimore

DESCRIPTOR:

The goal of B.E.S.T. is to equip Extension educators to enhance the quality of their teaching. B.E.S.T. \consists of three legs, Preparation, Presentation, and Professionalism. Each leg will address an important component of teaching.

- **Day One (half day):** Students deliver a prepared presentation for evaluation with the following learning outcomes:
  - (1) Evaluation by instructor, peers and self
  - (2) Identify personal deficiencies in public speaking and teaching skills

Day Two (full day): Participants are exposed to various techniques that will improve public speaking and teaching skills with the following learning outcomes:
- (1) Gain knowledge necessary to improve public speaking skills
- (2) Learn how to organize a presentation
- (3) Address various methods of presenting (including online and face-to-face)
- (4) Understand the importance of audience involvement

Day Three (half day): Participants will redesign and then redeliver their previous presentation via Zoom given on "day one" based on their evaluations and knowledge gained from "day two" of the training. The delivery will be conducted in an online format via Zoom, rather than face-to-face. The objective is to document student improvement with the following learning outcomes:
- (1) Develop confidence and effectiveness in public speaking and teaching
- (2) Improve the quality of life/well-being of families of participants that attend UT/TSU Extension presentations
- (3) Use knowledge and skill gained from training to create an effective online presentation
- (4) Recognize differences that must be taken into account regarding the design between online and face-to-face presentations

Region:	Spring 2023 Dates	Fall 2022 Dates
WR	April 18 and 18	November 28 and 29
CR	May 24 and 25	November 28 and 29
ER	April 11 adn 12	November 21 and 22

SUPER Link:

NOTE: Registraion for this in-service is housed in K@TE and will be available after January 15, 2023..