



University of California

Agriculture and Natural Resources | 4-H Youth Development Program

All Star “Body of Work”, Monterey County 4-H Program

All Stars are active in providing special leadership opportunities for the county program. In Monterey County, they develop and complete a “Body of Work” that benefits the 4-H program and its membership. This is to be planned, clarified, presented and completed during their leadership year. An All Star will receive assistance and guidance from an Advisor and the County Program Representative through meetings, calls and emails. This role also includes actively participating and presenting a session for a regional leadership event. The All Star is also to be visible to the 4-H membership through public appearances. The Body of Work should require little to no funding.

In addition, the All Star serves as an emcee for a variety of county-wide events. They should review their calendar and confirm their participation in any event in which they are expected to participate in with the council, club, Advisor or Program staff.

There are 5 key steps in preparing for the All Star action plan:

1. Vision discussion and agreement
2. Listing the desired outcomes/results
3. Mapping the plan in steps
4. Announcing the idea to Leaders Council, clubs and members
5. Conducting the activity (s) based upon the All Star calendar
6. Evaluating the outcome through discussion, input, analyzing and a written review
7. Taking part in an exit interview to determine eligibility for the Star rank

The individual Body of Work should be presented using fun, age appropriate and engaging methods. Such as:

- Create a skit for a club meeting or countywide gathering
- Create a video that features your message and post on the county website
- Create a county-wide club challenge related to the body of work with a prize or incentive for completion
- Make a Powerpoint that can be used at meetings related to the body of work
- Develop an engaging verbal presentation using props, boards or powerpoint
- Write a song about the body of work theme and encourage clubs to sing during club “group singing”
- Research, design and develop handouts for club or project meetings that is related
- Plan a training session day and invite members from all clubs to attend
- Create an easy game that can be played in small or large numbers that teaches

As an “Ambassador”, the All Stars present the educational value of the 4-H program to clubs, meetings, trainings and events. This should occur at least 5 times during the year to reach a maximum number of 4-H youth with the message.

The recommended areas to focus on the **body of work**, based upon the current California 4-H program, initiatives to help the local 4-H members are:

Leadership -

1. Junior and Teen Leaders. All Stars can lead activities, training, mentorship and paperwork for Jr and teen Leaders throughout the county. The 4-H junior and teen leadership experience is designed to provide members with the opportunity to learn about the qualities and competencies needed to be a leader. Junior leaders provide assistance, while teen leaders assume more challenging leadership roles. They may assist with specific projects or with more general 4-H activities and events. All Stars can assist the 4-H program and the youth memberships by introducing local ideas, hosting training sessions, researching related curriculum, reviewing paperwork, developing the use of technology and recognizing the efforts of members who complete their tasks.

2. Leadership Projects. All Stars can help clubs develop strong, exciting and engaging Leadership Projects by researching and recommending curriculum, hosting training sessions, creating appropriate activities, recognizing excellent efforts and more.

Service Learning – All Stars are needed to define the importance of Service Learning as compared to Community Service in a club. 4-H service-learning combines service and learning objectives with the intent that the activity changes both the recipient and the provider of the service. It involves active learning – understanding the lessons from the experience of performing the “service work”. There are three basic components to effective service-learning:

1. Set objectives for skills to be learned or issues to consider. Plan the activity so that learning takes place at the same time work gets done.
2. Perform the service.
3. Analyze the experience and draw lessons through discussion with others and reflection on the work.

All Stars can provide support by researching and recommending local ideas, hosting training sessions, creating appropriate activities, reviewing paperwork, use of technology and recognizing the efforts of members.

Other – Should an All Star have an idea that does not fit into the focus areas listed above, a discussion and review will occur between the Advisor and All Star to determine its viability to serve the leadership initiatives.

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