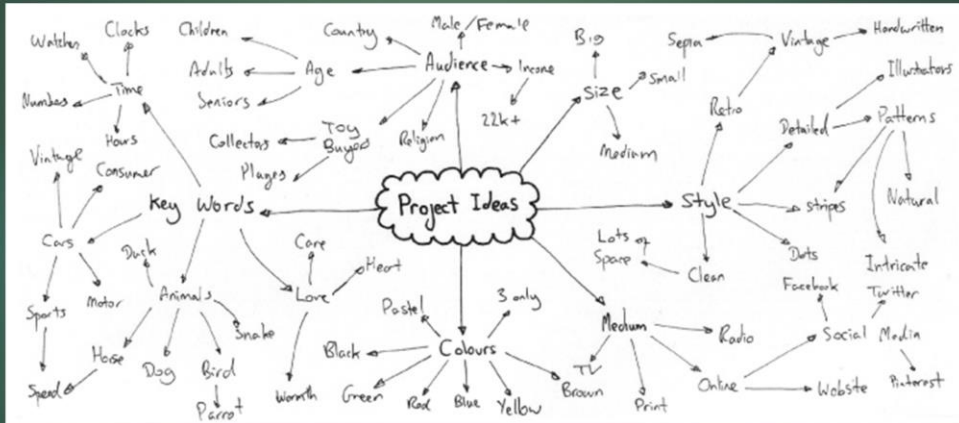


Speech and Poster Contest Training



Brainstorming an Idea



- The first step in writing your speech or coming up with a poster is BRAINSTORMING.
- There are NO bad ideas in brainstorming, start with the central theme and let your mind wander.
- For example, if you start with a central theme of SEWING, you would write everything that comes to mind in its own bubble. Bubble ideas- fabric, thread, patterns, dress, skill, needle. So based on that brainstorm, you could write a speech on the supplies needed for the sewing project or how you made a dress.
- Brainstorms help you come up with ideas but they can also help you sort ideas with common themes.

The “Head” H

- ▶ “Pledge my head to clearer thinking”
- ▶ Learning to learn
- ▶ Decision-making
- ▶ Problem-solving
- ▶ Critical thinking
- ▶ Managing- using resources to accomplish a purpose
- ▶ Goal-setting
- ▶ Planning/organizing
- ▶ Learn by Doing
- ▶ Project Based
- ▶ Building Life Skills
- ▶ Independence
- ▶ Self-determination

What does the Head H mean to you?

- Now it’s time to brainstorm about the HEAD H.
 - When you think of the Head H, what do you think of?
 - If it is helpful, this theme can be very broad. You can focus on more project based information OR even a time when you had to make a hard decision OR something you’ve learned in the club setting OR what 4-H has taught you.
 - Start with a central theme (maybe a project or one of the phrases above) and see where that takes you!

You have an idea...now what?

Speech

- ▶ Different time limits for different ages
- ▶ Four categories
 - ▶ Demonstration
 - ▶ Illustrated talk
 - ▶ Original speech
 - ▶ PowerPoint presentation

Registration also due March 16th online!

Poster

- ▶ 4-H Clover or words 4-H must be on poster
- ▶ 14" by 22" in size
- ▶ No 3D additions
- ▶ Two divisions
 - ▶ Totally Original
 - ▶ Enhanced

DUE MARCH 16th!

Here are some specifics about the contest. Look to the speech and poster guidelines on our website for a complete list of rules for the contest!

(the rest of the PP is about speeches)



You might be really nervous when you think about giving a speech! Take a deep breathe! You can do it!

Types of Speeches

Demonstration

- How to
- Planned demonstration that takes the audience through the complete process
- EX: how to make a PB&J
 - Great time to focus on a project area!
 - What could you demonstrate from one of your project areas?

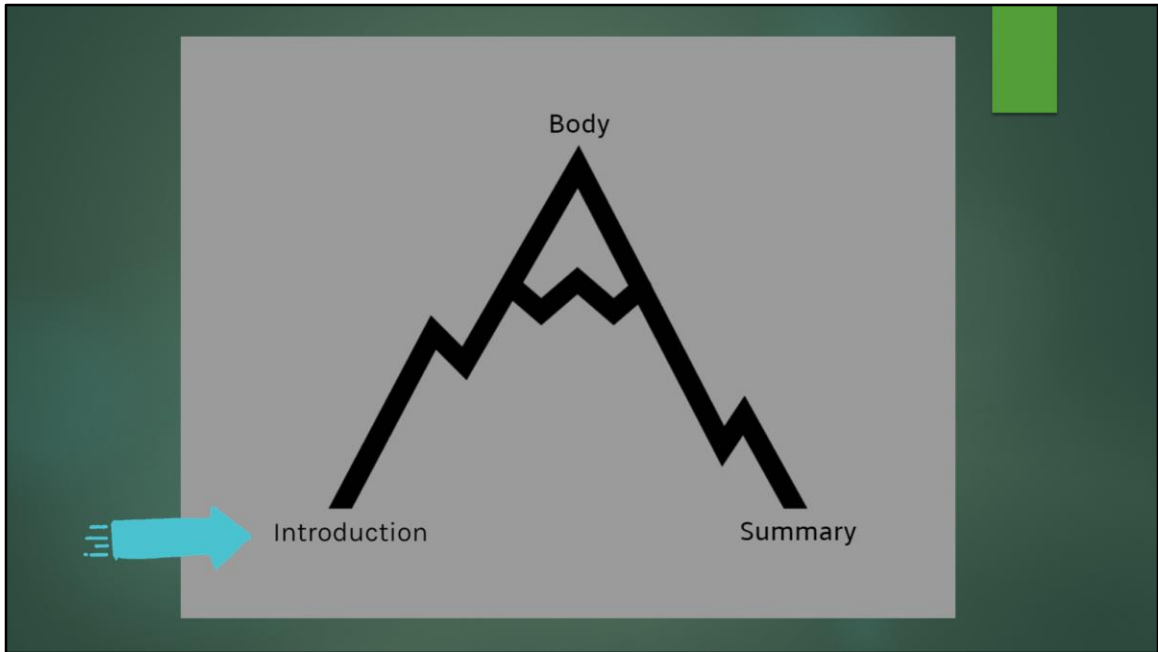
Illustrated Talk

- Use of visuals, posters, etc.
- A planned talk
- EX: how to make a PB&J with pictures on a poster
 - Poster could aid in showing off an activity, give examples of what you're talking about

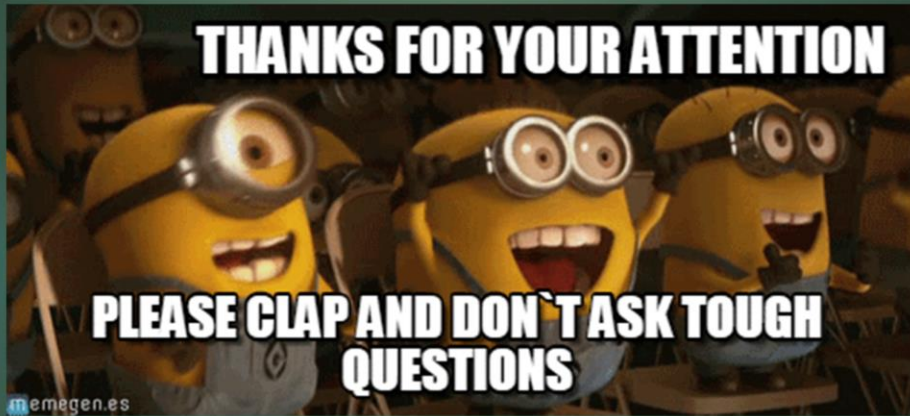
Original Speech

- Written by the speaker on the topic
- Notes may be used but no visuals
- EX: how to make a PB&J with a description of the process without visuals

- Also a PP like this one!



- Introduction should be snappy, start with an anecdote, story, or fact
 - Introduce yourself!
 - Why you selected the topic, why it's important
 - Body is the meat of the speech
 - Can use a list to make sure you keep the audience on track "I'm going to tell you about the three main things I learned from my sewing project", can also use a timeline for this
 - Summary should review the main points
 - Can end with a call to action or story
-
1. Tell them what you are going to tell them
 2. Tell them
 3. Then tell them what you told them



- Make sure in your summary that you ask if anyone has any questions
- Be prepared for questions! If you don't know, say "I will have to look into that and get back to you with the answer" Repeat back the question

Tips and Tricks



- ▶ Practice, practice, practice!
- ▶ Make eye contact
- ▶ You can use notecards but don't rely on them
- ▶ Speak clearly and loudly
- ▶ If you're doing a demonstration, keep your work area organized
- ▶ If you mess up, it's okay! Keep going!

Final Reminders

- ▶ Speech Registration is due March 16th by 4 pm
- ▶ Posters are due to the Extension Office March 16th by 4 pm