

## 2009 District 8 4-H Leadership Lab



### RELEVANCE

It is important for young people to develop and gain leadership life skills as youth to grow into successful, contributing members of society in adulthood. The 4-H & Youth Development program prides itself on teaching these leadership skills to youth to its members involved in the program. Youth are able to develop these skills at numerous activities and events conducted at the county, district, and state levels. This program was targeted towards 4-H members ages 13-18 years old in the District 8 4-H program including the following 21 counties: Bell, Bosque, Comanche, Coryell, Eastland, Ellis, Erath, Falls, Freestone, Hamilton, Hill, Hood, Johnson, Leon, Limestone, McLennan, Milam, Navarro, Robertson, Somervell, and Williamson.

### RESPONSE

Each June, the District 8 4-H & Youth Development program offers a three-day, two night event called Leadership Lab as a tool to further teach and develop the life skills of our teenage 4-H members. The following workshops and activities were offered to the participants: parliamentary procedure, etiquette and professional dress, resumes, team building and problem solving, dance, and service learning. The workshops and activities were primarily conducted by the District 8 4-H Council Officer Team under the direction of the agent advisors.



### RESULTS

A retrospective post survey was administered to gather information from the youth participants. **135 of 135 (100%)** participants responded to the survey.

### Behavior Changes

Participants indicated the following results because of what they experienced and learned while at 2009 District 8 4-H Leadership Lab:



- **114 of 132 (86.36%)** respondents indicated they feel more comfortable working in a team.
- **114 of 132 (86.36%)** respondents indicated they feel more confident in servicing in a leadership role in their county.
- **110 of 132(83.33%)** respondents indicated they feel more confident in making decisions.
- **110 of 133(82.71%)** respondents indicated they feel more comfortable speaking with others.
- **109 of 133(81.95%)** respondents indicated they feel more confident in their abilities as a leader.
- **94 of 133(70.86%)** respondents indicated they feel more confident in public speaking.

### Knowledge Gained

Participants were asked to rank their knowledge before and after Leadership Lab in five areas based on a four-point scale of 1=Poor, 2=Average, 3=Good, and 4=Excellent. The table below shows the mean scores before and after, as well as the percent change.

Questions	Before	After	Change	% Change <sup>1</sup>
My understanding of the roles and duties of all 4-H officers.	2.86	3.56	0.70	<b>24.48%</b> <sup>2</sup>
My understanding of my strengths and things I need to work on to be a better leader.	2.97	3.59	0.62	<b>20.88%</b> <sup>2</sup>
My knowledge of what makes a good public speaker.	3.02	3.56	0.54	<b>17.88%</b> <sup>2</sup>
My understanding of what a teen leader is.	3.11	3.65	0.54	<b>17.36%</b> <sup>2</sup>
My knowledge of teamwork.	3.30	3.79	0.49	<b>14.85%</b> <sup>2</sup>

<sup>1</sup>Percent Change is calculated by (mean after – mean before) / mean before \*100.

<sup>2</sup>Blue indicates percent change of 20.88% and higher, Yellow indicates percent change of 17.36% - 20.87%, Green indicates percent change of 17.35% and lower.



### Open Ended Responses.

- **120 of 130 (92.31%)** youth responded yes they would implement activities or ideas they learned at Leadership.

### Common responses included:



- **22** youth indicated they would use the teamwork and leadership skills they learned at home and want to share them with others in their club and county.
- **17** youth indicated they would implement the activities, games, and mixers learned in their 4-H Club or other youth organizations.
- Other responses included public speaking (4), to get more involved in 4-H (4), parliamentary procedure (3), etiquette, and writing resumes.

### Youth were asked to identify the most significant thing they learned at Leadership Lab that they will apply in the future.



- Team work (23 comments)
- Leadership (19 comments)
- Confidence (15 comments)
- Public Speaking (5 comments)
- Get more involved (3 comments)
- Run for office (1 comment)
- Decision Making (1 comment)
- Parliamentary Procedure (1 comment)



**120 of 130 (92.31%)** participants indicated that they now have the ability to make better leadership decisions as result of attending District Leadership Lab.

**Demographics.** The following section focuses on the makeup of the participants that attended District Leadership Lab. The results are as follows:

### Male/Female

- **69 of 127 (54.33%)** of participants were female.
- **58 of 127 (45.67%)** of participants were male.

### Years Attending

- **71 of 129 (55.04%)** of participants attended Leadership Lab for the first time.
- **24 of 129 (18.60%)** of participants attended Leadership Lab for the second time.
- **21 of 129 (16.28%)** of participants attended Leadership Lab for the third time.
- **10 of 129 (7.75%)** of participants attended Leadership Lab for the fourth time.
- **3 of 129 (2.33%)** of participants attended Leadership Lab for the fifth time.



Other comments about Leadership Lab included:



- "It was a very rewarding experience and I am glad to have had the opportunity to come."
- "It has been an amazing experience"
- "It was awesome!"
- "It was great!"
- "It helped me with 4-H"
- "It was fun."
- "I loved it."
- "Fun."
- "It was good."
- "It was awesome."

### FUTURE IMPLICATIONS

The Texas 4-H & Youth Development Program in District 8 will continue to provide the 4-H members in the district an opportunity to learn and practice their leadership life skills at District Leadership Lab. Based on responses, youth feel that they are learning a tremendous amount about teamwork. Responses also indicate that Public Speaking should be an area to focus on for the future.

For more information, contact:

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