



Virginia 4-H At Virginia State University

4-H is America's largest youth development organization. Found in almost every Virginia county and city, 4-H provides kids 5-18 with fun, challenging learning experiences. Kids participate in 4-H locally through clubs, programs and camps geared to diverse interests (food and healthy living, archery, horseback riding, workforce readiness, genealogy, etc.). To support 4-H leaders and kids across the state, Virginia State University offers unique learning opportunities with a focus on citizenship and leadership youth development, and STEAM education (Science, Technology, Engineering, Agriculture and Mathematics).

Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development.

4-H'ers are...

4X more likely to give back to their communities

2X more likely to make healthier choices

2X more likely to participate in STEM activities

* From The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development, a longitudinal study that began in 2002 and was repeated annually for eight years, surveying more than 7,000 adolescents from diverse backgrounds across 42 U.S. states. Conducted by Drs. Richard M. Lerner and Jacqueline V. Lerner, and the team at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA.

Virginia Cooperative Extension
Virginia Tech • Virginia State University

VSU College of Agriculture

4-H is the youth development education program of Virginia Cooperative Extension that is in partnership between Virginia Tech and Virginia State University.

Virginia 4-H Program Areas Available At VSU

Leadership & Civic Engagement

In one activity-filled week, youth attending the summer iLeadership Institute will learn invaluable leadership, team building, networking and etiquette skills that will enhance their ability to serve in local, district, state and national 4-H leadership roles.

- ❖ Health Rocks
- ❖ Leadership Networking Mixer
- ❖ Meet VSU 4-H Collegiate Club Leaders
- ❖ STEAM activities
- ❖ Etiquette Dinner
- ❖ 4-H Yoga
- ❖ Meet Legislators
- ❖ Experience 4-H Cabinet
- ❖ Character Education
- ❖ Distinguished Speakers

STEAM Activities

K-12 students and their parents will explore science, technology and agriculture in new ways that will excite, inspire and engage.

- ❖ Interact with Scientists and Professionals
- ❖ STEAM Hands-On Workshops
- ❖ Code Your World at VSU!
- ❖ Expert Demonstrations and Research Tours
- ❖ Grass...Goats...and Uninvited Guests!
- ❖ Kids' Tech University

Agricultural, Marine Aquatic Science & Natural Resources

Youth, their families and the public learn about agriculture and natural resources, including goats and sheep, water quality and environmental stewardship. The 4-H Marine Aquatic Science program engages students in marine and aquatic educational activities that correlate directly to Virginia's Standards of Learning.

- ❖ Goats and Sheep on the Farm
- ❖ Entrepreneurial Skills
- ❖ Environmental Awareness
- ❖ Sustainable and Urban Agriculture
- ❖ Learn Fish Health
- ❖ Urban Forest Management

Financial Management

Virginia families and communities statewide are empowered to improve their financial well being, and achieve economic security by participating in financial management educational programs, mentoring and coaching for individuals, families and entrepreneurs.

- ❖ Reality Store
- ❖ Financial Mentoring
- ❖ Meet College of Ag & Business Students
- ❖ Money Talk Program
- ❖ Virginia Lifesmarts
- ❖ Developing Professional Image

Learn How To Get Involved In Virginia 4-H
Visit www.ext.vsu.edu/4h-youth for more information.

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Founded in 1862, Virginia State University is one of Virginia's two land-grant institutions and is located 20 minutes south of Richmond in the village of Ettrick. VSU's College of Agriculture consists of three academic departments: Agriculture, Hospitality Management, and Family and Consumer Sciences. Integrated within the College are an Agricultural Research Station; Randolph Farm, a 417-acre research and educational facility; and Virginia Cooperative Extension.