

# FCS PRESENTATION



**District & State 4-H O-Rama  
Junior & Senior 4-H'ers**



## OBJECTIVES

Targeted Life Skills: Wise Use of Resources, Planning/Organizing, Goal Setting, Critical Thinking, Problem Solving, Decision Making, Learning to Learn, Self-esteem, Teamwork, Contributions to Group Effort, Leadership, Sharing, Empathy, Conflict Resolution, Cooperation, Social Skills, Communication.

## ELIGIBILITY

**District O-Rama:** Each county may enter one junior and one senior participant which may consist of the following one individual, or one team composed of two junior or two senior 4-H members in the 4-H FCS Presentation contest.

**State O-Rama:** Senior members who place in the top 7 at each District O-Rama are eligible.

## ACTIVITY

An FCS Presentation can be done on any topic pertaining to family and consumer sciences or home economics. The presentation can be an illustrated talk or a demonstration but must use visual aids.

- Contestants may participate in this contest as an individual or team of two. Team and individual presentations will be judged on the same criteria and will be competing against one another (there are not separate team and individual categories).
- Contestants shall be in Official 4-H dress or Business Casual.
- The subject matter must pertain to the home economics or family and consumer sciences subject matter. Presentations not appropriately related to home economics or family and consumer sciences can be disqualified at the discretion of the judge(s).
- The presentation may be a demonstration or an illustrated talk. All references to the term "presentation" in these rules include either demonstration or illustrated talk. A demonstration is defined as a presentation of a step-by-step procedure with an end

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product or result. An illustrated talk is defined as a presentation of an idea or topic that uses visual aids to convey the message. Both presentation forms are acceptable and will be evaluated equally, although the delivery methods are different as defined above. Both should utilize visual aids to help convey the major points of the presentation and more than one type of visual aid is preferable. Visual aids may include, but are not limited to handouts, posters, props, videos, slides, and computer-generated media.

- Creative audio-visual aids may be used, but the contestant must be involved in the making or designing them.
- Contestants may use notes. However, excessive use of notes may be counted against the contestant. This will be at the discretion of the judges.
- A public address system will not be used, but an easel, podium and table will be provided.
- During the competition the contestants may introduce themselves by name, club and presentation topic.
- Contestants should cite their major reference materials as part of their presentation, but this will not be counted in the allotted time.
- Only the judge(s) may ask questions of the contestant. Question time will not be counted in the allotted time.
- Contestant order will be determined by a random drawing the morning of the contest.
- Ties will be broken by the judges.

## SCORING

A junior will be limited to a 2–5 minute talk. Senior talks are 10-15 minutes. Going under or over will result in points being subtracted. The activity coordinator and judges reserve the right to ask questions related to the 4-Her's presentation.

## REFERENCES

- U of A Division of Agriculture Cooperative Extension Service publications
- U of A Division of Agriculture Cooperative Extension Service Life Skills and Wellness site: <https://www.uaex.uada.edu/life-skills-wellness/default.aspx>

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- Other research-based information related to Family and Consumer Sciences or Human Environmental Sciences including higher education and government resources.
- Family and Consumer Sciences and Human Environmental Sciences related research journals.

## **AWARDS**

**District O-Rama:** First through fifth-place winners in the junior and senior divisions will receive ribbons at the end of the activity. Other participants will receive a participation ribbon. One trophy will be awarded later in the program to the junior and senior who place first.

**State O-Rama:** First through fifth-place winners will receive a ribbon at the end of the activity. Other participants will receive a participation ribbon. One trophy will be awarded later in the program to the senior who placed first. State Winner may qualify for the FCS National Championship & Conference in San Antonio, Texas.

## **PREPARED BY**

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