



EXTENSION

College of Agriculture,  
Biotechnology & Natural Resources

# Clover CLIPS



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## 4-H members Thrive Through a Pro-Social Orientation

The 4-H program is rightly proud of establishing and promoting a positive youth development philosophy and practice. This positive approach recognizes all youth have abilities and strengths. 4-H programs enhance these common youth strengths and help kids thrive. And thriving kids see helping others as a personal responsibility, and live up to the values of respect, kindness and generosity. Thriving youth care about, and give back to, their communities. They demonstrate the pro-social values of respect, honesty, responsibility, empathy and helping.

These thriving youth who recognize a responsibility to community and common values are seen as having a **Pro-Social Orientation**. Youth who have grown into a pro-social orientation care about others and take actions that reflect this caring. Pro-social development happens through social learning. Social learning occurs when youth observe and remember the positive behaviors that are rewarded by the community.

These behaviors can be acquired and taught through social learning, including modeling, social reinforcement (like 4-H clubs and activities) and school socialization.

Once youth internalize these positive behaviors and the rewards that come with them, they start to practice these behaviors.

Practicing these positive behaviors help youth internalize positive attitudes and actions. Eventually, these positive actions become part of a young person's core values. Pro-social development is further facilitated when youth feel that they belong and matter to others. It is only through positive interaction with others that youth learn and practice pro-social values and behaviors. This practice ultimately leads to a young person who cares about others and gives back to her or his community.

J. Eccles and J.A. Gootman, authors of

*“Establishing positive social norms with rules of behavior, clear expectations, values and morals, and obligation for service is a key feature of positive youth development programs.”*

**J. Eccles and J. A. Gootman,**

*Authors Community Programs to Promote Youth Development*

### Community Programs to Promote Youth

**Development**, stress the importance of pro-social orientation and social learning in a youth program like 4-H when they write:

*“Establishing positive social norms with rules of behavior, clear expectations, values and morals, and obligation for service is a key feature of positive youth development programs.”*

For 4-H program staff and volunteer leaders, below are some key pro-social factors to implement when working with 4-H youth:

- Ensure that 4-H programs are welcoming to all. This sets the stage for youth belonging.
- Set clear pro-social behavior expectations in all programs.
- Engage youth in developing a list of positive behaviors that they all agree to promote and practice in 4-H.
- Help youth practice taking perspective of others—especially when there are disagreements
- Recognize, support and encourage kindness and empathy among youth.
- Help youth practice generosity to others through regular community service projects.
- Help older youth see that they are important role models for younger 4-H members.

*-Article derived from materials found at Oregon State University College of Public Health and Human Sciences*

## You Can Find Things to Do at 4-H.org

If you are looking for more activities for youth at home, you will want to check out the Inspire Kids to Do activities from 4-H.org ([4-h.org/about/4-h-at-home/](https://4-h.org/about/4-h-at-home/)). You will find an Inspire Kids to Do list with thirty activities for 30 days. There are also STEM labs for Science, Technology, Engineering and Applied Math, another activity guide with 60 things to do, a Healthy Living Activity Guide to help learn about exercise and eating nutritious meals, activities from the Extension service, as well as STEM challenges from previous 4-H National Youth Science Experiments.

But that is not all you'll find. There are also 4-H activities from other states, including Virtual 4-H space STEM camp, Watercolor Wednesday, Create a Window Greenhouse and more.

And just a reminder that you can always sign up for a 4-H Activity Guide. It's available on the same page as the other activities.

There is plenty to do and you don't have to go far to find it. So have fun and stay busy.

## 4-H Talks Virtual Learning and Access with Trevor Noah and Microsoft at 4-H.org

Virtual communication and virtual learning have quickly become a permanent fixture in the daily lives of millions of young people in the United States.

Delivering critical learning resources, social-emotional support, and a sense of belonging to all youth who may need us has always been at the forefront of the 4-H mission. 4-H reaches and engages youth across urban, suburban, and rural communities. We go beyond four walls to do it and meet youth where they are.

National 4-H Council President & CEO Jennifer Sirangelo joined Microsoft president Brad Smith and The Daily Show host Trevor Noah to discuss access to learning during COVID-19.

Sirangelo introduces two new initiatives to help ensure all kids have access to essential learning resources and opportunities, **4-H at Home** and the **FOURWARD Fund**.

[4-h.org/about/blog/4-h-talks-virtual-learning-and-access-with-trevor-noah-and-microsoft/](https://4-h.org/about/blog/4-h-talks-virtual-learning-and-access-with-trevor-noah-and-microsoft/)

Watch the video and learn more about 4-H at Home ([4-h.org/about/4-h-at-home/](https://4-h.org/about/4-h-at-home/)) and the FOURWARD Fund ([4-h.org/ways-to-give/fourward/](https://4-h.org/ways-to-give/fourward/)).

*-From 4-H.org by by Kittrina Thompson*

## Enter the Virtual Science Fair

Washoe County 4-H is sponsoring a Virtual Science Fair April 13 through May 8. Even though the fair started taking registrations on April 13, there is still time to enter.

Here is what you need to do:

- Formulate a question about a topic about which you are curious.
- Design a plan to collect appropriate data to help you answer the question.
- Use your plan to collect the data.
- Use appropriate graphical and numerical methods to analyze the data.
- Interpret your analysis and answer your original question.
- Create a 3-5-minute video showcasing your process and results.
- Write a short essay (one page) outlining your process and your analysis to accompany your video.

The Science fair is open to youth 5-19 years of age (grades K-12). There are four age categories: 5-8, 9-11, 12-14, 15-19. In each category, projects may be submitted by individuals or teams composed of 2-3 youth.

All the students on a team must be in the same age category.

What about previous science projects? Previous science fair exhibits – within this project year (Oct 1, 2019-Sept 30, 2020 – are acceptable as long as a current video and essay are included.

Parents need to submit videos and essay to Samantha Shoupe, [shoupes@unr.edu](mailto:shoupes@unr.edu), no later than May 8.

For more information please visit our Facebook page at [www.facebook.com/WashoeCounty4H](https://www.facebook.com/WashoeCounty4H), email Samantha Shoupe at [shoupes@unr.edu](mailto:shoupes@unr.edu) or call Joelle MacKay at 775-336-0273.



## Carson City Fair Cancelled for 2020

Due to concerns about the Coronavirus, the organizers of the Carson City Fair have decided to cancel the event for this year. Although the fair itself was scheduled for July, many of the preparations and qualifying events take place before hand, and may incur risks for participants.

As of "press time" 4-H is exploring alternatives for a youth show to create qualifying opportunities for Expo. As these opportunities become available they will be emailed to 4-H families, posted on our Facebook page and appear in future editions of Clover Clips.

## Fun Videos from 4-H AfterSchool

Even though the University of Nevada, Reno, Extension is currently closed due to the pandemic, the 4-H AfterSchool Program staff is still hard at work having fun with science. The members of the AfterSchool team have been taking turns making videos of science and art activities that can be done at home.

Ms. Samantha, Ms. Joelle, Ms. Madi, Ms. Stephanie, Mr. Ben and Mr. Evan each have videos posted on the Washoe County 4-H Youth Development AfterSchool Programs Facebook page. [www.facebook.com/Washoecounty4HASC/](http://www.facebook.com/Washoecounty4HASC/). Each video takes less than ten minutes to watch and has easy to follow instructions.

Follow along and have fun upcycling materials into useful articles with the Earth Day Challenge videos. You will get to make wind spinners from tin cans, plastic bottle flowers, self-watering plants, windcatchers from paper towel tubes and more.

There are other videos for STEM projects like making bridges from marshmallows and spaghetti. And more to come, so keep checking the Facebook page for more fun in the future.



## 4-H Overnight Camps Cancelled

In a letter to all Nevada 4-H offices, Carrie Stark, Nevada State 4-H Youth Development Director had this to say about summer overnight camps in Nevada.

“Due to the COVID-19 pandemic, all summer Nevada 4-H in-person residential overnight camps are canceled. We are taking this difficult but necessary measure to ensure the safety of our campers, their families, and our 4-H community. Thank you for your cooperation as we get through these unprecedented times together.

“Thank you to everyone who has supported the Nevada 4-H Camping program and we are looking forward to planning camps in 2021. For the summer 2020, the State 4-H Camp Steering Committee is working on virtual and at-home opportunities for youth around camping and environmental education. We are also looking into day-camping programs if we are able to resume some in-person learning opportunities.

“We look forward to our 2021 Summer 4-H Camps.”

## NJLS Going Virtual for 2020 Show

The Nevada Junior Livestock Show Board has decided to cancel the 2020 in-person show, but it will be offering a virtual show for interested livestock project members.

This will be a voluntary show. You do not have to show in the virtual show to sell an animal through the NJLS committee.

This virtual show will be for market animals only and to only include Beef, Sheep, Goats, Swine and Turkeys.



Exhibitors have until 5 p.m. on May 1, 2020, to Notify the Board that they intend to show in the virtual stock show. This is for the Board to have time to forward the proper information to the online platform.

Exhibitors must email a clear photo of their market animal to include a clear image of the NJLS tag to [njlsb@agri.nv.gov](mailto:njlsb@agri.nv.gov). Exhibitors must also email the URL of their virtual show video to [njlsb@agri.nv.gov](mailto:njlsb@agri.nv.gov) after uploading the video to the Virtual Show Site.

There is not a separate entry fee for the virtual livestock show. Entries can be up to 4 market animals that already were entered in the normal NJLS show.

Only two animals per specie can be shown in the virtual show. Animals that show in this show are not required to sell through the NJLS board.

The maximum weight for pigs has been waived.

Videos must be uploaded by May 3 at 11:59 p.m. to be considered for the show.

For full details, please refer to the documents *2020 NJLS Virtual Show Guidelines with important updates* and *SC Online Virtual Shows* found online at:

<https://www.4honline.com/FileServices/Fetch/0b8f50a1-a389-ea11-b6eb-000c299596f1/View> and

<https://www.4honline.com/FileServices/Fetch/a44648c2-a389-ea11-b6eb-000c299596f1/View>

## No Calendar for May issue

With current restrictions on group events, and the uncertainty of when activities may resume, the scheduling of 4-H club meetings, clinics and other events has been put on hold. The usual information that goes into our monthly Clover Clips calendar is therefore not available.

Washoe leader meetings will take place at the usual dates and times but will be conducted as Zoom meetings.

As soon as restrictions are lifted, a calendar will be available again.

In the meantime, as virtual activities become available, notifications will be sent out through 4-H Online and Facebook. Currently, the State 4-H office is working on some online activities and virtual projects for May and June, including a Hygge Challenge. Hygge is the Danish practice of mindfulness and finding joy in simple things

So remember to check your email.

# University of Nevada, Reno Recruiting Class of 2024 Online

As high school seniors and transfer students face challenges during the pandemic, the University's Office for Prospective Students is offering online virtual tours of campus and advising students via Zoom and other technologies.

The University of Nevada, Reno has measures in place to help prospective students navigate the many potential obstacles they are facing from the COVID-19 pandemic.

While prospective students are not able to visit campus in person, the University is creating personal connections with these students in other ways. By going to the new Visit page ([www.unr.edu/visit](http://www.unr.edu/visit)), incoming students and parents can "walk through" the campus with new "virtual" tours and interact directly with admissions staff. Additionally, like many universities across the country, the University has adjusted deadlines to better meet student needs during this challenging and unprecedented time.

"High school seniors have been hit with a number of challenges as a result of the COVID-19 pandemic – from key events being cancelled, to schools and classes now offered online, and delayed SAT or ACT testing – we realize how these changes have impacted prospective students," Steve Maples, University Director of Admissions, said. "Our goal is to help remove barriers as the result of this outbreak and help students and their parents get their specific questions answered in every way we can."

With all in-person tours cancelled during the COVID-19 campus closure, the University worked to replace them with a virtual experience. Two student ambassadors and one recruiter host the University's new live virtual tours. Students and parents on the tour can ask questions and get answers in real-time using an interactive online interface, much like during a webinar.

In addition to real-time virtual tours, online campus photo galleries and video tours are also available for students and their parents to scroll through.

Another way Maples and his team are connecting with students and their parents in real-time is through weekly Facebook Live or Instagram Live chats, on the Nevada Admissions social media accounts.

As newly-admitted students prepare to register for classes, they will receive one-on-one advising through Zoom, an online video communication platform. This will help ensure students can "meet" their advisor and ask any course-specific questions they have. Additionally, all new students have the opportunity to meet with a financial aid advisor one-on-one through Zoom. The University also offers advising appointments for Spanish-speaking families.

"Many parents and students are finding themselves stressed about receiving the test scores needed to receive University financial aid," Maples said. "In response, the University is working with students to help them qualify and has moved admissions deadlines in an effort to help."

Maples said the University is also working with students and their parents who are concerned about the pass/fail grades many school districts have chosen to give students this semester. Additionally, the University is waiving the \$250 advanced registration fee for those families who now find themselves in financial hardship as a result of the COVID-19 pandemic.

*-Adapted from NEVADA Weekly report by Nicole Shearer*

## 4-H in Action

Daisy Buenrostro, a 4-H'er from Quincy, Washington, has been helping connect adults in her community to important digital tools for over three years as part of the 4-H Tech Changemakers program. Her focus has been on empowering people with skills that will improve their lives, like learning to order medications online and how to video chat with family.

Around 75% of the residents in Quincy are Latino and many are native Spanish speakers. So while many of the local grocery stores started offering online ordering to allow for social distancing, the materials to teach people how to use these tools were only being offered in English.

Daisy saw an opportunity to fix this and recreated a local store's online ordering instruction video in Spanish so the whole community could utilize this great resource.

"Just because COVID is happening doesn't mean we stop serving our community." Daisy said of her efforts.

**4-H is a program of University of Nevada, Reno Extension**

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## Northern Area/ Western May Dates to Remember

**May 1** – NJLS Virtual Show registration deadline.

**May 3** – NJLS Virtual Show video upload deadline.

**May 8** – Virtual Science Fair deadline.

**May 9-10** – NJLS market animal



## 4-H GROWS HERE

WESTERN AREA OFFICES

**Carson City/  
Storey County**  
(775) 887-2252  
2621 Northgate Lane  
Suite 15  
Carson City, NV 89701

**Douglas County**  
(775) 782-9960  
1325 Waterloo  
Gardnerville, NV 89410  
PO Box 338  
Minden, NV 89423-0338

**Washoe County**  
(775) 784-4848  
4955 Energy Way  
Reno, NV 89502