Human Development

Georgia 4-H Project Achievement empowers young people with skills for a lifetime. Through a competitive process, students explore their interests, unleash their creativity, share their work, and celebrate their achievements! This guide provides 9th—12th graders with examples for getting started with their project exploration.

Description of Project:

4-H'ers may explore the science of how we develop socially, mentally, physically, and spiritually. Through this project 4-H'ers may:

- develop an understanding of people's pasts, presents, and futures
- acquire knowledge of the developmental processes (socially, mentally, physically, and spiritually)
- develop an understanding of factors that can influence social, mental, physical, or spiritual development
- gain perspective on how individuals grow and develop
- acquire knowledge concerning personal relationships and communications
- become aware of the problems that we face as individuals and as a society
- explore career opportunities within the field of human development

Examples of Project Development Experiences:

- Take a human development course and/or take a personality assessment
- Interview your grandparents to learn about your family's history and draw your family tree
- Research your local health department, DFACS office, law enforcement center, teen center, counseling service, or other government or non-profit office to learn about services available
- Tour a toy museum, childcare facility, senior center, community health service, etc.
- Become a Certified Teen Leader with your county 4-H program and research bullying prevention

Georgia4h.org/programs/project-achievement
Project Sharing and Helping Examples:

- Lead a group or class in setting goals and discuss actions that must be taken to meet those goals.
- Organize a project club for pre-4-H youth.
- Lead a group in making safe and simple toys for child-care centers, community nurseries, or child advocacy centers.
- Volunteer to work in a child-care center, observe characteristics of children of different ages, and lead children's activities at an after-school program.
- Write a blog discussing preferred activities and games of different age groups.
- Serve as a teen leader at a babysitting workshop.
- Help a teacher set up his/her classroom for the school year.
- Coordinate an activity for a local Head Start or pre-K program.
- Organize peers to visit nursing home residents. Help the residents with small chores or to engage in recreation.
- Assist 4-H staff with Certified Teen Leader training.
- Begin a group of 4-H Bully Busters to combat bullying.
- Organize an adopt-a-grandparent program in your community.
- Coordinate a personality profiles identification session for peers.

Recommended Resources:

- Georgia4h.org/ProjectAchievement
- Georgia4h.org/friends/healthylifestyles
- Georgia4h.org/healthrocks/
- 4-h.org/parents/healthy-living
- 4-hmall.org/Category/bullyprevention.aspx
- cdc.gov
- Teenshealth.org
- 4-h.org/parents/healthy-living/youth-voice-youth-choice

Special Considerations:

- Be respectful of other cultures, backgrounds and beliefs.
- Research charitable organizations using charitynavigator.org before donating or raising money.
- Seek the advise of trained facilitators when needed.
- Remember to proactively consult with program administrators regarding necessary volunteer on-boarding requirements.
- Practice sensitivity for others and maintain confidentiality when privy to personal information.
- Contact your local county Extension staff to discuss your plan for community involvement.

At Competition:

Human Development 4-H projects may use posters, artifacts, biofacts and/or technology to support their presentation. The time limit for these presentations is 12 minutes. Computers, projectors, screens, and other technological devices may be used.

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Sources: Bower, Atkins, and Dean. 2006. Human Development Project Guide.
The University of Georgia CAES. 2016. Project Achievement.  http://www.georgia4h.org/projectachievement/