Life skill development and 4-H advancement programs

Participation in 4-H Advancement programs is instrumental to the development of life skills, a major emphasis of 4-H programming. Young people who participate in 4-H not only gain knowledge about their project areas, they also develop skills they will use throughout their lives.

Specifically, 4-H Advancement Programs are designed to develop life skills in:

- Learning to learn
- Making decisions
- Keeping records
- Planning and organizing
- Achieving goals
- Completing a project or task
- Communicating
- Being responsible
- Developing self-esteem

Benefits of 4-H advancement programs

Advancement programs:

- Make projects more interesting
- Assist members in setting and achieving goals
- Encourage self-paced learning
- Help members learn more about their projects
- Encourage age-appropriate building of skill level
- Provide new, enjoyable experiences
- Help prepare members for participation in certain activities and events
- Provide recognition for work well done
- Provide incentive to members to stay in a project over a long time period

About the advancement program steps

The advancement steps are written to provide a learning sequence for all members. Although all members should start with Step I, advancement programs are designed so 4-H members may advance as quickly as they desire based on interest, effort, and ability. A fourth- or fifth grade

Oregon 4-H Advancement Programs

An introduction for leaders, parents and members

4-H advancement programs consist of a series of steps that provide a framework for progressive learning within a specific project area. Advancement programs encourage 4-H members to learn at their own speed, based on their interests and abilities. Advancement programs are self-paced and age- and skill-level appropriate.

Advancement programs also can be a tremendous help to members as they set their goals each year. In addition, advancement programs are useful to Junior Leaders and more experienced 4-H members who wish to work with younger or less experienced members.
4-H member might take two or three years to complete Step I; an eighth- or ninth-grade member might complete one or two steps in a year.

Members should work on one step at a time. However, there are times when a member may accomplish an activity in another step before completing the step on which he or she is working. Recognize that if there is considerable difference in the level of skill within a group, members may be working on several levels of the program at the same time.

Much of the information leaders and members need to complete the advancement steps can be found in project materials. For more advanced steps, members should refer to other sources.

Recording progress in the advancement program

Leaders should encourage members to keep the advancement program with their records. Doing so allows leaders and members to evaluate the 4-H experience, review progress and establish goals for the future. Upon completing a step, the member should fill in the date and have the leader initial the record.

Reviewing advancement progress

Once a member has completed an advancement step, the leader then should arrange for a review of the experience. This review often is conducted through an interview process. The interview can be conducted by someone other than the leader, if it is feasible. Being interviewed by an expert in a particular area can be a valuable experience for members. Such interviews help prepare members for job interviews and other real life experiences.

Leaders also might want to arrange for an advancement chairperson or committee to review each member soon after he or she has completed the step requirements.

The review is an excellent opportunity to involve parents in club activities.

Several parents can serve on the committee, and two or three of them can conduct the interviews. The interviewers should be familiar with the 4-H program, its objectives, and the project area. The advancement chairperson or committee should approve the advancement only when they are satisfied the member is ready to continue on to the next step.

How to use the advancement program

The advancement program should be presented at the beginning of the 4-H year.

Review what was done last year.

Before deciding on specific things to include in the club program, leaders should review what the members and club have done previously. A review allows discussion of the following questions:

• What did we do?
• What did we like?
• What needs improvement/expansion?
• Was everyone involved?

Review the members’ present interests.

Encourage members and parents to express their interests, needs, and goals. This allows them to feel important and committed to the final club program.

Share county/statewide special programs.

Tell your members about activities available to them through your county or the state. Share your special interests with members and parents. This allows members and parents to learn about new opportunities and helps determine whether the club should set specific goals related to them.
Develop your program.

If your group of 4-H participants is small, all the members should be involved in determining the group goals for the year. If the group is large, a special committee may identify the goals for the year’s program.

Base your goals on the current year members’ range of grades, levels of achievement, and interests. Design the program to meet the needs and interests of each member. Establish goals to meet the interests and needs of youth, provide for individual achievement for each member, and to be within the range of accomplishment for each member.

If your club has a wide range of grades, interests, and abilities, divide the club into small groups to work with a junior leader. This enhances the learning and satisfaction of all members.

Recognizing advancement

The National 4-H Recognition Model outlines five different ways in which 4-H members can be recognized.

Participation

This type of recognition program emphasizes the importance of acknowledging young people who have been involved in 4-H educational experiences. For some youth, participation in a 4-H learning experience is an accomplishment.

Progress toward self-set goals

Parents and other adults can help youth set realistic goals. Recognition for progress toward self-set goals, no matter how small, is an integral part of this type of recognition.

Standards of excellence

Standards of excellence are established by experts in a given area. By measuring personal progress against standards of excellence, youth can gain insight into their own efforts and abilities.

Peer competition

Peer competition is part of the model for recognition. This type of recognition subjectively identifies, in a concrete time and place, the best team or individual. It is a strong motivator for some youth but is inappropriate for youth under the age of eight.

Cooperation

Learning and working together promotes high achievement. Cooperation takes advantage of all the skills represented in the group, as well as the process by which the group approaches the learning task/goal. Everyone is rewarded.

Advancement certificates

The 4-H Advancement Program is an excellent way to promote and recognize members’ progress toward self-set goals and achieving standards of excellence through learning. Customized advancement for each project area are available from your county Extension office. Contact your local 4-H staff member to request advancement certificates in your project area.

Earning an advancement certificate deserves recognition. When members have completed a level of advancement, recognize it. You could do this at an achievement meeting or other community event. Extension 4-H staff members also can help leaders prepare releases about members’ achievements for newspaper and radio.

This section written by Mary Arnold, Extension 4-H youth development specialist, Oregon State University.
Using the Advancement Program in the Pygmy Goat Project

A note to 4-H members

The 4-H pygmy goat advancement program can be an important part of learning and excelling in your livestock project. Your advancements should be included as part of your project records. Most of the answers to the questions in the pygmy goat advancement program can be found in your project manual. If you need more information about your project, refer to expert sources such as books, articles, and pamphlets on the subject, or the National Pygmy Goat Association (NPGA) website: npga-pygmy.com

Instructions for using the advancement guide

4-H members should progress through each of the steps in the order they appear in this booklet. As you do each option, fill in the date and have your leader or parent initial it. When you have completed the required number of options for a step, tell your leader you are ready to be reviewed on the quality of that step. You will be asked questions on the work you have done. When each step is completed, you will obtain an advancement certificate from your leader and your local Extension System Office.

When you have passed Step I, proceed to Step II, then III, then IV, and finally V. You can do options for higher steps while you are working on a lower step, but you cannot qualify for the higher step until you have qualified for all preceding steps. Please study each option carefully. Good luck with the program.

This program will:

1. Make your project more interesting
2. Help you learn more about pygmy goats
3. Help you develop greater skill with pygmy goats
4. Provide you with new, enjoyable experiences
5. Allow you to advance according to your ability, interest, and willingness to work
6. Provide you with recognition for work well done
Step I
This is the first step in the 4-H Pygmy Goat Advancement Program. When you have completed ten skill options and three personal development options, you are qualified to complete Step I.

**Skill Options**

<table>
<thead>
<tr>
<th>Skill Option</th>
<th>Date passed</th>
<th>Approved by</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Identify and describe five goat breeds.</td>
<td></td>
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<tr>
<td>2. Name and describe the five most common pygmy goat colors.</td>
<td></td>
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<tr>
<td>3. Name, point out and correctly spell the following parts: poll, muzzle, dewlap, heart girth, brisket, knee, dewclaw, pastern, hock, thigh, barrel, hips, withers, rump, loin and chine.</td>
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<tr>
<td>4. Describe the following characteristics of breeding stock and tell why they are desirable: cobby, straight legs, short cannon bones, a straight and level back through the chine and loin.</td>
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<tr>
<td>5. Name three grooming practices that your goat should receive.</td>
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<td></td>
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<tr>
<td>6. Describe/explain and correctly spell the following: buck, doe, kid, wether and yearling.</td>
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<td></td>
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<tr>
<td>7. Name four signs to look for that would indicate your goat is not feeling well.</td>
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<tr>
<td>8. Demonstrate how to set up and lead your goat in a show ring.</td>
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<tr>
<td>9. Demonstrate to your leader that you have provided adequate shelter from rain and sun and a suitable fence for your goat. Remove nails, loose boards, wire, machinery and sharp corners that might injure your goat.</td>
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<tr>
<td>10. Demonstrate to your leader that you provide fresh, clean water and trace-mineralized, iodized salt for your goat at all times.</td>
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<td></td>
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<tr>
<td>11. Complete a 4-H animal science record on your project.</td>
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<tr>
<td>12. Create a report on your project to present to your club. Example topics: the importance of good feed, or your breed of goat and why you chose it.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Explain how to raise a kid on a bottle.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Personal Development Options**

*Fill in options selected from page 10 of this advancement program.*

1. Give a demonstration or talk to your club.                                  |             |             |
2.                                                                            |             |             |
3.                                                                            |             |             |

(Age __) is qualified and has completed all requirements for Step I of the 4-H Pygmy Goat Advancement Program.

Approved by ____________________________________________________________________

Club advancement chair or committee Date
Step II
This is the second step in the 4-H Pygmy Goat Advancement Program. When you have completed ten skill options and three personal development options, you are qualified to complete Step II.

Skill Options
1. Explain and correctly spell the following: purebred and registered.
2. Describe and explain the following goat terms: foot rot, parasite, castrate, bloat, scours, syringe and hoof trimmer.
3. Explain how to control three parasites such as stomach worms, ticks, liver flukes, maggots, flies, lice or grubs.
4. Explain the following management practices: hoof trimming, ear tagging, castration and stomach worm treatment.
5. Name and describe four things that might cause your goat to become ill.
6. Name four common conformation faults of pygmy goats, and explain how to compensate for these faults while showing an animal.
7. Fit an animal for fair.
8. Describe caprine arthritis-encephalitis (CAE) and explain how it can be prevented.
9. Give a presentation on the animal husbandry of pygmy goats.
10. Complete a feed and growth record for a pygmy goat.
11. Explain “scrapie” then explain what a “scrapie tag” is and why it is important.
12. Explain what a vaccination is and why it is important. List two diseases pygmy goats should be vaccinated against.
13. Tell your leader the normal vital signs of a goat and explain how to measure for temperature, respiration and heart rate.

Personal Development Options
(Fill in options selected from page 10 of this advancement program.)

1. ___________________________  ___________________________  ___________________________
2. ___________________________  ___________________________  ___________________________
3. ___________________________  ___________________________  ___________________________

_________________________  ___________________________  ___________________________
(Age __) is qualified and has completed all requirements for Step II of the 4-H Pygmy Goat Advancement Program.

Approved by ___________________________  ___________________________
Club advancement chair or committee  Date
Step III

This is the third step in the 4-H Pygmy Goat Advancement Program. When you have completed ten skill options and three personal development options, you are qualified to complete Step III.

Skill Options

1. Name and describe four undesirable pygmy goat characteristics: two inherited and two caused by problems with feeding and management. Explain the cause of each characteristic and how it can be corrected.

2. Describe/define and correctly spell the following livestock terms: scrotum, testicle, semen, sperm, ovary, ovulate, ovum, fetus, uterus, artificial insemination, colostrum and abortion.

3. Explain heat (estrous) cycle, breeding, conception, pregnancy, and gestation period. Explain how to calculate freshening dates.

4. Make a collection of forage plants, weeds, and poisonous plants. Include at least three forage plants for hay, three pasture plants, three weeds, and one or more poisonous plants.

5. Keep a 4-H Production Record on one or more female pygmy goats for one full year.

6. Read a medication label, calculate the correct dosage and tell how it should be administered to your meat goat.

7. Describe three tools used for castration. Explain the significance of each tool.

8. Name the four parts of a goat's stomach. What are the functions of the rumen? How do the digestion processes differ in a ruminant or a non-ruminant?

9. Observe the birth of a kid. Clear the nostrils and mouth, disinfect the navel and give appropriate inoculations for your area.

10. Describe the symptoms, treatment and prevention of the following sicknesses or diseases: bloat, foot rot, scour, pink eye, ketosis, tetanus, stomach worms and ring worm.

11. Identify and locate the following parts: barrel, escutcheon, chest floor, crops, point of shoulder, flank, crown, stifle joint, femur, thurl and pin bone.

12. Explain all of the disqualifications for pygmy goats.

13. Demonstrate giving vaccinations and explain the difference between intramuscular and subcutaneous injections.

Personal Development Options

(Fill in options selected from page 10 of this advancement program.)

1. ___________________________ ___________________________ ___________________________

2. ___________________________ ___________________________ ___________________________

3. ___________________________ ___________________________ ___________________________

(Age ___) is qualified and has completed all requirements for Step III of the 4-H Pygmy Goat Advancement Program.

Approved by ___________________________ ___________________________

Club advancement chair or committee Date
Step IV

This is the fourth step in the 4-H Pygmy Goat Advancement Program. When you have completed ten skill options and three personal development options you are qualified to complete Step IV.

Skill Options

1. Learn how to register an animal. Fill out a registration application. Explain the advantages of joining a breed association.
2. Explain dehorning and the procedures used to accomplish the task. Explain when it should be done, how it is done and why completely disbudding a male goat is difficult.
3. Help disbud a pygmy goat.
4. Demonstrate proper hoof trimming to your club members. Explain why and how often hooves should be trimmed. List the signs of hoof rot.
5. Calculate a balanced ration for one of your pygmy goats.
6. Demonstrate castration and explain the most methods used.
7. List the inoculations your goat should receive annually. Explain the side effects that can occur when shots aren’t kept current.
8. Prepare a presentation for your club about proper nutrition for a pregnant doe. Tell when you should give a doe each set of shots. Explain the timing and type of vaccinations kids need after birth.
9. Explain the nutritional needs of a wether, dry doe, milking doe, kid and orphan kid, and how to feed them.
10. Do one of the following: 1. Collect, label, and display five forage plants, four cereals, three protein supplements and two necessary minerals, or 2. Give or write a report on a pasture program in your area. Include soil preparation, seeding, seed mixture, irrigation, weed control, fertilization, rotation and use.
11. Study changes in grain prices for at least three types of your choice of feed for one year. Prepare a graph showing weekly price changes.
12. Describe the following characteristics of breeding stock and tell why they are undesirable: undershot jaw, overshot jaw, oversized cannon bone, multiple teats, lack of specific breed marking, natural hornlessness.
13. Demonstrate the correct procedure for tattooing or ear tagging your goat. Tell which method is preferred and why.

Personal Development Options

(Fill in options selected from page 10 of this advancement program.)

1. 
2. 
3. 

(Age __) is qualified and has completed all requirements for Step IV of the 4-H Pygmy Goat Advancement Program.

Approved by ___________________________ ___________________________
Club advancement chair or committee Date
Step V

This is the fifth, and final step in the 4-H Pygmy Goat Advancement Program. When you have completed five or more skill options and three personal development options, you are qualified to complete the advancement program. Congratulations!

Skill Options
Study, research and prepare a paper, and give a report or presentation on any of the following topics:

1. General management and raising of a goat herd.
2. Feeds, feeding, and nutrition for pygmy goats.
3. Goat reproduction, breeding and genetics.
5. Using records as a basis for improving a goat herd.
6. Some aspect of pygmy goat husbandry.
7. Fitting, dehorning, castrating or vaccinating pygmy goats.
8. Birthing and care of the kid and doe upon birth.
9. 
10. 

Note: Be creative. If possible use technology to accomplish these presentation. Consider creating a vidcast, podcast or PowerPoint presentation.

Personal Development Options
(Fill in options selected from page 10 of this advancement program.)

1. 
2. 
3. 

Date passed
Approved by

(Age ___) is qualified and has completed all requirements for Step V of the 4-H Pygmy Goat Advancement Program.

Approved by
Club advancement chair or committee
Date
Personal Development Skill Options

1. Lead the Pledge of Allegiance and the 4-H Pledge at a 4-H meeting.
2. Lead a song or a game at a 4-H meeting.
3. Serve as host for a 4-H club meeting in your home. See that everyone is welcomed and made comfortable.
4. Preside at a meeting of your 4-H club.
5. Write a news story for the local or community newspaper.
6. Participate in a radio or television program.
7. Present a demonstration or illustrated talk to your club.
8. Present a demonstration or illustrated talk to a group other than your 4-H club.
9. Present a demonstration or illustrated talk at the county fair.
10. Present a demonstration or illustrated talk at the state fair.
11. Participate in a community service project.
12. Serve as chair of a club committee.
13. Participate in a livestock judging contest.
15. Serve as a Teen Leader for a club.
16. Serve as clerk, chair or apprentice judge at a 4-H show.
17. Attend 4-H camp.
18. Serve as a camp counselor.
19. Attend 4-H Summer Conference at Oregon State University.
20. Teach a class at 4-H Summer Conference at Oregon State University.
21. Develop and exhibit a science display related to your project.
22. Develop a presentation about some aspect of your project using technology (vidcast, podcast, PowerPoint, etc.)
23. Arrange a tour for your club.
24. Secure a speaker for your club meeting.
25. Complete your 4-H records.
26. Visit a packing plant.
27. Develop other options with approval from your leader.

Adapted by Lynette Black, Wasco County 4-H faculty, from original advancement publications developed by John Landers, Extension animal scientist emeritus; Dean Frischknecht, Extension animal scientist emeritus; and Duane P. Johnson, Extension specialist, 4-H youth development, Oregon State University; with the assistance of the 4-H development committee for animal science projects. Contributions for the advancement steps were made by Wasco County 4-H Agent, Lynette Black.

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