



# New Jersey 4-H *Head + Heart + Hands + Health* Leader Training Series



## Welcome!

Welcome to the 4-H family and to Rutgers Cooperative Extension! Being a 4-H volunteer can be a very rewarding experience. Research shows that volunteers want to feel that their service is helping the community. Different people are motivated by different things, but most volunteers become involved because they want to:

- help their families,
- work with youth,
- learn new skills,
- help the community,
- meet and get to know people in the community,
- develop leadership skills,
- use personal skills and knowledge, and
- learn more about community efforts and activities.

One of the things that distinguishes 4-H from other programs and makes us strong is the role of volunteers. All 4-H clubs must have an adult leader. Volunteers have been an integral part of the success of 4-H since the 1920's. Adult 4-H volunteers serve as club leaders, project leaders, camp counselors, etc. Some volunteers work directly with youth and others serve as trainers and mentors. All 4-H volunteers have the opportunity to make a significant contribution to positive youth development.

The *New Jersey 4-H Leader Training Series* is a training and reference tool. It will serve as the base for your orientation but is an excellent reference throughout your 4-H volunteer career. Individual factsheets can be used as 'stand alone' information or self-learning tools.

The **Table of Contents** will help you identify the specific area of information you need. Information has been grouped by subject areas and major concepts in an easy-to-use format.

The New Jersey 4-H Youth Development staff will provide support, encouragement, and training to help you reach your goals. Don't hesitate to contact your county 4-H office if you have questions or need assistance in your role as a 4-H volunteer.

We know how important caring adults are to the youth participating in 4-H programs. As a 4-H volunteer you are helping youth reach their highest potential today and become contributing citizens tomorrow.

Thank you for your service to 4-H! Remember the 4-H motto, "To Make the Best Better!"

Ginny Powell  
Chair, Department of 4-H Youth Development

### References

4-H 101: Lesson 14 - Recruiting, Training and Recognizing Volunteers.



## *Did You Know...*



The Smith-Lever Act of Congress, 1914, created the Cooperative Extension System to provide for a partnership between the United States Department of Agriculture and the land-grant colleges and universities located in each state.

***For more information on New Jersey 4-H, please visit [www.nj4h.rutgers.edu](http://www.nj4h.rutgers.edu).***

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.