KIOWA COUNTY PUBLIC SPEAKING CONTEST

The age categories and time limits are as follows:

**Junior** – 12 years and under – 3-5 minutes

**Senior** – 13 years and older – 5-7 minutes

Kiowa County has four public speaking contests. They are as follows:

1. **Speech Contest**: No props or posters of any kind.
2. **Illustrated Presentation**: Includes demonstrations or illustrated talks.
3. **Team Illustrated Presentation**: A two member team presenting demonstrations or illustrated talks.
4. **Power Point Presentation**: Speech involving computerized visual aids.
What can I talk about?
Suggested topic areas taken from the categories of the Speeches and Illustrated Presentations at State 4-H Roundup:

- **Ag Business**: General, Banking, and Cooperative
- **Animal Science**: Beef, Dairy, Goats, Horse, Sheep, Swine, Poultry, Vet Science, Meats and Small Animals (Birds, Cats, Dogs, Pigeons, Rabbits, etc.)
- **Communication Arts**: General (includes photography), Promotion & 4-H Foundation, Promotion & Visibility (must be recorded and in the Illustrated Presentation Contest).
- **Expressive Arts**: Crafts, Performing Arts and Visual Arts.
- **Family Living**: General (includes Child Care, Consumer Education), Clothing, Foods, Nutrition & Preservation, Dairy Foods and Breads.
- **Health Safety**: Health, Safety and Vision Care.
- **Leisure Education**: Camping, Postmarks, Recreation and Shooting Sports.
- **Natural Sciences**: Entomology & Bees, Wildlife & Forestry, Natural Resources (Geology, Weather and Water Quality).
- **Mechanical Sciences**: All Terrain Vehicles, Automobile, Bicycle, Computer, Electricity, Motorcycle, Rocketry, Small Engines, Woodworking and Farm Machinery.
- **Plant Sciences**: Agronomy (Crops, Range, Soils), Horticulture (Vegetables, Fruits, Home).
- **Social and Political Sciences**: Career Education, Citizenship, Community Development, Leadership and International Study.

You may choose one of these categories or select your own. If you need ideas for your presentation, contact your local 4-H leader, Extension staff or refer to your 4-H project manuals.
Helpful Hints for Public Speaking

The most effective speech is the one that presents most clearly and impressively what the speaker has in mind. Remember, a speech is also a learning experience for the audience!

Selecting Your Topic
The first rule is to select a subject in which you are interested. If you aren’t interested in your topic, you can’t expect your audience to be. Starting a file of articles that you are interested in is a good idea. This makes speech writing easy! Also, remember to pick a subject that can be covered in the time allowed to give the speech.

Gathering Your Material
After you choose and narrow your topic, gather your material from books, magazine articles and government publications (be sure the material is factual). Remember that a speech is not a report – make it personal by relating your experiences, suggestions, etc.

Preparing Your Speech
Your speech will have three parts in it:
1. **Introduction:** You need to catch the attention of the audience, introduce yourself, and indicate the scope of your speech or talk. Greet your audience with a smile and confidence, not cockiness.
2. **Body:** Explore your subject and cover three or four main points. If you have an illustrated talk, be sure to use plenty of posters.
3. **Conclusion:** A summarization of the points you made or a reminder of the things you started out to prove.

Presenting Your Speech
You must PRACTICE, PRACTICE, PRACTICE! This will help you feel at ease. Try practicing before a mirror and into a tape recorder. It helps to be able to see and hear yourself! Be sure to time and revise your speech to fit in the time limit. Remember that a little nervousness is a good thing. It indicates that you care or are concerned. It helps to breathe deeply several times right before speaking. Dress should be conservative and becoming.
Helpful Hints for Illustrated Presentations

- It is very important that the 4-H’er sets up his or her own illustrated presentation.
- Team Illustrated presentations and individual presentations will compete separately.
- Use a catchy but meaningful title.
- Posters are helpful in explaining illustrated presentation procedures.
- Each illustrated presentation should have a title poster with the name of the illustrated presentation and the name of the 4-H’ers.
- Letters on charts should be simple and readable at a distance of 30 feet.
- Stand straight with good posture.
- Should you forget what to say, don’t panic. Take time to think about where you are in your illustrated presentation, and then continue. In teams, if one teammate forgets, the second teammate should continue.
- Be sure to dress suitable for the job to be done (look nice and neat, but don’t, for example wear a velvet dress to pot plants.)
- In team illustrated presentations, make sure both team members share equally in the presentation.
- Keep equipment and supplies away from the front of your working space so the audience can see what you are doing.
- In food illustrated presentations, wear aprons and head covering, use clear bowls, use heavy-duty extension cords (if needed), and bring all your own equipment.
- Cover the commercial or brand names on supplies and label containers so the audience can read the labels.
- Keep hand towel or paper towels on the table to use for spills or for wiping hands.
- Give the audience a chance to ask questions and be prepared to answer them. (At the end of your presentation ask, “Are there any questions (pause), if not, I thank you.”) If there are questions, answer to the best of your ability. It’s okay to say that you don’t know the answer, its worse to make up an answer.