



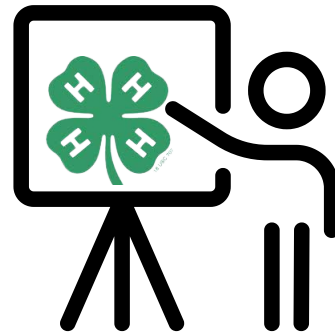
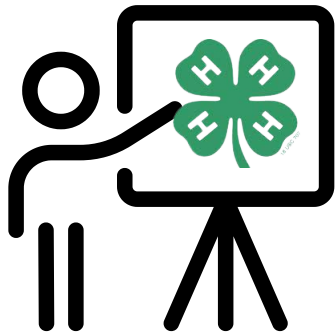
Garrard County 4-H Demonstration Contest

When: Wednesday, April 2nd, 2025 at 5:30 p.m. - 8:30 p.m.

Where: Garrard Middle School

How: Register for a time through the below listed link or from the attached QR Code.

https://uky.az1.qualtrics.com/jfe/form/SV_9NWzaZ2GegXIYVn



Deadline to register is March 26th, 2025 by 4:30 p.m.

Categories include: Agriculture, Animal Science, Visual Arts, Performing Arts, Clothing and Textiles, Family and Consumer Sciences, Foods, Health, Team Demonstrations, Natural Resources, Shooting Sports, (SET) Science, Engineering, and Techonology, Digital Media Presentation, and Mock Job Interviews (Seniors (14-18) only).

Junior and Senior Winners will have the opportunity to move on to the Area Communications Contest

Date and Time: April 29th, 2025

Call 859.792.3026 or email eric.comley@uky.edu with questions about registration



Kentucky 4-H State Communication Contest

Speech and Demonstration Contest Rules and Categories

General Rules

1. This event includes speeches and demonstrations (individual and team).
2. The age of a young person participating in the State Communication Contest is the age they are on January 1 of the program year in which the state contest is held. Age divisions include: Junior: 9-13 years old; Senior: 14-18 years old.
3. Each Area Grouping can send one participant per category.
4. The state standard is that State Communication Contest participants earn a blue ribbon at the Area Grouping level to qualify for the State Communication Contest event.
5. Participants can participate in one speech and one demonstration category per year.
6. State champions may participate only in categories in which they have NOT previously won.
7. It is suggested that the speech or demonstration given by the 4-Her be a new topic from previous years.
8. The contestant will be introduced by name and title by the room host. There will be no penalty if name and subject or title is used during the presentation.
9. A penalty of three points will be subtracted from the participant's total overall score for time errors (under/over time). The time requirement penalty will apply to the state contest, but not necessarily to county or area events. Participants will be eligible for champion placement.
10. The decisions of the judges are FINAL.

Speech Specific Rules

11. Speeches by Senior level 4-H members must be between 5 to 7 minutes long. Speeches by Junior level 4-H members must be between 3 to 5 minutes.
12. Senior level: Because this is an educational learning experience, the Senior 4-Her is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. Junior level: The 4-Her may have assistance in writing and preparation based on age level.
13. 4-H members should dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
14. No visual aids will be used in speech competitions. Custom costumes* and/or electronic equipment (with the exception of electronic notes, see #15) are considered visual aids. Speakers using visual aids will receive a ribbon but will not be considered for champion placement. *If a 4-Her would not wear the item on a daily basis, then the item is considered a costume item and is not allowed.
15. The use of note cards/electronic notes is optional. Points will not be added or subtracted for the use of notes unless the speaker uses them in a distracting manner. *Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted except in the Digital Media Presentation Demonstration Category.
16. Dramatic readings, dramatic monologues and recitation of poems (as the entire speech) including web-based information will not be accepted. Excessive or distracting body or hand gestures will be counted against participants in the scoring section.

Demonstration Specific Rules

17. Participants can receive assistance while practicing their demonstration, which may involve rehearsing in front of peers, club leaders, and others. However, at the Senior level, 4-H members are expected to showcase their own original work. This includes selecting a topic, conducting research, and writing their own speech or demonstration. While the internet can be used for reference, it should not be relied upon for non-original content.
18. A participant may have help setting up their demonstration but may not have another person helping during the demonstration. Only team demonstrations may have more than one person participating.

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4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

Assistance from the audience is not permitted.

19. Team demonstrations are permitted at the state level. They will follow the same rules and regulations of the single participant demonstrations. Two 4-H members will comprise a team. Each person must have a significant speaking and presentation portion. Team demonstrations will be placed in a Junior Category or a Senior Category regardless of topic. All team members must be in the same age category.
20. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.
21. The use of computers and presentation equipment is only permitted in the Digital Media Presentation Demonstration Category. The use of computers or presentation equipment is not allowed in any other category. *Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted except in the Digital Media Presentation Demonstration Category.
22. Demonstrations must have a posterboard or tri-fold poster as aids during their demonstration with the exception of the Digital Media Presentation Demonstration Category.
23. Videos may not be used during presentations in any category with the exception of the Digital Media Presentation Demonstration Category.
24. Special attire or costumes are permitted when used as visual aids during demonstrations. Otherwise, 4-H members are encouraged to dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
25. NO LIVE ANIMALS of any size are permitted.
26. Youth may participate in the individual demonstrations or choose to participate in the team demonstration category. They may NOT do both.

*Notes for State Contest:

- If judges for the same 4-H member are not within 20 points of one another's score, judges must meet and discuss scores.
- If there is a tie in a category and the judges are not able to come to a consensus, the room host will determine the winner for that category.

Speech Categories

9-Year-Old
10-Year-Old
11-Year-Old
12-Year-Old
13-Year-Old
14-Year-Old
15-Year-Old
16-Year-Old
17–18-Year-Old

Demonstration Categories

Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

Agriculture – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil sciences (e.g. crops, agronomy, gardening).

Animal Science – to include information on selection, care and feeding of animals, financial records, operations, and animal products for small or large animals. This also includes companion animals.

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(Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests as this is a different event).

CORE: EXPRESSIVE ARTS

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.

Performing Arts – all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.

Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. **THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.**

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

CORE: HEALTH

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.

CORE: NATURAL RESOURCES

Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.

Digital Media Presentation – must include a hands-on demonstration with the use of presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).

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Revised September 2024.

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4KA-03PO
Kentucky 4-H Communications Program

4-H Demonstrations



Preparing you for your future!

Do you like to speak in front of a group? Do you like to teach others how to do things? Would you like to learn the skills and gain the confidence to be an outstanding public speaker? Then you should participate in the Kentucky 4-H Communications Program! 4-H members can learn how to prepare and present a speech on any topic they feel passionate about. Or, if you are a more hands-on person, you can learn to give a demonstration, a “how to” presentation in which you will teach someone how to do something using posters and other props.

What is a demonstration?

A **demonstration** or illustrated talk is a method used to communicate an idea by showing and telling. Demonstrations should be 5 to 15 minutes long for both junior and senior 4-H members. Visual aids are used to enhance the presentation.

Preparation

The following steps will help you prepare to give a demonstration.

- **Choose a topic.** Find a subject that you know something about or that is of interest to you. Make sure your topic is not too broad.
- **Select a Title.** Think of a title that relates to the subject and is catchy, original and short. It should suggest the subject without telling the whole story.
- **Collect information.** Think about what you already know about your topic. What examples do you know that will illustrate your demonstration? Is there a poem, a song, or a joke that you can use to make a point clear? Why is the topic important?
- **Organize materials.** Separate your materials and ideas into three parts: introduction, body and conclusion. Use the **4-H Demonstration Guide** at the end of this publication.
 - **Introduction.** Get the attention of your audience, make them want to listen, inform them of your subject and show them how the subject concerns you. Tell a story or joke, or read a quote. Tell the audience what you are going to demonstrate and why that topic is important to them.

Look directly into the eyes of your audience during your demonstration.

- **Body.** Select two or three main points and explain each point. Use accurate and up-to-date information. Arrange key steps in logical order.
- **Conclusion.** Briefly restate your main ideas. Leave your audience with an attention-grabbing statement, question or wrap-up thought. Ask audience if they have any questions.
- **Make note cards.** Do not write your entire demonstration on cards. Have only the main points and key words written down. Note cards should help you organize your speech but should not be a distraction.
- **Create visual aids.** Make sure that your aids are easy to read and add interest to your project.
- **Practice!** Give your demonstration in front of a mirror and in front of friends and family.

Delivery

- **Eye Contact.** Look directly into the eyes of your audience during your demonstration. Look at people in various parts of the audience.
- **Posture.** Stand in a comfortable position with your feet several inches apart and your back straight.
- **Voice.** Speak loudly and clearly enough for all to hear. Try to sound conversational. Do not yell or talk too softly.
- **Gesture.** When using gestures, try to be natural and relaxed.
- **Emphasis.** Pause just before and after an important point. You may also change your tone of voice.
- **Quotations.** Give full credit to your source and pause before and after so the audience knows where the quote begins and ends.
- **Notes.** Do not write your entire demonstration on cards. Do not read from your note cards! Refer to your cards for the main points you want to make.
- **Attire.** Dress appropriately for your audience and topic.
- **Visual Aids.** The more equipment, extension cords, utensils and other materials you use, the more you must practice and experiment. The following suggestions will help you plan your demonstration.
 - Select the best possible piece of equipment for the job and make sure that it is in good working order.
 - Arrange each piece of equipment in the order you plan to use it.
 - Make sure your audience can see all visual aids.
 - Be careful not to let equipment or supplies block the line of vision between your audience and your hands.
 - If you plan to use posters as a way of adding visual interest, limit the number to 3 to 5. Ask yourself:
 - » Do my posters add interest and excitement to my demonstration?
 - » Are the words large enough (at least 1 inch high) for those at the back of the room to see?
 - » Does each poster have one main idea?
 - » Do my posters make my demonstration more interesting and easier to understand?
 - » Are my posters on heavy cardboard that will not buckle or bend?
 - » Are my posters colorful?
 - Think about using posters with:
 - » Your title
 - » Key points
 - » Listing of ingredients or materials
 - » Summary



Practice, Practice, Practice!

As you practice your speech or demonstration, ask your leader, teacher or family to evaluate it using the checklist below.

- Dress clean, neat, and appropriate
- Posture erect but not stiff
- Gestures poised and natural
- Voice easily heard
- Voice expressive
- Introduction interesting, brief and gives purpose
- Body of demonstration well organized in logical order
- Eye contact with the audience

- Correct grammar and vocabulary
- Notes do not distract
- Demonstration flows smoothly from one point to the next
- Subject matter accurate and up to date
- Suitable for age
- Equipment, charts and visuals easy to follow and appealing
- Procedures visible to entire audience
- Talk while working, leaving no awkward silences

Contact your County Extension Agent for 4-H Youth Development for more information on the 4-H Communications Program!

Adapted by Jennifer Tackett from Speak Up! Kentucky 4-H Talk Meet (4KA-01PB) by Jann Burks and Would You Like to Do a 4-H Demonstration? (4KA-02PA) by Anna B. Lucas and Susannah Denomme.

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4-H Demonstration Planning Guide

Title _____

Introduction

Introduce your subject using a story, quote, or joke. Should be short and designed to get the attention of your audience. Tell the audience what you are going to demonstrate and why that topic is important to them.

Body

The body is the most important part of your demonstration. Review key points and materials. This is the “how to” portion of the demonstration

Conclusion

Summarize your main points. Use a story or quote to express your point. Finish strong with an attention-grabbing statement, question or wrap-up thought!

Mock Job Interview County and Area Interview Questions

Please choose 7-10 questions for the interviews. You may also add your own if you choose.

1. Tell me about yourself.
2. What do you want to do after high school?
3. Do you have any volunteer experience?
4. Do you have any work experience?
5. Why did you choose this position?
6. When did you know you wanted this position?
7. What are your career goals?
8. How do you plan to achieve these goals?
9. What is your definition of success?
10. Describe a situation in which you were successful?
11. What do you think it takes to be successful in this position?
12. What accomplishments have given you the most satisfaction?
13. Would you rather work with information or people?
14. Are you a team player?
15. What motivates you?
16. Why should I hire you?
17. Are you a goal oriented person?
18. Tell me about a recent goal and what you did to achieve them.
19. What are your short-term goals?
20. What is a long term goal you have?
21. What do you see yourself doing in five years?
22. Where do you want to be ten years from now?
23. Do you handle conflict well? Give an example.
24. Have you had a conflict with a classmate or fellow 4-H member? How did you resolve it?
25. What major problem have you had to deal with recently?
26. Do you handle pressure well?
27. What is your greatest strength?
28. What is your greatest weakness?
29. If I were to ask one of your teachers to describe you, what would he or she say?
30. Why did you join 4-H?
31. What changes would you make to Kentucky 4-H?
32. What are your favorite classes in school? Please tell why.
33. Do you prefer working alone or as a team?
34. How much training do you think you will need to become a productive employee?
35. What qualities do you feel a successful manager should have?
36. Why do you want to work in the _____ industry?
37. What do you know about our company?
38. Why are you interested in this position?
39. What qualities do you have that would make you a good fit for the position?
40. Describe a recent leadership experience.



Kentucky 4-H Mock Job Interview Contest Rules

What is a Mock Job Interview Contest?

The Mock Job Interview Contest is a Public Speaking contest that gives members an opportunity to practice the real-life skill of applying for a job. The contest involves a set of fictitious Job Descriptions for senior 4-Hers that the members can go through the process of applying for. To enter the Mock Job Interview Contest the member must:

- Pick one of the four **job descriptions** for a job the member feels qualified for and interested in from the list below.
- Develop a **resume** of their real-life education and experiences that they feel make them a good candidate for that job selected. Bring this resume with you to the mock job interview (For confidentiality purposes, please do not put your actual address or phone number on resume.)
- **Prepare** for the interview.
- Participate in an actual **interview** where they are judged on all of the key elements in the process.

Members are encouraged to review the interview tips and resume writing ideas and supporting materials provided in the Kentucky 4-H Communications Expressive Arts Core Curriculum: The Perfect Fit Level 3.

Categories:

- 14-15 age category
- 16-18 age category

Eligibility:

Senior 4-H members may participate in the 4-H Mock Job Interview Contest. Senior 4-H members are youth ages 14-18. All ages are as of January 1 of the current 4-H year. Two winners per district per age category (exception District 3, which may have 3) may move on to the State Communications Day Mock Job Interview Contest.

Job Descriptions:

Vet Technician
Coffee Bar Attendant
Photographer
Retail Sales Associate

Position: Vet Technician

Position Overview

The Bluegrass Veterinarian Clinic is seeking a vet technician for their office. Duties would include taking care of overnight animal patients, assisting the veterinarian, checking in animals and updating records. Other duties would include assistance with billing and payments. Technician would also be responsible for communicating to the pet owners about special opportunities or vaccination drives.

Essential Job Functions

- Take care of animal patients
- Assist the veterinarian
- Update animal records with weight, addresses, etc.
- Assist with billing and payments
- Communicate with owners about vaccination drives and special opportunities

Other Necessary Skills

- Disease Prevention
- Problem Solving
- Communications
- Keeping Records
- Concern for Others

Position: Coffee Bar Attendant

Position Overview

Bright Starts Café is seeking a motivated and friendly individual to work the coffee bar. No previous food service experience is necessary. Position's duties would include brewing and preparing coffee drinks for customers, and serving breakfast food. Friendly and helpful service is a must. Attendant would also assist in making signs for coffee specials. Attendant would assist in the inventory and ordering of products.

Essential Job Functions

- Brewing and making coffee drinks
- Serving breakfast food
- Providing excellent customer service
- Assisting in making signs and displays
- Assisting in inventory and ordering

Other Necessary Skills

- Teamwork
- Social Skills
- Problem Solving
- Keeping Records

Position: Photographer

Position Overview

New Vision Photography provides excellent service to cover some of life's special moments. This position of photographer would cover general photography, birthdays, and sports photos. Training will be provided to a novice photographer. Duties would include setting appointments, shooting photo shots, and assisting in the photo shop. These would generally include assisting customers with package deals, showing proofs, deciding photo backgrounds and payment or orders. Some special projects may be assigned by manager.

Essential Job Functions

- Set up appointments with customers
- Assist customers in selecting backdrops for photos
- Take photos (general, sports, birthdays)
- Assist customers with proofs
- Work with customers on package deals and payment

Other Necessary Skills

- Self-Responsibility
- Problem Solving
- Social Skills
- Team Player
- Planning and Organizing

Position: Retail Sales Associate

Position Overview

In Town Closet is seeking a motivated and friendly individual to assist customers with purchases. No previous experience is necessary. Position's duties would include assisting customers on the floor, restocking inventory, and manning the cash register. Friendly and helpful service is a must.

Essential Job Functions

- Providing excellent customer service
- Assisting with displays
- Assisting in inventory

Other Necessary Skills

- Teamwork
- Social Skills
- Problem Solving
- Self-Responsibility
- Computer skills

Mock Interview Scoring

Participant Name: _____

County: _____ Age: _____

Please circle the response that most closely represents your feelings about each component of the interview.

1= the lowest score, strongly disagree, or low understanding

3= neutral, mediocre, or just ok

5=the highest score, strongly agree, or high understanding

Notes:

Introduction	1	2	3	4	5
Eye contact	1	2	3	4	5
Handshake	1	2	3	4	5
Confidence	1	2	3	4	5
Appearance	1	2	3	4	5
Gestures	1	2	3	4	5
Voice Level	1	2	3	4	5
Posture	1	2	3	4	5
Discussed Strengths	1	2	3	4	5
Discussed Growth	1	2	3	4	5
Enthusiasm	1	2	3	4	5
Grammar	1	2	3	4	5
Vocabulary	1	2	3	4	5
Enunciation	1	2	3	4	5
Knowledge of Position	1	2	3	4	5
Organized Answers	1	2	3	4	5
Persuasiveness	1	2	3	4	5
Experience	1	2	3	4	5
Closing	1	2	3	4	5
Resume	1	2	3	4	5

Total points: _____

Ribbon Color: _____

Blue: 100-80

Red: 79-60

White: 59-below

NAME: _____ COUNTY: _____ AGE: _____

CATEGORY: _____ TITLE: _____

Instructions: Write the appropriate rating in the "Score" column. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary. Scores below a three must include a comment.

EVALUATION CRITERIA	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	SCORE	COMMENTS
DEMONSTRATOR:							
1. Neat, well-groomed, dressed appropriately.	5	4	3	2	1		
2. Posture (erect but not stiff).	5	4	3	2	1		
3. Gestures natural (contribute to talk).	5	4	3	2	1		
4. Eye contact with audience.	5	4	3	2	1		
PRESENTATION:							
1. Introduction interesting and gives purpose.	5	4	3	2	1		
2. Visual aids appealing, organized and visible.	5	4	3	2	1		
3. Steps well organized.	5	4	3	2	1		
4. Demonstrator skilled in working with equipment.	5	4	3	2	1		
5. Suitable equipment and proper techniques used.	5	4	3	2	1		
6. Procedures easy to view by audience.	5	4	3	2	1		
7. Effective use of notes (if used; displays confidence & composure).	5	4	3	2	1		
8. Display finished product, offer sample to judges or show that the exhibit works.	5	4	3	2	1		
9. Conclusion (short, interesting and reviews main points, asks for questions).	5	4	3	2	1		
AUDIBILITY:							
1. Clearly heard and easy to understand.	5	4	3	2	1		
2. Voice expressive.	5	4	3	2	1		
3. Talking while working (no dead silent moments, unless equipment is running)	5	4	3	2	1		
GENERAL:							
1. Originality.	5	4	3	2	1		
2. Use of correct grammar and vocabulary.	5	4	3	2	1		
3. Information age appropriate.	5	4	3	2	1		
4. Subject matter accurate and up to date.	5	4	3	2	1		

TIME: _____ TIME PENALTY: YES/NO _____ TOTAL SCORE: _____

TIME: 5-15 minutes. Participants going over/under time will be assessed a one-time penalty of 3 points from the average score and WILL BE ELIGIBLE for a 1st, 2nd or 3rd placing

SCORING: _____ RIBBON: _____ PLACE: _____
 BLUE 100 - 80 _____ BLUE _____ CHAMPION
 RED 60-79 _____ RED _____ 2ND
 WHITE 59 AND BELOW _____ WHITE _____ 3RD

SCORE 1	
SCORE 2	
AVERAGE	
TIME PENALTY	
FINAL SCORE	

JUDGE'S SIGNATURE: _____ DATE: _____

