

“4-H – Building confident role models for youth”

Getting her point across to an audience is a skill 22-year-old Connie MacLellan does well. This is a welcome skill as she is planning a career in environmental-agricultural law.

“Because of (my involvement in) 4-H, I always did well in speeches and presentations at school, as I knew how to properly prepare and deliver information to the audience,” says Connie.

4-H is a youth organization which encourages care and responsibility for our (agricultural) resources and provides youth and young adults with the opportunity to develop communication, leadership, social, sportsmanship, technical and life skills in a structured, family-oriented atmosphere. Nova Scotia has one of the strongest programs in the country. Supported by the Nova Scotia Department of Agriculture, the 4-H program is committed to the growth and skill development of today’s youth.

Connie’s experience with the Cobequid 4-H Club in Hants County, NS, has helped her build a solid résumé. This, combined with her speaking capabilities and strong agricultural background, makes her a strong candidate for law school. She says 4-H has helped make some of her dreams a reality by teaching her the importance of hard work, as well as setting and going after personal goals. In 2010 she will graduate from the Nova Scotia Agricultural College.

“I believe in the 4-H program because it teaches youth responsibility, organization and communication skills in a positive atmosphere, allowing members to build confidence,” she says.

She has been a member of the 4-H program for ten years, giving her a tremendous amount of experience with the 4-H program. In Connie’s last year of 4-H, she was seen as a role model to the younger club members who looked up to her. She says that one of her proudest moments in 4-H was when she realized the impact she has had on the younger members in her club.

When asked why she thinks the 4-H program is a great organization for youth, Connie says, “4-H has something for everyone, no matter what your interests are, and it helps you develop life-long skills that are needed to be successful in the competitive world of today. It creates lasting friendships, builds self esteem and, most of all, it is welcoming and accommodating to youth with all interests.”

Her advice for current 4-H members is to set goals and then work hard for them. “If you want it bad enough you can achieve it,” she says. “Try to not compare yourself to others, and be proud of your personal accomplishments!”

For more information about the 4-H program in the Valley Region, covering Hants and Kings counties, contact the Valley Region 4-H Office at 679-6027 or e-mail

truemabc@hotmail.com Also visit the Nova Scotia 4-H website at www.gov.ns.ca/agri/4h

Submitted by Beth Trueman
Valley Region Agriculture & 4-H Leadership Coordinator.



**Connie showing her Dairy Calf at the
2009 Provincial 4-H Show in Bridgewater**

