

## How to Turn a 4-H Project into a Science Fair Project

In order for a 4-H project to also be considered for science fair competition, students must focus on setting experimental and research goals related to their project. Science fair projects require students to answer a testable question by modifying a variable or design and build something that solves an engineering problem. Some examples include:

- If a student chooses to do a livestock project that includes raising their own animals, consider adding an experiment that investigates the best feed for whatever purpose the animal is being raised.\*
- If a student chooses to do the Small Engines project, consider taking what they learn and building their own engines with unique modifications that make it better.
- If a student chooses to do the Weeds project, consider creating their own weed control experiment.

\*Please note that vertebrate animal science fair projects require special approvals and oversight.

The Colorado Science and Engineering Fair is the state-level event in a year-long process of local and regional science fairs and was established in 1955. The purpose of the CSEF is to stimulate student interest and encourage students in science and engineering through recognition of their research knowledge, ability, and achievement.

4-H began a century ago as an educational program for the nation's rural youth. Today, 4-H meets the needs of and engages young people in positive youth development experiences. These experiences are based on the idea that young people should be regarded as resources to be developed.

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## Participation in Science Fair

To participate in the Colorado Science and Engineering Fair, a student must first participate in a Regional Science Fair and earn the privilege of presenting their research at the state-level competition. Before beginning a 4-H project, students should contact the appropriate regional fair director listed here to find out what deadlines need to be met for participation. The CSEF provides the opportunity to compete for over \$200,000 in prizes and scholarships.

Participation in a science fair can be a very rewarding experience. However, careful planning and consideration of the rules to ensure the safety of the student researcher and any research subjects is critical to its success.

Information about the rules and regulations that must be followed to participate in a science fair competition can be found at [www.societyforscience.org/isef](http://www.societyforscience.org/isef) under the Rules & Guidelines link.

## Colorado Regional Science Fairs

<b>Arkansas Valley</b> Counties: Crowley, Huerfano, Las Animas, Otero	<b>Pikes Peak</b> Counties: Elbert, El Paso, Park, Teller
<b>Boulder Valley (Corden Pharma)</b> Counties: Boulder, Gilpin	<b>San Juan Basin</b> Counties: Archuleta, Dolores, Hinsdale, La Plata, Montezuma, San Juan
<b>Denver Metro</b> Counties: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Grand, Jefferson, Summit	<b>San Luis Valley</b> Counties: Alamosa, Chaffee, Conejos, Costilla, Mineral, Rio Grande, Saguache
<b>East Central Colorado</b> Counties: Kit Carson, Lincoln	<b>Southeast Colorado</b> Counties: Baca, Bent, Cheyenne, Kiowa, Prowers
<b>Longs Peak</b> Counties: Jackson, Larimer, Weld	<b>Southern Colorado</b> Counties: Custer, Fremont, Pueblo
<b>Morgan/Washington Bi-County</b> Counties: Morgan, Washington	<b>Western Colorado</b> Counties: Delta, Eagle, Garfield, Gunnison, Lake, Mesa, Moffat, Montrose, Ouray, Pitkin, Rio Blanco, Routt, San Miguel
<b>Northeastern Colorado</b> Counties: Logan, Phillips, Sedgwick, Yuma	

*“The Colorado Science and Engineering Fair (CSEF) has been undoubtedly one of the most important events of my young life. I was always a very energetic and curious child, but school and sports were hardly engaging enough for me. Fortunately, my school already had a well established science fair program that my brother had participated in for years, so I was quick to begin my science fair journey in 5th grade. The three most invaluable things provided by the CSEF were the friendships, experience, and opportunities. Living in a small community and going to a small high school meant that I was one of the few students truly interested in science and engineering, but CSEF gave me a place to connect and build lifelong friendships with like-minded peers. Science fair also helped me to refine my skills in research, experimentation, public speaking, presentation design, and coding. But the most important thing that CSEF has given me is the opportunity to succeed, from countless awards to the opportunity to compete at the Intel International Science and Engineering Fair in Phoenix. This year, I was awarded a paid summer internship where, I’m having the time of my life helping to develop a wildfire monitoring drone at the NOAA lab in Boulder. My hard work has already begun to pay off, but I know that my experiences through CSEF will continue to propel me to succeed throughout the rest of my life.”*

**Leighton Burt**  
 CSEF Finalist 2010 - 2017