



My Year in 4-H

Youth Name: _____ Grade in School: _____ Years in 4-H? _____

Name of 4-H Club(s): _____ 4-H Year 20__ to 20__

4-H Club Participation

(Check all that apply)

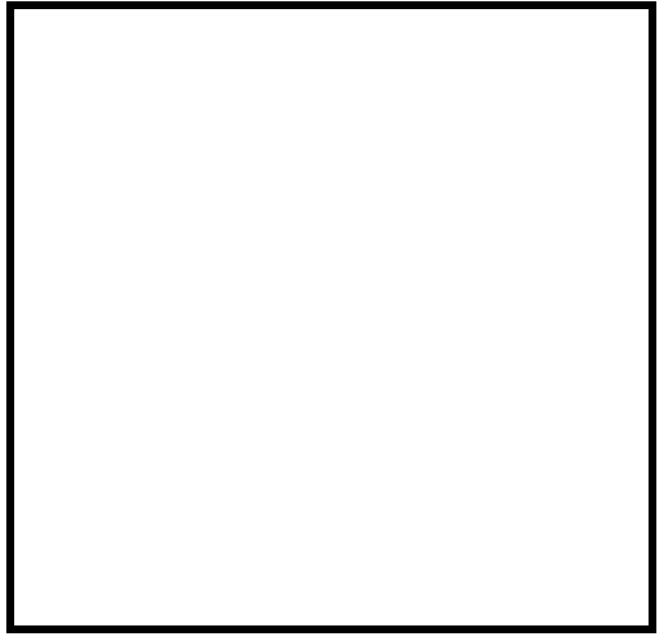
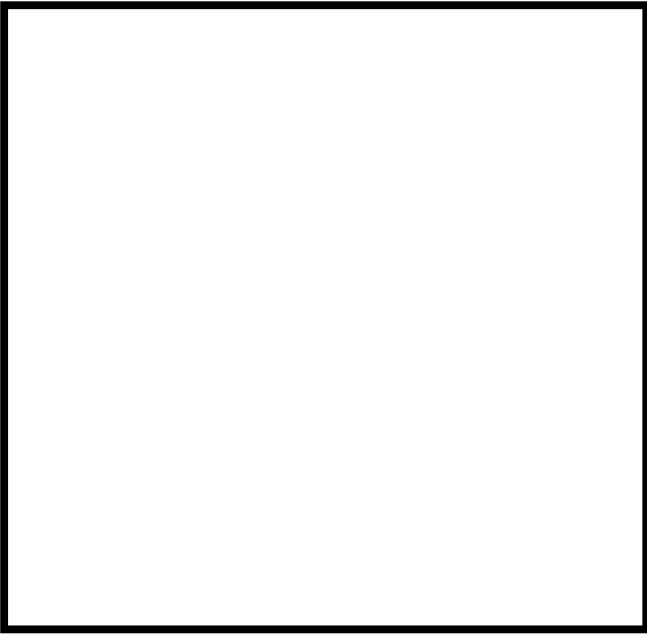
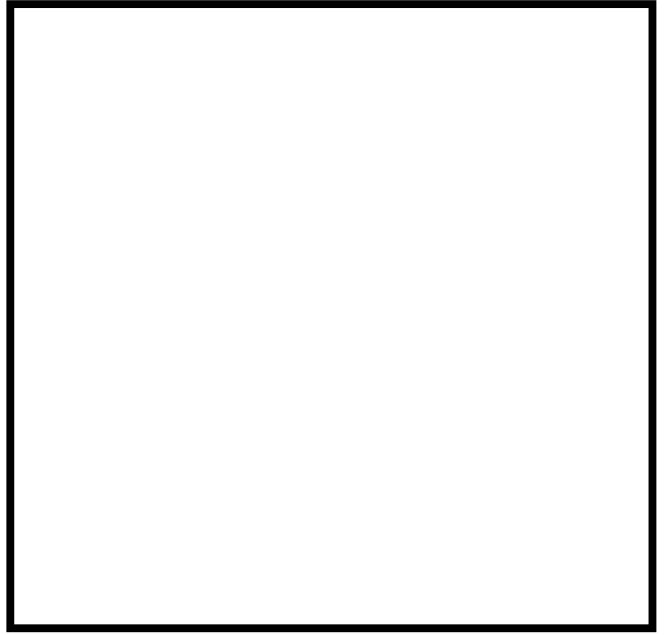
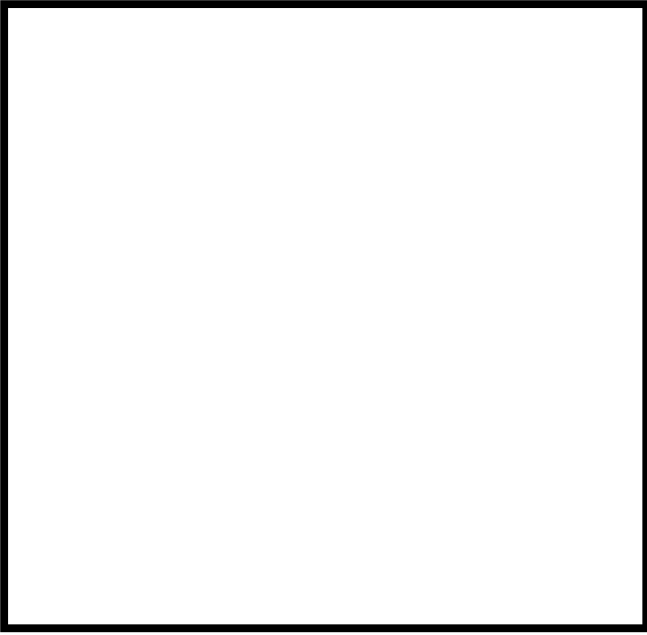
	<p>Elected and served as a 4-H Club Officer</p>	<p><i>Name of office held, include club(s):</i></p>
	<p>County Public Presentation</p>	<p><i>Title</i></p>
	<p>State Public Presentation</p>	<p><i>Title:</i> <i>In person at Rutgers</i> <i>Live Virtual Presentation</i> <i>Submitted Video</i></p>
	<p>Participated in 4-H Club event(s)/fundraiser(s)</p>	<p><i>List Event(s)/Fundraiser(s):</i></p>
	<p>Participated in 4-H Club Community Service Project(s)</p>	<p><i>What did you do? Location & Date? What did you like best about it?</i></p>
	<p>National trip(s)</p>	<p><i>List:</i></p>
	<p>State competition(s)</p>	<p><i>List:</i></p>
	<p>Promoted 4-H in my community <small>(school presentation, parade, educational booth at fair, etc)</small></p>	<p><i>Describe what you did:</i></p>

	Club Officer Workshop		Public Presentation Workshop
	Fairgrounds clean up or other prep activities for annual fair		CMC 4-H Open House
	NJ 4-H Discover the Leader in You (6-8th grade conference)		NJ 4-H Small Animal Symposium
	NJ 4-H South Jersey Teen Conference (8-13 grades)		NJ 4-H Winter Camp
	NJ 4-H Summer Camp		Other:

4-H Story

Summarize your year in 4-H including your goals, accomplishments, awards and recognitions, challenges you faced, activities you enjoyed. Try to include something about each club you belong to. Must be at least 3 paragraphs.

Photos



Self Evaluation

There are many things to learn in 4-H. Check each item below that you learned or improved upon in 4-H during the past year.

HEAD (Independence)

- try something new
- set goals for myself
- plan a project
- keep myself organized
- keep track of finances
- keep records of my work
- gain knowledge of my project
- get more information about something I am interested in
- use resources wisely
- participate in a business meeting
- run a business meeting
- make wise choices and decisions
- solve problems
- learn from my mistakes
- understand that it's ok to change my mind if I need to
- pay attention to instructions

HEART (Belonging)

- speak confidently in front of a group
- give a public presentation
- share my feelings or point of view
- make myself understood without bullying or being loud
- listen to other people
- respect someone else's feelings
- resolve differences of opinion
- appreciate my cultural heritage
- accept people who are different from me
- get along with other kids
- make others feel welcome
- stand up for others
- make new friends
- appreciate the importance of friendships in my life

HANDS (Generosity)

- work within a group
- work within a committee
- work with adults
- get past differences to reach a goal
- help others succeed
- make something with my hands
- explore a career interest
- follow directions
- lead others
- find ways to make a positive contribution to society
- understand the importance of community service
- see that my efforts can make a difference
- take the initiative to start something on my own

HEALTH (Mastery)

- understand my strengths and weaknesses
- finish something I started
- be proud of my accomplishments
- accept change
- see that my character can effect a situation
- take responsibility for my own words and actions
- deal with winning and losing gracefully
- be careful and practice safety
- appreciate the importance of good health
- stay healthy
- feel good about myself

Parent/Guardian Comments

Parent/Guardian Signature

Date

Leader(s) Comments

Leader Signature

Date

Leader Signature

Date

Leader Signature

Date

Leader Signature

Date

Leader Signature

Date