

My 4-H Resume

Name_		Boy	Girl
Date c	of Birth County		
Date I	joined 4-H:		
with y	ecord will be your summary of 4-H work done in all projects for every year you ar our first year and keep it up to date. It will be useful to you to know how much y aplished and could be helpful when you are filling out other forms for 4-H, schoo ther youth programs. It will be fun, too, to look back several years from now to s	ou have I, scholar	ships,
Sugge	stions for use:		
1.	List each year only once on each page at the first entry for that year.		
2.	Most items should only be entered once; however, some things may be listed For example, a speech you gave may be entered both in Section 11 if you gave contest AND in Section 9 as a Communication in 4-H. For major activities, you different aspects of the activity in different sections. As an example, you might did and the hours you worked at a Community Service project in Section 7, but Section 5 under Leadership in 4-H if you were the person responsible for organ	it at you might em enter w t also ent	r county nphasize hat you ter it in
3.	Be as specific and complete with your entries as possible. You want people wh record to understand the extent of what you have done.	o read y	our
4.	Be careful in your use of abbreviations and/or acronyms. Someone reading you not be familiar with those you use, and some have multiple meanings.	ur record	l might
5.	Remember that quality is more important than quantity. Don't put things in yo fill up space.	our recor	d just to



Section 1: 4-H Involvement Summary

List all clubs/groups you are in each year. Try to list clubs in the same order each year.

Year	Grade	Name of Club/Group	Number in	Club/Group Leader or	Meetings		
			Club/Group	Advisor	Held	Attended	
2012-13	9	Oak Grove Clothing Club	9	Mrs. L. Jones	15	12	
	9	Country Critters	8	Mr. Smith	10	9	
2013-14	10	Oak Grove Clothing Club	12	Mrs. L. Jones	15	14	
	10	State Ambassador Team	15	Mr. Brown	8	7	
	10	H. High Tech Wizards	10	Mr. White	15	13	
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Section 2: 4-H Project/Program Summary

List all projects or programs on this page. Show total size or scope of projects by number of animals owned/leased, dishes prepared, meals served, articles made, etc. (not just county fair exhibits).

Year	Name of Project/Unit	Project Size or Scope
		(What I Made, Did, Raised or Cared For)
2012-13	Clothing	1 apron, 2 dresses
	Rabbit	10 does, 3 bucks
2013-14	Photography	350 photos
	Junior Leader	12 members, 10 meetings
	Tech Wizards	Designed a webpage; 2 Remote Operated Vehicles
	YA-4H	Food survey of school



Section 3: Participation in 4-H Activities/Events

Include training activities, workshops, clinics, field trips, and special club or program activities and events. Show where you participated and also indicate things learned. Do not include competitive events.

Year	Kind of Activity	Things Learned	Local/Club		Regional	State	National	International
2012-13	Record Keeping Clinic	Stay up-to-date!		Χ				
	Photography Clinic	How to take better close-ups		Χ				
2013-14	Summer Conference	Self-confidence				Χ		
	4-Н Сатр	How to tie knots			Χ			
	Camp Counselor Training	How to work with younger members			Χ			
	Club Fundraiser Car Wash	How to make a promotional flyer	Χ					
	Robotics Workshop				Χ			
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Section 4: Participation in Other Community Activities/Events

Include your participation in sports, band/choral, school clubs, drama, scouts, and other organizations.

Tell what you did and the time you spent. Check all locations that apply.

You should also include any jobs you've had.

Vaar	Kind of Activity	What I did and time court						1
Year	Kind of Activity	What I did and time spent	Local	County	Regional	State	National	International
2012-13	Soccer Team	80 practices, 20 games, 300 hours	Χ					
	Church Choir	5 performances, 20 hours	Χ		Χ	Χ		
	Ballet	50 lessons, 2 performances, 80 hours			Χ			
2013-14	Soccer Team	120 practices, 20 games, 400 hours	Χ			Χ		
	Work	10 hours/week at McDonalds	Χ					



Section 5: Leadership in 4-H

List all leadership roles you have and describe what responsibilities these entail. Include such things as club officer, camp counselor, junior leader jobs, organizing a clinic, etc.

Year	Leadership Title and Responsibilities	Hours Spent	Number of People Reached
2012-13	Refreshment committee – brought snacks to two meetings	1	14
	Organized clinic on Master Showmanship; contacted presenters, made flyer, arranged for facility	3	50
2013-14	Junior Leader – Sheep club, 8 members, planned and conducted 5 meetings; arranged tour of feed store	15	15
	Camp Counselor – 50 youth, taught crafts	40	50
	Club Secretary – Took notes at 10 meetings	2	14

Section 6: Leadership in Other Organizations

List all leadership roles you have outside of 4-H and describe what responsibilities these entail.

Year	Name of Organization	Leadership Responsibilities	Hours Spent	Number of People Reached
2012-13	Middle School	Student Aid in office; answered phone; greeted visitors	50	1000
2013-14	High School	Student Council Vice-President	20	1000
	Soccer Club	Team Captain	10	20



Section 7: Citizenship/Community Service in 4-H

List 4-H related activities that contributed to the welfare of your club or community.

Be specific about what you actually did.

Year	What I Did as a Club Member and/or Individual		Number of People
			Reached
2012-13	Visited nursing home; introduced my 4-H dog to 4 elderly patients	4	15
	Club assembled Thanksgiving food basket for family of 6	1	6
	County fairgrounds clean-up; weeded flower beds by entrance	3	100
2013-14	Fairgrounds work day; painted beef barns	4	500
	Wrote 10 letters to military with the County Ambassador team	2	20

Section 8: Other Citizenship/Community Service Participatio

List activities you did outside of 4-H that contributed to the welfare of your community.

Do not include anything you were paid to do.

Year	What I Did as an Individual or with Another Group		Number of People
		Served	Reached
2012-13	Did yard work for elderly neighbors	5	2
	Made campaign posters for school board candidate	4	10
2013-14	Oregon beach clean-up with church youth group	5	1000
	Donated food for school drive	1	100



Section 9: Communications in 4-H

Include presentations, public speeches, impromptu speeches, camp skits, educational displays, newspaper articles, radio spots, posters, etc. that are done in or about 4-H.

Year	Type of Communication	Topic	Times Given	Location	Size of Audience
2012-13	Demonstration	How to Straighten Material	2	Club & County	73
2012 13	Newspaper Article	International Exchange	1	Oregonian	185,000
2013-14	Illustrated Talk	Bathing a Sheep	3	Club, County, and	15
				State Fair	
	Educational Display	Breeds of Sheep	2	Co.and State Fair	2000
	Video	How to Shear a Sheep	N/A	You-Tube	86 views
	Speech to Rotary Club	What 4-H Has Taught Me	1	County	25
	Interview Judging	Photo, Art, and Science	3	County	6
	Oral Reasons	Livestock Judging Contest	3	County	1



Section 10: Communications in Other Organizations

List all types of communication not related to 4-H.

Year	Type of	Topic	Times	Location	Size of Audience
	Communication		Given		
2012-13	Oral Book Report	Oregon Trail	1	School	35
	Scripture Reading	Different each week	10	Church	150
2013-14	Science Fair Display	Recycling Study	1	School	30
	TV Story	Interviewed regarding soccer team	1	KGW TV	5000
	Web site	FFA chapter information	N/A	www	50 members

Section 11: Participation in 4-H Contests/Competitions

List all contests/competitions you entered in 4-H. Include a brief description of the class name. Championships and other special awards should be listed in Section 13.

Year	Event and Level	Exhibits or Division Shown	Ribbon(s) Received or Placings
2012-13	County Fair	Horse: showmanship, western equitation, trail, ground training, jumping, dressage	3 blues, 2 reds, 1 white
	County Fair	Sheep: showmanship, market lamb	2 blues, I red
	County Fair	Clothing: 1 dress phase 2; 2 articles for home	1 blue, 2 reds
2013-14	County Judging Contest	Livestock	1 blue
	County Presentation Contest	Illustrated Talk	1 blue
	Spring Horse Classic - State	Illustrated Talk	3 rd place individual presentation
	County Fair	Photography: series, nature, special effects	1 blue; 2 reds
	State Fair	Photography: 1 nature photo	1 red



Section 12: Participation in Other Contests/Competitions

List all contests/competitions you entered outside of 4-H.

Year	Contest/Event	Recognition Received (if any)	Local	County	Regional	State	National	International
2012-13	Chess Tournament	3 rd place	Χ					
2013-14	FFA Livestock Judging	2 nd place team				Χ		
	Mid-Valley Paint Show	4 th place English Equitation			Χ			
	State Debate finals	Participant; did not place				Χ		
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Section 13: 4-H Recognition

List important 4-H recognition (awards, championships, medallions, scholarships, advancement completion certificates, etc.) Do not include ribbons listed in Section 11.

Year	Type of Recognition
2012-13	Livestock Advancement Certificate – Step 1
	Top Intermediate Record Book
	County Fair Intermediate Sheep Showmanship – Champion
2013-14	County Medal – Sheep
	National 4-H Conference Delegate
	Selected for State 4-H Ambassador Team



Section 14: Other Recognition

List important recognition given by groups other than 4-H. Do not list awards listed in Section 12.

Year	Type of Recognition
2013-13	Spelling Champion for Grade 9
	Student of the Month for March
	First Aid Certificate
2013-14	Eagle Scout Rank
	Hunter Safety Certificate

