

# 4-H Memories: My 4-H Resume

## What is the Resume?

My 4-H Resume is a portfolio of all your activities both in and out of 4-H. It is a summary of all your 4-H work done in all projects, for each year you are enrolled in 4-H. It will be useful for you to know how much you have accomplished and could be helpful when you are filling out other forms for 4-H, school, scholarships, and other youth programs. It will be fun, too, to look back several years from now to see what you did.

## Getting Started

The 4-H Year begins October 1 and ends on September 30. New members start at the time of enrollment. If you are new to doing records you are not required to do previous years except by choice. You may just begin with your current year of participation.

Age 9 is the earliest year that should be included in the Resume. Keep memories of your Cloverbud years in a separate scrapbook.

My 4-H Resume forms are available on the Oregon 4-H Website. Use only the state approved forms! They are available in multiple formats so you can choose to print them out and fill them in by hand or you may download the forms and type them on a computer. **DO NOT MODIFY THE FORMS** – make sure that when they print they look like the template. If you use the Microsoft Word version of the forms, use a normal font size 10, 11, or 12. You may adjust the number of lines per row in Word as long as the rest of the table fits on the page.

My 4-H Resume has 14 Sections to capture all of your experiences and you must include them all, even if some are blank during your first years in 4-H. If you fill up the first page of any section, you must print or download the “individual” pages to continue each section. My 4-H Resume is available online at <http://extension.oregonstate.edu/clackamas/4h/recordbooks>.



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UNIVERSITY

## General Tips and Tricks

- List the year (2016-17, for example) once with the first entry in each section each year.
- All pages must be single-sided. Keep all pages of each section together.
- Be as specific and complete with your entries as possible. You want people who read your records to understand what you have done.
- Be careful with your use of abbreviations and acronyms. Someone reading your record might not be familiar with those you use, and some have multiple meanings. A good rule of thumb is to spell out an acronym the first time you use it in each section.
- Each activity should be entered only once. Choose the section where it fits the best. If an activity had several parts to it, you can choose to enter the parts as separate entries in different sections. (Find more information on the page after the Section 5 examples)
- Quality is more important than quantity. Don't put things in your Resume just to fill up space. Similar items might be grouped together in a single entry.
- Include ALL your 4-H projects and experiences, even if you did not exhibit at fair or decided later not to finish the project.
- If you have a hard time explaining something in your Resume, make sure to write about it in your 4-H Story.
- Use action words that describe your role or level of participation. Avoid repeating words like "helped", "went to", and "did."
- You should fill out all columns for each entry. In some cases, you may need to make an estimate (an "educated guess") about the information. If the field really does not fit your entry, you can enter "N/A" which means "not applicable."

## 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	Club/Group Leader or Advisor	Meetings	
					Held	Attended
2016-17	8	Rabbit Rebels	15	Mrs. Hopper	42	32
		Independent Member	1	Kevin Solo	6	6
2017-18	9	Rabbit Rebels	15	Mrs. Hopper	44	36
		Independent Member	2	Kevin Solo	8	8
2018-19	10	Camp Counselor Club	10	Mr. Victor Muñoz	7	6

### Tips and Tricks:

- List the years and your grade only once at the beginning with the first entry for that year.
- List the grade you were in as of October 1 at the start of each 4-H year. If you are homeschooled, use the grade your peers are in. List only one grade per year, even if it changed later in the year.
- List the clubs in the same order each year. Drop names of clubs of which you are no longer a member and add new clubs that you have joined.
- If you enrolled in one or more projects as an independent member, list “Independent Member” as the Name of Club / Group and list your Advisor’s name. Number in Club Group can include other independent members that met with you and your advisor. For “Meetings” you can report the number of times you planned and met with your advisor to work on 4-H. (NOTE: not all counties allow independent membership)
- Your club or group probably has several leaders. Choose one leader to list here.

### Need more ideas?

**What counts as a club or group?** A club or group meets at least 6 times during the year, has one or more staff or volunteer advisors, and is an official 4-H program of the OSU Extension Service. If you aren't sure if your group qualifies, ask your county Extension office.

### My Notes and Ideas:

## 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)
2016-17	Forestry	Collected 27 samples, one forestry binder
	Swine	2 market hogs
	Horse	1 paint mare (performance), 1 pony (driving)
	County Ambassador	1 fundraiser, 3 promo events, 1 retreat
	Horticulture	20'x20' veggie gard., 2 containers, 10 var. flowers
	Vet Science	Level 1 workbook, 4 family dogs
	Shotgun	10 practices, 1 mail-in tournament, 1 state shoot
	Science Outreach Program	Lego robotics, maker fair, electricity, geocaching

### Tips and Tricks:

**What counts as a 4-H Project or Program?** If you filled out a 4-H Club enrollment, you listed your project areas. Each of those should be listed on this page. If you were in a different type of 4-H group, the Program is usually part of the group's name. Ask your county Extension office if you are not sure which projects and programs you are in.

- Keep projects in the same order each year, leaving out old ones and adding new ones at the bottom of the list.
- List each project on one line. Do not group projects.
- Entering an item in the fair does not mean you were enrolled in a project. For example, you would not list Educational Displays, Recycling, or Public Speaking here UNLESS you had listed that project on your 4-H Club enrollment form at the beginning of the 4-H year. Exhibits and Contests that are "Open to all 4-H members" can be reported in other sections.
- Project Size is the total number of all the items you made or animals you worked with – NOT just the number you took to fair.
- Some project areas may also be leadership or service roles. Make sure to list your duties or activities more fully in the sections of the Resume for leadership, citizenship, and communications. Not all leadership activities are Projects.

### **Need more ideas?**

Ask yourself questions like these to figure out your Project Size and Scope:

- How many items did I make in this project? Am I remembering gifts and items I made for myself as well as items that were judged?
- If I'm in Food and Nutrition, how many total dishes did I make? Did I make meals for my family? Pack lunches for myself? Practice a dish multiple times before a Food Contest?
- How many photos are on my camera? How many did I have to take before I found a few that were special? How many of these photos did I enlarge, turn into gifts or displays, and enter in competitions?
- How many animals were part of this 4-H project? Am I including the ones that I personally took care of, even if I didn't show them? I am including the animals that I leased, owned, had until it died, bought, sold, kept, or bred throughout the year? Am I careful NOT to list an animal that I used specifically for FFA, or one that is used exclusively by another person?
- In my leadership or service projects or programs, how many people did I reach? How many meetings or events did I lead?

### **My Notes and Ideas:**

### 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	County	Regional	State	National	International
2016-17	Photography field trip to park	Get up close to see leaf details	X					
	Citizenship Washington Focus	How bills are passed in congress					X	
	Pacific Intl Livestock Show	Saw unique breeds of livestock						X
2017-18	4-H WORLD leadership retreat	Public speaking tips			X			
	County 4-H Awards Night	There are scholarships for 12 <sup>th</sup> graders		X				
	4-H Fall Festival	Made a potholder and learned about being a 4-H Camp Counselor		X				
	Attend Dog Advisory meetings	It takes a lot of money to run fair		X				

#### Tips and Tricks:

- List events that were organized by 4-H or that you did together with a 4-H group. Follow these guidelines:
  - If the event was run or sanctioned by a 4-H group (a club or by the county, state or national 4-H program), you list it here whether you went by yourself or with a group.
  - If you went to an event with an organized 4-H group, even though the event was not run by 4-H, you list it in this section.
  - All other events, even if they relate to your 4-H projects, go in **Section 4**.
- If you do the same activity more than once, share something new in “Things Learned”
- Make sure to check the box to show the level.
- If you competed in an event (County or State Fair, 4-H or open show, Make It With Wool, etc.) it does NOT get listed in this section. List competitions in **Section 11** and **Section 12**.
- It is better to list service events (food drives, visits to nursing homes, fundraisers for charities, parades, and 4-H promotion) in **Section 7** and not in this section.

## Need more ideas?

### **Workshops and Clinics:**

Sewing clinic  
Presentation workshop  
4-H Learning Day  
Field day workshop  
Livestock clinic  
Judging clinic  
Camp Counselor training  
Horse clinic  
Food workshop  
Record book workshop  
Photography clinic  
Statewide Judge Training

### **Events:**

4-H Exchange programs  
OSU Summer Conference  
4-H Camp  
Leadership retreat  
Awards reception  
National 4-H Conference  
National 4-H Congress

### **Activities:**

Project Demonstrations  
New member orientation  
Club social activities  
Club fundraiser  
Consumer education  
Market animal weigh-in  
“Fun” classes (relays, costumes, etc.) that were not judged  
Club trail rides

### **Field Trips:**

Fabric / clothing tour  
4-H photography excursion  
Farm tour  
Vet hospital tour  
Tour of a local business  
Museums  
Attending competitions to watch (not compete)  
State Fair (if you did not show)  
Judging contest practice

## My Notes and Ideas:



## 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.

Year	Kind of Activity	What I did and time spent	Local	County	Regional	State	National	International
2016-17	Girl Scouts Troup	20 meetings, 50 hours, 3 service days	X					
	Girl Scout Camp	5 day science camp			X			
	Piano Lessons	45 lessons, 100 hours practice, 1 recital	x					
2017-18	Polk Middle School Chess Club	8 meetings, 1 workshop, 15 hours	X					
	Babysitting for neighbor	Paid to watch 2 children, 22 hours total	X					

### Tips and Tricks:

- Any activity that is not part of your 4-H involvement goes in this section. If you can't find a home for the activity anywhere else in your Resume, put it here.
- Quantify your involvement: number of practices, games, hours, performances, lessons, hours worked
  - Local = your community, your school, your neighborhood. Any activity that is smaller than county-wide.
  - County = your county, or possibly your city or school district if they include most of the county.
  - Regional = multicounty, multicity, may include participants from bordering states.
  - State = Statewide.
  - National = Multiple states participate.
  - International = Multiple countries participate.
- Attendance and results of competitive activities goes in **Section 12**.

### Need more ideas?

What activities did you do at school and in your community? Examples:

School clubs and committees	Church choir or music ensemble
Member of Honor Society	Dance / music lessons and groups
Cheerleader, color guard, dance team	Member of any breed / species association
Speech / debate teams	Sports teams
School choir / band membership	Member of community club
Play rehearsals	Church youth group, AWANAS
Private performances / recitals	Conventions
Performances you were paid for	Workshops, clinics ,and trainings
Fun runs and marathons	Camps
Park and recreation programs	Exchange programs
Other youth organizations (FFA, Camp Fire, Scouts, Explorers)	Member of any court (homecoming, rodeo, festival)
Internships (paid or unpaid)	Participation in promotional events for a business
Paid work, including small jobs	

### My Notes and Ideas:

## 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
2016-17	Led the 4-H Pledge at 2 club meetings.	1	9
	Youth Awards Committee for Livestock Advisory: Decided we wanted belt buckles instead of trophies. Made report to Livestock Advisory. Made list of people we thought would donate money.	2	17 advisory members
2017-18	New Member Mentor: Assigned two new, Junior rabbit members. One-on-one teaching about how to do showmanship and groom their rabbit, remind them about forms due, check in daily at County Fair.	7	2 members
	Robotics workshop at 4-H Summer Conference: Submitted proposal, planned agenda, gathered supplies, recruited my dad to help me teach 90 minute workshop.	5	26
	Dog obedience demonstration at retirement community: Five club members and I took our dogs to a Summerplace Community meeting. We showed the seniors how to train dogs to walk on a leash without pulling.	2	5 4-Hers and 20 seniors

### Tips and Tricks:

- It can be a role you did within a 4-H program or sharing your 4-H project with other groups.
- Identify the things you have done in 4-H where you planned, organized or gave direction.
- Use action words and be specific!
- List your duties, responsibilities, hours, and number of people you led / helped.
- For bigger leadership tasks, state the activity or your title followed by your duties. You may need more than one line to describe what you did.
- As you grow your leadership roles will grow. Younger / newer members may have different experiences and levels of responsibility than older / experienced members.
- “Hours spent” includes the time you spent planning and preparing plus the event itself.
- “People reached” should be the number of people directly impacted by your work. It does not include bystanders or people who indirectly benefit from your work. You can estimate if you don’t know the exact number. Count each person once, even if you interacted with them more than once. Describe your audience if it is not clear.

## Need more ideas?

### Examples:

Club committee member or chair	Junior or Teen Leader
4-H State Ambassador Team	Junior Superintendent
Advisory Committee member	Organizer of any 4-H activity
4-H Camp Counselor	Teaching others any 4-H project
Clerk at a show or Fair	Leadership role at County / State Fair
Club officer	County Ambassador or Leadership Group
Special duties assigned by your club	Workshop / clinic organizer or presenter
County Association Youth Representative	State Development Committee Youth Rep
Event emcee (facilitator, controls program timing)	Mentoring and one-on-one instruction
Led part of a 4-H meeting	Hand out ribbons or help in the show ring

## My Notes and Ideas:

## What if I LED a SERVICE activity? Where does that go?

Sometimes your involvement in an activity falls into more than one category. In most cases, you will list it in only one section, the section where it is strongest and fits best. If the activity involved multiple kinds of participation from you, you can separate out the parts and list them in different sections. Here's an example:

Luis is a Junior Leader in his Horticulture club. He volunteered to lead his club's service activity. He worked with the members to choose the activity, which was to glean produce from a local farm and donate it to their town's food pantry. Luis talked to local farmers and found one that was excited about the project. Next he organized transportation and reminded members the day before the service project. The whole club, a total of 33 leaders, parents, members, and Luis himself spent 3 hours gleaning the vegetables. Then they all went to the food pantry together to deliver the food.

So, how does Luis put this in his Resume? He might do it like this:

In **Section 5, Leadership** in 4-H, he writes:

Year	Leadership Title and Responsibilities	Hours Spent	Number of People Reached
2016-17	Led Club Service Activity: gave options to club and they decided to glean food. Found a farmer to donate food. Organized gleaning day and reminded members to come. Called food pantry to set up a drop off time.	6	33

In **Section 7, Citizenship/Community Service in 4-H**, Luis entered:

Year	What I Did as a Club Member and/or Individual	Hours Served	Number of People Reached
2016-17	Gleaning for the Food Pantry: My club harvested vegetables left in the field and donated 430 pounds of food to our local food pantry. The pantry told us that would go to 600 people.	4	600

In this way, Luis has created one entry that explains his leadership role and a separate entry for his personal involvement in the service activity. He split apart the time needed for each part of the project so that he is not double-counting his efforts.

## 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
2016-17	American Rabbit Breeders Assoc. (ARBA)	Clerk for the judge at the ARBA state convention. Took notes for the judge and turned in results to show committee.	4	89 exhibitors
	Central Christian Church	Led a craft for Vacation Bible School. Practiced craft ahead of time. Got paint and glue. Taught 19 kids ages 5-8.	3	19
2017-18	Relay for Life	Team Captain: recruited 13 team members. Solicited \$1022 in donations for our team (44 donors). Ordered team t-shirts and water bottles.	28	57 team members & donors
	JROTC	Junior Reserve Officer Training Corps. Attended 7 meetings and learned about military organization and leadership skills.	10	45 club members
	Boy Scouts	Eagle Scout project: Built a new interpretive trail at the county nature preserve. Interviewed park director to plan project. Got supplies donated. Held work day with three local scout troops. Made maps and signs.	80	100, plus 200 hikers per year

### Tips and Tricks:

- If you are planning, organizing, teaching, or directing, ANYTHING NON-4-H it goes on this page.
- Use action words and be specific!
- List the organization, your duties, responsibilities, hours, and number of people you led / helped.
- For bigger leadership tasks, state the activity or your title followed by your duties. You may need more than one line to describe what you did.
- As you grow, your leadership roles will grow. Younger / newer members may have different experiences and levels of responsibility than older / experienced members.
- “Hours spent” includes the time you spent planning and preparing plus the event itself.
- “People reached” should be the number of people directly impacted by your work. It does not include bystanders or people who indirectly benefit from your work. You can estimate if you don’t know the exact number. Count each person once, even if you interacted with them more than once. Describe your audience if it is not clear.

## Need more ideas?

### Examples:

Activity coordinator (school, church, any club)	Editor of school paper, website, yearbook
Section leader in a band or choir	Sports team manager, scorekeeper, etc.
Senior capstone project for school	Officer in other youth organizations
Eagle Scout, Gold Award, etc. projects	Officer of school club
Dance team / Cheer / Sports Team captain	Clerk or helper at a non-4-H show
Committee chair or member	Anti-bullying leader or conflict mediator
Drama director / stage manager	Fundraising coordinator
Camp Counselor (Outdoor School, church, band)	Office helper or teacher's aide
Workshop / clinic organizer or presenter	Student council officer / member
FFA, FBLA, DECA, etc. leadership	Sunday School aide / teacher

## My Notes and Ideas:

## 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	Hours Served	Number of People Reached
2016-17	Represented 4-H at a County Commissioners meeting. Thanked them for supporting 4-H and showed my rabbit.	1/2	30 (plus online viewers)
	4-H Club entry in the annual Robin Hood Parade. We wore costumes and walked our goats. We carried our club banner.	4	2500
	Volunteered in the OSU Extension Booth at the Spring Garden Fair. Talked with people about 4-H and handed out brochures.	2	50
2017-18	Volunteered at the County Dog Shelter. Used my 4-H dog project skills to socialize and exercise dogs. I go every week for two hours.	100	10 shelter workers, 40 dogs
	Our 4-H Club made decorations for the Providence Festival of Trees. Our families donated \$265 of cash and items that we used to make ornaments. The ornaments were used as decorations at the public event. The Festival raised over \$250,000 for cancer research.	8	6000 festival attendees
	Testified at an Oregon Senate Ways and Means committee field hearing about the value of 4-H and funding for the OSU Extension Service. Also provided written testimony.	4	350

### Tips and Tricks:

- This section includes 4-H activities that contribute to the welfare of others, demonstrations of pride in your community or its members, and political activism.
- These can be done in a group or as an individual. Entries on this page must be part of your 4-H experience – they are done with a 4-H group, for a 4-H group, or as an individual if it relates to your 4-H project.
- Helping your family is not a Community Service.
- Fundraising:
  - If the money is for your club or a 4-H program in which you participate, it goes in **Section 3**, not in this section.
  - Personal financial gain should not be listed on this page. List paid work in **Section 4**.
  - If the money was collected by or for a charitable organization or cause, list the amount collected, who it benefited, and a description of what you did.
- Indicate time spent in hours or days and the number of people reached. You can estimate or round the numbers. The number of people reached sometimes is the number that attend the event. You could ask the organization you helped to get an estimate of this number. For fundraising, the organization may be able to tell you how many people benefit from that amount of money.
- If you take a leadership role in planning or organizing the activity, it may also be listed under 4-H Leadership.
- The “Need More Ideas?” list on page 17 has suggestions that might be entered in either this section or **Section 8**.



## Need more ideas for Sections 7 and 8?

Remember, to enter in **Section 7** there needs to be a 4-H component to the work.

### Common 4-H Examples:

Help at 4-H recognition event	Clerking for judge at a show
Ring steward at a show	Fair ribbon / award person at Fair
Stuff envelopes for 4-H office	Promote 4-H at Back-to-School night
Wrote a letter to donors or stakeholders about the impacts of 4-H	Volunteer at the Fair Office
Advocated for public funding for 4-H and the Extension Service	4-H club promotion at community Latino festival

### Common Examples which could be 4-H or with Other groups:

Parades and promotional events representing 4-H or a community group	Bake cookies for bake sale
Park / community clean-up	Petting zoo participant
Food drives by 4-H club or other group	Sell tickets for basket raffle
Plant trees or shrubs in public area	Sell fundraiser items (for a charity)
Visiting nursing home with your animal	Make lap blankets to donate
Trick-or-treat for UNICEF	Marches and demonstrations
Service to veterans	Volunteer at a historical site or reenactment
Putting out flags at a cemetery	Assisting the needy or handicapped
Service at a nursing home, hospital, retirement community or care center	Create and donate a raffle basket
Visit nursing home or elderly	Performing at a community concert (if you were a volunteer performer)
Drama or dance productions (if you were a volunteer performer)	Food server at a community event
Stuff envelopes for a non-profit	Volunteer at soup kitchens and homeless shelters
	Extraordinary help for an individual in need

### Common Examples with Other groups:

Political campaign worker	Help at a church event
School fundraiser	Scout projects

## My Notes and Ideas:

## Section 8: Other Citizenship/Community Service Participation

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	Hours Served	Number of People Reached
2016-17	Race for the Cure. Participated in the 5K run in memory of my grandma. \$35 registration funds breast cancer screening.	2	Funds 1 screening
	3 public performances with my high school Chamber Choir.	6	550
2017-18	Built a new trail in the county riverside park as my Eagle Scout project.	20	1,000 per year
	Church basketball team rummage sale. Raised funds for new uniforms. Earned \$499.05.	8	12 team members

### Tips and Tricks:

- This section includes activities that contribute to the welfare of others, demonstrations of pride in your community or its members, and political activism.
- List activities you did as an individual or with another group outside of 4-H.
- Helping your family is not a Community Service.
- **Fundraising:**
  - Personal financial gain should not be listed on this page. You can list paid work in **Section 4**.
  - If the money was collected by or for a charitable organization or cause, list the amount collected, who it benefited, and a description of what you did.
- Indicate time spent in hours or days and the number of people reached. You can estimate or round the numbers. The number of people reached sometimes is the number that attend the event. You could ask the organization you helped to get an estimate of this number. For fundraising, the organization may be able to tell you how many people benefit from that amount of money.
- If you take a leadership role in planning or organizing the activity, it may also be listed in **Section 6, Leadership in Other Organizations**.
- The “Need More Ideas?” list on page 17 has suggestions that might be entered in either this section or **Section 7**.

### My Notes and Ideas:

## 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
2016-17	Demonstration	Showmanship Techniques	1	Club	11
	Posts to the Outdoor Lovers 4-H Club	Club meeting and activity reminders	20	Instagram	15
2017-18	Impromptu speech	Reasons to join 4-H	1	County Fair	8
	Camp skits	Camp rules, announcements, cabin skit	3	Tri-county 4-H camp	210
	Demonstration	Making healthy smoothies	4	Club, County Fair, State Fair, 4-H promo day	45
	Group presentation to the Oregon Department of Agriculture	Consumer education about GMO foods	1	4-H Youth Voices in Action, Salem,	150
	Poster	The meaning of 4-H ribbon colors	1	County Fair	3,000 people per year

### Tips and Tricks:

- Include type of communication, title / topic, number of times you have given this communication, location of your communication event (4-H club meeting, County Fair, State Fair, etc.) and the number of people in attendance (this is normally an estimated number).
- Includes communications about 4-H to non-4-H groups.
- Presentations are planned talks that include an introduction, body, and conclusion. Categories include:
  - Demonstrations: Show and tell how you actually do something
  - Illustrated Talk: Uses slides, PowerPoint, pictures, charts, or models
  - Speech: Talking to an audience without using props
- Impromptu talks are those not prepared in advance. This includes times you are “up front” talking about 4-H to community groups or giving “off the cuff” talks when the 4-H leader asks you to explain something.
- Oral reasons given during a judging contest or team practice can be listed here.
- Interview judging is when static exhibits are judged by having a conversation with the judge about the creation of the exhibit and skills learned.
- Communications shared online should be included here.
- For news stories, indicate your primary role. Did you write the article or produce the video? Were you featured in the story? Were you quoted in the story? Was your photo or image shown?

### **Need more ideas?**

- Reading Fashion Revue commentaries
- Reading and / or writing scripts for 4-H awards night or public programs
- Social media posts on behalf of a 4-H group
- Educational displays that are part of your club's fair decorations or are shared at public events
- Correspondence or thank you notes on behalf of a group

### **My Notes and Ideas:**

## Section 10: Communications in Other Organizations

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

Year	Type of Communicat	Topic	Times Given	Location	Size of Audience
2016-17	Campaign speech	My credentials for state FFA secretary	1	State Convention	850
	Online advertisement	Settlers of Catan tournament	n/a	Posted on web and shared on Facebook	400 reached
2017-18	Announcer for Softball	Live commentary	6	School	375
	Doernbecher radio ad	Promote donations	1 ad ran for 2 months	KEX radio	3,000 per play
	Podcast	School science fair recap	1	School website	29 downloads

### Tips and Tricks:

- List all communications to groups or to the general public. Includes any public appearances that do not go under **Section 9**.
- Include oral speeches and presentations.
- Include media stories, whether print, televised, or online. List your communication role – author, producer, interviewee, you image was displayed, etc.
- Online communications include blogs, social media, and websites.

## Need more ideas?

### Examples of activities that might involve communications:

School speech or book report	Oral reasons
Camp skit	FFA / DECA / FBLA
Religious groups	Radio / TV
Advertising an activity or business	Rotary / Kiwanis
Information booths	School yearbook
V.F.W. / American Legion	Toastmasters
Newspapers and newsletters	Youth groups
School clubs and student council	Announcing at sport events or shows

## My Notes and Ideas:

## 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
2016-17	County Fair	Educational Display (dog breeds); Science Display (bread yeast)	1 blue; 1 red
		Performing Art: piano solo	1 blue
		Iron Chef Contest; Foods of the Pacific Northwest Contest (Vegetable dish)	Winning team; 1 red
	County Record Evaluation	1 Record Book	Silver Seal
2017-18	County Horse Prefair	Horse: Showmanship, Walk-trot western Eq, Trail, Herdsmanship	1 white, 1 red, 1 red, 1 blue
	Hoppin' Into Spring Small Animal Show - Regional	Rabbit Mini lop Sr. Doe: conformation, showmanship	1 red, 1 blue
		Cavy Teddy Boar: conformation,	1 DQ, 1 red
	4-H Shooting Sports National Championships	Smallbore Rifle	14 <sup>th</sup> place out of 103

### Tips and Tricks:

- List articles, animals, and contests you entered in an event organized by 4-H. The event must be judged. “Fun” classes, public exhibitions, “people’s choice” events, and other activities that are not judged go in **Section 3**.
- If the competition was NOT organized by 4-H, it goes in **Section 12**. This is true even if you are using your 4-H animal, or it relates to your 4-H project, or if the event run by an outside group but offers a “4-H” class.
- List each event once per year. If you participated in multiple projects at that event, you should list them on separate lines in columns 3 and 4.
- If the event name doesn’t clearly indicate the level, add it after the event name. Typical levels are: Local, County, Regional, State, and National.
- List your classes, not just the project area or topic. You can include a short description of the article, animal, or contest.
- Include any classes that were judged, even if they were not part of a 4-H project. You do not need to have a Project Record for these non-project specific classes. Common examples are Educational Displays and Presentations.
- If the event gave out awards based on scores or standards (Blue / Red / White / Participation ribbons, gold / silver / bronze seals, etc.), list those in the “Ribbon(s) Received” column. If the event used numerical placings instead, list your placing (1st, 2nd, 3rd, etc.) in that column. All other special awards, championships, or titles belong in **Section 13**.

- It's nice to see which awards go with which classes. If you can, list your classes and awards in the same order.

### Need more ideas?

**Project areas** – check with your County Extension Office for a list of project areas.

**County Fair classes** – check your 4-H County Fair book for a list of classes, including classes open to members in any project area

**Examples:**

Showmanship

Conformation

Performance classes (obedience, riding, obstacle class)

Quiz bowl events

Static exhibits

FCS Challenge

Shooting sports competitions

Record books

Identification (ID) contests

Food Preparation contests

Herdsmanship

Judging contests (Horse, Livestock, Dairy, etc.)

Presentation contests

Fashion Revue

### My Notes and Ideas:



## 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
2016-17	District OHSET Meet	1 <sup>st</sup> – IHOR (In-Hand Obstacle Relay), Pony Driving. 5 <sup>th</sup> – Team Penning.			X			
	Oregon Special Olympics	Shot Put – Gold Medal				X		
2017-18	5K Color Run	3 <sup>rd</sup> place, Men ages 13-17	X					
	Middle School Soccer Team – 10 district games	3-6-1 record		X				
	County Fair – Open Class Photography	2 <sup>nd</sup> place, youth division		X				
	Pacific International Livestock Expo – Beef Cattle	6 <sup>th</sup> place Simmental heifer calf. Junior Cow and Senior Cow did not place.					X	

### Tips and Tricks:

- Any competition, contest, or judged event that is not organized by 4-H is listed in this section. This includes competitions open to the general public, school competitions, sports, and contests organized by other youth organizations.
- List the title of the event. Include the group sponsoring the event if there is one.
- List the basic level of recognition you received. This is usually a participation award or numerical placing. Special awards (high-points, sportsmanship awards, titles, badges, etc.) are not listed here – put them in **Section 14**.
- Check the appropriate level. Use Regional when multiple counties, districts, or cities are involved. A Regional event might include more than one state. National events typically include multiple states.
- Contest can be for individual or team events

### Need more ideas?

Here are some examples of judged competitive events:

- |  |   |
|--|---|
| Dance team competitions  | Music solo and ensemble contests  |
| Open shows   | Juried art and creative writing exhibitions   |
| Competitions for videos or films   | FFA local, state, and national contests   |
| Athletic meets, games and tournaments<br>(but participation and practice goes in<br><b>Section 4</b> ) | Social media, poster competitions, and<br>publicity contests (if they are judged, not<br>chosen by public vote) |
| Knowledge competitions, science bowl,<br>spelling bees, and problem-solving<br>contests                | DECA, FBLA, and other student leadership<br>organization competitions   |
| Speech and debate competitions, public<br>speaking contests  | Essay contests  |
|  | Robotic competitions  |
|  | Gaming tournaments  |

### My Notes and Ideas:

### 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
2016-17	Best Cookies award, County Fair, \$10 cash award donated by the Extension FCE group.
	Grand Champion Market Steer, County Fair, champion ribbon and belt buckle.
	2 <sup>nd</sup> place individual at State 4-H Livestock Judging Contest. Selected to represent Oregon at the National 4-H Livestock Judging Contest in Louisville, KY.
2017-18	Senior Food Preservation Gift basket: Reserve Champion at County Fair. Selected for State Fair. Medallion winner at State Fair.
	Voted "Most Improved New Member" by my club.
	Awarded the Kate Theiss state scholarship to attend the 4-H Youth Voices in Action conference in Salem.

#### Tips and Tricks:

- If you were singled out for some reason, that is an honor. This is the place for those special awards and recognitions you have received in 4-H.
- Include recognition at any level, from club awards to national honors, that was given by 4-H.
- If you had to apply to attend a conference, trip, or special event, and there were limited spots available, then being selected to attend is a form of recognition.
- Describe the name and type of recognition, the level (club, county, state, etc.), and what you were given (trip, money, trophy, ribbon, certificate, etc.). You might also say what group selected the award winner or who donated the award.

## Need more ideas?

### Examples:

4-H Citizenship and Leadership Awards	Master Showmanship participant / winner
Any “call back”	Special trophies / ribbons / award certificates
County medal (any project area)	National 4-H Congress or Conference delegate
Medallions, special award items, or cash	Project chosen for State Fair (any project)
Champion / Reserve Champion ribbon	Merit-based scholarship to attend an event
4-H college scholarship winner	Club awards
Qualified for a state or national competition or team	Record book special awards
Selected for State 4-H Ambassador Team	Advancement certificates
Sportsmanship or appreciation awards	Top club herdsmanship
“People’s Choice” and popular vote awards	High-point or overall awards
Judge’s Choice or Evaluator’s Choice Awards	

## My Notes and Ideas:

## 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
2016-17	Passed FFA Tractor Certification.
	Earned Canine Good Citizenship award with my dog.
	Perfect attendance certificate. Washington Elementary School.
2017-18	Outstanding Kid Award from Pamplin Media Group for my school nutrition campaign. Showcased in local newspapers, award ceremony at OMSI.
	Gates Scholarship winner. Full tuition scholarship to college of my choice.

### Tips and Tricks:

- List in this section any recognition you may have received from other organizations, such as school, sports, youth groups, contests, animal breed associations, and special open class awards.
- Include awards given by any non-4-H group, even if the award was based on your 4-H experience or was for your 4-H animal.
- If you had to apply to attend a conference, trip, or special event, and there were limited spots available, then being selected to attend is a form of recognition.
- Describe the name and type of recognition, the level (club, county, state, etc.), and what you were given (trip, money, trophy, ribbon, certificate, etc.). You might also say what group selected the award winner or who donated the award.

## Need more ideas?

### Examples:

Any certificates	Other youth organization honors
Courts and Royalty honors	Ribbons (non-4-H)
Honor roll (list GPA)	Sports awards
Honors at church	Student of the Month
Special awards from other organization	Trophies from other organizations
Musical / dance / drama honors	Varsity letter
Open Show special awards (not listed in <b>Section 12</b> )	Academic awards
Awards for sportsmanship, creativity, innovation, teamwork, etc.	Merit Badges and scouting awards
Scholarships for college or to attend an event	Make it With Wool Contest
Competitive selection for a role: camp counselor, organization ambassador	Civic awards
	Certifications earned
	Pageants
	Selected for a competitive event or team

## My Notes and Ideas:

## CREDITS:

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