



My 4-H Resume

Name _____ Boy ___ Girl ___

Date of Birth _____ County _____

Date I joined 4-H: _____

This record will be your summary of 4-H work done in all projects for every year you are in 4-H. Start with your first year and keep it up to date. It will be useful to 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.

Suggestions 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 in multiple places. For example, a speech you gave may be entered both in Section 11 if you gave it at your county contest AND in Section 9 as a Communication in 4-H. For major activities, you might emphasize different aspects of the activity in different sections. As an example, you might enter what you did and the hours you worked at a Community Service project in Section 7, but also enter it Section 5 under Leadership in 4-H if you were the person responsible for organizing the event.
3. Be as specific and complete with your entries as possible. You want people who read your record to understand the extent of what you have done.
4. Be careful in your use of abbreviations and/or acronyms. Someone reading your record might not be familiar with those you use, and some have multiple meanings.
5. Remember that quality is more important than quantity. Don't put things in your record just to fill up space.

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.

[illegible]

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).

[illegible]

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.

[illegible]

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.

[illegible]

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.

[illegible]

Section 6: Leadership in Other Organizations

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

[illegible]

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.

[illegible]

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.

[illegible]

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.

[illegible]

Section 10: Communications in Other Organizations

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

[illegible]

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.

[illegible]

Section 12: Participation in Other Contests/Competitions

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

[illegible]

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.

[illegible]

Section 14: Other Recognition

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

[illegible]