



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.

Year	Grade	Name of Club/Group	Number in Club/Group	Club/Group Leader or Advisor	Meetings	
					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

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
2012-13	Record Keeping Clinic	Stay up-to-date!		X				
	Photography Clinic	How to take better close-ups		X				
2013-14	Summer Conference	Self-confidence				X		
	4-H Camp	How to tie knots			X			
	Camp Counselor Training	How to work with younger members			X			
	Club Fundraiser Car Wash	How to make a promotional flyer	X					
	Robotics Workshop				X			

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
2012-13	Soccer Team	80 practices, 20 games, 300 hours	X					
	Church Choir	5 performances, 20 hours	X		X	X		
	Ballet	50 lessons, 2 performances, 80 hours			X			
2013-14	Soccer Team	120 practices, 20 games, 400 hours	X			X		
	Work	10 hours/week at McDonalds	X					

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	<i>Refreshment committee – brought snacks to two meetings</i>	1	14
	<i>Organized clinic on Master Showmanship; contacted presenters, made flyer, arranged for facility</i>	3	50
2013-14	<i>Junior Leader – Sheep club, 8 members, planned and conducted 5 meetings; arranged tour of feed store</i>	15	15
	<i>Camp Counselor – 50 youth, taught crafts</i>	40	50
	<i>Club Secretary – Took notes at 10 meetings</i>	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	Hours Served	Number of People Reached
2012-13	<i>Visited nursing home; introduced my 4-H dog to 4 elderly patients</i>	4	15
	<i>Club assembled Thanksgiving food basket for family of 6</i>	1	6
	<i>County fairgrounds clean-up; weeded flower beds by entrance</i>	3	100
2013-14	<i>Fairgrounds work day; painted beef barns</i>	4	500
	<i>Wrote 10 letters to military with the County Ambassador team</i>	2	20

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
2012-13	<i>Did yard work for elderly neighbors</i>	5	2
	<i>Made campaign posters for school board candidate</i>	4	10
2013-14	<i>Oregon beach clean-up with church youth group</i>	5	1000
	<i>Donated food for school drive</i>	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
	Newspaper Article	International Exchange	1	Oregonian	185,000
2013-14	Illustrated Talk	Bathing a Sheep	3	Club, County, and State Fair	15
	Educational Display	Breeds of Sheep	2	County and State Fair	2000
	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
	Video	How to Shear a Sheep	N/A	You-Tube	86 views

Section 10: Communications in Other Organizations

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

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

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, 1 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	X					
2013-14	FFA Livestock Judging	2 nd place team				X		
	Mid-Valley Paint Show	4 th place English Equitation			X			
	State Debate finals	Participant; did not place				X		

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	<i>Livestock Advancement Certificate – Step 1</i>
	<i>Top Intermediate Record Book</i>
	<i>County Fair Intermediate Sheep Showmanship – Champion</i>
2013-14	<i>County Medal – Sheep</i>
	<i>National 4-H Conference Delegate</i>
	<i>Selected for State 4-H Ambassador Team</i>

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	<i>Spelling Champion for Grade 9</i>
	<i>Student of the Month for March</i>
	<i>First Aid Certificate</i>
2013-14	<i>Eagle Scout Rank</i>
	<i>Hunter Safety Certificate</i>