



4-H Youth Participation Summary

Name		Current year	
Address		Date of Birth	
City, State		Grade	
Club or group		Years in 4-H	

Preparing

My 4-H Youth Development dream (goal/vision) for this year:

My dream (goal/vision) for myself and how my 4-H work helps me reach this dream:

Doing

Activities/projects this year (refer to individual activity/project records):

Activity or Project	Number of yrs	Main goal	Skills learned or improved

If you'd like, add additional pages to list more projects, attach pictures, clippings, drawings, stories of your activities, journals or additional pages related to this project.

Sharing

List your involvement (refer to the Planning Calendar)

Community activity and/or group	My role and/or responsibility

School activity and/or group	My role and/or responsibility
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State/National/International activity and/or group	My role and/or responsibility

County activity and/or group	My role and/or responsibility

Community club activity and/or group	My role and/or responsibility

Other activity and/or group	My role and/or responsibility

My story

Write or draw about what you learned through 4-H, enjoyed most, had difficulty with, and found most interesting. Tell how your family or others helped you. Be sure to include your favorite project and other 4-H experiences.

Reflecting

What did you like most about your 4-H Youth Development experience this year?

What would you do to improve your 4-H Youth Development experience this year?

Looking back over this year and all its 4-H Youth Development activities, what did you learn about yourself?
(Ask yourself, parents, leader, friends.)

After you have filled in the above portions of this form, print it and sign and date it. Feedback from others and additional signatures (in the following section) should be obtained on the printed document. If you like, you may add other things that tell your 4-H story (e.g. photos, drawings, a journal, clippings, etc.). Include a photo or drawing of yourself, if you wish.

Your signature

Date

Supportive feedback



