

# 4-H Career Portfolio

4-H Member Name: \_\_\_\_\_

Club Name: \_\_\_\_\_ or Independent

Age Category (check one):  Cloverbud (grade K-2)  Junior (age 8-13)  Senior (age 14 and older)

4-H Year: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Date of this Portfolio's Last Update: \_\_\_\_\_

## Goals for this Year

What will success look like for you this year? What would you like to learn (think about both project skills and life skills)? How can we help in the Extension Office? Think about previous year's goals as you set this year's.

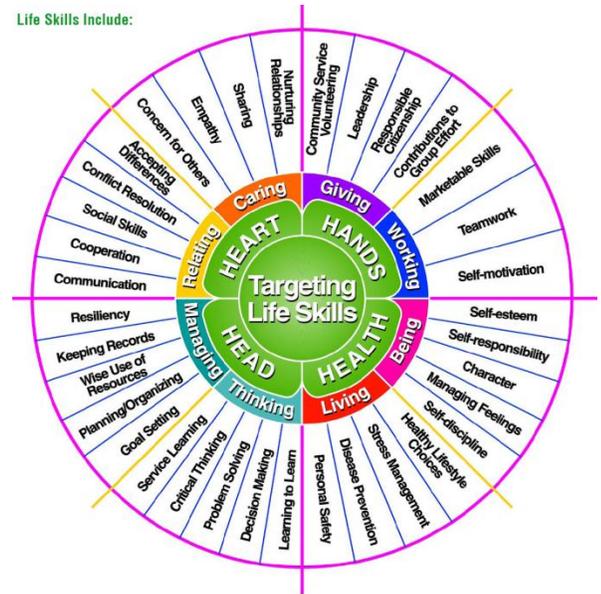
How you write your goals will affect how you achieve them. For instance, it's hard to measure success for the goal of wanting to save the world. Does this mean you fight crime or feed the hungry or read to hospital patients? Consider using the SMART c3 format:

- Specific
- Measurable
- Achievable
- Relevant
- Timed
- Caveat
- Three Levels

For example, your goal could be to:

*Learn about food security in Clinton County in order to help at least two families in need have a holiday dinner within the next year without using all the club's treasury (3 families is very good, 4 families is excellent).*

Life Skills Include:



Iowa State University  
"Targeting Life Skills Model"  
Patricia Hendricks, November 1996

**Goal 1:**

### Action Steps

How will you achieve your goal?

**Goal 2:**

### Action Steps

How will you achieve your goal?

**Goal 3:**

### Action Steps

How will you achieve your goal?

# 4-H Projects

A 4-H Project is at least 6 hours of learning experiences in a particular subject area. Below are 4-H project areas. Record the number of years you've participated in each project area. Check all the projects you completed this year and record how many hours you spent on each this year. Attach a Project Record for completed projects.

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Animals &amp; Plants</b>			
Agriculture		<input type="checkbox"/>	
Aquaculture		<input type="checkbox"/>	
Beef		<input type="checkbox"/>	
Poultry		<input type="checkbox"/>	
Cats		<input type="checkbox"/>	
Dogs		<input type="checkbox"/>	
Dairy		<input type="checkbox"/>	
Goats		<input type="checkbox"/>	
Horse		<input type="checkbox"/>	
Rabbits		<input type="checkbox"/>	
Sheep		<input type="checkbox"/>	
Pets		<input type="checkbox"/>	
Swine		<input type="checkbox"/>	
Gardening & Horticulture		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Citizenship</b>			
Citizenship and Civic Education		<input type="checkbox"/>	
Community Service		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Communication Arts</b>			
Public Speaking		<input type="checkbox"/>	
Reporting Media		<input type="checkbox"/>	
Performing Arts		<input type="checkbox"/>	
Visual Arts		<input type="checkbox"/>	
Photography & Video		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Consumer &amp; Family Sciences</b>			
Child Care and Development		<input type="checkbox"/>	
Consumer Education		<input type="checkbox"/>	
Clothing and Textiles		<input type="checkbox"/>	
Home Environment		<input type="checkbox"/>	
Family Life		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Environmental Stewardship</b>			
Environmental Stewardship		<input type="checkbox"/>	
Forestry		<input type="checkbox"/>	
Wildlife & Fisheries		<input type="checkbox"/>	
Outdoor Education & Recreation		<input type="checkbox"/>	
Shooting Sports		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Healthy Lifestyles</b>			
Food and Nutrition		<input type="checkbox"/>	
Healthy Lifestyles		<input type="checkbox"/>	
Safety		<input type="checkbox"/>	
Bicycle		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Personal Development</b>			
Personal Development		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Science and Technology</b>			
Biological Sciences		<input type="checkbox"/>	
Entomology & Bees		<input type="checkbox"/>	
Plant Science		<input type="checkbox"/>	
Veterinary Science		<input type="checkbox"/>	
Technology & Engineering		<input type="checkbox"/>	
Aerospace		<input type="checkbox"/>	
Computer Technology		<input type="checkbox"/>	
Electricity		<input type="checkbox"/>	
Engines, Tractors & Field Equipment		<input type="checkbox"/>	
Wood Science		<input type="checkbox"/>	
Industrial Arts		<input type="checkbox"/>	
Physical Science		<input type="checkbox"/>	

Project Area	Years of Participation	Completed This Year	Number of Hours
<b>Other</b> <i>List other 4-H projects not listed above here.</i>			
		<input type="checkbox"/>	
		<input type="checkbox"/>	
		<input type="checkbox"/>	

## Reflect and Apply

Which projects did you enjoy the most? The least? Which did you learn the most from? Which projects will you do again next year?

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## 4-H Educational Events

A 4-H Educational Event is a non-competitive learning activity that is open to participation by all youth enrolled in Clinton County 4-H. 4-H club activities are not Educational Events. The term “event” refers to 4-H divisions or classes in other events as well as to events that are exclusively 4-H. List all 4-H Educational Events you’ve participated in here. Record the number of years you’ve participated in each educational event. Check all the events you completed this year and record how many hours you spent on each this year.

<i>Educational Event Description/Title</i>	<i>Years of Participation</i>	<i>Completed This Year</i>	<i>Date</i>	<i>Number of Hours</i>
		<input type="checkbox"/>		

### Reflect and Apply

Which educational events did you enjoy the most? The least? Which did you learn the most from? Which will you do again next year?

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## 4-H Communications

A 4-H Communications activity is one that helps youth learn to express themselves clearly, confidently and creatively. Record the number of years you've participated in each communications activity. Check all the activities you completed this year and record how many hours you spent on each this year.

<i>Communications Activity Description/Title</i>	<i>Years of Participation</i>	<i>Completed This Year</i>	<i>Date</i>	<i>Number of Hours</i>
County Public Presentation (title): _____		<input type="checkbox"/>		
Selected for District?      Yes      or      No				
District Public Presentation (title): _____		<input type="checkbox"/>		
Selected for State?      Yes      or      No				
State Public Presentation (title):		<input type="checkbox"/>		
Fair Public Presentation (title):		<input type="checkbox"/>		
Participation in Promotional Event, not Fair, for example National 4-H Week display, etc (Exhibit Name & Location):		<input type="checkbox"/>		
		<input type="checkbox"/>		
		<input type="checkbox"/>		

### Reflect and Apply

What did you learn about communication this year? How can you use what you learned outside of 4-H? Which activities will you do again next year?

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## 4-H Community Service

A 4-H Community Service activity gives youth an opportunity to do something that will help others or improve their community. Record the number of years you've participated in each service activity. Check all the activities you completed this year and record how many hours you spent on each this year.

<i>Service Description/Title</i>	<i>Years of Participation</i>	<i>Completed This Year</i>	<i>Date</i>	<i>Number of Hours</i>
		<input type="checkbox"/>		

### Reflect and Apply

Why did you choose the service activities you did? What impact did they have on your community? How will you continue to help?

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## 4-H Leadership

A 4-H Leadership activity gives youth an opportunity to make decisions, plan, and implement activities for their group. Record the number of years you've participated in each leadership activity. Check all the activities you completed this year and record how many hours you spent on each this year.

<i>Communications Activity Description/Title</i>	<i>Years of Participation</i>	<i>Completed This Year</i>	<i>Date</i>	<i>Number of Hours</i>
Active Club Officer/Youth Leader Title/Description:		<input type="checkbox"/>		
Participation in Clinton County 4-H Fundraiser Title/Description:		<input type="checkbox"/>		
Participation in Clinton County 4-H Fundraiser Title/Description:		<input type="checkbox"/>		
Participation in Clinton County 4-H Fundraiser Title/Description:		<input type="checkbox"/>		
		<input type="checkbox"/>		
		<input type="checkbox"/>		

### Reflect and Apply

Which roles were new; which ones had you held before? In which of these roles were you the primary leader? Did you learn any new leadership or group work techniques? Where can you use these skills again?

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# Other 4-H Participation

## Fair Participation

<i>Activity Description/Title</i>	<i>Years of Participation</i>	<i>Completed This Year</i>	<i>Date</i>	<i>Number of Hours</i>
Set up and/or cleaned up project exhibit at County Fair		<input type="checkbox"/>		
Worked a shift in the Dairy Bar		<input type="checkbox"/>		
Worked in 4-H Building at County Fair (outside of Dairy Bar)		<input type="checkbox"/>		
Participated in a club display and/or group action booth at County Fair		<input type="checkbox"/>		
Activity Description:				
Exhibited project at County Fair		<input type="checkbox"/>		
		<input type="checkbox"/>		

## Fair Exhibits

<i>Static Exhibit Description/ Animal Show</i>	<i>Selected for State</i>		<i>Static Exhibit Description/ Animal Show</i>	<i>Selected for State</i>	
	<i>Fair/ earned Awesome ribbon?</i>	<i>Participated in State Fair?</i>		<i>Fair/ earned Awesome ribbon?</i>	<i>Participated in State Fair?</i>

## Awards and Honors

<i>Award Name</i>	<i>Description</i>

## Other 4-H Activities

List any other 4-H events or activities in which you participated that are not already include elsewhere in this portfolio.

<i>Activity Description/Title</i>	<i>Years of Participation</i>	<i>Completed This Year</i>	<i>Date</i>	<i>Number of Hours</i>
		<input type="checkbox"/>		

## Reflect and Apply

What did these activities and awards mean to you? Why was that important? Did any introduce you to new ideas or skills? What could you take from one of these activities to share with your club or the county?

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## My 4-H Story: the Year in Review

This story is an overview of your 4-H work in the past year. Think about the goals you set at the beginning of this year; have you accomplished them? Why or why not? Describe challenges you faced and how you overcame them. Remember the 4 pillars of 4-H—Head: Independence, Heart: Belonging, Hands: Generosity, and Health: Mastery—how has your 4-H experience this year exemplified these pillars? Are there new activities would you like to try? How would you rate your overall 4-H experience? Then, lay the ground work for a great 4-H experience next year by setting new goals.

Use this as a starting point for thinking about and organizing your story. Refer to your Reflect and Apply answers. Please attach your 4-H story for this year (no longer than one page).

<b>Goal 1:</b>	
<b>Year End Review</b> <i>Did you achieve your goal? Why or why not?</i>	
<b>Goal 2:</b>	
<b>Year End Review</b> <i>Did you achieve your goal? Why or why not?</i>	
<b>Goal 3:</b>	
<b>Year End Review</b> <i>Did you achieve your goal? Why or why not?</i>	

# 4-H Project Record

4-H Member Name: \_\_\_\_\_

Club Name: \_\_\_\_\_ or Independent

Age Category (check one):  Cloverbud (grade K-2)  Junior (age 8-13)  Senior (age 14 and older)

4-H Year: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Number of years in this project category (include this year) \_\_\_\_\_

## Project Plan

Complete this part before starting your project. What do you hope to learn and achieve?

### Goal 1:

#### Action Steps

*How will you achieve your goal? What supplies, instruction, money, etc will you need?*

### Goal 2:

#### Action Steps

*How will you achieve your goal? What supplies, instruction, money, etc will you need?*



## Results

Complete this part after you are done your project. Attach a project story (no longer than one page) that answers some or all of the following questions.

- Did you accomplish your goals? If not, what can you do to improve the results next time?
- How do you feel about your project experience?
- What are the most important things you learned and how will they help you in the future? (Explain how you will use the information, ideas, skills, etc. that you learned.)
- Do you plan to do more in this project category? What might you do next?

Show your results by attaching a photograph, drawing, news article, etc item that pictures or tells about what you did.

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