

My 4-H Project Record

Personal Development



McLean County

Name: _____

4-H Year: _____

4-H Club: _____

4-H Age: _____

Please circle the project(s) you are taking:

Communications

Leadership

Photography

Read a Book

Recreation

Theater &
Performing Arts

Visual Arts

Goals: *What do I want to do?*

Examples of Goals:

____ Learn a new skill

____ Learn more about project

____ Use a camera

____ Mix colors for painting

____ Talk or demonstration

____ Complete a project

____ Take a project to the fair

____ Explore careers in project

____ Talk to someone who works in this field

____ Learn how project area issues affect the world

Add your own goals:

What did I do in Personal Development?

Size & Growth

List how many times you practiced project or number of items made etc. Examples: gave 3 speeches to 60 people; parts in 2 school plays; took 100 photos.

What did I learn?

Knowledge & Skills: List what you learned this year related to your project area. Examples: how to make shadows; how to do simple photo editing; all aspects of the play process.

I learned to:



What did I learn? (Continued)

Knowledge & Skills: List challenges you encountered and memories you made, and what you learned from them for future 4-H story ideas.

My memories: Example memories: photo of my dog jumping over sibling; "A" speech for school; sketch of grandpa.

Participation in Personal Development

List participation related to your project area(s). Examples: workshop on string art, toured college theater department, took photos at aunt's wedding; science fair exhibit on ethanol fueled vehicles; member of Toastmasters.

Leadership in Personal Development

List activities in this project area only, where you led others; include the number of people you led. Examples: led workshop on how to use digital camera (15); gave talk on graduated driving; taught Cloverbuds how to identify and express feelings.

Community Service in Personal Development

List activities that you participated in and where you helped others in your project area(s). Example: helped as crew member for local play; used recycled materials for art project; volunteered at hospital reading and telling stories for ill children.
