

My 4-H Story - Tip Sheet

Your 4-H story should tell about your 4-H year as a whole. This is your opportunity to tell about all the different things you do in 4-H. The story should be entertaining to read and give insights to your 4-H year. Neatness, grammar, and spelling is important!!! All work done in record book should be completed by the 4-H members.

Your 4-H story should be a minimum of 2-3 pages. This should be in a minimum of a five paragraph essay format (Introduction paragraph, 3 body paragraphs, and a closing paragraph)

- Include an introduction that includes a short biography about yourself.
- Reflect on why you joined 4-H and what you did in 4-H and why. What activities did I do? What did I learn from these activities? What did I learn that was unexpected?
- Discuss the goals you accomplished in your current 4-H year.
- Discuss attendance at any local/state/national events.
- Tell about any community service, citizenship and leadership experiences that you participated in. (what did you do, who did it benefit, and how did it make you feel?) These are not limited to 4-H events only.
- Describe how your 4-H experience has contributed to “who you are” at the present time. Describe how 4-H participation influenced your school and career goals. Tell about your plans for the future and the career you might like to pursue
- Tell how you have demonstrated leadership in 4-H or in other activities you participate in. Tell about your communication skills, how you prefer to make decisions, how you manage resources, how you like to work with groups.

- Tell what you learned from working with other youth. Include relevant life skills that you learned or improved. Use the Targeting Life Skills Wheel to provide examples, and try to include at least one life skill from each quadrant.
- Your 4-H story should be a living document. Something you edit and add to each year. A story that grows as you do in the 4-H program.

