

University of Maine Cooperative Extension

Your 4-H Story

Application may be submitted in one of the following formats.

- Written:** 2000 words or less, with or without photographs or drawings (no more than two pages of photos and drawings).
- Video:** No longer than five minutes.
- Audio:** No longer than five minutes, with or without photographs or drawings (no more than two pages of photos and drawings).
- Visual:** No more than four pages long. Must include some written descriptions.

All six parts listed below must be included in your 4-H Story no matter which format you choose.

- Part I** Introduce yourself. Include your age, interests, and when and why you joined 4-H.
- Part II** Tell/show how you used the life skills and knowledge from your 4-H experience in your daily life. Include major learning experiences, special interests and unusual situations that you encountered.
- Part III** Tell what you learned from working with other youth. Include relevant life skills that you learned or improved. Use your *Targeting Life Skills Wheel* to provide examples, and try to include at least one life skill from each quadrant.
- Part IV** 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.
- Part V** Describe the community service projects you have worked on. Describe any citizenship programs or activities you have participated in.
- Part VI** 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.