

What's Your 4-H Story?

This is your chance to reflect on your past year in 4-H and share it with others as part of your record book. Use your story to reflect on your progress throughout the year, share important things you learned, challenges you faced, and memorable moments you had as a part of 4-H. Be sure to share about important items not found in your other 4-H records. Use specific examples wherever possible. Remember – you can be as creative as you like when writing your story!

WRITING PROMPTS

Choose from the ideas below to help you in writing your story or come up with your own!

- Tell about specific things you have enjoyed learning or doing in 4-H this year. Explain how you would improve your project or 4-H experience next year. Explore what you have learned about yourself through your 4-H participation.
- Talk about your 4-H project(s) and what you did. Explain why you chose each project and describe some of the activities you participated in and what impact they had. Reflect on the results of your project(s) and share any difficulties or challenges you faced, how you dealt with them and what you learned from them.
- What skills have you learned and how have you shared this knowledge? How have you grown in terms of the ability to master new skills, apply knowledge learned from previous phases or other projects? What is your single most proud accomplishment through 4-H?
- Share about your trip to fair, camp, shows, National Congress, etc. Describe the event in detail to paint a picture for your readers. Illustrate what you learned from the experience and how it changed you. Explain why you chose that specific experience.
- What does “To Make the Best Better” mean to you? How have you applied this in your life or your 4-H career?
- How have you helped others? What have you done to make your home, community, and/or country a better place in which to live? What difference does 4-H make in your community? How has 4-H encouraged you to make contributions to your community?
- What has 4-H meant to you? What impact has 4-H had upon your life? How is your life different as a result of being in the 4-H Youth Development Program? What would your life be like without 4-H? What has 4-H meant to your family? Have you made any new friends or new connections through 4-H?
- What has your 4-H experience taught you? How has 4-H made you a better leader? How has 4-H helped you develop financial management and business skills? What influence has 4-H had on you career and personal goals? Explain how you could use the life and/or project related skills you learned in other areas of your life; or in a future career.
- Using the four essential elements of 4-H – Belonging, Independence, Generosity, and Mastery – Share specific insights learned in any or all of these areas. Give examples where you learned about the essential element. Describe the impact of what you learned.

FORMATTING

- Juniors** (1 page maximum) ~ **Seniors** (3 page maximum) **(Always aim to hit the maximum!)**
- Double Spaced ~ Single-sided 8 ½” x 11” paper ~ 1-inch margins
- 12-point font ~ Times New Roman / Arial
- Introduction – Who are you?**
Include information about yourself – your age, years in 4-H, why you joined 4-H, what project(s) you did, etc.
- Body**
Utilize one or more of the writing prompts above to create body paragraphs.
Tell about your project(s), why you selected your project(s), what goals you had for your project(s), what you learned, things you've tried and found both successful and not so successful. Other ideas include sharing a special experience, talk about your leadership experiences such as offices held, committee memberships, etc.
- Conclusion – Wrap it up!**
Share your goals for the next year and/or the future. Share how 4-H has influenced what you would like to do in the future.