



4-H'er Participation Guide

Here are some important ways in which 4-H'ers show that they are active and involved in 4-H. The comments are to help you evaluate your 4-H experiences for this year.

4-H'er _____

club _____

Accomplishments for _____

year

☘ Participated in the Club

- Attended 4-H meetings regularly
- Participated in club activities

comments: _____

☘ Participated in the 4-H program

- gave a presentation
- hosted a meeting
- served on a committee
- helped with a service project
- accepted leadership roles

comments: _____

☘ Participated in a 4-H project(s)

- set goals
- kept project records
- learned new skills and knowledge
- shared learning with others

comments: _____

☘ Completed a 4-H record

- completed yearly 4-H Summary
- recorded project goals, plans, activities, and evaluated progress
- used project worksheets as appropriate

comments: _____

☘ Participation beyond the county

- Participated in county, area or state 4-H activities

comments: _____

leaders' signature

date

leaders' signature

date

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