



Hawaii 4-H Portfolio



(Ages 14 – 19; Cumulative Years)

Form 2002-4 (09/02)

Name: _____

Address: _____

E-Mail: _____

Age as of January 1st this year: _____ Phone: _____

School: _____ Grade: _____

Number of Years in 4-H: _____ Gender: M _____ F _____

4-H Club Name: _____

Leader(s) Name(s): _____

My major 4-H goals during my years in 4-H:

I have prepared and evaluated my 4-H records and believe that they are complete and accurate.

Signed: _____ (4-H Member) Date: _____

I have reviewed this record book: (Comments)

Signed: _____ (4-H Parent) Date: _____

Signed: _____ (4-H Leader) Date: _____

4-H Agent's Signature: _____ Date: _____



Cooperative Extension Service
College of Tropical Agriculture and Human Resources
University of Hawai'i at Mānoa

4-H Experiential Learning

4-H has a long history of “learning by doing”. Experiential learning happens when a person gets involved in an activity, looks back at the experience critically, determines what was useful or important to remember from the activity, and uses this information in doing something else. It is more than doing activities as experiential learning involves discussing what was done (what), thinking about what was learned (so what) and applying new skills and information to a real life experience (now what).



Why Record Books?



4-H records are a written expression of learning experiences. From their records, members can see to what degree they participate in club events and activities and how well they meet their own personal goals. Records also relate experiences in leadership and community service and in addition can be used as a tool for members to assess the skills and knowledge learned and how it can be applied to real life experiences.

4-H records help youth to:

- Establish goals
- Assume responsibility for record keeping
- Collect and record information
- Evaluate progress in certain areas

By keeping 4-H records, members obtain experience and training that is of value throughout their adult lives.

Life Skills

Life Skills are grouped into the four H's in the 4-H clover – Head, Heart, Hands, and Health. These skills are useful long after the project is over. The chart below shows some examples of life skills.

HEAD	HEART	HANDS	HEALTH
Using Scientific Methods Processing Information Understanding Systems Managing Resources Practicing Creativity Making Decisions Solving Problems Visualizing Information Learning to Learn Reasoning Thinking Critically Keeping Records Planning and Organizing Achieving Goals Navigating in Your Environment Working with Numbers	Communicating Interacting Socially Cooperating Sharing Resolving Conflicts Valuing Social Justice Valuing Diversity Building Relationships Caring for Others Being Empathic	Mastering Technology Learning Through Community Service Volunteering Being a Responsible Citizen Working in a Team Exercising Leadership Completing a Project Motivating Yourself	Being Responsible Developing Self Esteem Managing Yourself Practicing Integrity and Character Developing a Sense of Purpose Developing a Positive View of the Future Utilizing Resistance Skills Being Resilient Managing Stress Making Healthy Lifestyle Choices Preventing Personal Injury Expressing Emotions Positively Preventing Disease

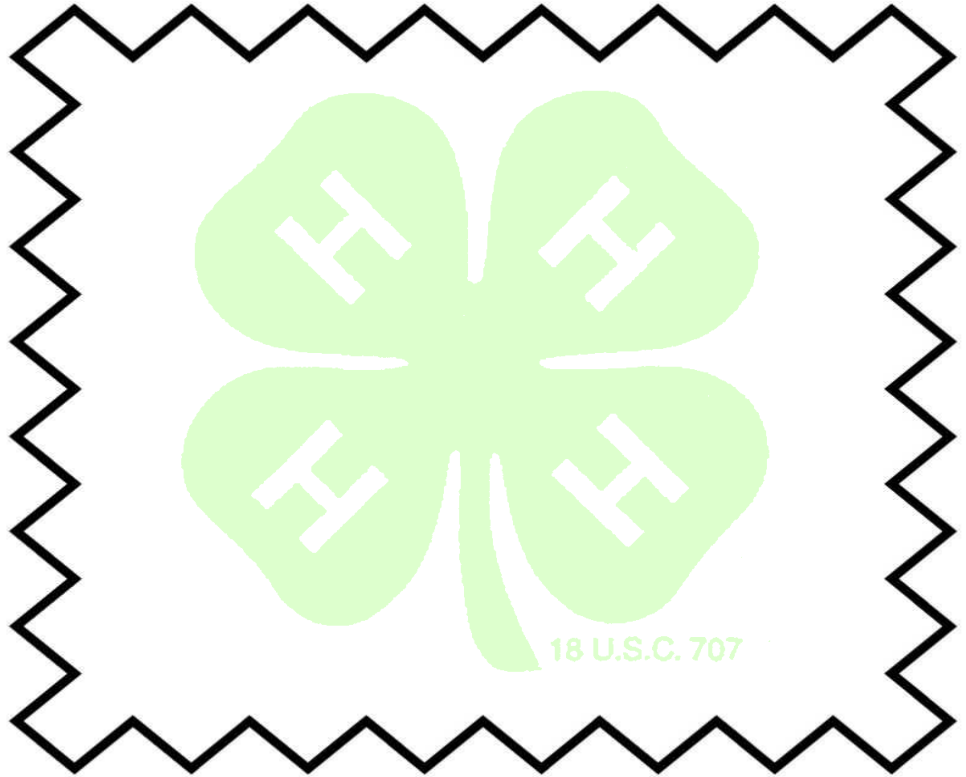


Project Photos

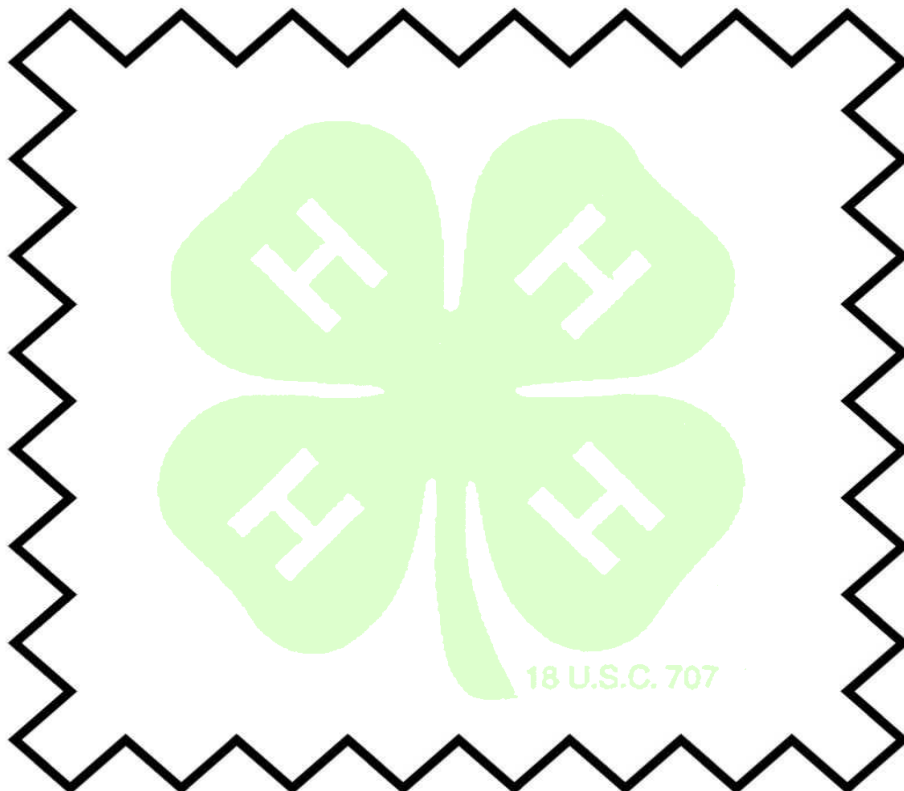


Attach photos depicting your 4-H learning experiences.
(Can be for any 4-H year)

Caption:

A simple rectangular box with a black border, intended for a user to write a caption for the photo above.

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A simple rectangular box with a black border, intended for a user to write a caption for the photo above.

Describe the Life Skills you have learned/practiced under each "H" of the 4-H Clover:



HEAD: (Managing and decision making)



HEART: (Relating and caring)



HANDS: (Giving and working)



HEALTH: (Living and being)





My 4-H Story



Story should include:

- a) introduction of yourself
- b) information about your club
- c) what you liked best about your 4-H experiences
- d) how your 4-H experiences helped you to be a better person
- e) what you have learned through your 4-H experiences
- f) what you have shared from your 4-H experiences

Minimum 2 pages; maximum 6 pages, double spaced



MY 4-H RESUME



(Your resume should include the following basic information; limit 2 pages)

Name

Address

Social Security Number (optional)

Phone Number:

E-Mail:

Future Goal: (Career or Educational)

Goal Statement:

Education (Schools Attended):

Work Experiences:

Special Skills, Talents and Abilities:

References (4-H leaders/4-H staff, teachers, employers):

(List 3 names with addresses, phone numbers and/or email addresses)

- 1.
- 2.
- 3.

The following experiences qualify me to be considered as a State delegate to National 4-H Congress:

If selected as a State delegate to National 4-H Congress, I will:

JUDGING CRITERIA

Growth through 4-H projects; learning experiences

(As shown by quantity and quality of projects completed; scope and sophistication of projects; breadth and depth of projects; application of life skills)..... **30 pts.**

Growth through 4-H leadership

(As evidenced by leadership positions; offices and committees served on at various levels; accomplishments in leadership roles; examples of learning and working together; sharing of knowledge and skills gained through 4-H, self confidence; ability to speak before groups) **15 pts.**

Growth through 4-H citizenship and community service

(As demonstrated by the extent of participation in service to individuals, groups, and communities; and by the extent of participation and cooperation in education and activities related to democracy and the citizen action process)..... **15 pts.**

Growth through leadership and citizenship activities outside 4-H

(As indicated by office and leadership positions held, experiences gained, participation and cooperation in service projects in school, and other youth, community, and religious organizations)..... **20 pts.**

Personal growth and development through 4-H

(As shown by life skills gained through 4-H projects and learning experiences, leadership, citizenship, and service activities; and by relating how future goals and aspirations are related to 4-H experiences, 4-H Story and Resume) **20 pts.**

TOTAL POINTS (100) _____

***To receive State recognition as a delegate to National 4-H Congress, 4-Her must score 90 and above (3 judges minimum)**

JUDGE: _____ DATE: _____