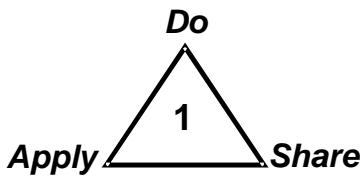


Section 1: My 4-H Project Plan

(16 thru 18 Year Olds)



Names of Projects
(you may add lines for more projects)

Name _____ Date of Birth _____ Age _____
(as of January 1, 2005)

Address _____

County _____ Extension District _____

Name of 4-H Club, After-School
Program, or Group _____

Years Enrolled in 4-H _____

Name of Parent(s) or Guardian(s) _____

Date Plan Started _____ Date Plan Completed _____

I have reviewed this plan and agree to support its completion:

(Parent or Helper)

(4-H Leader)

Welcome to 4-H the world's largest informal youth program. As a 4-H member, you have an opportunity to design your individual projects. This planning form has been prepared especially for you, the 16 to 18 year old 4-H'er. You have selected the correct age form if you will be 16 or 18 on January 1 of the year you complete your project and send it for county competition. If you are unsure, please ask your 4-H Helper.

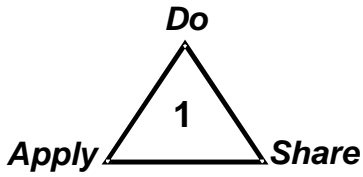
You can select 4-H subjects you'd like to learn about this year. List those subjects in the blank spaces above the "Names of Projects" at the top of this page. On the other side of this page, you'll find space to record this plan, you'll record everything you'd like to do and learn in 4-H. You'll also begin to think about special activities and events that will help you have fun while you learn. Throughout the year, you'll do as many of the things you planned as possible. We hope you will share what you've learned and done with your friends and with adults. As you learn, you'll begin to apply what you learn in one project to another or to a school activity.

Please have a special helper review your plan once you've recoded it on the back of this page. This should be someone with whom you'd like to work.

4-H is fun! Have a great year!



Planning My 4-H Year



What would you like to do in 4-H this year? The possibilities are endless.

This page is designed for you to record the goals you have for the 4-H year. To begin list the things you plan to learn/do/accomplish this year. These might include, but are not limited to the following: events or activities (county, district, state); projects you plan to complete; ways you plan to help others in your community; offices you would like to hold or activities you plan to lead; ways you plan to share 4-H with others; etc. Include personal goals that can be accomplished this year.

Give approximate dates for goals to be accomplished.

MY 4-H PLAN

What things do you want to learn or do?

Month to do them

Examples:

I plan to conduct electric safety audits in the homes of 5 senior citizens

October-December

I will run for the office of County Council President.

January

I plan to develop 3 radio spots on safety during National Safety Month

April

I will shear 5 lambs in my flock and sell the wool in the NC Wool Pool

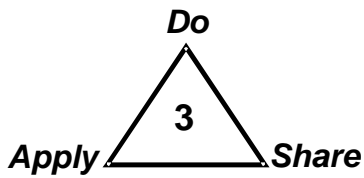
April, May or June

Record your plans below:

Reminder: You may add additional pages and you may add to the plan during the year as you think of other things you want to do. Attach a copy of this 4-H Project Plan and your Story to each Project Record.

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Express Yourself

(16 thru 18 Year Olds)



My Name _____ My 4-H Club Name _____

You may submit up to three different methods to express yourself. The total number of pages to be submitted in Express Yourself is 10 pages.

4-H Story

A story is required. Your story may be 2-6 pages long. It can be typewritten (use no less than a size 12 font) or printed neatly. The story covers everything you have done in 4-H this year. You should include a section on each project you complete.

Express Yourself

Choose one or two of the following additional ways to express yourself: These must relate to the specific project described in Section II.

Since your maximum total number of pages is 10 for the entire Express Yourself, you should deduct the number of pages in your story to determine how many total pages you may have for other methods of expressing yourself.

I. Project Pictures

II. Poem -- up to three pages

III. Picture of Creative Object (sculpture, weaving, garment, etc.) Please do not send the article itself.

IV. Video -- Two minutes will be viewed. Set video at point you wish the judges to review.

V. Audio Tape -- Two minutes will be heard. Set tape at point you wish the judges to hear.

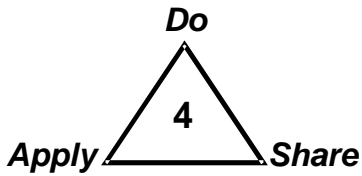
VI. Teaching Tools (handouts, overheads, picture of posters, etc.)

VII. Any other creative method you choose.

Use notebook or typing paper for the Express Yourself section. Check the kinds of Express Yourself you have chosen and attach this sheet to your project. Be sure to include your story and the other Express Yourself choices in your project.

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4-H Leadership

(16 thru 18 Year Olds)



My Name _____ My 4-H Club Name _____

Leadership is more than holding offices and serving on committees. It involves teaching workshops, volunteering at 4-H Day Camps, giving a club program, organizing events and meetings, recruiting new members, serving as an Ambassador, and motivating peers to set a goal and take action. In this section, list your leadership activities and give the dates you completed them. If you have shared leadership at school, at church or in your community as a part of your 4-H experiences, you may include it in this section.

Activity

Date

Example:

Volunteered 6 hours at Day Camp as a wildlife instructor
 Taught three archery classes to Cloverbud groups

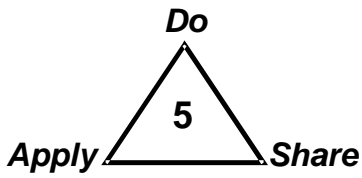
July 15, 17
 June 11

Include any leadership training classes you have attended.

Reminder: You may add additional pages. Attach a copy of your 4-H Project Plan, Record of Accomplishment, My 4-H Story, 4-H Leadership/Community Service Sheet, and Express Yourself to each Project Record.

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4-H Community Service

(16 thru 18 Year Olds)

My Name _____

Community service involves contributing to the quality of life in your community. Like many 4-H'ers, you may have participated in community service activities with your club or you may have done service projects by yourself. List any community service projects you have completed at school, church, or in the community that were a result of your 4-H participation. Community Service is helping persons other than your own family. Be sure to list the dates you have accomplished these things.

Activity

Date

Reminder: You may add additional pages. Attach a copy of your 4-H Project Plan, Record of Accomplishment, My 4-H Story, 4-H Leadership/Community Service Sheet, and Express Yourself to each Project Record.

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