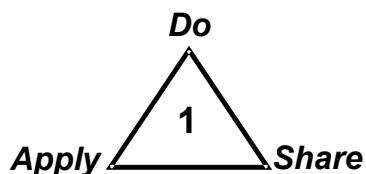


# Section 1: My 4-H Project Plan

(13 thru 15 Year Olds)



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

**Name**

**Date of Birth**

**Age**

(as of January 1, 2013)

**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 received Gold in this Age & Project Category in the past: Yes  No**

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

\_\_\_\_\_  
**(Parent or Helper)**

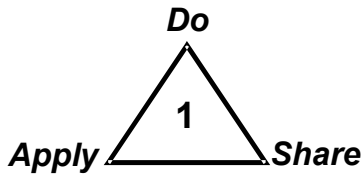
\_\_\_\_\_  
**(4-H Leader)**

***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 13 to 15 year old 4-H'er. You have selected the correct age form if you will be 13 or 15 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 recorded 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?

Examples:

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

I will run for the office of County Council President.

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

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

### Month to do them

October-December

January

April

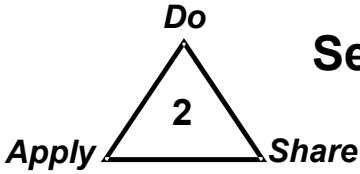
April, May or June

**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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## Section 2: My 4-H Record of Accomplishments (13 thru 15 Year Olds)



**My Name**

**My 4-H Club Name**

A separate “Record of Accomplishments” should be completed for each project you did this year. List the specific things you learned and did in this project during the past year. List new information you gained as well as the things you learned how to do. Use numbers to show how much you did and learned. If you have profit/loss information, please include it in this section.

**Note:** This page should be completed for each project you have done this year. If a project record is included in your project book, complete the record and attach it to this sheet.

**Activity**

**Date**

Example:

Determined what type of bread I wanted to make.

January 15

Researched nutritional values of different kinds of bread.

March 12

Remade different recipes with other ingredients to make it healthier.

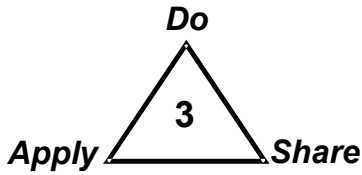
September 2

Made and donated loaves of my healthier bread to a church bake sale.

(You may add additional pages. Please turn the page to record more 4-H successes in this project)

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# Express Yourself

(13 thru 15 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.

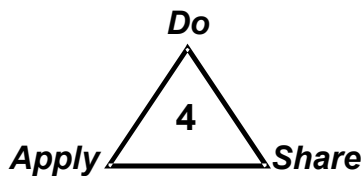
VI. Teaching Tools (handouts, overheads, picture of posters, etc.)

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

(13 thru 15 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

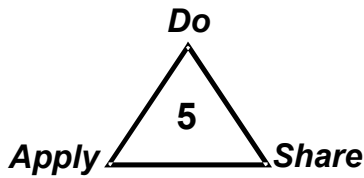
July 15, 17  
June 11

**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

(13 thru 15 Year Olds)



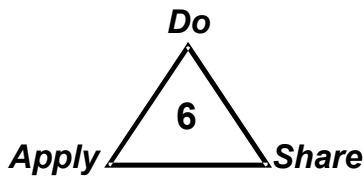
My Name \_\_\_\_\_

My 4-H Club 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



My Name \_\_\_\_\_ My 4-H Club Name \_\_\_\_\_

As a teenager, it is important that you begin to participate in the political process as you become involved in making a contribution to your community. Citizenship activities might include: participating in school government; attending a town meeting; sending an email to an elected official; lobbying with County Commissioners on an issue; writing state and national congressional leadership; and encouraging people to register to vote.

Activity

Date

**Reminder: You may add additional pages. Attach a copy of this 4-H Activities Sheet, your 4-H Project Plan and 4-H Story to each Project Record.**

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