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Colorado State University Cooperative Extension

Putting Knowledge to Work

Colorado 4-H Career Summary
(To be started when members first join 4-H and updated each year)

Name: _____

County: _____ Date of Birth (MM/DD/YY): _____

First Year in 4-H: _____

4-H Club Memberships

Year (Example: 2005)	4-H Club or Project Group Name	No. of meetings		Organizational Leader Initials
		Held	Attended	

If you need extra pages for some sections, just copy and paste extra pages and insert them as needed. This summary is to be used as a cumulative record based on the requirements in your county. Check with your county Extension Office for specific instructions. The format is not to be altered.
Please list the most current information first!

4-H Project History

Project Enrolled	Years Completed									
	20__	20__	20__	20__	20__	20__	20__	20__	20__	20__

Use this section to list your projects taken during your 4-H career. Add as many pages as necessary. Make sure that you list the years that you have had project involvement. Please list the most current information first.

4-H Demonstrations/Presentations

Year (Example: 2005)	Name of Demonstration/Presentation	Information	
		Level*	# Attended

Use this section to list your public speaking opportunities during your 4-H career. Add as many pages as necessary. * Levels are: Local/Club (L), County (C), District (D), State (S), Regional (R), National (N). Please list the most current information first.

4-H Leadership

List any 4-H leadership experience(s) that you have had. *Examples:* Elected or appointed office held, committee chaired or served on, junior or teen leader, helping younger members, or any role(s) that involved development of leadership skills.

Year	Level*	Group	What was your role? What did you do?

*Level: Local/Club (L), County (C), District (D), State (S), Regional (R), National (N). Please list the most current information first.

4-H Related Community Service

List all 4-H community service activities in which you participated as a group or individually. *Examples:* Sharing your time by visiting a retirement home or hospital, helping with a community event, serving others, donating time or items to individuals or groups in need, and/or beautification projects.

Year	Club/Group conducting project	Hours	Service project description \ What did you do?*

*Provide a brief description of what was done and for whom. Please list the most current information first.

Community Service Outside 4-H

List all community service activities in which you participated as a group or individually. *Examples:* serving as a volunteer for a service organization, church related service activities, or school related service.

Year	Club/Group conducting project	Hours	Service project description \ What did you do?

Provide a brief description of what was done and for whom. Please list the most current information first.

4-H Contests, Activities, and Events

List any 4-H contests, activities, and events you attended or participated in that you have not already listed in your project record books. *Examples:* Activities (e.g., camps, field trips, clinics/workshops, exchanges, etc.); and Events (e.g., fair, show, parade), or other special events such as Know Your Government, Citizenship Washington Focus, and Teen Conference.

Year	Level*	Name of activity	Tell what you did, learned, and/or achieved

Level: Local/Club (L), County (C), District (D), State (S), Regional (R), National (N). Please list the most current information first.

4-H Promotion, Awareness, and Recruitment

List all activities that you participated in as a group or individually to promote 4-H. *Examples:* Staffing a 4-H booth at a community event, speaking to a group about 4-H, teaching others about your 4-H project, telling a friend what you like about 4-H, presenting to promote 4-H or recruit others, writing news articles, appearing on radio/TV.

Year	What did you do to promote your 4-H activity? *	Outcome or Result of this activity **

*Provide a brief description of what was done and for whom.

**Describe new members or leaders recruited, money raised, increased awareness of 4-H, increased understanding of 4-H with elected officials, etc.

Please list the most current information first.

5/8/2005