

4-H Member MUST fil	I
out a minimum of 3	
"Activity Sheets".	

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Problem/Objective	/e:		***		
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Problem/Objective:			
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4-H	Member	MUST	fill
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"Ac	tivity She	ets".	

Date:	Name:
Problem/Objective	e:
Sensors used:	
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Robot picture:	



4-H	Member MUST fill
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Date: Nar	ne:	-
Problem/Objective:		
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Sensors used:		
☐ Group project	☐ Individual project	et
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Date:	_ Name: _				
Problem/Objective	/e:				
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☐ Group project		☐ Individual project		belande de Marganete	
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### **Looking Back**

#### What I learned this year

This section is to be completed at the end of the 4-H year. It is meant to help you look back on all that you learned during the past year. This section includes the following parts:

- · My goals completed
- · A summary of knowledge and skills I gained
- · The three most important things I learned
- · Telling my story



#### My goals completed

Look back on the goals you set for yourself at the beginning of the year. How well did you meet those goals? Use the space below to tell how well you did in reaching your goals. If you added new goals during the year, also included them below.

My goals for this year	How well did each goal get met?
Example: I will learn how to give a public presentation.	I attended county public presentation workshop. I had to change my topic three times. I should have practiced my presentation more before I gave it at the club meeting. I will start planning and practicing earlier next year!

### Knowledge and Skills I Gained

There are many things to learn in 4-H. Check each item below that you learned or improved in 4-H during the past year.

I learned or improved my ability to...

HEAD (Independence)	HANDS (Generosity)
try something new	work with others
set goals for myself	work within a group
plan a project	work within a committee
keep myself organized	work with adults
keep track of finances	get past differences to reach a goal
keep records of my work	help others succeed
gain knowledge of my project	make something with my hands
get more information about something	explore a career interest
I am interested in	follow directions
use resources wisely	lead others
participate in a business meeting	find ways to make a positive contribution to
run a business meeting	society
make wise choices and decisions	understand the importance of community
solve problems	service
learn from my mistakes	see that my efforts can make a difference
understand that it's ok to change my mind if	take the initiative to start something on my
I need to	own
pay attention to instructions	
HEART (Belonging) speak confidently in front of a groupgive a public presentationshare my feelings or point of viewmake myself understood without bullying or being loudlisten to other peoplerespect someone else's feelingsresolve differences of opinionappreciate my cultural heritageaccept people who are different from meget along with other kidsmake others feel welcomestand up for othersmake new friendsappreciate the importance of friendships in	understand my strengths and weaknesses finish something I started be proud of my accomplishments accept change see that my character can effect a situation take responsibility for my own words and actions deal with winning and losing gracefully be careful and practice safety appreciate the importance of good health stay healthy feel good about myself  Other:
my life	
My grade in school:	
Number of years in 4-H	Revised 2011

#### The three most important things I learned

Even if you learned a lot of different things in 4-H, think of what was the most important for you. Then, list the three most important things you learned in this project during the past year in the boxes below.

The three most important things I learned in this project during the past year were				
1.				
2.				
3.				

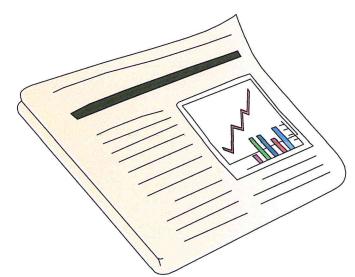
#### **Telling my story**

Keeping in mind the knowledge and skills you said you learned from the items you checked above, write a story that explains what you gained this past year in 4-H. Use specific examples that are unique to you whenever possible. Feel free to relate what you learned in 4-H to school, family, or other activities in your life. Use extra pages if needed. Attach photos or clippings on additional pages of this book if it helps tell your story better. Don't forget to label them with captions if you do.

4-H is proud of what 4-H members learn and sometimes likes to use excerpts (parts) of stories 4-H'ers write in 4-H publicity. If you do not want your information shared, please let us know by checking the boxes below:

	Do	not	use	my	story	for	any	4-H	publicity.	
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☐ If you use my story, do not credit my name.



### My 4-H Story