

SKILLS AND ACCOMPLISHMENTS

Teaching

- **Analyzed** the food bite “Be Cool With Water” in an activity for my club. Used scientific methods to show the difference between sport drinks and water and the effects of sugar on your body.
- **Instructed** mini 4-H members in doing bubble paint with straws and paper. This fun activity taught the 30 children to be creative.
- **Created** a teaching curriculum for third graders in my Careers class. While job shadowing, a third grade teacher, I taught the 24 students math and spent the day with them.
- **Recruited** potential 4-H members at our annual Super Saturday. I contributed 4-H projects and talked with adults and children about the benefits of 4-H. This recruitment event reaches over 200 people.
- **Tutored** our Bolivian exchange student, Bernarda, in math, English, and history. This was very important in getting her off to a good start at school.

Time Management

- **Coordinated** my time in the kitchen with my three siblings, who are also involved in the Foods Project. In addition, our cooking schedule had to include time my mother needed to cook our meals.
- **Strengthened** my Time Management skills by taking an average of almost six projects a year. These have included: Aerospace, Collections, Computers, Foods, Food Preservation, Genealogy, Junior Leaders, Models, Photography, Salon Prints, Slides, and Woodworking.
- **Maintained** a 3.3 GPA while participating in the following extra-curricular activities: Cougar Blues, Tennis, Baseball, Key Club, Drama Club, Church Youth Group, Church Choir, Cheerleading, and Spanish Club. Since I am part of the Academic Honors Program at our school, I have taken Advanced Placement (AP) courses.

Power Verbs are listed above in an example of a good resume. Be sure to start each example with a power verb. This helps to turn an ordinary statement into a “WOW” statement.