



4-H

Senior Portfolio

(Ages 14-19)

20\_\_\_\_

Name \_\_\_\_\_ Age (as of Dec. 31) \_\_\_\_\_

Club \_\_\_\_\_ Leader \_\_\_\_\_

Year in 4-H \_\_\_\_\_ Year in this project \_\_\_\_\_ Grade \_\_\_\_\_

Email \_\_\_\_\_ Cell Phone \_\_\_\_\_

Member Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Leader Signature \_\_\_\_\_

Agent Signature \_\_\_\_\_



COOPERATIVE EXTENSION

UNIVERSITY OF HAWAII AT MĀNOA  
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES

## Project Focus Area

### **ANIMALS**

- Animal Science
- Beef – Market
- Beef - Breeding
- Dairy Cattle
- Dairy Goat
- Horse
- Horse – Working Ranch
- Meat Goat Breeding
- Meat Goat Market
- Poultry Meat
- Poultry Layer
- Rabbit Breeding
- Rabbit Meat
- Sheep Market
- Sheep Breeding
- Swine
- Dog
- Pets
- Veterinary Science

### **CAREERS/WORKFORCE PREP**

- Entrepreneurship
- Workforce Readiness

### **CLOVERBUDS**

### **COMMUNICATIVE AND EXPRESSIVE ARTS**

- Video
- Creative Writing
- Cultural Arts
- Photography
- Public Speaking
- Theater Arts
- Visual Arts

### **COMMUNITY / VOLUNTEER SERVICE**

- Civic Engagement
- Mentoring
- Leadership

### **CONSUMER AND FAMILY SCIENCE**

- Sewing/Clothing
- Personal Financial Management

### **ENVIRONMENTAL EDUCATION/EARTH SCIENCES**

- Backyards and Beyond
- Bicycle
- Butterfly

### **ENVIRONMENTAL (cont.)**

- Entomology
- Erosion and Soil Control
- Exploring Your Environment
- Fishing
- Forestry
- Gardening
- Honey Bee
- Outdoor Adventures
- Science Discovery
- Shooting Sports Rifle
- Shooting Sports Archery
- Stormwater Management
- Wind Energy
- Water Conservation

### **FOODS AND NUTRITION AND HEALTH**

- Cooking
- Food Preservation
- Food Safety
- Nutrition
- Physical Activity
- Health
- Safety

### **PERSONAL DEVELOPMENT**

- Communication

### **PLANT SCIENCES**

- Gardening
- Learn Grow Eat Grow

### **SCIENCE, TECHNOLOGY, AND ENGINEERING**

- Aerospace
- Computer
- Computer Science
- Electricity
- Food Science
- Geospatial
- Kitchen Chemistry
- Robotics
- Science Discovery
- Science Fun With Physics
- Small Engines
- STEAM Clothing
- Wind Energy
- Woodworking

**The 4-H Senior Portfolio shows cumulative 4-H work from grades 4 to current year.**

**4-H Project Review**

We “learn by doing” in 4-H so tell us about your projects. Using the project areas listed on the previous page, explain to us your project goals, things you learned, knowledge gained, and accomplishment in each of your project areas. If you were in a project more than one year, how did your project change over time? What new experiences have you had that you are grateful for and what did you learn from the experiences? (Limit 3 pgs)



**Non 4-H Project Activities** - List all activities completed **outside of 4-H projects** such as workshops, field trips, camps, contests, etc. and 4-H community/service learning projects such as clean-ups, visitations, and donations. **Also include** school, church, sports or community activities that demonstrate life skill development. Check if activity was leadership role, community service, public speaking and/or promotion of 4-H. **Note level of activity as: Club (L), County (C), State (S), or National (N).**

Life Skills	HEAD	HEART	HANDS			HEALTH			
	Using Scientific Methods Processing Information Understanding Systems Managing Resources Practicing Creativity Making Decisions Solving Problems Visualizing Information Learning to Learn Thinking Critically Keeping Records Planning and Organizing Achieving Goals Navigating in Your Environment Working with Numbers	Communicating Interacting Socially Cooperating Sharing Resolving Conflicts Valuing Social Justice Valuing Diversity Building Relationships Caring for Others Being Empathic	Mastering Technology Learning Through Community Service Volunteering Being a Responsible Citizen Working in a Team Exercising Leadership Completing a Project Motivating Yourself				Being Responsible Developing Self Esteem Managing Yourself Practicing Integrity and Character Developing a Sense of Purpose Developing a Positive View of the Future Utilizing Resistance Skills Being Resilient Managing Stress Making Healthy Lifestyle Choices Preventing Personal Injury Expressing Emotions Positively Preventing Disease		
Date & Activity Brief description	Knowledge What did you learn?	Application How can you use what you learned?	4-H (Y/N)	Level L, C, S, N	Leadership Assists others	Civic Gives back	Present Demonstrate s or educates	Promote 4-H to others	





Provide two photos that best capture your growth in the project. Identify the setting and people in the photo.






## 4-H Reflections

Choose four life skills (one each from Head, Heart, Hands and Health) from the Targeting Life Skills Model diagram on page 1 and describe how you have developed each life skill through your 4-H career:

**HEAD:**

**HEART:**

**HANDS:**

**HEALTH:**

## MY 4-H RESUME

(Your resume should include the following basic information; limit 1 page)

Name:

Address:

Cell Number:

E-Mail:

Goal Statement (include Career/Educational goals):

Educational Experiences:

Work or Volunteer Experiences:

Special Skills and Abilities:

**Letters of Recommendation:** Provide two letters of recommendation. You may ask someone who knows you well and can be a teacher, 4-H leader, counselor, mentor, organizational leader or an employer. These letters must be written within the last year and **must be signed by the writer**. The writer should not be an immediate relative.

**Qualifications:**

I am prepared to be considered as a State delegate to National 4-H Congress because:

If chosen, and upon returning from National 4-H Congress, I will strengthen my 4-H organization by:

**My 4-H Story** – Describe yourself and explain your 4-H journey in narrative form.

Your 4-H Story should include the following:

- Tell us some things about yourself.
- Explain what 4-H means to you and how your 4-H experience has shaped your personal development.
- Describe how you will use what you have learned in other areas of your life.

## HAWAII 4-H PORTFOLIO JUDGING RUBRIC

Name: \_\_\_\_\_ Judge: \_\_\_\_\_

For each section below, the judge will select the rating (excellent, good or fair) that provides the best overall match for the criteria described. The judge will then select the appropriate points to award for each section.

<b>Excellent</b>		<b>Good</b>	<b>Fair</b>	<b>Comments</b>
<b>Available Pts 10</b>	<b>8-10</b>	<b>5-7</b>	<b>0-4</b>	<b>Points Awarded:</b>
<b>Organization</b>	Portfolio is well organized and overall appearance neat and clean. Correct punctuation, spelling and grammar used. Form filled out with all signatures.	The portfolio has some spelling, grammar and organizational inaccuracies. Form lacks complete information	The portfolio has significant spelling, grammar and/or organizational errors. Incorrect form used.	
<b>Available Pts 15</b>	<b>12-15</b>	<b>8-11</b>	<b>0-7</b>	<b>Points Awarded:</b>
<b>Project Summary</b>	Member is very active in project involvement. Member clearly explains what was learned in the project and records specific knowledge and skills gained. Demonstrates growth appropriate for grade and years in 4-H.	Member is active in project involvement. Member lists what was learned in the project, but doesn't show growth appropriate for grade and years in 4-H.	Member has limited involvement in the project(s). Member lists a few skills and knowledge. Does not show growth appropriate for grade and years in 4-H.	
<b>Available Pts 5</b>	<b>4-5</b>	<b>2-3</b>	<b>0-1</b>	<b>Points Awarded:</b>
<b>Other 4-H Activities</b>	Member is active in the 4-H program as a whole. Member effectively demonstrates involvement in 4-H opportunities outside of 4-H club level. Only 4-H activities are included and full details provided.	Member is active in some areas of the 4-H program as a whole. Entries lack some details.	Member has limited 4-H involvement. Entries are incomplete.	
<b>Available Pts 10</b>	<b>8-10</b>	<b>5-7</b>	<b>0-4</b>	<b>Points Awarded:</b>
<b>4-H Leadership</b>	Gives a clear picture of the responsibilities and duties in each 4-H leadership roles. Only 4-H leadership roles are included. Shows progression as appropriate for grade and years in 4-H.	Member involved in 4-H leadership roles, but did not clearly explain the responsibilities and duties of the leadership role. Shows limited progression as appropriate for grade and years in 4-H.	Member does not make it clear that the activity is a 4-H role, or includes non-4-H roles. Little or no progression as appropriate for grade and years in 4-H.	
<b>Available Pts 10</b>	<b>8-10</b>	<b>5-7</b>	<b>0-4</b>	<b>Points Awarded:</b>
<b>4-H Citizenship</b>	Member involved in 4-H community service activities. Provides details to give a clear picture of what was accomplished and involvement. Only lists 4-H community service.	Member involved in 4-H community service activities. Entries lack details of what was accomplished and involvement. Only lists 4-H community service.	Member involved in no 4-H service activities. Entries do not explain what was accomplished and involved.	