



# 4-H

## Senior Portfolio

(Ages 14-19)

20\_\_\_\_

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

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

Years in 4-H \_\_\_\_\_ 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

**4-H Club PROJECT Summary & Learning Experiences** - Use the list on the previous page to document work completed for your project(s).

[illegible]

**Reminder: 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 projects listed on the previous page, explain to us your overall project goals, things you learned, knowledge gained, and accomplishments 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 PROJECT Activities in 4-H** - 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. Check if activity was leadership role, community service, public speaking and/or promotion of 4-H. **Note level of activity as: Club (C), County (O), State (S), or National (N).**

<b>Life Skills</b>	<b>HEAD</b> 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	<b>HEART</b> Communicating Interacting Socially Cooperating Sharing Resolving Conflicts Valuing Social Justice Valuing Diversity Building Relationships Caring for Others Being Empathic	<b>HANDS</b> Mastering Technology Learning Through Community Service Volunteering Being a Responsible Citizen Working in a Team Exercising Leadership Completing a Project Motivating Yourself	<b>HEALTH</b> 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

<b>Date &amp; Activity</b> Brief description	<b>Knowledge</b> What did you learn?	<b>Application</b> How will you apply what you learned?	<b>Level</b> <b>C, O, S, N</b>
<b>Leadership</b> - Assists/mentors others			


<b>Date &amp; Activity</b> Brief description	<b>Knowledge</b> What did you learn?	<b>Application</b> How will you apply what you learned?	<b>Level</b> <b>C, O, S, N</b>
<b>Civic Engagement</b> - Gives back to community			

<b>Date &amp; Activity</b> Brief description	<b>Knowledge</b> What did you learn?	<b>Application</b> How will you apply what you learned?	<b>Level</b> <b>C, O, S, N</b>
<b>Presentation / Public Speaking - Demonstrates or educates</b>			




<b>Date &amp; Activity</b> Brief description	<b>Knowledge</b> What did you learn?	<b>Application</b> How will you apply what you learned?	<b>Level</b> <b>C, O, S, N</b>
<b>Other 4-H Activities</b> – non-project activities outside leadership, civic engagement, or presentation/public speaking			


**NON 4-H Outside Activities** - List all activities completed **outside of 4-H** such as school, church, sports or community activities in which you had a leadership role that demonstrate life skill development. **Include community service, awards/recognition.**

Date	What were you involved in?	List leadership responsibilities
EXAMPLE 3/3/20xx	I was part of the senior class banquet planning committee	I was the treasurer for the committee and kept detailed accounts of the donations and money spent

Provide two photos that best capture your growth in 4-H and describe why and how these photos show growth.

Caption w/dates	Caption w/date



## 4-H Reflections

Choose four life skills (one each from Head, Heart, Hands and Health) from the Targeting Life Skills Model diagram on page 4 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 who you are 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 4-H 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.							
Excellent		Good		Fair		Comments	
<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.				
Available Pts 5	<b>4-5</b>	<b>2-3</b>	<b>0-1</b>	<b>Points Awarded:</b>			
<b>Project Summary &amp; Review</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.				
Available Pts 15	<b>11-15</b>	<b>6-10</b>	<b>0-5</b>	<b>Points Awarded:</b>			
<b>4-H Club Project Summary &amp; Learning Experiences</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.				
Available Pts 10	<b>7-10</b>	<b>4-6</b>	<b>0-3</b>	<b>Points Awarded:</b>			
<b>4-H Civic Engagement</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.				
Available Pts 10	<b>7-10</b>	<b>4-6</b>	<b>0-3</b>	<b>Points Awarded:</b>			
<b>4-H Presentation</b>	Member involved in public speaking, demonstration, presentation, and/or promotional activities related to 4-H. Provides details to give a clear picture of what was accomplished and involvement. Shows progression as appropriate for grade and years in 4-H.	Member involved in 4-H presentation activities. Entries lack details of what was accomplished and involvement. Shows progression as appropriate for grade and years in 4-H.	Member involved in no 4-H presentation activities. Entries do not explain what was accomplished and involved. Entries do not show any progression of level.				
Available Pts 5	<b>4-5</b>	<b>2-3</b>	<b>0-1</b>	<b>Points Awarded:</b>			

## 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.							
Excellent		Good		Fair		Comments	
<b>4-H Other Activities</b>	Member participated in numerous other 4-H activities and events at club, county, and state levels. Provides details to give a clear picture of what was accomplished and involvement. Shows progression as appropriate for grade and years in 4-H.	Member involved in other 4-H activities and events. Entries lack details of what was accomplished and involvement. Shows progression as appropriate for grade and years in 4-H.	Member involved in no other 4-H activities or events. Entries do not explain what was accomplished and involved. Entries do not show any progression of level.				
Available Pts 5	4-5	2-3	0-1	Points Awarded:			
<b>Activities Outside 4-H</b>	Lists significant non-4-H experiences in school, community, sports, church or other organizations such as leadership, community service, awards and recognition.	Lists some non-4-H experiences in school, community, sports, church or other organizations such as leadership, community service, awards and recognition.	Lists few non-4-H experiences.				
Available Pts 5	4-5	2-3	0-1	Points Awarded:			
<b>4-H Photos</b>	Photos show member's growth in project, leadership, service and activities that represent 4-H involvement. Photos are dated with detailed captions.	Photos show project involvement but fail to show leadership and service involvement. Captions are missing or lack details.	Photos show limited involvement. Captions are missing or lack details and dates.				
Available Pts 5	4-5	2-3	0-1	Points Awarded:			
<b>4-H Reflection</b>	Member reflects and communicates how they've practiced the four different H's.	Member reflects and communicates how they've practiced some of the four different H's.	Member does not show how they've practiced the four different H's.				
Available Pts 10	7-10	4-6	0-3	Points Awarded:			
<b>Resume &amp; Letters</b>	Member has completed resume and two signed letters of recommendation.	Member partially completes resume or has one signed letter of recommendation.	Member does not have resume or signed letters of recommendation.				
Available Pts 5	4-5	2-3	0-1	Points Awarded:			
<b>4-H Story</b>	Story shows personal growth and development in 4-H. Highlights leadership and community service. Gives details to demonstrate how 4-H has influenced life.	Story shows some personal growth and development in 4-H. Some details demonstrate how 4-H has influenced life.	Few details are provided regarding personal growth and development in 4-H.				
Available Pts 25	17-25	8-16	0-7	Points Awarded:			
				<b>TOTAL POINTS</b>			