



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

**State Achievement and National 4-H Awards
Member Applicant Check list**

Name Your Name

County Your County

Phone (603) 555-1234 Email iluv4h@www.com

Age (as of Jan 1 of the current year) 16 Years in 4-H counting the current year 9

check all awards for which you are applying, note year if you have previously received award

Name of Award	Award(s) currently applying for	Year previously received
State Achievement Award	X	
National 4-H Congress	X	
National 4-H Conference		
National 4-H Dairy Conference		

Application package - include each item listed below:

- X 1 Member Applicant checklist (this form)
- X Individualized cover letter (1-1 ½ pages)
- X 1 copy of current resume (up to 3 pages)
- X 1 copy of narrative “*What 4-H Participation Has Meant To Me*” (if repeat applicant
“*What Continued 4-H Participation Has Meant To Me*”) (1 page)
- X Recommendation from an individual other than your 4-H Educator(s)

Mail or Email application packet

Due to County Cooperative Extension Office _____
(contact your county office for deadlines and address information)

Mailing address:

Email address:

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.
University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

Your Name
Your Address
Your City, State, Zip Code
Your Phone Number

County Extension Educator Name
00 Main Street
Anytown, NH 12345

Dear Educator Name:

Over the past nine years, 4-H has helped shape the person that I am today. I am grateful for the opportunities I have received through the 4-H program, whether it was meeting new people as a delegate to NH State Teen Conference or learning valuable life skills such as communication and leadership. Perhaps the greatest gift that 4-H has instilled within me is the confidence and resources to pursue my life goals.

One opportunity I have anticipated over the past few years is completing a 4-H resume and attending National 4-H Congress. National 4-H Congress is a broader experience than any I've ever had, and I believe that it will benefit me in many ways. I hope to gain a national perspective on youth issues and share ideas from my community and state with teens from around the country.

However, my experience at National 4-H Congress is just the beginning. I will share the knowledge from National Congress with everyone I come in contact with. This could be by leading a discussion in my town 4-H club, sharing stories with my 4-H dog club, bringing new ideas to Jr. Leaders, or by simply interacting in a new way, with some national perspective to add to a conversation.

The resume writing process has been a unique opportunity to re-live my 4-H experience. It is amazing to look back on nine years of involvement and realize just how much I have learned. I hope that my resume reflects the effort and enthusiasm I have invested in 4-H participation and the significant impact 4-H has had on my life.

I believe that my years in the 4-H program have prepared me to be a valuable delegate to the National Congress, and I can't wait to share the experience with others.

Thank you for your consideration.

Sincerely,

Your Signature

Your Name

4-H Member
Main Street
Anytown, NH 00000
(603)000-1234

OBJECTIVE

My objective is to practice the interview process before entering the workforce. I would also like to attend National 4-H Congress and National 4-H Conference to widen my 4-H horizons and to meet other 4-H members from around the country.

Primary Projects

Fashion Revue – 2004-Present; Grafton County Fashion Revue, I made a garment which was judged at the county and I participated in the county Fashion Revue. The night of the show I helped organize the models before the show and narrated. I also participated in the State Activities Day Fashion Revue modeling my garment and a narrating a portion of the show.

- Life Skills – sewing offers lots of challenges and has helped me strengthen many skills. Through this project I have learned to read and follow directions, time management, money management and of course sewing skills.
- Leadership – during the Fashion Revue I helped organize the participants before the show. During club meetings I often help other members with sewing techniques I am good at. I also helped to teach modeling to the younger members.
- Career Skills – many of the skills listed above as life skills are just as important as career skills, an example would be time management, money management, and learning to read and follow directions. Also, communication is important during Fashion Revue because during the county judging we have to speak with the judges and explain how we did different techniques. I also narrated a section of the Fashion Revue.
- Community Service – after the county fashion revue, we always go to the county nursing home and present the fashion show for the residents.

Country Kitchen at Mytown Fair – 2004-Present; Work two shifts doing a variety of jobs like preparing food, taking orders and working with other members to put orders together for the customers.

- Life Skills – It is very important to communicate well when taking food orders and putting them together for the customer to make sure that they get all the parts of the order correctly. You have to pay attention to everything that is going on around you to be sure that the customers get their orders correctly.
- Leadership Skills – In a place like the Country Kitchen it is important to work together to get the food orders ready, especially since it is a small room people have to work together so they don't bump into each other and drop things. Sometimes it is necessary to take

leadership, like when running the window you have to coordinate with the order taker and the chef.

- Career Skills – working in a restaurant is important because there are a lot of restaurant jobs, especially for younger people. Here I learned how to make change without a calculator, take orders and give them to the chef and coordinate with other team members to get the orders put together.
- Community Service – working in the Country Kitchen is a community service because it acts as a fundraiser for the county 4-H foundation and everyone who works there is a volunteer.

Eastern States Exposition 2005-2006 and 2008-2009; I participated in the fashion shows and helped to guide first year 4-H'ers.

- Life Skills - This event helped me gain the life skills of time management and money management. During the Big E when we are not doing our event we have free time to explore the fair. The important thing is to be back to the NE Center on time for our next fashion show. It is also important to manage my money while there because the Exposition can be very expensive and I know if I spend all of my money on the first day, I won't have any for the next day.
- Leadership Skills - In the dressing room it is important to work together to help each other change so people can get back out to go on stage again.
- Career Skills – There are a lot of things to do during Eastern States that are important career skills. Being on time and being ready for the Fashion Show is important. We are presenting ourselves to the public and representing 4-H so it is important to look good and act professionally.

County Foundation Board Youth Member, 2007-Present; I work with the 4-H Foundation Board in making important decisions about the NH 4-H program and fundraising activities.

- Life Skills – Being on a Foundation Board is an important role for many reasons. I have learned the way that meetings work which is an important skill I can use in the future. We have to work together to decide what is important in our program and how we can help support that.
- Career Skills – being on a fundraising board requires good communication skills. This is especially important because the board is made up of mostly adults and if I don't communicate well, they won't take me seriously. Many jobs require having meeting and working together, I am sure this skill will help me in the future.
- Community service – this is an important community service because without the board, the county wouldn't have any money to support a lot of the programs that happen.

Other Events and Interests

4-H Events

- 2006-2009; Farm & Forest Exposition; (Community Service); I demonstrated my dog in the kid's room and told people about the dog program.
- 2005-2009; County Spaces Day (Community Service & Leadership); I helped teach a workshop with my 4-H Leader.
- October 2008; Northeast Regional Volunteer Forum (Community Service); I performed in the talent show for the people attending the forum, and also helped run errands, and work at the registration desk during the four day conference.
- 2007-2009; Teen Conference, (Community Service); As a county delegation leader I help run errands, set up equipment and clean up after events
- 2009; Focus on Fashion (Citizenship); this experience taught me about many different careers and different ways of living, as well as learning about different places.
- 2007; Focus on Foods (Citizenship); I learned about the different careers in the food industry.
- 2006-2009; Town Community Gardens (Community Service); I help tend the garden in downtown with my 4-H Club.
- 2000-2004; County Activities Day (Communications); I did demonstrations about different subjects.
- 2007-2009; 4-H Day at the Fisher Cats Game (Communication & Leadership), I went to the game to support the 4-H program and went out on the field to warm up before the game.
- 2009; Teen Council (Leadership); I am working with the State 4-H Teen Council to coordinate the 2010 NH State 4-H Teen Conference.

Employment

- America's Favorite Fast Food Restaurant, 2008-Present, (Life Skills); worked the counter taking orders and putting the orders together.

School Events

- 2005-Present; Anytown School Chorus; (Leadership); Soprano section leader for the past two years. Responsible for helping other sopranos learn the music and helping the section function as a team.

Other

- 2004-Present; New Hampshire Youth Chorus, I sing with the chorus at nursing homes and different venues around the state of NH.
- 2006-Present; Community Church Choir, I sing with the choir at church and concerts.
- 2009; Mytown Old Home Week - I taught the audience sing-along songs.

What 4-H Participation Has Meant to Me!

Last week, as I was walking down the hallway of my high school, I saw a girl wearing a T-shirt that said “4-H – Are you into it?” I didn’t recognize her, but immediately felt connected to her. 4-H membership gives teens a common identity, and in turn, a sense of pride and camaraderie. 4-H is like a huge community. As a 4-Her, you share some aspect of the incredible 4-H experience with millions of other teens and alumni. That means anywhere you go, there are other teens, just like you, learning the skills to succeed in life.

I approached the girl later on, introduced myself, and mentioned that I liked her shirt. We quickly began chatting about our involvement in the 4-H program and which projects we participate in. This simple interaction exemplifies the essence of my 4-H experience. Before becoming a 4-Her, saying “Hi” to a stranger was a big deal. But 4-H has given me the self-confidence and interpersonal skills that were necessary to start up that conversation. Connections like this happen all the time. At community, school, and athletic events, I often see someone I recognize from fairs or county events. I enjoy the friendship network I have developed through 4-H and the extra confidence I have in the abilities and attitude of my fellow 4-Hers.

Perhaps the most valuable academic contribution 4-H has given me is the ability to communicate my thoughts effectively, both visually and verbally. I remember, distinctly, an episode in my freshman English class. The teacher had just assigned a research project, which was to culminate in a 12-minute speech presentation. As the rest of the class groaned at the thought of public speaking, I smiled, knowing that I was prepared and excited to showcase a special skill I learned outside the classroom. Thanks to 4-H, public speaking is something that I have grown to love and succeed at. This affinity for communication will continue to serve me well as I move on to college and the working world.

Through 4-H, I have collected a diverse bank of knowledge, from dog trivia to the food pyramid. This information has helped me in more ways than I would have imagined. The teaching of life skills has not been a large component of my formal academic experience. This makes me especially grateful for my 4-H involvement as it fosters real-life preparedness that is richer than academics alone.

As a junior in high school, I am excited about going to college and expanding my horizons. But as I begin to spread my wings, I feel well grounded in the life skills I developed through the 4-H program. Confidence, self-reliance, community - these are the things that I have to make my goals into reality.

Thinking about my future, there is no other way I would have wanted to spend my childhood. Growing up a 4-Her has made all the difference.

Mrs. 4-H Leader
Main Street
Anytown, NH 12345
(603)555-0000

County 4-H Educator Name
00 Main Street
Anytown, NH 12345

Dear 4-H Educator:

Member name is a 10 year 4-H member in the county. She has excelled in family and consumer science project areas and within the past 2-3 years has become very involved in the dairy goat project. She has served on planning teams for fashion revue, the county events and the state family consumer science curriculum team.

She volunteers to help organize programs for her club and was very instrumental in recruiting then mentoring younger members. One of my fondest memories is when she helped 4 younger members complete sewing projects and guided them through our fashion revue program with encouragement and how proud she was of their excitement and satisfaction for learning and doing so well.

This past year, she has been assisting one younger member in her club with showing goats and the positive role modeling that she does so naturally is just incredible to watch. She recently participated in the 4-H conversations during the centennial, the gap analysis for our county and at the legislative showcase held last week. She talked with many legislators who then commented so positively to other members of our extension council of how pleased they were to have a 4-H youth involved in the event.

Member name is an asset to groups because she works well with people of all ages; contributes her ideas and encourages others to participate. She is an outstanding 4-H member and would be an outstanding delegate to National Congress.

Sincerely,

4-H Leader Signature

4-H Leader Name