



UTAH 4-H -

SECTION 7
MY 4-H STORY

Submit a new story every year which will summarize your overall 4-H experiences. It should include experiences from the current year as well as previous years. Include growth and development from your 4-H project work and all other significant 4-H experiences using dates as appropriate. **Emphasize how your overall 4-H experience has influenced and impacted your life.**

The story should be a minimum of one page and a maximum of six pages on one side (3 pages front-to-back if submitted in plastic sheet protectors). Older youth should have stories longer in length (closer to six pages) to be able to show significant growth throughout the years. If typed or prepared using a computer, story should be double spaced. Print each sheet on Utah 4-H Letterhead stationery.

The following outline may help you in developing your story. It is divided into parts merely to help you outline what you want to say about yourself. DO NOT identify these parts in your story.

Part 1: **Briefly introduce yourself.** You may wish to include your age, personal interests, information about your parents, brothers, and sisters, where you live, where you go to school, when and why you joined 4-H, etc.

Part 2: **Give a general overview of your 4-H project work.** Relate some of the experiences you have had while completing your 4-H project(s). Share how 4-H helped you learn things about this subject you didn't know before; how your project grew in size and scope; and some things you tried successfully or unsuccessfully. Share highlights of previous 4-H projects, activities, or experiences. Include any major learning experiences, items of special interest, and/or unusual situations you encountered.

Part 3: **Highlight your 4-H leadership** and the growth you experienced through these opportunities. Discuss your abilities, growth, dedication, team work, accountability, etc. Explain how 4-H helped you become a better leader

Part 4: **Highlight your 4-H community service.** Discuss how 4-H has increased your interest and participation in community affairs, your sense of giving back, caring for others, etc. Explain how 4-H helped you to become a better citizen.

Part 5: **Describe in detail how 4-H has influenced your life.** Give significant detail of personal growth and development. Show such things as how 4-H has affected your self image, your school success, your career choices, your friends, your abilities, etc. Explain how 4-H has helped you become a better person of character.