



4-H Thrive!

Positive Youth Development

Developing Competence

Adults create environments where youth can develop competence in their chosen project area.

Building Confidence

Youth build confidence as they learn to think for themselves, build mastery, and are recognized for their efforts.

Nurturing Caring

Adults nurture a caring environment where mutual trust between youth and adults is established. Caring relationships with adults are key to resilient youth.

Finding Connection

Youth build solid connections which are critical to their well-being.

Forming Character

Create a community where youth play an active role in developing their character.

Determining Contribution

Youth actively contribute to their clubs and communities.

4-H Career Exploration offers 4-H members opportunities to learn about themselves, and their interests, abilities, and aptitudes. They also can learn more about the world of work and have opportunities to consider their interests and aptitudes in relation to available careers. This project is designed to help participants in their current job search, internships, and part-time and full-time employment.

Senior Age- Level (14-18)

Starting Out Beginner

4-H'ers ages 14-18 years old can take part in their local, county-based clubs. Youth can begin by exploring career choices and how to obtain a position with that career.

- Learn about decision making.
Learn how to communicate effectively.
Researching jobs.
Learn about businesses.

Learning More Intermediate

- Job Shadow or interview an adult about their career.
Learn about performing as a team member.
Practice mock interviews and prepare elevator speeches.

Exploring Depth Advanced

- Learn to set academic goals.
Learn to write resumes and cover letters.
Intern or participate in community service with job careers for hands-on experience.



## Expand your experiences!

- ✿ Make a list of careers that interest you and research them.
- ✿ Talk to your school counselor or parents about career aptitude tests.
- ✿ Attend a career day fair at your local high school or college.
- ✿ Attend workshops and events sponsored by the Mississippi State University Extension Service, Center for 4-H Youth Development Department, to enhance your public speaking and career exploration ideas.
- ✿ Create a resume showcasing your skills and strengths.
- ✿ Create a business plan.
- ✿ Connect passions in 4-H with potential careers.
- ✿ Experience hands-on internships and service learning related to your career.



### Resources

Michigan State University 4-H Careers and Entrepreneurship (Cover Letters and Resumes')  
[Resumes and Portfolios - 4-H Careers & Entrepreneurship \(msu.edu\)](https://extension.msu.edu/4-H-Careers-Entrepreneurship)

Michigan State University 4-H Careers and Entrepreneurship (Interviewing)  
[Interviews - 4-H Careers & Entrepreneurship \(msu.edu\)](https://extension.msu.edu/Interviews-4-H-Careers-Entrepreneurship)

Mississippi State University Extension 4-H Resume (Downloadable format available)  
<https://extension.msstate.edu/search?query=resume>

### Connections & Events

✿ State 4-H Congress (Senior 4-Hers)

Training:

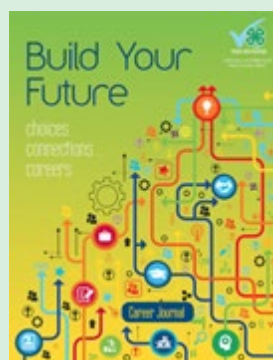
✿ 4-H Career Camp (Senior 4-Hers)

Attend and assist job fairs at your school.

Youth can Job Shadow with small businesses in their communities.

Contact your local Extension office to discover additional opportunities.

### Curriculum



[Build Your Future Youth Notebook – Shop 4-H](#)

### 4-H Record Book

The 4-H Record Book is an opportunity for youth to reflect on their project and to record information about their activities and lessons learned throughout the year.

This project area is submitted under Career. As a reward for hard work, 4-Hers can receive awards and/or recognition through money and/or trips. Additionally, record books may be used towards the Congressional Award Record book.

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