

The 4-H Personal Development Project provides opportunities to help youth with social and emotional development. The project provides information and activities to help youth accept themselves as worthwhile individuals. Youth learn ways of respecting and relating effectively with others. The skills learned in personal development will lead to success in their daily lives.



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.

Mississippi State University is an equal opportunity institution.

Project Resources

Member manuals, leader guides, supplementary materials, training materials, videos, etc.

Member Manuals: *How to Do a Visual Presentation* – Publication 1096

Supplementary Materials

Child Development Helper's Guide. National 4-H Curriculum.

Child Development 1: Growing On My Own, Step 1 Grades 3-4. National 4-H Curriculum.

Child Development 2: Growing With Others, Step 2 Grades 5-6. National 4-H Curriculum.

Child Development 3: Growing in Communities, Step 3, Grades 7-10. National

Training Materials

Agent Training Videos

Essay PowerPoint

Flyers PowerPoint

Presentations

PowerPoint

PROJECT ACTIVITY SUGGESTIONS:

(See Kids on the Grow books according to grade level.)

- I. Grades 3-4
 - Blooming Bags (Unit 1) Story Mask (Unit 3)
 - Potato Pals (Unit 4)
 - My Morning Routine (Unit 5)
 - That Hat's for Me! (Unit 6)
 - Home Hazard Hunt (Unit 7)
- II. Grades 5-6
 - My Plan for Me (Unit 10)
 - Circle of Friends (Unit 13)
 - How I See It (Unit 15)
 - Putting the Pieces Together (Unit 16)
 - Family Connections (Unit 17)
 - Family Rules (Unit 18)
 - Street Smart (Unit 22)
- III. Grades 7-10
 - What's The Message? (Unit 25)
 - Building Friends (Unit 27)
 - Block Buster (Unit 29)
 - Your Intergenerational Community (Unit 30)

Tour/Field Trip Ideas:

- Have a Day Camp focusing on self-esteem issues (Helper's Guide Page 37)
- Visit a local nursing home for intergenerational programs
- Local Service Projects such as Meals on Wheels, Food Bank, Holiday Food Projects

COMPETITIVE ACTIVITIES:

Note: Hours spent working in this area can be counted in the Congressional Award Record.

Judging: N/A

Fair exhibits/performances: Refer to fair exhibit list.

Personal Development Visual Presentation:

Contest Area	10-11 Year Old Junior	12-13 Year Old Junior	14-18 Year Old Senior
Personal Development	X	X	X

Junior Age Level - (10-13)

Portfolio: X

Senior Age Level - (14-18)

Portfolio: X

Note: Congressional Award Record Book can be submitted in substitution for the portfolio.



Miscellaneous: 4-H Personal Development (Junior and Senior)

1. Each county may have up to three (3) members to compete.
2. The member(s) will participate in a service project that must be approved by the person in charge of 4-H in their county. The service project may be any project that the 4-H member wants to participate in or is already participating.
3. Upon completion of the project, the member(s) will create a portfolio and develop a visual presentation for the project.
 - a. The portfolio/record book must be submitted prior to Club Congress.
4. Portfolio Details
 - a. The portfolio should be provided in a 3-ring binder. The following information notes the content to be included in each section
 - b. Section I: Title Page
 - i. Name of 4-H'er
 - ii. Name of county
 - iii. Title of service project
 - iv. Date
 - c. Section II: Essay (1-2 pages, double spaced)
 - i. Project description
 - ii. Name of organization involved
 - iii. Explain why the 4-H'er chose this project
 - iv. Explain what the 4-H'er learned from the project
 - v. Address the time commitment to the project
 - d. Section III: Photos (5 pages max.)
 - i. Photo(s) of the 4-H member working on the project
 - e. Section IV: News Clippings (3 pages max.)
 - i. Newspaper write-ups and photos of the 4-H'er and the project
 - f. Section V: Letter from Supervisor
 - i. Must be written on letterhead and signed
 - ii. Must cover the duties, time commitment, and quality of service to the organization by the 4-H'er.
5. Visual Presentation Details
 - a. The presentation can be a traditional visual presentation or PowerPoint presentation. The following information must be included in the presentation.
 - i. Why the 4-H'er chose this service project
 - ii. The 4-H'er's personal goals set for the project
 - iii. What knowledge they have acquired as a result of the project
 - iv. What skills they have gained as a result of the project

Scoresheet

Time	
<i>Amount of time spent on the project and the amount of effort it reflects</i>	25
Portfolio	
<i>Title page is complete and contains all required information.</i>	25
<i>Essay describes the project in detail, including organization chosen and why.</i>	25
<i>4-H'er showed personal development as a result of project participation.</i>	25
<i>Picture history and news clippings record are relevant and insightful</i>	25
<i>Letter from supervisor contains all requirements</i>	25
Visual Presentation	
<i>Will be scored as personal development visual presentations are scored and added to this scoresheet.</i>	150
TOTAL POINTS POSSIBLE	300