



Maine 4-H Portfolio

Name: _____ Program Year: _____

Name of 4-H Club or Unit: _____

County: _____

Total Years in 4-H: _____

Birth Date: _____

Age on December 31: _____
(of the program year listed above)

Your Picture
(Optional)

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: (____) _____

What's included in your 4-H Portfolio:

- 4-H Resume
- 4-H Portfolio Story
- Optional 4-H Evidence (limited to one binder)
 - Certificates
 - Photos
 - Press Releases

I have personally prepared this portfolio and believe it to be correct.	
4-H Member's Signature: _____	Date: _____
I have personally reviewed this portfolio and believe it to be correct.	
4-H Adult Partner's Signature: _____	Date: _____

4-H Resume

Completed by senior members only

First Name Last Name

Address, City, ME 0##### | (###) ### - ##### | emailaddress@gmail.com

Personal Development Statement

One to three sentences that describe what you stand for and what you aspire to become as a human being. It is not a statement of what you want to do, but rather how you want to be in the world.

Education and Professional Development

Name of School **Highest Year Completed to Date**
Additional Course Work, Name of School or Organization

Leadership Skills

Position Title, Group or Program, Month/Year Started – Month/Year Completed
Short description of what you did. Explanation of what you learned or skills you developed.

Citizenship Skills

Position Title, Group or Program, Month/Year Started – Month/Year Completed
Short description of what you did. Explanation of what you learned or skills you developed.

Other Skills

These can include instruments, dance, sports, or other hobbies you have spent a significant amount of time perfecting. Short description of what you learned or how you developed your skills.

Certificates & Honors

- List name of certificates and who issued it

4-H Story Template for Portfolio

Your 4-H Portfolio culminates in sharing the story of your varied experiences during your time as a 4-H member. The 4-H Portfolio Story is your opportunity to showcase what your 4-H participation has meant to you and how it has prepared you as a leader and citizen of the world. The 4-H Portfolio is completed annually and is required in application to 4-H National Trips.

Pick a theme and build your story around that theme so the story flows naturally. If you are having trouble developing a theme, you may use the following questions to help think about what to say. You can present your story in a format that meets your needs (written, video, blog, photo journal, etc.).

Part 1 - About You (Health)

What might be one of your sparks (interests or passions)?

What are your plans for your future?

Part 2 – 4-H Projects and Activities (Head)

What goals did you set in your projects and which ones did you reach?

What would you do differently if you were to try it again?

What skills have you learned in 4-H?

How have you handled financing your projects, if needed?

Who was especially helpful to you? How?

Part 3 – Leadership and Citizenship (Hands)

How has 4-H helped you become a better leader and citizen?

In what types of citizenship projects or leadership roles have you been involved?

How did you work with others to contribute to your community or your school?

What have you learned from working with other 4-H'ers through your leadership positions?

Part 4 – 4-H's Impact on You (Heart)

What kinds of relationships have you developed with your 4-H leaders?

How has your 4-H participation changed how you feel about yourself?

How has your participation influenced your school and career goals?

What has being a 4-H member meant to you?

How has 4-H helped you identify your spark (passion or interest)?

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