

**“My 4-H Story”  
For  
Intermediates and Seniors**

The 4-H Story is your opportunity to add a personal touch to your record book. Write a personal essay about your 4-H experiences. Let your creativity help you tell your 4-H story in a unique way. Use the tips and suggestions below and add your own additional details.

- Introduce yourself—include your age/4-H age, interests, where you live and go to school, your hobbies, activities, and favorite things to do, and, if you would like, include information about your family and friends.
- Write about your year in 4-H; what club you are in, service projects you have done, and what projects you have worked on in the last year.
- For each of your project areas, write about your current projects, why did you pick the project, what you have learned, how it has affected you, and how you have grown as a result.
- What have you enjoyed in the 4-H program this year? Did you attend any special events or participate in any contests? What club or county 4-H events/activities did you attend? Were you involved in any leadership opportunities or community service projects?
- Have your experiences been beneficial? In what ways has 4-H helped you develop life skills, such as public speaking, record keeping, helping your community? Has this assisted in making you a better citizen?
- What direction do you want to take in 4-H next year? Do you want to try something different or increase your current project area? Maybe you want to try to take on more leadership opportunities or plan events.

**Essay Format:**

12-point font, double-spaced between lines, and 1-inch margins for easy readability.

Proofread for spelling and grammar errors and **ask someone to help proofread**

Intermediates – 2 to 3 pages recommended

Seniors – 3 to 5 pages recommended