

## 4-H Senior Portfolios

### What It Is?

It is a list of all your activities throughout the year from January-December of the current year. Choose your project first, and then narrow it down to a demonstration. Your project work is mainly what you are planning to do your demonstration on at DISTRICT PROJECT ACHIEVEMENT and then additional activities related to the general project. The portfolio counts for 50% of your total DISTRICT PROJECT ACHIEVEMENT score

### Why do it?

It allows you to pick a topic or activity that you enjoy and share it with other people. Gives you resume building and public speaking skills. It gives you an excellent opportunity to develop leadership and citizen skills. Have a free trip to Rock Eagle Center with fun, games and dances with your 4-H friends.

### Two Pages of accomplishments (see information below)

- It is helpful for the judges if you put the information in the category format listed below. It is easier to judge.
- In your portfolio for project work, put activities involving your chosen demonstration or concentration first (example, softball)
- Then add other activities that are still part of the project. (Volleyball, gymnastics)
- List in order of important
- National, State, District, County
- Be sure to put numbers to show impact.
- Be specific: Start out by listing everything; Seek action works, think about words you can do; mentor, taught, led; not went.
- Don't use any abbreviations or acronyms, unless they are statewide in 4-H

### One Page of supporting material

#### Picture pages

- Be sure to include lots of pictures in scrapbook format
- Make sure pictures are action shots - you do something
- Pictures should be good quality
- Can use cut outs from newspaper articles, name tags, event brochures, clovers, etc.

### Portfolio Format

- One side of an 8 ½ x 11 sheet of paper ONLY
- Margins no less than ½ inch on all sides
- Left margin of supporting material much be ½ inch
- Bullets are allowed - can use special shapes (example: softballs)
- Clip art can be on supporting material ONLY
- Two pages of accomplishments in BLACK INK ONLY
- There is a minimum of 10 font size requirement, but it must be easily read.
- PROOFREAD!

**Background Information – 5%**

Paragraph to project judge regarding why you chose this project and what past experiences you have related to the project. Why did you join 4-H? What are your interests? Be sure to not put “Hello, my name is and my project is...” It can include activities and events from your entire life.

**Main Project Work – 20%**

**Activities** – Practice until time of the Event or to proficiency

**Learning about your project** – Tours, interviews, classes, workshops, books, magazines, television and teachers.

**Honors and awards in main project area**

**Remember to give numbers** (how many times? How many in the class you taught?)

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**Main Project Sharing & Helping – 30%**

**Teaching through**

**Presentations** – demonstrations, speeches, talks, informal and formal

**Exhibits** – tri-board and posters

**Classes, workshops and new articles written**

**Services** – making a difference in the community

**Other leadership** – project clubs, mentoring, leading, teen leader

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## Supporting Material

Pictures, Certificates, Ribbons

Be sure pictures are action shots

Make sure there are pictures relating to your project and 4-H activities

Certificates and ribbons must be scanned or photocopied

You may be creative in labeling your pictures and identifying yourself in the photograph.

My name is Sally Brown, and I am a 7<sup>th</sup> grade student at Sillytown School I am the eldest of three children. My interests in life include cheerleading, shopping, listening to music on my iPod, being with friends, and vacationing at Walt Disney World. My interest in 4-H really began when I was in 5<sup>th</sup> grade and made my first trip to Rock Eagle. As far as my future career plans are concerned, I hope to one day become a teacher and follow in my mother's footsteps.

### MAIN PROJECT

- \* Member of Sillytown Academy Junior Varsity cheerleading squad
- \* Participated in 103 practices
- \* Interviews:
  - Cathi Willet, Cheerleading Coach
  - Kay-Lyn Tatum, Junior Varsity Cheerleading Coach
  - Alan Willet, Assistant Coach
  - Kay Donalson, National Choreographer
  - Anthony Willet, Collegiate Cheerleader
  - Paige Armstrong, Collegiate Cheerleader
  - Jessica Armstrong, Collegiate Cheerleader
  - Brittany Conner, Collegiate Cheerleader
  - F.C.C. Staff Members
- \* Attend Vidalia Gymnastics Center
- \* Participated in S.P.A.L. Invitational Tournament
- \* Attended Georgia Southern University Basketball Camp
- \* Interviewed G.S.U. Head Basketball Coach
- \* Interviewed 10 G.S.U. Girls Basketball players
- \* Participated in 32 tumbling practices
- \* Interviewed 4 gymnastic instructors
- \* Assisted 6 gymnasts with tumbling techniques
- \* Gained skills in:
  - Back hand spring
  - Roundoff Back hand spring
  - Front walk over
  - Back walk over
  - Front tuck
  - Hand stand forward roll
- \* Helped 7 year old gymnastic class with basic tumbling skills
- \* Viewed gymnastic competitions 5 times
- \* observed Vidalia Springers Competition Gymnasts 23 times
- \* Member of Sillytown 6<sup>th</sup> grade Basketball team
  - Attended 29 practices
  - Played in 17 games
  - Participated in a PCA Basketball Summer Camp
- \* Interviewed 2 basketball coaches
  - Ms. Marie Driggers 6<sup>th</sup> grade basketball coach
  - Ms. Amy Driggers 7<sup>th</sup> grade basketball coach

### HELPING AND SHARING EXPERIENCES

- \* Participated in week long "Wee Cheer" camp for children
  - Taught 50 elementary students stunts, cheers, jumps and dances
  - Taught 4 kindergarten students basic dance and cheer techniques
- \* Demonstrated proper stunting technique to 3 Florida cheerleading squads
- \* Helped squad with stunts at cheerleading camp
- \* Helped 5 new J.V. cheerleaders with dance and cheer motions
- \* Assisted Varsity squad with stunting skills 10 times
- \* Assisted squad members with stretching techniques 12 times
- \* Gave "From Friday night to the Spotlight" demonstration to 4-H Club, 21 people
- \* Wrote paper on "What I love about cheerleading" English Class
- \* Presented demonstration on proper cheerleading stunts to Physical Education class
- \* Cheered at 14 Junior Varsity Football games
- \* Cheered at 4 Junior Varsity Basketball games
- \* Cheered at "Rattlesnake Roundup" community parade
- \* Performed cheer routine on WTOC Savannah region television broadcast

### LEADERSHIP ACTIVITIES

- \* President for my 6<sup>th</sup> grade 4-H club
- \* President for my 7<sup>th</sup> grade 4-H club
- \* Led Lower School Honor's Day Program in 6<sup>th</sup> grade
- \* Selected as 4-H camp cabin Mico in 6<sup>th</sup> grade

### COMMUNITY SERVICE AND CITIZENSHIP ACTIVITIES

- \* Valentine Card Party at the nursing home
- \* Baked cookies for and visited at a nursing home
- \* Collected toys for White Christmas Chapel
- \* Collected canned food for White Christmas Chapel
- \* Collected pop tabs for the Ronald McDonald House
- \* Participated in the St. Jude Hospital Marathon Fundraiser
- \* Collected items for and make shoeboxes for Operation Christmas Child for needy children
- \* Participated in annual recycling contest
- \* Baked and sold baked items to raise money to decorate Christmas float
- \* Participated in school fundraising events:
  - Magazine sales
  - Wrapping paper
  - Raffle Tickets
  - Mascot Pecan Sales
  - Coke Sales

### 4-H ACTIVITIES

- \* Attended Cloverleaf CPA - Archaeology
- \* Attended Cloverleaf DPA - Archaeology
- \* Attend monthly 4-H meetings - 9
- \* Attended 4-H Day at UGA
- \* Attended Cloverleaf 4-H Camp
- \* Earned opportunity to go to Summer Waves Water Park DPA trip
- \* Entered Fair mini-booth in Statesboro Ogeechee Fair
- \* Served as a host at Cruising in the Country Bicycle rest stop
- \* Rode on 4-H float in "Christmas in Claxton" Christmas parade
- \* Assisted 4 Junior 4-H'ers in Portfolio preparation

### OTHER ACTIVITIES

- \* Participated in school musicals
- \* Member of Baptist Church
  - Performed a song during a church service
  - Worked in church nursery 4 times
  - Assisted with Children's Church 6 times
  - Helped elderly church members with Advent Ceremony
  - Participated in Youth Group fundraiser
  - Took a fruit basket to a homebound church member
  - Attended Vacation Bible School - 5 days

### HONORS AND AWARDS

- \* Received 1<sup>st</sup> place at Cloverleaf DPA - Archaeology
- \* Received certificate and project pin at local 4-H Awards Banquet
- \* Recognized for 4-H involvement during school awards ceremony
- \* Received 2<sup>nd</sup> place for Fair mini-booth
- \* Awards Honor Roll for the 2006 and 2007 school year
- \* Named as a Duke University Talent Identification Program Participant in the 6<sup>th</sup> and 7<sup>th</sup> grade
- \* 4-H Club of the Year Winner
- \* Recognized for achieving Accelerated Reader goal for the year
- Received a Certificate for participating in the St. Jude's Hospital Mathathon fundraiser
- \* Received Perfect Attendance Award for the 2006 and 2007 school year