#### OHIO STATE UNIVERSITY EXTENSION

# **Achievement Form Section Suggestions**

Note: These are just examples of what could go in each section.

## Section A: 4-H Project Work

- Beef
  - All Beef Projects 0
  - 0 Dairy Feeder
- **CARTEENS** 
  - 4-H CARTEENs facilitators only
- Citizenship & Community Service
  - My Hands to Larger Service \*Can also go under Leadership
    - (Not directly project-related but focuses more on over all service projects, leadership, activities, etc.)
- Clothing and Textiles
  - Clothes for High School and College
  - Accessories for Teens
  - **Creative Costumes** 0
  - Sew Fun 0
  - Fun with Clothes 0
  - em∙bel∙lish 0
  - Sew for Others 0
  - Sundresses and Jumpers 0
  - **Active Sportswear** 0
  - Dress-Up Outfit 0
  - Loungewear 0
  - **Tops for Tweens** 0
  - Outerwear for Anywhere 0
  - Clothing for Middle School
  - Look Great for Less 0
  - Clothing for Your Career 0
  - **Shopping Savvy**
  - Sewing and Textiles Master 0
  - Get Started in Art (Textile Medium) 0
  - Quilting 0
- Companion Animals
  - All Dog Projects 0
  - Cavv 0
  - Purr-fect Pals 0
  - Climbing Up 0
  - Leaping Forward  $\circ$
  - Pocket Pets 0
  - **PetPALS** 0
  - Pet Rabbits 0
  - Self Determined-Small Animals
- Dairy
  - All Dairy Cattle Projects 0
- **Dairy Goat** 
  - All Dairy Goat Projects
- **Environmental Science** 
  - Explore the Outdoors

- **Exploring Ponds**
- Why Tree Matter 0
- Ohio Birds 0
- 0 Trapping Muskrats in Ohio
- Fishing for Beginner 0
- Fishing for the Intermediate 0
- Beekeeping 0
- Teaming with Insects (Level 1,2 and 3)
- Family Life and Child Development
  - Growing on My Own 0
  - Growing with Others 0
  - Growing in Communities 0
  - Family History Treasure Hunt
  - The Laundry Project 0
  - Adventures in Home Living 0
  - Makeover My Space 0
  - Your First Home Away From Home Cake Decorating 0
  - Scrapbooking
  - My Favorite Things
- Foods and Nutrition

0

- Let's Start Cooking
- Let's Bake Quick Breads
- Yeast Bread on the Rise
- You're the Chef
- **Global Gourmet**
- **Grill Master** 0
- Beyond the Grill 0
- Star Spangled Foods 0
- Pathways to Culinary Success 0
- Party Planner 0
- Sports Nutrition 1 and 2 0
- Racing the Clock to Awesome Meals 0
- **Dashboard Dining** 0
- Fast Break for Breakfast
- Gardening and Horticulture
  - o Canning and Freezing
  - How Does your Garden Grow?
  - **Grow Your Own Vegetables** 0
  - Growing with the Seasons 0
  - Flower Gardening 0
- Health and Safety
  - You're the Athlete
  - Staying Healthy 0
  - Keeping Fit 0
  - First Aid in Action 0
  - Alcohol and Drug Abuse 0
  - The Truth About Tobacco  $\circ$
- Horse
  - All Horse Projects





- Leadership
  - o One on One
  - o Club Leadership 1
  - Diversity
  - o Teens on Board
  - Leadership Road Trip
  - o Pantry Panic
  - o Leadership Master
  - o Club Leadership 2
  - My Hands to larger service \*Can also go with Citizenship
    - (Not directly project-related but focuses more on overall leadership of projects, activities, offices, etc.)
- o Meat Goat
  - Market- Dairy, Meat or Cross Goats
- Mechanical and Engineering Science
  - Rockets Away
  - Science Fun with Flight
  - Solid-Fuel Rocketry Master
  - ATV Safety
  - o Bicycling for Fun
  - o Wheels in Motion
  - o Magic of Electricity
  - Investigating Electricity
  - Wired for Power
  - Entering Electronics
  - Science Fun with Electricity
  - Young Engineers in Solar Energy
  - o Electric Radio-Controlled Vehicles
  - Not just Knots
  - Science Fun with Physics
  - o Robotics (Level 1, 2, and Master)
  - o Crank It Up
  - o Warm It Up
  - o Tune It Up
  - Lawn Care
  - Starting up: Getting to Know Your Tractor
  - Tractor Operations: Gearing Up for Safety
  - Moving Out: Learning About Agricultural Tractors and Equipment
  - Learning More: Learning About Agricultural Tractors and equipment
  - National Safe Tractor and Machinery Program

#### Details to add to each project:

- Name of project:
- What did you learn?
- How much time did you spend on your project?
- How much money did you spend?
- How much money did you make?

- Arcs and Sparks
- Personal Development
  - (Not directly project-related but focuses more on overall growth of the member over their 4-H career.)
- Photography
  - o Focus on Photography
  - Controlling the Image
  - Mastering photography
  - Photography Master
- Poultry
  - o All Poultry Projects
- Rabbits
  - All Rabbit Projects
- o Sheep
  - All Sheep Projects
- Shooting Sports
  - Safe Use of Guns
  - o Basic Archery
  - o Rifle
  - o Archery
  - o Shotgun
  - o Pistol
  - o Hunting and Wildlife
  - Muzzleloader
- Swine
  - o All Hog Projects
- Veterinary Science
  - From Airedales to Zebras
  - Ally Systems Go
  - On the Cutting Edge
    - (Along with any livestock or small animal projects that have had a strong veterinary focus.)
- Woodworking
  - Measuring Up
  - Making the Cut
  - Nailing It Together
  - Finishing Up
  - Woodworking Master

## **Section B: 4-H Participation**

- o 4-H international program delegate
- o Attended an educational tour
- Attended animal clinic (ex: dog, goat, rabbit, etc.)
- Attended or participated in another county's fair event
- Attend a Ohio (Operation) Military Kids program activity
- Carving New Ideas Workshop participant
- County 4-H camp
- County awards program
- County demonstration contest
- o County fair assistant
- County fair participant
- County health & safety speaking, creed contest
- County livestock judging contest
- County officer (Secretary, Treasurer, etc.) book contest
- o County Skill-a-Thon
- County Fair Queen, Livestock Queen/Representative, Ambassador
- County workshop
- District health & safety speaking
- o Helped assemble 4-H club scrapbook
- o Horse PAS show
- Learned 4-H pledge and motto
- Ohio 4-H Conference participant

- Participated in club banquet or recognition program
- Participated in county 4-H officer training
- o Participated in junior leadership programs
- Participated in junior fair board meeting activities
- National livestock show participation (with your 4-H project)
- National 4-H Conference attendee
- National 4-H Congress attendee
- National dairy conference attendee
- Showmanship participant
- State camp participant (Leadership, Sea, Space, etc.)
- State demonstration contest
- State health & safety speaking contest
- State fair showmanship participant
- State fair participant
- State livestock judging contest
- o State Skill-a-Thon
- State workshop/clinic
- Summer/Still project judging participant
- Super Showmanship /Showman of Showman participant
- Quality Assurance training participant

## Section C: Major 4-H Honors

- County award winner
- County trip winner (Leadership camp, CNI, Sea camp, etc.)
- Project placings
- Scholarship award winner

- Selected as a Junior Fair Board Member or to be in another leadership role
- o Showmanship placings
- State achievement award recognition

## Section D: 4-H Community Service/Citizenship

- Name of service activity/project
- Who participated in the service? Was it as part of your 4-H project, with your club, state, etc.?
- What did you do?
- How did you participate?
- Who did the project help/who did it reach?
- What did the project accomplish? How much was collected/donated?

## Section E: 4-H Leadership: Educational/Promotional

- Arrange for a guest speaker at club meeting
- Assist with educational display or exhibit at the fair (species poster, Ag Adventures, etc.)
- Club or individual display at library, local store or event
- o Encourage someone to join 4-H
- o Facilitated 4-H CARTEENS program
- Have written or published news articles for your club
- Host or organize educational tour for your club
- Host and/or maintain 4-H club website
- Host an international youth
- Led a pledge at a local club meeting
- Led pledges at county event
- Mentor younger 4-H'er with project
- o Ohio: Military Kids volunteer

- Participation in an organized member recruitment effort (club recruitment, school visit, 4-H week activity, 4-H Awareness Team, etc.)
- o Radio or TV appearances promoting 4-H
- Served as a teen leader for your club
- Served as a camp counselor, junior fair board member, junior leader member, etc.
- Served as county fair queen, livestock representative/ambassador
- Taught at a club 4-H workshop
- o Taught at a county 4-H workshop
- o Taught educational session at 4-H camp
- Volunteer at a county 4-H event (Officer Training, 4-H Day, etc.)

## Section F: 4-H Leadership: Office/Committee

- o Club officer
- o Club committee member (decorations, fundraising, community service, etc.)
- County fashion and nutrition board
- o County committee member
- County junior leader officer
- o County junior leader committee member
- County advisory committee member
- County junior fair board committee member
- County junior fair board officer
- o County sale committee member
- County camp counselor planning committee member
- State board member (Fashion Board, Healthy Living, Teen Leadership Council, Junior Fair Board, etc.)

#### Section G: Non 4-H Experiences in School, Church and Community

- o Boy/Girl Scouts
- o Breed Association
- o Campfire
- o Church Member
- o FFA Member
- o Grange
- Honor Roll

- Music (Choir/Band Member)
- Theatrical Production Member
- Officer/Volunteer for a Non 4-H Group/Activity
- School/Co-op Club Member
- Sports Team
- Student Council Member

If you have any questions regarding the Ohio 4-H Achievement Form feel free to contact your local Extension Office or the State 4-H Office at (614) 292-4444.