

## 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
  - 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 overall service projects, leadership activities, etc.)*
- Clothing and Textiles
  - Accessories for Teens
  - Sew Fun
  - Designed by Me
  - Sundresses and Jumpers
  - Tops for Tweens
  - em•bel•lish
  - Sew for Others
  - Active Sportswear
  - Loungewear
  - Clothing for Middle School
  - Shopping Savvy
  - Clothes for High School and College
  - Creative Costumes
  - Dress-Up Outfit
  - Outerwear for Anywhere
  - Look Great for Less
  - Clothing for Your Career
  - Sewing and Textiles Master
- Communications
  - Finding Your Voice
  - Play the Role
  - Set the Stage
  - Writing and Reporting for Teenagers
  - The Writer in You
  - *(Not directly project-related but focuses more on overall communication, demonstrations, leadership activities, etc.)*
- Companion Animals
  - All Dog Projects
  - Cavy
  - Purr-fect Pals
  - Climbing Up
  - Leaping Forward
  - Pocket Pets
  - PetPALS
  - Pet Rabbits
  - Self Determined- Small Animals
- Creative Arts
  - Cake Decorating
  - Creative Arts
  - Scrapbooking
  - Get Started in Art
  - Quilting
  - My Favorite Things
- Dairy
  - All Dairy Cattle Projects
- Environmental Science
  - Canning and Freezing
  - How Does Your Garden Grow
  - Grow Your Own Vegetables
  - Growing with the Seasons
  - Explore the Outdoors
  - Exploring Ponds
  - Why Tree Matter
  - Ohio Birds
  - Trapping Muskrats in Ohio
  - Beginning Fishing
  - Fishing for the Intermediate
  - Beekeeping
  - Insect Adventures (Level 1,2 and 3)
- Family Life and Child Development
  - Babysitting
  - Family History Treasure Hunt
  - The Laundry Project
  - It's My Home
  - Makeover My Space
  - Your First Home Away From Home
  - Becoming Money Wise
  - Teens on the Road to Financial Success
- Foods and Nutrition
  - Let's Start Cooking
  - Everyday Food and Fitness
  - Snack Attack!
  - Fast Break for Breakfast
  - Let's Bake Quick Breads
  - Sports Nutrition: Ready, Set, Go
  - Grill Master
  - Star Spangled Foods
  - Party Planner
  - Racing the Clock to Awesome Meals
  - Dashboard Dining
  - Yeast Bread on the Rise
  - You're the Chef
  - Global Gourmet
  - Beyond the Grill
  - Pathways to Culinary Success



- Gardening and Horticulture
  - Canning and Freezing
  - How Does your Garden Grow?
  - Grow Your Own Vegetables
  - Growing with the Seasons
  - Flower Gardening
- Goat
  - All Goat Projects
- Health and Safety
  - You're the Athlete
  - Staying Healthy
  - Keeping Fit
  - First Aid in Action
  - Alcohol and Drug Abuse
  - The Truth About Tobacco
  - Your Thoughts Matter
- Horse
  - All Horse Projects
- Leadership
  - One on One
  - Club Leadership 1
  - Club Leadership 2
  - Diversity
  - Teens on Board
  - Leadership Road Trip
  - Pantry Panic
  - Leadership Master
  - 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.)*
- Llama
  - Llamas and Alpacas
- Mechanical and Engineering Science
  - Rockets Away
  - Science Fun with Flight
  - Solid-Fuel Rocketry Master
  - ATV Safety
  - Bicycling for Fun
  - Wheels in Motion
  - Science Fun with Kitchen Chemistry
  - Magic of Electricity
  - Investigating Electricity
  - Wired for Power
  - Entering Electronics
  - Science Fun with Electricity
  - Young Engineers in Solar Energy
  - Science Fun with Dairy Foods
  - Electric Radio-Controlled Vehicles
  - Not Just Knots
  - Science Fun with Physics
  - Robotics (Level 1, 2, and Master)
  - Crank It Up
  - Warm It Up
- Mechanical and Engineering Science (con't)
  - Tune It Up
  - 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
  - Arcs and Sparks
- Personal Development
  - *(Not directly project-related but focuses more on overall growth of the member over their 4-H career.)*
- Photography
  - Focus on Photography
  - Controlling the Image
  - Mastering photography
  - Photography Master
- Poultry
  - All Poultry Projects
- Rabbits
  - All Rabbit Projects
- Sheep
  - All Sheep Projects
- Shooting Sports
  - Safe Use of Guns
  - Basic Archery
  - Rifle
  - Archery
  - Shotgun
  - Pistol
  - Hunting and Wildlife
  - Muzzleloader
- Swine
  - All Hog Projects
- Veterinary Science
  - From Airedales to Zebras
  - All 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 A: 4-H Project Work (Continued)

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?

## Section B: 4-H Participation

- 4-H international program delegate
- 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
- County fair assistant
- County fair participant
- County health & safety speaking, creed contest
- County livestock judging contest
- County officer (Secretary, Treasurer, etc.) book contest
- County Skill-a-Thon
- County Fair Queen, Livestock Queen/Representative, Ambassador
- County workshop
- District health & safety speaking
- Helped assemble 4-H club scrapbook
- 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
- 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
- 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
- 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
- Encourage someone to join 4-H
- 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
- Ohio: Military Kids volunteer
- Participation in an organized member recruitment effort (club recruitment, school visit, 4-H week activity, 4-H Awareness Team, etc.)
- 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
- Taught at a county 4-H workshop
- 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**

- Club officer
- Club committee member (decorations, fundraising, community service, etc.)
- County fashion and nutrition board
- County committee member
- County junior leader officer
- County junior leader committee member
- County advisory committee member
- County junior fair board committee member
- County junior fair board officer
- 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**

- Boy/Girl Scouts
- Breed Association
- Campfire
- Church Member
- FFA Member
- 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.**