

Knowledge and Skills I Gained

Project _____ **Year** _____

(If recording more than one project, you will need separate records for each project, i.e., heifer, steer, etc.)

There are many things to learn in 4-H. Check each item below that you learned or improved on, in 4-H during the past year.

I learned or improved my ability to...

HEAD (*Independence*)

- ___ try something new
- ___ set goals for myself
- ___ plan a project
- ___ keep myself organized
- ___ keep track of finances
- ___ keep records of my work
- ___ gain knowledge of my project
- ___ get more information about something I am interested in
- ___ use resources wisely
- ___ participate in a business meeting
- ___ run a business meeting
- ___ make wise choices and decisions
- ___ solve problems
- ___ learn from my mistakes
- ___ understand that it's ok to change my mind if I need to
- ___ pay attention to instructions

HEART (*Belonging*)

- ___ speak confidently in front of a group
- ___ give a public presentation
- ___ share my feelings or point of view
- ___ make myself understood without bullying or being loud
- ___ listen to other people
- ___ respect someone else's feelings
- ___ resolve differences of opinion
- ___ appreciate my cultural heritage
- ___ accept people who are different from me
- ___ get along with other kids
- ___ make others feel welcome
- ___ stand up for others
- ___ make new friends
- ___ appreciate the importance of friendships in my life

HANDS (*Generosity*)

- ___ work with others
- ___ work within a group
- ___ work within a committee
- ___ work with adults
- ___ get past differences to reach a goal
- ___ help others succeed
- ___ make something with my hands
- ___ explore a career interest
- ___ follow directions
- ___ lead others
- ___ find ways to make a positive contribution to society
- ___ understand the importance of community service
- ___ see that my efforts can make a difference
- ___ take the initiative to start something on my own

HEALTH (*Mastery*)

- ___ understand my strengths and weaknesses
- ___ finish something I started
- ___ be proud of my accomplishments
- ___ accept change
- ___ see that my character can effect a situation
- ___ take responsibility for my own words and actions
- ___ deal with winning and losing gracefully
- ___ be careful and practice safety
- ___ appreciate the importance of good health
- ___ stay healthy
- ___ feel good about myself

Other:
