



My 4-H Journey

Intro & Instructions

We are pleased to welcome you back to “My 4-H Journey”! We encourage members, leaders and parents to work through it this year and tell us your thoughts. We look forward to hearing from you!

It’s our hope that the My 4-H Journey will soon be online which will make it easier to use and may look some-what different from our first draft.

“My 4-H Journey” is designed to be a tool. You can use it to reflect on your experiences, recognize the effort and energy you have put into 4-H initiatives and identify the skills and talents you have developed. In addition to giving yourself a well-deserved pat on the back, this will prove very helpful as you eventually prepare for resumes, applications and/or interviews of any kind (scholarship/travel/job).

Please note:

- The 2016-2017 4-H year is our starting point -- points will NOT be allocated retroactively.
- Completing an annual “Journey” is optional for the member
- Each member will begin a new “Journey” document at the start of every 4-H year.
- This is not a competition; this one is just for you to celebrate and enjoy!
- Points reset at the beginning of each year
- Graduation level is determined by Total Points earned during the course of your experience in each age category.

Instructions:

“My 4-H Journey” Summary Page

- Complete the identification portion of the Summary Page
- If you are graduating from one age category to another, select the category you are graduating FROM. For example, if at the end of the current 4-H year you will move from a Junior category to an Intermediate category, you would enter “Junior” in that field.
If you’re not graduating to a new category at the end of the 4-H year, leave that field blank.
- If you are still in the same age category as you were the prior year(s), insert prior year total points from the Summary Page of each past year onto the current “Journey” in the appropriate year. For example, if you were a 4-H member at age 12 and you are now 14, you would enter total points from your last 2 years. You may be new to 4-H – for example you’re a new member at age 14 - No problem! You would graduate from that age category with total points earned for that one year.
- Your 4-H leader will sign your “Journey” at the end of each 4-H year after reviewing your document.
- Member and Parent signatures are required each year.
- Note: Two-person verification is required. For example, if a parent is also the leader, another leader’s signature would be requested.

"My 4-H Journey" Yearly Participation Log

- Complete the identification section at the top
- Enter the details and points for each section as they happen throughout the year. For example, if you sit on a planning committee, you participate in a highway clean-up or a "Proud to BEE a 4-H'er", make note of this on the Participation log at the time while it's fresh in your mind. Remember to enter a description of your involvement in the committee/event as well as the name and date.
- At the end of the 4-H year, add up all of your points! Record total points on the Summary Page under the appropriate year and have your Leader and Parent sign it.

"Graduation Year"

- If this is the year you will graduate from one age category to another, add up all the points from all years you were a 4-H member in that category. Your Total points for that category determines the "Level" at which you graduate.
- Present the completed and totaled document to your Head Leader. You may want to bring prior year's "My 4-H Journey" documents to back up your total points.

"My 4-H Journey" Evaluation

- Did the document make sense? Were the instructions helpful? Did we miss anything? Do you still have questions?
- Send us your comments and questions via the Evaluation. Tell us what you liked, what you didn't like and what you might like.

Copies of the Summary and Evaluation pages are to be sent to Manitoba 4-H Council. You can certainly send them separately if you prefer to submit your comments anonymously.

Originals are to be kept by the member!

Additional Note:

Below is a list of some examples of events and activities that can be included in the My 4-H Journey points.

- Club Fundraising Event
- Community Service Activities
- Club, Interclub or Area Field Trip
- Club, Interclub or Area Festivities/Social Activities
- Club, Interclub, Area, or Provincial Camps
- Club, Interclub or Area Curling Bonspiels or other sports activities
- 4-H Day at the Royal Manitoba Winter Fair
- Club, Interclub or Area Clinics

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My 4-H Journey

Summary Page

My 4-H Journey is a celebration of your 4-H experiences. Here you can reflect on all you have learned, take pride in the skills you have acquired and value the friendships made, and relationships developed. This exercise will help in your travel & scholarship applications, resumes, interviews and other life skills for your future.

This is **YOUR** Journey!

Name: _____ 4-H Manitoba Year: _____

Club(s): _____

Area Council: _____ Number of years in 4-H: _____

Age at Dec 31 of current 4-H year: _____ Age Category: _____

Contact Information:

Home Phone: _____ Alternate Phone: _____

Email Address: _____ Alternate Email address: _____

Mailing Address: _____

Please circle the age category you are graduating from:

Cloverbud

Junior

Intermediate


Senior

Adult

Year 1: _____ points Leader Signature: _____

Year 2: _____ points Leader Signature: _____

Year 3: _____ points Leader Signature: _____

Level: 

Please see page 4 to see what level you graduated at for this category. Colour in the level you graduated at.

By signing this form, I verify that the information provided is correct.

Member

Signature: _____

Parent

Signature: _____

Please submit this page to Manitoba 4-H Council upon graduation from your age category, at the end of your 4-H season.

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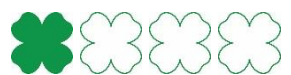
My 4-H Journey

Points Summary

Cloverbud (Ages 6 – 8)

	1 – 9 points
	10 – 19 points
	20 – 29 points
	30 + points


Senior (Ages 15 -17)

	1 – 15 points
	16 – 31 points
	32 – 46 points
	47 + points

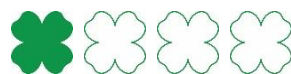


Junior (Ages 9 – 11)

	1 – 12 points
	13 – 25 points
	26 – 37 points
	38 + points

Adult (Ages 18 – 25)

	1 – 15 points
	16 – 31 points
	32 – 46 points
	47 + points

Intermediate (Ages 12 – 14)

	1 – 13 points
	14 – 27 points
	28 – 41 points
	42 + points



My 4-H Journey

Yearly Participation Log

Name: _____ 4-H Manitoba Year: _____

Age at Dec 31 of current 4-H year: _____ Age Category: _____

Number of years in this AGE CATEGORY: _____

Points Categories

Project Completion

First project completed = 2 points

Additional projects completed = 1 point

Points Obtained: _____

Maximum = 4 points

Please list the 4-H projects you completed this year:

Club Meeting Attendance

Attend 75% of club meetings = 1 point

90% = 2 points

In this section you may collect points for more than one club....

Points Obtained: _____

100% = 3 points

Maximum = 3 points

Please list the name(s) of your 4-H Club:

Club Meeting Attendance

Club Position One: 2 points

Club Position Two: 2 points

Points Obtained: _____

Maximum = 4 points

Must have attended at least 75% of club meetings. Must have completed related tasks to the best of his/her ability. May claim points for two different positions in one club (ex. *executive and reporter*) or for one position in two different clubs (ex. *executive for club A, treasurer for club B*).

Club Name: _____ Position A: _____

Please describe the tasks you were engaged in during your role in this 4-H Club Position:

Club Name: _____ Position B: _____

Please describe the tasks you were engaged in during your role in this 4-H Club Position:

Communications Participation

Club Communications = 2 points
May only accumulate points for 1 club.

Zone Communications = 1 point
Area Communications = 1 point

Points Obtained: _____

Provincial Communications = 1 point
Maximum = 4 points

Club Name: _____

Date of Communications Event: _____

Area Name: _____

Date of Communications Event: _____

Provincial Communications Location: _____

Date of Communications Event: _____

Summary of Speech/Presentation:

_____**Club Activity Participation**

Each activity/event/fundraiser = 1
Communications events are not included in this section.

Points Obtained: _____**Maximum = 5 points**

Event Name: _____

Date of event: _____

Event Name: _____

Date of event: _____

Event Name: _____

Date of event: _____

Event Name: _____

Date of event: _____

Event Name: _____

Date of event: _____

Interclub & Area Activity Participation

Each activity/event/fundraiser = 1 point

Points Obtained: _____**Maximum = 3 points**

Event Name: _____

Date of event: _____

Event Name: _____

Date of event: _____

Event Name: _____

Date of event: _____

Club/Zone/Area Activity Committee

Each committee = 1 point
Remember to claim your points for your participation in these activities in the section above.

Points Obtained: _____**Maximum = 3 points**

Event Name: _____

Date of event: _____

Please describe your involvement on the planning committee:

Event Name: _____

Date of event: _____

Please describe your involvement on the planning committee:

This section is continued on the next page...

Event Name: _____ Date of event: _____

Please describe your involvement on the planning committee:

Provincial and National Event Participation

Each event attended = 2 points

Points Obtained: _____

Maximum = 4 points

Event Name: _____ Date of event: _____

Event Name: _____ Date of event: _____

Provincial and National Event Committee or Task Force

Each event planning committee = 2 points

Points Obtained: _____

Maximum = 4 points

Event Name: _____ Date of Event: _____

Please describe your involvement on the planning committee:

Event Name: _____ Date of Event: _____

Please describe your involvement on the planning committee:

Area Council Involvement

Attended at least 75% of Area Council Meetings = 2 Points

Points Obtained: _____

Area Council Name: _____

Please describe your involvement at these meetings:

Manitoba 4-H Council Board Representative

Attended at least 75% of meetings = 2 points

Must have completed any related tasks to the best of his/her ability. Must be 15 years old by January 1st of the current 4-H year to be a representative on this board.

Were you an elected representative of the 4-H Manitoba Council Board? (please circle) YES NO

Please describe the tasks you were engaged in during your time as a M4HC Board representative:

Volunteer Work

Every 5 hours of volunteer work outside 4-H = 1 point

Points Obtained: _____

Maximum = 3 points

Volunteer Activity: _____ Hours completed in current 4-H year: _____

Volunteer Activity: _____ Hours completed in current 4-H year: _____

Volunteer Activity: _____ Hours completed in current 4-H year: _____

My 4-H Journey

Evaluation

Please score us a 1-4 for each section of your "My 4-H Journey" document and experience. Then, tell us why you scored us as you did so we can make it better!

	1 – poor	2 – Average	3 – Good	4 - Excellent
Instructions:	1	2	3	4

Comments:

Summary:	1	2	3	4
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Comments:

Participation Log:	1	2	3	4
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Comments:

Questions and Additional Comments: