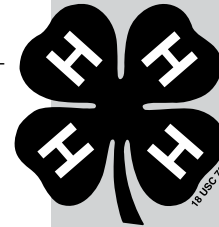


Name \_\_\_\_\_ 4-H Group \_\_\_\_\_

Current Year \_\_\_\_\_ Years in 4-H \_\_\_\_\_ Birth date \_\_\_\_\_



# North Dakota 4-H Plan of Action

There are many different ways you can learn and grow in 4-H. 4-H can help you to learn about yourself, meet new friends, teach others, do public speaking, practice leadership skills, and get involved in your community.

You have an exciting opportunity to help plan what you want to do this year in 4-H. Use this form (PA096) to think about what you want to do and learn. Planning goals helps you to decide on a plan of action. Sharing your plan with others enables them to help you to learn and evaluate what you've learned. Using this record form can help you to evaluate your progress and remember what you did and learned in 4-H this year.

Goals may be changed or adjusted during the year to meet new challenges and opportunities.

## I. PERSONAL GOALS

(\*To complete at *beginning* of the 4-H year.)

### Planning My Personal 4-H Goals

Plan at least two (2) personal goals to work toward in 4-H this year. You can work toward personal goals by yourself or within a group. (Do not include PROJECT goals here. Write project goals in Section III). Examples of personal 4-H goals are:

1. Attend all club meetings throughout the year and arrive on time.
2. Make new friends by attending camp this summer.
3. Improve speaking abilities by preparing a presentation to give at a 4-H meeting.
4. Help other members learn about collecting insects.

My goals \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List resources you need to complete your personal 4-H goals. (Examples: equipment or supplies, someone to help you learn, time and money)

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After you have planned your personal goals turn to Section III and plan your project(s) goals.

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## II. RESULTS OF THE PERSONAL 4-H GOALS I SET

(\*To be completed at the *end* of the 4-H year.)

### KNOWLEDGE AND SKILLS GAINED IN COMPLETING THESE PERSONAL GOALS

List the major things you learned and skills you gained while working toward your 4-H personal goals this year. Include things related to your plan on page 1. Think about listing other things you learned about yourself and ways you grew this year, such as getting along with others, developing your creativity, managing your time, improving your health, exploring careers, using science and technology, etc.

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### LEARNING EXPERIENCES

List your participation in talks, demonstrations, exhibits, radio and television appearances, news articles written, tours, camps, judging events and other learning experiences related to these goals.

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### LEADERSHIP

List your leadership activities related to these goals. Indicate how you have shared with others. (optional for ages 11-13)

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### CITIZENSHIP/COMMUNITY INVOLVEMENT

List what you have done or how you are involved in your community as it relates to these goals. (optional for ages 11 to 13)

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## **V. PROJECT AND ACTIVITY PHOTOS**

(\*To use during the 4-H year.)

You may wish to attach photos to this page that relate to your 4-H experiences this year.

## VI. This plan was developed with and agreed upon by:

(\*To be completed at the beginning of the 4-H year)

_____	_____
Member	Date
_____	_____
Parent/Guardian	Date
_____	_____
4-H Leader/Project Helper	Date

## VII. PARENT/GUARDIAN COMMENTS....

(\*To be completed at the end of the year.) What did this young person gain from this project?

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## VIII. WHAT HAPPENS NEXT?

(\*To be completed at the end of the 4-H year.)

What things do you want to learn or do in 4-H next year? If you do not want to repeat a project in a subject area again next year or wish to continue working on a 4-H personal goal, say so.

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## IX. SPECIAL NOTES....

(\*To use during the 4-H year.)

Use the space below to add a page for your own notes about special things you would like to remember about 4-H this year. You might include special comments made by friends, training sessions you attended, how your projects have grown, comments from those you have assisted and notes about how you observed your accomplishments.

## X. NORTH DAKOTA 4-H PARTICIPATION SUMMARY

You may choose to complete a "North Dakota 4-H Participation Summary" (Pa34) to keep a summary of your project accomplishments. (optional)