

New  
Jersey **4-H**

## Leader Training Series



### Samples of Excellent 4-H Stories Written by 4-H'ers

*Skills learned.*

*Self-esteem enhanced.*

*Skill development.*

*Personal growth.*

*Leadership—skill development.*

*Her strength is her teaching  
ability.*

*Goal to help others grow.*

#### Example of a multi-project story that indicates personal growth and skill development:

*Written by 12 year-old 4-H'er with 3 years experience in cooking  
and sewing projects.*

#### My 4-H Story

This year in 4-H I learned many things, like how to make button holes in sewing and why I shouldn't grease a non-stick cookie sheet. You can see by my records that I have gotten many awards and participated in many activities.

All these things made me feel very good about myself, but the thing that made me feel the BEST was introducing my 7 year-old sister to 4-H. It made me happy to teach Pamela how to model and even happier that she has my old title, "Little Miss Fashion Revue." It was fun having her on my committees. I was very proud when she made a county presentation.

Helping Pamela in 4-H made me realize how much I have grown. It wasn't long ago that the older 4-H'ers were guiding me. Now it's up to me to lead the way for my sister and other Preps to help them "to make the best better."

Compilation of actual 4-H stories  
by 4-H youth. Critiqued by:  
Betty Ann Smith, County 4-H  
Agent, Middlesex County, 1990,  
revised 1994

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**Example of a project specific story that indicates personal growth and skill development:**

*Written by a 10 year-old 4-H'er with one year's experience in the seeing eye project.*

**Jolly and I**

Once upon a time I got a seeing-eye puppy. When I got home from school that day I was so excited to see my new puppy that I did not want to leave her, even for a minute. So, I kept her company in the utility room while I did my homework. Then I took her out for a run around the baseball field. She was very happy to live with me.

*New friends—personal growth.*

*Working with Jolly—skill development.*

*New experience—applying skills learned. Skill development.*

Since that first day that she came to live with us, we have done many fun things together. I have gone to many 4-H meetings where I have made many new friends and I have learned to work with Jolly. In the spring I took her to the Ag Fair and entered her into the obedience show with the other seeing-eye puppies in the area. There I met a seeing-eye puppy named Adam. Same name as mine! I thought that was pretty funny.

*Accepts disappointment without defeat—problem solving, skill development.*

The first weekend in June I went to puppy camp but unfortunately Jolly could not come with me because she was in heat. Fortunately I was able to take Ross, another seeing-eye pup that lives in my county. There was a blind man at camp who—was blinded when he was sixteen by a firecracker. He now uses a German Shepherd as a guide dog which will pick up his wallet if he drops it and anything else. It was interesting meeting someone who was blind.

*Skill development.*

*Self-esteem enhanced.*

Jolly is now an obedient dog. She comes when you call her. She sits when you tell her to. She goes down when you tell her to. She has a very nice temperament. She's very gentle. She carried a baby bunny in her mouth clear across the baseball field without hurting it. For doing that I think she is the best dog in the world.

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**Example of a general experience story that indicates personal growth and skill development.**

*Written by 17 year-old 4-H'er with 10 years experience in 4-H.*

*Exploring new interest—taking on new challenge.*

I've learned a lot this year about horses. This was really my first active year in the horse club, showing at horse shows and participating in other horse related events. At horse shows you soon learn that all judges do not see the same. A good idea that I learned is not to enter a show after you have been at camp and CWF for the two weeks before. I can laugh at my mistakes now, but it wasn't very funny then, especially because of how tired I was. I also spent a day at the NJ Horse Clinic where I learned that I could handle the sight of blood. I learned a lot about operation and found it all very interesting.

*Personal growth.*

*Teaching—personal growth.*

Our "Rhythm In Motion" Clogging club has grown tremendously and as an older member I've learned to help the younger ones with their steps. Clogging is fun and our club does travel a bit for community service demos and other functions. Dancing in the talent show at CWF with Amy was one of my most fun and rewarding experiences.

*Leadership—personal growth.*

Being a camp counselor this year was another "first." It was a challenging opportunity as well as a learning one. I enjoyed working with the younger members, helping them adjust to the absence of home and family for the week. Another challenging experience was teaching the basket making craft. I really learned to stay calm when I had 10 kids asking me questions. I think one of the most rewarding feelings is to have someone look up to you. It is amazing to see how attached you can become to all of the campers by the end of the week.

*Learning to put others before self.*

*Applying skills and knowledge learned in project.*

I am still a member of the Calico Kids Cooking and Child Care projects. Through this I've learned CPR and have learned a lot about child care. I had experience babysitting for a 5 year old several times, but this summer I had the opportunity to take care of a two month old three mornings a week for a number of weeks. I was able to apply what I had learned about taking care of babies. I learned even more. I was also able to teach crafts to the younger club members. After all of my hard work in the club, I was able to give back some of what had learned.

*Accepting new learning challenge.*

Teaching sponge painting and crafts to members of the marine science project proved both rewarding and challenging. Marine science is always interest and lots of fun because there is so much to learn about.

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**Example of project specific story that indicates personal growth and skill development.**

*Written by a 10 year-old 4-H'er with 3 years experience in 4-H.*

*Disappointment accepted  
without defeat.*

*Experienced satisfaction as a  
result of efforts.*

*Set goal to apply lessons  
learned.*

This year I liked learning about plants in gardening. I learned a lot about taking care of a garden. I didn't like weeding all the time. I got a lot of zucchini, but the corn dried out. The tomatoes didn't get enough water either. My potatoes were too little. I enjoyed all those beef and zucchini and zucchini bread meals because that grew the best.

Everything else died, and didn't grow. I will fertilize and water my garden more next year. I hope it turns out well.

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**Example of multi-project story that indicates personal growth and skill development:**

*Written by 13 year-old 4-H'er with 6 years experience in 4-H.*

*4-H'er took on challenge—  
personal growth.*

In 4-H we are challenged repeatedly, pushing ourselves to get our work done, help our club, friends, family, ourselves, other people including strangers. Just giving presentations to inform people that 4-H is not only animals, becomes a challenge.

*Learned to put others before  
self.*

I've been challenged to make people feel better when they are feeling down and become their best friend, rather than just a friend, when they need someone to talk to.

*Set personal goal to complete  
what she started.*

Everyone is given the option to take a challenge or to drop it and quit. I've taken many challenges and kept with them by staying in all the clubs to which I have committed myself to.

*Leadership development.*

4-H has helped me prepare for my future by challenging me to teach something I have learned in my projects to my club members; and by giving me the opportunity to be a teen leader. I enjoy helping the leaders who help me, everyday, I progress into a better person.

*Evaluating personal growth.*

I still have a way to grow, however, I know it will be easier for me because I have 4-H to help me through my teen age years. There is no gift to give nor are there any words to say that will cover the gratitude I have for 4-H. My leaders and the people in the 4-H office have become like my parents rather than just friends. Thanks for a great life!

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**Example of multi-project story that indicates growth and personal growth and skill development:**

*Written by 13 year-old 4-H'er with 6 years experience in 4-H.*

*Leadership Development.*

This 4-H year has brought new experiences to me. I'm a teenager now. I turned 13 last October, and soon after I was elected President of Junior Council. The first meeting was so unruly I was ready to quit. I realized then how I must have caused problems for previous officers. Meetings have gone better since and I've enjoyed being President.

*Personal growth.*

Another new experience was being a C.I.T. at the Prep Camp week-end. This was really great. I'm looking forward to becoming a CIT at summer camp in 1994.

*Personal goal set.*

*Discovery learning.*

I am a member of four 4-H clubs in addition to Junior Council. Finding sharks' teeth on a Marine Science Field trip was really exciting. Although there is a tree nursery in the family, I learned about the wild and native trees through the Forestry Club. The Vectors Rocket Club is one of my favorites. I enjoy building rockets and launching them. This year I was able to help the new members build their rockets and paint them.

*Acquiring Knowledge.*

*Peer teaching.*

*Possible goal.*

Cooking in the Calico Kids club is fun. I enjoy cooking. I hope I can do more with that next year.

This year has been a year full of learning and new experiences for me.

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N.J. AGRICULTURAL EXPERIMENT STATION  
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NEW BRUNSWICK**

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