

This form is to help you and your leader. Look it over early in the year. Use the column entitled "This Year's Plans" to help you set your goals. Then use the form to keep a record of what you do during the year.

To qualify for any of the three star awards, you must attend 80 percent of both the local club and the project meetings held during the year. Use crosslines A and B to record your meeting attendance. Also, to obtain any of the stars, you must complete the asterisked (*) items as part of your total effort.

The lines beginning with F match up with the printed boxes F, G, etc. on the next two pages. Use these boxes to keep a more detailed record of the information summarized on this page.

If your goal is a Bronze Star, you must complete at least 10 of the 24 items listed below. These 10 completed items are in addition to 80 percent attendance of both local club and project meetings.

For example, if you chaired two committees, write 2 in the "Total This Year" column on line F. Record the same information in more detail in box F on the next page. If you were not a committee chairperson this year, forget line F and try for some of the other 23 items.

If you have credits from previous years, keep track of them in the column headed "Total Past Years."

A	Local Club Meetings (attended this year)	During the current year, 80% attendance is required for any star rank.	Meetings Held			Meetings Attended	Percent Attended →	
	B Project Meetings (attended this year)		Meetings Held			Meetings Attended	Percent Attended →	
TYPES OF 4-H PARTICIPATION		This Year's Plans I	Number of different items required:			Total This Year II	Total Past Years III	Total All Years II + III
			10 Bronze	13 Silver	16 Gold			
		Needed Participation						
C	4-H Camp (Planned)		1	2	3			
D	Field Day-Club, County, Region, State		1	3	5			
E	State Leadership Conference		1	1	1			
F	Committee Chairperson		2	5	8			
G	Judging Contest (LCRS)		1	2	3			
H	Wrote & Submitted News-club Paper		4	7	10			
I	Represented 4-H in Some Other Way		2	4	6			
J	Committee Member		8	14	20			
K	Junior or Teen Leadership		1	1	1*			
L	Prepared and Gave Talk		4	7	10			
M	Held an Office		1	1	2			
N	Radio or TV Appearance		1	3	5			
O	Medalist		1	2	3			
P	Project Exhibit		2	4	8			
Q	Participation Other Than 4-H		3	8	15			
R	Gave Demonstration		4*	7*	10*			
S	Number of Projects Completed		2*	4*	8*			
T	Planned Group Activity		1	3	5			
U	Attended Event		12	25	40			
V	County Winner		1	1	2			
W	Other-Individual Achievement		1	2	3			
X	Other-Group Achievement		1	2	3			
Y	Community Pride Service		1	3	5			
Z	Project Showing Contest		1	2	3			

*Required

Present Star Rank _____ Star Rank Applying For: Bronze _____ Silver _____ Gold _____

Approved _____ Not Approved _____ Signed _____

Local 4-H Leader

F. COMMITTEE CHAIRPERSON		B = 2, S = 5, G = 8		L. TALKS		B = 4, S = 7, G = 10	
Name Committee(s)		Date		Title/Subject		Date	
G. JUDGING CONTEST		B = 1, S = 2, G = 3		M. OFFICES HELD		B = 1, S = 1, G = 2	
H. NEWS		B = 4, S = 7, G = 10		N. RADIO OR TV		B = 1, S = 3, G = 5	
Subject		Where Published		Date		Station	
I. OTHER 4-H REPRESENTATION (Describe)		B = 2, S = 4, G = 6		O. MEDALIST (Program)		B = 1, S = 2, G = 3	
J. COMMITTEE MEMBER		B = 8, S = 14, G = 20		P. PROJECT EXHIBIT		B = 2, S = 4, G = 8	
Name Committee(s)		Date		What		Where	
K. JUNIOR OR TEEN LEADERSHIP		B = 1, S = 1, G = 1*		Q. PARTICIPATION OTHER THAN 4-H		B = 3, S = 8, G = 15	
Type of Leadership Given		Number Led					

California 4-H Personal Development

Introduction

This information is designed to help you fill out this report. Some items may apply to more than one category. Whenever the item is a continuing activity, you can only use it once per year. You cannot count any item until you have completed it. Remember that this report is a continuing record and you should add the previous year's total to it each year. Also, maintain this report after you attain the rank of Gold Star since you can use much of the material in it to fill out national report forms, scholarship applications, and other award forms.

- A. Local Club Meetings: To figure the percent for this item, divide the total number of local club meetings attended by the total number of local club meetings held. Move the decimal point two places to the right. If the number is less than 80, you cannot qualify for star rank under any circumstances. The coordinating leader determines an excused absence. Excused absences count as meetings attended.
- B. Project Meetings: Follow the same procedure as for A. The project leader determines excused absences. Any other 4-H activity constitutes an excused absence.
- C. 4-H Camp: Attendance at regular, planned 4-H camp session (club, county, regional).
- D. Club, County, Regional State Field Day (also includes district): Report Attendance as a spectator or participant (i.e., livestock, home economics, agricultural engineering, talent or other).
- E. State 4-H Leadership Conference: Attendance as a representative to the State 4-H Leadership Conference.
- F. Committee Chairperson: Report the number of times you have served as chairperson or co-chairperson of committees at the club, county, regional or state level. If you were a group leader at a state conference, you may also count that here. DO NOT report membership on state conference committees here. Senior or Hi 4-H'ers who attend 4-H camp as counselors, workers, or directors may count that here. A club officer who has served as a committee chairperson may report services here as well as under offices held.
- G. Judging Contest: Report participation in any judging contest where you competed with other 4-H members. Specify the level (club, county, regional or state).
- H. Wrote and Submitted News: Wrote and submitted an article to be published or broadcast. If material was not used, submit a carbon copy of it to the club secretary or reporter and retain the original for your own records.
- I. Represented 4-H in Some Other Way: Include all personal appearances in connection with 4-H work not reported elsewhere (i.e., master of ceremonies, entertainer, fashion revue, commentator, demonstration day judge or clerk, local exhibit day or fair judge, host or hostess at fairs, or where you represented 4-H other than at 4-H meetings or events).
- J. Committee Member: This means being appointed to a committee, attendance at committee meetings and active duty as a committee member. Includes all committees from project to state levels.
- K. Junior Leader or Teen Leader: This refers to the completion of 1 year as a Junior or Teen Leader. (Required for the Gold Star Rank). Only 1 year of credit is given, regardless of the number of projects for which you have been a Junior Leader or Teen Leader.
- L. Gave Your Prepared 4-H Talk: Report prepared, scheduled talks relating to 4-H work given before your project group, 4-H Club, County 4-H Council, school or other groups. This does not include officer's report of committee report. Can be an illustrated talk (i.e. project reports, reports or speeches given to service clubs or other groups).

- M. Held an Office: Includes offices held in your 4-H club or in a countywide 4-H organization, regional, or state Project officers also report here.
- N. 4-H Radio or TV Appearance: Report all appearances as a participant before a radio or TV audience in connection with 4-H work.
- O. Medalist: Includes any 4-H member, other than the county winner, who receives a medal or certificate in the California 4-H Awards Program or approved project program.
- P. Project Exhibit: Report the number of events (not the number of projects or divisions entered) at which you exhibited livestock, crops, clothing, food or other items (i.e. 4-H Week, project tours, parents' night, exhibit day, fairs and other shows. County fair counts as only one exhibit per year.).
- Q. Participation Other Than 4-H: Report your activities in other organizations, including church, school, community. Report offices held, committee service, representation on student councils, honors received, participation in organized sports, job experience, etc. Each organization counts one credit. (Make It With Wool Contest may be reported here).
- R. Gave Demonstration: Report the number of times you gave a demonstration, either alone or as a member of a team at project meetings, local club, county, regional and state events, as well as at service clubs, PTA meetings, school or other groups. Demonstrations must be prepared in advance. Do not count demonstrations given as part of your Junior Leader project here.
- S. Number of Projects Completed: Report the number of different projects you completed each year. A completed project is one in which the quality and quantity of the work meets your leader's approval and an acceptable project record is submitted. Count all units in a major project as one project if carried in the same year (i.e., count beef feeding and breeding as one beef project, canning and freezing as one food preservation project). You can count the Junior Leader or Teen Leader project here.
- T. Planned 4-H Group Activity: An activity is a planned piece of work undertaken by a 4-H group usually on a one-time basis, not to the extent of a project. Individuals or groups who do the actual planning receive credit here. Participants count elsewhere.
- U. Attended Event: 4-H events refer to gatherings other than local club meetings or project meetings. Examples: 4-H Sunday, County Achievement Night, Hi 4-H Meetings, two or more groups holding a function, county or area tours and training days. Count fair or any other gathering not reported elsewhere on report.
- V. County Winner: The county winner in a particular countywide competition. A county winner is a member who wins at the highest level in the county and there is no further competition at county level.
- W. Member Achievement: Report each activity event, achievement, accomplishment, or endeavor that does not fit any other category or that you considered to be outstanding enough to stand by itself with the approval of your leaders. (Examples: All-Star, Merit Award, Fashion Revue Escort, Exchange Delegate, M.C. at Fashion Revue or Field Day, etc.)
- X. Other Group Achievement: Report each group activity, event, achievement, activity, accomplishment or endeavor that does not fit in any other category for a group. (Examples: Skit, Variety Show, Parade Entry, Hi 4-H, etc.)
- Y. Community Pride-Service: Report participation when you take an active part with other members of your club or group in a planned program of community study, development or service.
- Z. Project Showing Contest: Report appearance as a participant in these activities at local, county, regional, and state 4-H events. (Examples: livestock, horse, rabbit, or poultry showing contests, Fashion Revue, Favorite Foods Day.)

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