



## ***The 4-H Resume***

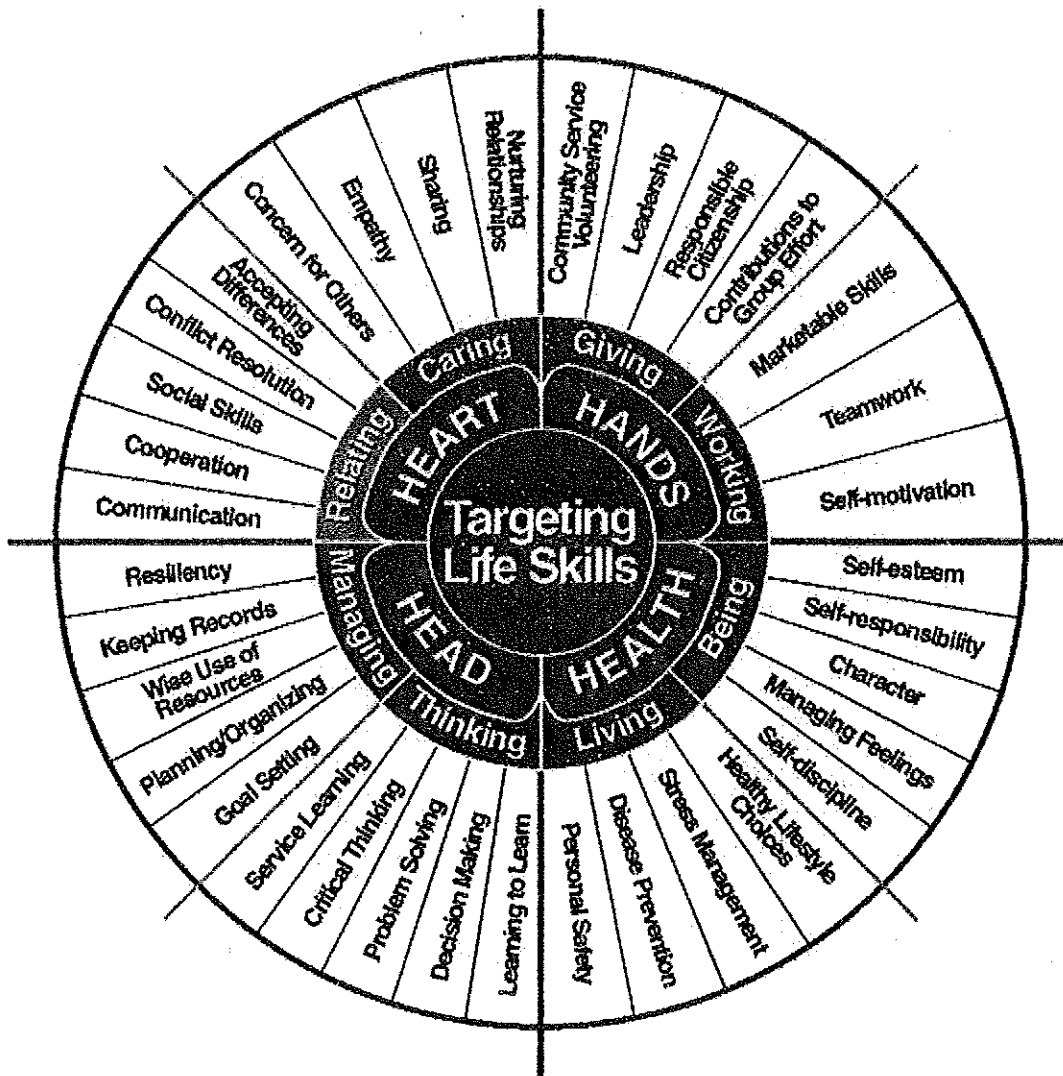
### Helpful Hints

- The Resume is an accumulation of what you have done throughout your 4-H career (start with most recent and go to oldest).
- Judging based on Citizenship, Leadership, and Life Skills.

### The Format

- Personal Information
  - Name and Address (required)
  - Club and county (optional)
- Objective
  - Fill in a one-sentence objective when you create a resume for a particular purpose. Your objective is best expressed in the fewest words possible, while still being clear and explicit.
- Skills and Accomplishments
  - Summarize your leadership activities, citizenship activities, and life skills acquired. Be explicit and use duties and numbers, where appropriate.
  - Citizenship – indicate significant citizenship efforts and impacts.
  - Leadership – indicate major leadership roles and impacts.
  - Life Skills – indicate special achievements; focus on knowledge and skill gained through 4-H involvement. Some life skills include:
    - Managing-keeping records, wise use of resources, planning/organizing
    - Thinking-problem solving, critical thinking, decision making, learning to learn
    - Living-disease prevention, personal safety
    - Being-self responsibility, self discipline, character
    - Working-teamwork, self motivation, contribution to group effort
    - Giving-community service, leadership
    - Caring-sharing, empathy, concern for others
    - Relating-communication, cooperation, social skills, accepting differences.

(Targeting Life Skills Model, Hendricks, 1996)
- Education
  - Include name of school attending and anticipated graduation date. Also, list most meaningful participation in school activities (leadership and honors).
- Employment (Optional)
  - List any work experience.
- Personal Information
  - Include information on family, hobbies, group affiliations, and church. (Especially those that contribute to your objective and information in your resume.)



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Wonderful County, Maryland

Objective

To demonstrate the knowledge and skills I have acquired through my 4-H career.

Skills and Accomplishments

**Leadership**

- \* Active member of Anytown Clovers 4-H Club and the Wonderful County Livestock Club for 11 years.
- \* Held the office of Jr. Leader (2003) Vice-President (2002), President (2000, 2001), Corresponding Secretary (1999), Historian (1998) and Recreation Leader (1996)
- \* Set a positive example for younger youth in my local club by being a Jr. Leader (2000 – 2003)
- \* Involved in the development of youth by serving as youth leader at 4-H Camp – Leader in Training, Recreation Leader, Craft Leader and Small Group Leader (1999 – 2002)
- \* Served as a youth fair board committee member for the Shoe Box Float Department for the Wonderful County Fair (2002)
- \* Taught 319 4-Hers care of livestock projects at County Jr. Stock Show (1997 – 2003)
- \* Instructed 4-Hers in numerous craft workshops including 52 4-Hers a sheep feeder project (2002), 40 4-Hers a wooden birdhouse project (2001), 95 4-Hers three different craft projects (1999) and 80 4-Hers the Art of Origami (1998) at the county's Winter Blahs Workshop
- \* Taught a Jr. Record Book Workshop to 55 Jr. 4-Hers (1999-2002)
- \* Worked one-on-one with younger 4-Hers teaching them to clip and fit their own steers and slick sheer their own lambs (1999 - 2003)
- \* Club representative to committee for planning our County Achievement Banquet (1998 - 2001)
- \* Presented awards at County Achievement Banquet (1998 - 2001)
- \* Conducted numerous craft workshops for local club members (1998 - 2003)
- \* Led 49 committee meetings for 4-H promotion (1995 - 2003)
- \* Promoted the 4-H Program as a Jr. Ambassador (1998 - 1999)
- \* Hosted Club Craft Day (1998 - 2001)
- \* Hosted Club Meetings 14 times (1995 - 2002)
- \* Lead trust building activities at county Young Teen Leadership Weekend (1999 - 2000)

**Citizenship**

- \* Assisted in the implementation of two separate Wetlands Projects on my farm (1999, 2001)
- \* Instructed 25 4-Hers in building bluebird houses that they installed along the perimeter of the Wetlands Project (2001)
- \* Instructed 35 youth in the concept, and construction of a Shoebox Floats (2002)
- \* Visited 315 residents at local nursing home and sang Christmas Carols (1996 - 2002)
- \* Aided in set-up and served 700 people at the livestock buyers' dinner at the County Fair (1999 - 2003)
- \* Sold and served food at the Wonderful County Fair food booth (1996 - 2003)
- \* Worked at the Tractor Pull food booth to help raise money for the Ag Center (1996 - 2003)
- \* Sold 703 candy bars to raise money for the 4-H program (1994 - 2002)
- \* Sold 350 Raffle Tickets for the 4-H program (1994 - 2003)

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- \* Assisted in collecting over 700 canned goods that were donated to Wonderful County Food Sunday (1997 - 2003)
- \* Donated over 75 hours cleaning the fair grounds before and after the County Fair (1994 – 2003)
- \* Sold food/raffle tickets at the Toy Tractor Show raising money for the Ag Center (1997 - 2001)
- \* Participated in a county group responsible for evaluating and improving the County Achievement Program (2001)
- \* Raked leaves, pulled weeds, mulched and planted flowers for local church (1999 - 2001)
- \* Assisted in preparing 2,150 bags of cookies for a local nursing home (1994 - 2002)
- \* Aided in the construction of a Wetlands Project at Anytown Middle School (2000)
- \* Took sheep project to local church to let 250 children see a live lamb (1999 - 2000)
- \* Shared farm animals with local nursing home and spoke with residents (2000)
- \* Sold raffle tickets at local Walmart for an Advent train raffle to raise money for Wonderful County Food Sunday (2000)
- \* Sold tickets at local garden show to raise money for the 4-H program (1999)
- \* Assisted in the planning and construction of an environmentally friendly courtyard at middle school(1998)

### **Life Skills**

Developed leadership skills and set an example for younger 4-Hers through development of life skills learned from the 4-H program (1994 – 2003)

### Responsibility

- \* Learned management, dedication and responsibility through my livestock projects (1994 - 2003)
- \* Acquired Life Skills such as Responsibility, Communicating and Decision Making while volunteering as a youth leader at 4-H Camp (1999 – 2002)
- \* Contributed to society by striving to make a healthy environment and teach others the importance of carrying for our land. (2000 - 2002)
- \* Awarded the Wonderful County Commissioner’s Tray (2004)
- \* Awarded County Top-Five honors for my record book (2002)
- \* Awarded State Recognition for Outstanding Achievement for my Record Book and was a Maryland Delegate to the 2002 National 4-H Club Congress held in Atlanta, Georgia (2002)
- \* Awarded County Pins for Beef, Woodworking & Leadership Projects (2003)
- \* Completed 87 Unit Completions (1994 - 2004 )
- \* Awarded Champion Sr. Record Book (2001 - 2004)
- \* Awarded Champion Sr. Record Book and Named Alternate to the Top Honor Group (2001)
- \* Farm Credit Scholarship (1998,1999, 2001, 2003)

### Understanding Self

- \* Awarded the Wonderful County “I Dare You” Award and attended Camp Merrowvista in New Hampshire where I gained Leadership Skills and Self Awareness (2002, 2003, 2004)
- \* Chosen to begin a long term commitment of reorganizing and implementing a State-Wide Teen Weekend (2002)
- \* Awarded the Maryland 4-H Key Club Award (2002)
- \* Received Unsung 4-Her, Head, Heart, Hands, Health, I’ll Be Glad To and 4-H Family of the Year Awards at our local club’s Achievement Banquet (1995 - 2002)
- \* Awarded the Wonderful County “I’ll Be Glad To” Award (2001)

### Acquiring Knowledge

- \* Grand Champion Beef Clip-out Contest (2000 - 2001)
- \* Reserve Grand Champion Field Crops (1997)
- \* Jr. Fitting and Showing Champion for Sheep (1997)
- \* Awarded the Outstanding Jr. 4-Her (1999)
- \* Champion Limousin Steer (1999 - 2001)

Decision Making

- \* Member of the Wonderful County Livestock Judging Team (1996 - 2001) State Winner (1997)
- \* Placed in the top 20 in the State for Livestock judging (1997 - 2001)
- \* Advanced to 10<sup>th</sup> place in the State competition for Livestock Judging (2001)
- \* Won the Wonderful County Livestock Judging Contest (1999)

**Education**

University of Maryland Freshman	College Park, MD 2004 – Present
Anytown High School Graduate	Anytown, Maryland August 2000 – June 2004

National Honor Society Member (2002 –2004), National Honor Society Parliamentarian (2004), Honor Roll Student (1997 - 2004) and Member of Who’s Who Among American High School Students (2001 - 2004)

Enrolled in all advanced-level 4 classes, earned a 1250 on most recent SAT test, presently carrying a 4.75 weighted GPA, rank 14 out of 278 in senior class in high school. Presently attending University of Maryland to obtain a degree in biotechnology.

Goalie for J.V. Soccer Team (2000), Goalie for Varsity Soccer Team (2001 - 2004), Team Captain (2003-04), MVAL All County Goalie (2003), 2<sup>nd</sup> Team All Carroll County Times Goalie (2003), Freshman Basketball Team (2000), Team Captain J.V. Basketball (2001), Varsity Basketball Team (2002- 2003), Team Captain (2004), J.V. Track Team (2000-2001), Varsity Track Team (2002-2004), placed 2<sup>nd</sup> in Discus & 1<sup>st</sup> in Shot Pit in the County and 5<sup>th</sup> in the State for Shot Put and State Champion in Discus Throwing (2004), 1st Team Wonderful County Times & Baltimore Sun (2004), All-Metro Team (2004), WTTR Athlete of the Week (2004), Unsung Athlete for Anytown High School (2004). Goalie University of MD Men’s Soccer Program (2004 – 2005)

**Employment**

Wonderful Farms	1994 – Present
Green Thumb of Anytown	2005 - Present

**Personal Information**

Church: Member of Anytown Church of the Brethren and participate in all Youth Group activities

Family: Son of Clark and Cathy Clover; one sister Claire

Hobbies: Member of the Maryland Limousin Association, Maryland Shorthorn Association, Maryland Angus Association. I enjoy working with my animals, playing sports and learning more about computer science.

