

# Buffalo County 4-H Record *Self-Evaluation* Checklist

Name \_\_\_\_\_ Club \_\_\_\_\_

Please check the box if you agree with the statement. Then, complete the statement at the bottom of the reverse page with specific reasons and details.

## **4-H Member Resume**

- I completed a 4-H Member Resume.
- My 4-H Member Resume has a photograph of me on it.
- My 4-H Member Resume showcases me in a good way.
- My 4-H Member Resume highlights my 4-H roles, experiences and accomplishments throughout the years.

## **4-H Activities Reflection**

- I wrote a story and it tells with details about my experience in 4-H activities.
- I wrote about new things or skills I learned.
- I reflected back on what I did, how I learned, and what I could do better next year.
- My pages have pictures, clippings, or other articles that help tell my 4-H activities story.
- I have captions with my pictures, clippings, etc. that tell why I included it.

## **4-H Projects Reflections**

- I wrote a reflection about a majority of the projects I enrolled in.
- I showed my budget with income and expenses for a majority of my projects.
- I wrote a majority of project stories/reflections and they tell with details about my experience in my 4-H projects.
- I wrote about new things or skills I learned in my 4-H projects.
- I wrote about my goals in my 4-H projects and how I worked to meet them.
- I reflected back on what I did, how I learned, and what I could do better next year.
- I did more in my projects than just exhibiting at the county fair.
- My pages have pictures, clippings, or other articles that help tell my 4-H project story.
- I have captions with my pictures, clippings, etc. that tell why I included them.

## **Service-Learning Reflection**

- I wrote a story and it tells with details about my experience in a 4-H community service-learning project.
- I explained with details about my role in the project and what I did in the project.
- I wrote about new things or skills I learned by doing the service-learning project.
- I tell how I think the community service project went.
- I wrote about how the project helped others.
- I reflected back on what I did, how I learned, and what I could do to improve the service project next time.

## **4-H Demo or Talk Reflection**

- I tell the basic information of what, when, where, and how I gave my demo/talk.
- I described the main steps and information I talked about in my demo/talk.
- I wrote about how I think the demo/talk went, what I did well, and I tell how I could do better next time.
- I took time to put together and give my demo/talk.
- I included a photo of my demo/talk.

