Personal Development

Did you know...

This project is for 4-H members who are interested in better themselves. The lessons included in this project include learning to be more compassionate and caring, understanding cultures, defining right from wrong, managing conflict, connecting with others, increasing confidence, and finding ways to help your community.

What can I do...

- Give a demonstration on ways to help others in your community
- Give a speech on emotions or changes a teen goes through
- Create a bank in the shape of an emoticon for the Piggy Bank Pageant
- Participate in a judging team for FCS Life Skills

Check this out...

How do you handle conflict? When friends are having a hard time getting along, do you try to jump in and help them? Or do you let them work the conflict out amongst themselves? Conflict is sometimes hard to manage, but keeping the peace between personalities is important. Think about ways you could help two friends who are need of some guidance when they cannot get along. Document what your actions would be in the space below.

Future Thoughts...

What kind of career would someone in the Personal Development project pursue?
- Psychologist/Psychiatrist
- Chamber of Commerce Employee
- Community Non-Profit Organization Manager
- Keynote Speaker

Do you know what all of these professions do in their job? If not, do some research and dig a little deeper.

Work on this...

The Personal Development project is strives to develop you as a better person. Are there skills important for you to have in working with others? If you are on a sports team or working together with other students in your class, what kind of traits should you have to be compassionate, caring, understanding, and accepting? Are those traits you can learn or are they already part of who you are?

What's Next?

Contact your local 4-H Agent on other ways you can get involved with this project and with 4-H.

- Ask about the Personal Development project area guide
- Participate on a judging team in FCS Life Skills Judging
- Create a community service project for others in your community
- Start preparing to submit a portfolio in this project area
- Begin taking action photos of you doing activities in this project area