



form 305
MECHANICS and SAFETY SCIENCES PROJECT
Tennessee 4-H Project Profile

Member's Name: _____

Grade (on January 1): _____

Number of Years in 4-H Project: _____

MY GOALS and WHAT I LEARNED

1. Project-related goals: List up to six (6) project goals you would like to accomplish this year. Goals should be written in SMART goal form and based on project coucomes: <https://4h.tennessee.edu/what-interests-you/>

Example: This year, I will take two (2) certification classes – CPR and First Aid.

1.

2.

3.

4.

5.

6.

2. What I Did/Learned: Describe the knowledge, lessons and skills you learned this year related to your project and based on the goals you identified in the section above.. What did you do towards achieving the goal? What did you learn? What did you accomplish?.

Example: This year, I successfully completed a two (2)-day CPR and First Aid Certification Classs; \$140

1.

2.

3.

4.

5.

6.

WHAT I DID IN MY PROJECT

2. Project Experiences: Summarize this year's experiences of your project goals. Use the drop-down menu to identify the project outcome subheader and outcome that correlates to your project goal specifically. The number of the goals from the first page should correspond to the specific goal numbers on these pages (i.e. Goal #1 from the first page should match Goal #1 on this page, etc....). Be sure to explain in as much detail as possible your specific work or activities in the "Specific Project Experiences" area. Limit activities included to the specific outcome identified. If you have supporting documentation/materials, identify with a lowercase letter -- (a), (b), (c), etc... for example -- at the end of the activity statement and include a link to this supporting material in the "Evidence" section of your website. Be sure to upload that work to the correlating link.

Goal 1 - 4-H Project Outcome Subheader:

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List 4-H Project Outcome:

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Details of Project Experience: Describe the activities you completed that shows mastery of the selected outcome. Use as much detail as possible – including numbers – to show significance of impact and what was learned.	Level	Units
1. Project Title: [Project Title] 2. Project Description: [Project Description] 3. Project Objectives: [Project Objectives] 4. Project Activities: [Project Activities] 5. Project Results: [Project Results] 6. Project Reflection: [Project Reflection]		

[illegible]

Goal 2 - 4-H Project Outcome Subheader:

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List 4-H Project Outcome:

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Details of Project Experience: Describe the activities you completed that shows mastery of the selected outcome. Use as much detail as possible – including numbers – to show significance of impact and what was learned.	Level	Units

[illegible]

WHAT I DID IN MY PROJECT

2. Project Experiences: Summarize this year's experiences of your project goals. Use the drop-down menu to identify the project outcome subheader and outcome that correlates to your project goal specifically. The number of the goals from the first page should correspond to the specific goal numbers on these pages (i.e. Goal #1 from the first page should match Goal #1 on this page, etc.... Be sure to explain in as much detail as possible your specific work or activities in the "Specific Project Experiences" area. Limit activities included to the specific outcome identified. If you have supporting documentation/materials, identify with a lowercase letter -- (a), (b), (c), etc... for example -- at the end of the activity statement and include a link to this supporting material in the "Evidence" section of your website. Be sure to upload that work to the correlating link.

Goal 3 - 4-H Project Outcome Subheader:

List 4-H Project Outcome:

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Details of Project Experience: Describe the activities you completed that shows mastery of the selected outcome. Use as much detail as possible – including numbers – to show significance of impact and what was learned.	Level	Units

[illegible]

Goal 4 - 4-H Project Outcome Subheader:

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List 4-H Project Outcome:

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Details of Project Experience: Describe the activities you completed that shows mastery of the selected outcome. Use as much detail as possible – including numbers – to show significance of impact and what was learned.	Level	Units

[illegible]

WHAT I DID IN MY PROJECT

2. Project Experiences: Summarize this year's experiences of your project goals. Use the drop-down menu to identify the project outcome subheader and outcome that correlates to your project goal specifically. The number of the goals from the first page should correspond to the specific goal numbers on these pages (i.e. Goal #1 from the first page should match Goal #1 on this page, etc.... Be sure to explain in as much detail as possible your specific work or activities in the "Specific Project Experiences" area. Limit activities included to the specific outcome identified. If you have supporting documentation/materials, identify with a lowercase letter -- (a), (b), (c), etc... for example -- at the end of the activity statement and include a link to this supporting material in the "Evidence" section of your website. Be sure to upload that work to the correlating link.

Goal 5 - 4-H Project Outcome Subheader:

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List 4-H Project Outcome:

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Details of Project Experience: Describe the activities you completed that shows mastery of the selected outcome. Use as much detail as possible – including numbers – to show significance of impact and what was learned.		Level	Units

[illegible]

Goal 6 - 4-H Project Outcome Subheader:

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List 4-H Project Outcome:

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Details of Project Experience: Describe the activities you completed that shows mastery of the selected outcome. Use as much detail as possible – including numbers – to show significance of impact and what was learned.	Level	Units

[illegible]

3. Additional Supporting Evidence: Use this section to highlight any additional activities completed that support your project work, AND correlate with any of the project outcomes, but do not necessarily relate to your goals for this year. Examples might include, but not be limited to presentations, exhibits, awards, recognition, educational conferences and programs, etc... These activities do not have to be just 4-H activities, but they do have to relate to your main project. Please be sure to explain your specific responsibility for each. If you have supporting documentation/materials, identify with a lowercase letter – (a), (b), (c), etc... for example – at the end of the activity statement and include a link to this supporting material in the “Supporting Project Materials” section of your website. Be sure to upload that work to the correlating link.

[illegible]

4.What Else?: The purpose of this section is to capture other things that you have done in your main project work, but the work does not relate to any of the project outcomes. These activities do not have to be just 4-H activities, but they do have to relate to your main project. Please be sure to explain what you did for each activity.. If you have supporting documentation/materials, identify with a lowercase letter – (a), (b), (c), etc... for example – at the end of the activity statement and include a link to this supporting material in the “Supporting Project Materials” section of your website. Be sure to upload that work to the correlating link.

[illegible]

5. How I Am Using my 4-H Citizenship Skills in My Project Work: *Citizenship in this section should include how you used citizenship skills as they relate to your specific project area. Summarize this year's experiences as a junior or teen leader in this section. Remember, citizenship may include, but is not limited to, specific roles such as a volunteer, any notable assistance provided, etc ... Citizenship is NOT instances in which you took a leading role – that is leadership. Be sure to explain your specific responsibility for each. If you have supporting documentation/materials, identify with a lowercase letter – (a), (b), (c), etc... for example – at the end of the activity statement and include a link to this supporting material in the "Supporting Project Materials" section of your website. Be sure to upload that work to the correlating link.*

[illegible][illegible]

LEADERSHIP

7. How I Am Using my 4-H Leadership Skills in My Project Work: *Leadership in this section should include how you used leadership skills as they relate to your specific project area. Summarize this year's experiences as a junior or teen leader in this section. Remember, leadership may include, but is not limited to, specific roles such as offices held, leadership work with committees, activities to which you gave leadership, leadership training events you led or attended, etc... Leadership is NOT instances in which you helped or assisted -- that is citizenship. Be sure to explain your specific responsibility for each. If you have supporting documentation/materials, identify with a lowercase letter -- (a), (b), (c), etc... for example -- at the end of the activity statement and include a link to this supporting material in the "Supporting Project Materials" section of your website. Be sure to upload that work to the correlating link.*

Name of 4-H Project:

[illegible]

8. How I Am Using My 4-H Leadership Skills in Other Ways: *How do you use the leadership skills you have learned in 4-H in other ways besides your main project? Consider your leadership efforts with 4-H groups (clubs, camps, judging teams, project groups, special interest groups), 4-H events, 4-H marketing efforts and other organizations in which you are a member. Remember, leadership may include, but is not limited to, specific roles such as offices held, leadership work with committees, activities to which you gave leadership, leadership training events you led or attended, etc... Leadership is NOT instances in which you helped or assisted. Be sure to explain your specific responsibility for each. You may include supporting documents/materials just like you have in all other sections.*

[illegible]