

# Tennessee 4-H Project Profile



Member's Name: \_\_\_\_\_

Grade (on January 1): \_\_\_\_\_

Number of Years in 4-H Project: \_\_\_\_\_

Welcome to the Junior High 4-H Project e-Portfolio! The purpose of the 4-H Project e-portfolio is to guide your learning in your 4-H project area. Our first step is project goals. Learning to set goals and how to keep records are important life skills that you will learn in this process. Are you ready to get started?!

## GOALS

What is a goal? A goal is something that you want to work towards and achieve. Goals help you to focus on what you want, give you a sense of direction, get motivated and ultimately increases the likelihood of success! What are some of your goals? Maybe you want to improve your grades or learn a new sport or try a new hobby. You reach your goals by setting smaller goals or steps. SMART goals are a great tool to use! What are SMART goals?

### SPECIFIC:

A specific goal is clear, detailed, and leaves no room for misinterpretation. For example, "I will improve my math grade to an 85%" instead of "I will get better at math".

### MEASURABLE:

A measurable goal has a way to track progress. For example, "I will run for 20 minutes, four times a week".

### ACHIEVABLE:

A challenging, but realistic goal. It should be something that you have the resources to accomplish and can do on your own. Getting elected to an office or named a winner is not an achievable goal because you are depending on others to vote for you.

### RELEVANT:

A relevant goal aligns with their interests -- your project work in this instance.

### TIME-BOUND:

Setting deadlines creates a sense of urgency and focus. For instance, "I will complete my science project by next Friday". All 4-H project work included on this form should be completed within the current year.

## MY GOALS and WHAT I LEARNED

**1. Project-related goals:** List up to three (3) project goals you would like to accomplish this year. Goals should be written in SMART goal form and based on project outcomes: <https://4h.tennessee.edu/what-interests-you/public-speaking/>

*Example: This year, I will learn/teach my 4-H Communications Project Group how to play three (3) games to build non-verbal communication skills.*

1.

2.

3.

**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 led my 4-H Project Group (14 mbrs) in four (4) role-playing/acting games focused on non-verbal skill development; 10 min. each.*

1.

2.

3.

## WHAT DID YOU DO?

Now that you have your goals set, what are doing to achieve those goals? This is the next section of the 4-H Project e-Portfolio. It's important for those reviewing your e-portfolio that they can see all the things that you did to accomplish your goal. Doing one thing is not enough. Doing the same thing over and over again is not enough either. You want to show proof of mastery -- that you really accomplished the goal and understand this part of the 4-H project. Maybe you read a book, watch a video, study or take a class or workshop, make or create a product or demonstration, write a speech, design a display or poster, practice or rehearse, share with others by teaching ... the possibilities are limitless,. Be sure to work with your agent to identify experiences, opportunities and other ways of accomplishing your goals.

## 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 sub-header 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 Sub-header:

#### List 4-H Project Outcome:

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.

Example: I learned how to play "Emotions Charades"; Designed 24 emotions cards to use for the game; Taught 14 members. (a)

Level

Units

C

2 hrs

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
Example: I learned how to play "Emotions Charades"; Designed 24 emotions cards to use for the game; Taught 14 members. (a)	C	2 hrs

### Goal 2 - 4-H Project Outcome Sub-header:

#### List 4-H Project Outcome:

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.

Example: I learned how to play "Emotions Charades"; Designed 24 emotions cards to use for the game; Taught 14 members. (a)

Level

Units

C

2 hrs

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
Example: I learned how to play "Emotions Charades"; Designed 24 emotions cards to use for the game; Taught 14 members. (a)	C	2 hrs







