

Buffalo County 4-H ME 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 Leadership Report

- I have written about ONE most significant leadership experience.
- I included at least two specific details and/or examples about my leadership experience.
- I wrote about goals I have for leadership.
- I have included how I was a part of planning, implementing, or evaluating my leadership experience.
- I explain what I have learned or what others have learned as a result of my leadership experience.
- I explain what leadership is to me.

4-H Project Report

- I have written about ONE 4-H project that is most important or most accomplished.
- I wrote about a 4-H project that I am active in beyond my fair exhibits.
- I chose to write about a 4-H project that I enjoy or is interesting to me.
- In my report, I reflected on my personal 'growth' in my 4-H project.
- I discuss ways I have improved in my 4-H project, set and accomplished goals, or taken on leadership responsibilities.
- I explain what I have learned as a result of my 4-H project including knowledge and life skills.

4-H Activities Report

- I have written about ONE significant 4-H activity – not a 4-H project.
- I chose to write about a 4-H activity that is interesting or unique.
- I tell the who, what, where, when, why and how of the 4-H activity.
- I discuss any personal or group goals for the 4-H activity.
- I explain what I have learned as a result of my 4-H activity including knowledge and life skills.
- I reflected on how the 4-H activity was completed by explaining successes or offer suggestions for improvements next time.

4-H Community Service Report

- I have written about ONE most valuable 4-H community service event.
- I wrote about a community service project that I actively participated in.
- I tell the who, what, where, when, why and how of the 4-H community service.
- I explain my specific responsibilities and contributions to the event.
- I discuss how my community service project benefited my community.
- I explained my action plan, or how I helped select, implement, and evaluate the event.
- I reflected on how the community service made me feel and what I learned by participating.

Activities Summaries

- I include all my additional 4-H and non 4-H activities.
- The information is neatly bulleted and easily readable.
- I have placed the summaries in descending order, or the most current year first.

Discussion Question

- My response is thoughtful and reflective.

- My response is in complete paragraphs with a topic sentence or thesis.
- I discuss a 'real' concern that affects youth today.
- I include specific details to explain the concern.
- I use personal examples to tell how 4-H has helped me deal with the problem.
- I offer a solution to the concern in which youth can actively be a part in my response.

Overall

- I used "I" in my ME form.
- I have completed every section of the ME form thoroughly.
- I was concise, but I also included specific details.
- Unless instructed otherwise, I wrote my ME in paragraphs with complete sentences.
- I feel my ME is reflective and thoughtful.
- My ME is representative of my most significant 4-H experiences to date.
- I took time to complete my ME form with care.
- My ME includes evidence of goal setting, accomplishments, leadership, improvement, reflection, and learning.
- I know my ME has few grammar errors because not only have I proofread it, but so has another trusted adult.

I think the strengths of my ME are:

My ME can improve in these ways:
