

# Personal Development Report

## Instructions

The member participation section helps record activities that a 4-H member participates in during his/her year. Items cannot be counted in multiple categories (e.g. double-counting). However, if a member participates in multiple activities during one event, those separate activities may be counted and attendance at the event counted. ***Up to two significant activities outside of 4-H are allowed in categories 4 through 7, while other activities outside of 4-H may be counted in category 8.***

Star Ranks are designed to encourage members to participate in a wide variety of activities over a number of years. Stars provide 4-H members opportunities to accomplish goals. Each star level takes an average of two years to complete. The examples outlined below are from a wide range of counties, but may not be present in every county.

### 1. 4-H Projects Completed\*

\* Required for a Star Rank

- Old PDR Category: S
- Only 4-H projects with a completed and signed “Annual Project Report” may be counted.
- During the current year, 80% average attendance for all projects is required for any achievement rank.
- To receive credit, the project report must be included in your 4-H Record Book.

### 2. 4-H Project/Skill Activities

- Old PDR Categories: G, P, Z
- Record activities that enhanced the member’s learning experience in his/her current 4-H projects.
- **Judging Contest** - Report participation in any judging contest where you judged with other 4-H members by a set of standards.  
Examples: Judging Day, Livestock Judging Day, Sectional 4-H Field Day, Club Judging Contests.
- **Exhibits** - Report each project you exhibited and where you exhibited it (such as livestock, clothing, food, pictures, artwork, or other project items). 4-H members may receive credit for the same exhibit presented before new audiences at different events.
  - **Judged Exhibit** – Each separate project judged counts as a credit (multiple items from one project count as one credit).
  - **Non-Judged Exhibit** – Each show/event counts as one credit (regardless of the number of items/projects exhibited).
  - Examples of events: Parents’ Night, Fashion Revue, Food Faire, County Fair, State Fair, or Open Shows in a 4-H division, Exhibit for National 4-H Week.
- Note: Youth may not participate as 4-H members nor will their participation be recognized as a 4-H experience in jackpot/pro prospector show. (4-H Policy 410.2)

### 3. 4-H Events Attended

- Old PDR Category: D, E, U, C

- 4-H events are authorized and publicized functions other than regular club or project meetings. Record events not reported elsewhere. Optional/voluntary 4-H events outside the normal club and/or project expectations may be counted here.
- Examples: Club Holiday Dinner (not at a regular club meeting), Club Invitationals, District, County, Sectional, and State Field Days, California or Washington Focus, State 4-H Leadership Conference, Teen Leader Conference, County Fair Awards Ceremony, Fashion Revue, Horse Bowl, Equine Play Days and Livestock Clinics, Leadership Training Workshops, Project Training Workshops, and National 4-H Conference.

#### 4. Leadership Development

- Old PDR Category: F, J, K, M, T
- **Officer** - This includes 4-H offices held at the project, club, county, sectional, or state level.
- **Committee Chairperson** - Report the committee at the club, county, sectional, or state level where you served as a Chairperson or Co-Chair. Include 4-H camp counselors or director's positions, All Star and State Ambassador Activities Chairperson or Co-Chair positions.
- **Committee Member** - Report the number of committees at the club, county, sectional, state, and national levels where you actively participated as a committee member. Include All Star and State Ambassador Activities performed as a committee member.  
Examples: Club Phone Tree, Fundraising Committee, Club party committee, Clean up committee, Decorations committee, and County event committee.  
Note: You cannot receive credit for chairperson and committee member simultaneously for the same committee.
- **Junior Leader or Teen Leader\*** - This refers to the completion of one year as a Junior or Teen Leader. A credit is given for each project you led and completed a report form.  
\* Required for a Star Rank

Note: The duties you perform as an officer, committee chair or member or a junior and teen leader are considered part of your position and cannot be counted as separate items on the PDR.

- **Planned 4-H Group Activity** - An activity is a planned piece of work undertaken by 4-H members usually on a one-time basis, which benefits other 4-H members or volunteers.
- **Leadership Development Project** – Count participation here as well as additionally counting this as a separate project and filling out a project report form.
- **Served as a Judge** – Where you served as a judge for a 4-H activity or contest.

#### 5. Citizenship/Community Service\*

\* Required for a Star Rank

Report your participation where you take an active part in a planned and 4-H publicized citizenship, service-learning or community service activity. Count credits by activity/event and include the number of hours you participated for informational purposes. Count a re-occurring activity/event as one credit (e.g. monthly visit to a convalescent home).

- Old PDR Category: Y

**Citizenship Activities** in the following areas

- Personal Development and Self-Esteem – *Acquire life skills to become an active responsible member of one's family, community, state, and nation.*  
Examples: conduct a community safety program, participate in a youth group exchange, help to establish year-long goals for your club, serve on local volunteer bureau
- History and Cultural Heritage – *Develop awareness and understanding of cultures and heritage of one's family and others.*  
Examples: prepare an exhibit on local history/artifacts, organize an international heritage or foods festival, participate in historic event, tour historic sites, participate in an international exchange
- Government Studies – *Develop knowledge of the principles, processes and structures of government.*  
Examples: attend a Citizenship Focus conference, write a letter to your Congressperson about 4-H, attend City Council or Board of Supervisors meetings to talk about 4-H, voter registration drives, assist with elections, participate in a mock trial, lead a flag salute.
- Environmental Issues – *Develop awareness and understanding of environmental issues and the human impact.*  
Examples: work on a community or beach clean-up, develop an exhibit on conservation, build wildlife habitats, and participate in environmental public hearings.
- Societal Concerns and the Citizen's Role – *Develop awareness of societal issues and respond to the needs and rights of others through responsible social action.*  
Examples: study local issues and share ideas about solutions, hold a community forum, work with food share programs, visiting convalescent homes and hospitals, identify hunger, land use, pollution or energy issues, help disseminate information and help develop solutions.
- **Community Service Project** - encompasses any humane act serving the common good; in the interest of the community.  
Examples: Can food drive, visit to convalescent home, beach clean-up.
- **Service Learning Project** – an authentic activity that combines service and learning to address a real community need; allows one to apply learning to a community problem in collaboration with others. It includes structured time for reflection on the service experience.  
Examples: storm drain painting where students learn about water issues, a disability awareness program where students raise money for March of Dimes, an environmental field studies program that involves working to protect wetlands.

## 6. Communication Skills\*

\* Required for a Star Rank

- Old PDR Category: H, I, L, N, R
- Record major communication activities.
- **Presentations** - To receive credit each presentation must be presented before a new audience. All presentation types outlined in the State 4-H Presentation Manual are accepted. Giving a practice presentation does not count as a credit (e.g. giving a practice to family).
- **Prepared Talks** relating to 4-H or your 4-H project where you report informational or educational material before your project group, 4-H Club, County 4-H Council, school or other community groups. This does not include officer's reports or

- committee reports. Must be prepared in advance of the meeting/activity and last at least several minutes.
- **Radio and Television Appearances** - Report appearances as a participant before a radio or TV audience in connection with 4-H.  
Examples: Guest speaker on radio, and telethons.
  - **Newspaper Articles** - Report the number of times you wrote and submitted an article connected with 4-H for publication. If article was not published, submit a copy to your club leader and retain the original for your records to receive credit. Do not include articles written about you.  
Examples: Articles relating to 4-H that you wrote and submitted to local papers, school papers, Club Newsletter, and the County web site.
  - **Represented 4-H in another way** - Include all personal appearances in connection with 4-H work not reported elsewhere.  
Examples: Master/Mistress of Ceremonies, Commentator, 4-H Pledge at County, Sectional, or State events, 4-H informational booth, Presentation Day judge, room hosts or hostess at 4-H events, and any other events where you represented 4-H.
  - **New Technology** - Web site creation or support on a club, county, sectional, state, or national level.

## 7. Honors and Recognition

- Old PDR Category: O, V, W, X
- Record significant and notable honors, awards and recognition received. Do not include ribbons, seals, or certificates on the Personal Development Report (PDR). Write these on your Annual Project Report Form. Only the highest awards are listed in this category.  
Examples: Star ranks, County Winner, 100% Club Attendance, Emerald Star, Best of Class, Best of Show, Best of Breed, Director's Award, County or Sectional Presentation Day Gold Seal, Record Book Award, 1st Place Share the Fun Skit, 1st Place Fair Feature Booth, 1st Place Herdsmanship Award, 1st Place Round Robin, Animal Showmanship Medalist, Project Proficiency attainment, All Star, 4-H State Ambassador.

## 8. Lifestyle Activities

- Old PDR Category: Q
- Report your participation in school or other organization camp, community or school sports, music, theater and the arts, employment, church, organizations or groups. One credit per sport may be counted (e.g. "Soccer" and "Volleyball" are two credits. "Soccer" and "Soccer" is one.)  
Example: music or dance lessons, school or science outdoor camp, horseback riding lessons, church choir, or organizational memberships.  
**Each organization counts as one credit per 4-H year.**
- Report other 4-H participation. Examples: Song leading, Share the Fun, Cultural Arts