



Tennessee 4-H Project Profile - Section A

Name of 4-H Project **Personal Development**

Member's Name _____ Year **2008** School Grade (on Jan. 1) **11th**

1. **Size and scope.** List the highlights of your project for this year, including the size, scope and growth of the project. Show size with numbers; show scope by the variety of activities conducted. Include expenses, income, losses, savings to your family, etc. when appropriate.

Item/Activity	Totals	Item/Activity	Totals	Item/Activity	Totals
MY ARTISTIC SELF		MY HISTORICAL SELF		MY PERSONAL SELF	
Acrylic Paintings	10	Historical Books Read	14	Pedicures received	13
Sketches (Pencil Drawings)	68	History Fairs Attended	3	Dental Check-ups	2
Cartoons	30	Historical Museums Toured	8	Doctor Visits and Check-ups	3
Pen and Ink Drawings	17	Clover Bowl Practices (coached)	14	Trips Hair Salon	5
Tapestries & Banners (Painted)	6	Clover Bowl Materials made	10	Trips to Eye Doctor	1
Necklaces Made (Macramé)	12	Historical Movies Viewed	12	Personality Profiles	5
Bracelets Made (Macramé)	16	Historical Homes Toured	4	Leadership Assessments	4
Key Chains Made (Macramé)	18	Civil War Sites Toured	6	MY FAITHFUL SELF	
Bookmarks (Macramé)	26	Other Hist. Sites(Monuments/etc)	12	Bible Read and Studied (hours)	215
Slates Painted	29	Family Tree Research (hours)	8	Other Christian Books Read	6
Posters Painted	17	Family Cemeteries visited (x's)	13	Youth Socials attended	4
Tee Shirts Designed	6	National Cemeteries Visited	3	Sunday School Classes (times)	50
Power Points Created	14	Civil War Historians Met	1	Memory verses learned	28
MY INTELLECTUAL SELF		MY MUSICAL SELF		Christian Concerts Attended	4
Books Read (Other than History)	32	Marching Band Performances	14	Christian Performances Attend.	5
Poems Read	22	Concert Band Performances	4	Christian Crusades Attended	2
Poems Written	2	Piano Recitals & Performances	2	MY PHYSICAL SELF	
Plays Attended	4	Solos and Ensembles (clarinet)	2	Jogging (hours)	75
Plays performed in	3	Practice time clarinet (hours)	165	Walking (treadmill &Outside)hrs	130
Plays rehearsed (hours)	40	Practice time piano (hours)	52	Sit-up Crunches (reps)	800
Plays Read	8	Instrumental Concerts attended	3	Walk Family dog (Times)	65
Stories Written	3	Musical Concerts Attended	4	Hiking (times/miles hiked)	8/28
Scrapbooks (Pages made)	90	New songs learned (piano)	3	Swimming (Times)	28
Classic Movies viewed	13	New songs learned (clarinet)	10	Bicycling (times/miles rode)	10/50
Essays Written	26	Dances Attended	5	Circuit Training (at Curves) x's	15
Interruptive Dance Perf's attended	3	Proms Attended	1	Trampoline Training (Times)	18
College Prep Tests Taken	5	Music soundtracks made	6	Played Tennis (hours)	12

2. **Project participation.** Indicate the level of participation with the appropriate letters - local (L), county (C), regional (R), state (S), national (N) - followed by the number of times for each level, such as L3, S1.

a. **Public presentations related to this project.** Include speeches, demonstrations, interactive exhibits, interviews, oral reasons, illustrated talks, media presentations, etc. given this year.

Month	Title/Type of Presentation	No. of Times Given/Level
January	4-H Speech ("A 4-H Carol") Blount County	1/County
February	4-H Speech ("A 4-H Carol") Eastern Region	1/Regional
February	Region 4-H Extemporaneous Speaking (topic: 4-H in the 21 st Century)	1/Regional
Feb. April	4-H Extemporaneous Speaking Practice	25/Local
February	"Eastern Region All Stars" Power Point Presentation at High Council	1/State
February	Presided over Committee Reports at All Star High Council	1/State
February	Teen & Adult Partnerships (workshop at State Volunteer Leader Forum)	1/State
March	All Star Campaign Speeches	2/Regional
March	All Star Initiation Ceremony (Speaking Part)	1/Regional
March	Campaign Speech for Tenn. Valley Fair Youth Board Office	1/Region
March	Congress Pageant Rehearsals	5/State
March	Congress Pageant Performances (Speaking Part)	1/State
April	4-H Speech ("A 4-H Carol") State Contest	1/State
April	State 4-H Extemporaneous Speaking (topic: 4-H: a Buffet of opportunity)	1/State
April	Interview for Tenn. Valley Youth Board Office	1/Regional
May	Speech for County Commission	1/County
November	Guest Speaker at Eastern Region Extension Conf. for agents and staff	1/Regional
December	Guest Speaker Polk County Honor Club Initiation	1/County

b. **Exhibits related to this project.** List the items prepared for display at 4-H meetings, fairs, shows, contests, etc. during this year.

Type of Exhibit	No. of Exhibits/Level
Power Point Slide Show at All Star Conference (recapped the Conference)	1/Regional
Power Point Slide Show at All Star High Council (recapped our Regional All Stars)	1/State
Easter Banner/Backdrop for Grandfather (used at his church during Easter Service 2008)	1/Local
Power Point Slide show about 4-H for High School	1/Local
All Star Conference Tee-Shirt ("March Madness!") I designed the shirt for Spring Conf.)	1/Regional
All Star Conference Tee-Shirt ("Mountain Do!") I designed the shirt for Fall Conference)	1/Regional
Designed Family Xmas Card for 2008 (which was sent to friends and family all over country)	1/National
Tenn. Valley Fair Exhibits: Cross Stitch Design (cross)	1/Regional
Painted Slate (peaches)	1/Regional
Christmas Decoration (Poinsettia used for Christmas Card)	1/Regional
Pencil Drawing of Peyton Manning	1/Regional
Large Banner (All Star banner Luck of the Irish)	1/Regional
Acrylic Painting (Beach Scene)	1/Regional
Homemade Jewelry (Necklace and Earrings)	1/Regional
Home Craft (Decorative Potholder)	1/Regional
Sewing Craft (Sewn Pillow)	1/Regional

c. **Participation in educational activities related to this project.** Include tours, conferences, workshops, judging events, project groups, camps, knowledge bowls, etc. you have attended during this year.

Month	Name and Kind of Event	No. of Times Level
Feb.	Attended State All Star High Council in Lebanon	1/State
March	Attended Eastern Region Spring All Star Conference in Greeneville	1/Regional
March	Toured Cades Cove Historical Area in the Great Smokies	1/National
March	Attended State 4-H Congress as Speaking Winner	1/State
March	Toured Hermitage the Home of Andrew Jackson	1/State
March	Toured Historic Carter House near Franklin	1/National
March	Toured Battle of Franklin Museum in Franklin, TN.	1/National
March	Toured Historic Carnton Mansion near Franklin	1/National
March	Toured Historic Corinth, Miss.	1/National
March	Toured Shiloh National Battlefield	1/National
March	Attended State 4-H Council in Crossville	1/State
March	Toured Donelson (Rachel Jackson's Family) Cemetery in Old Hickory, Tn.	1/State
May	Bradley County 4-H History Fair	1/County
Sept.	Toured Appalachian Visitor Center in Townsend	1/Regional
Nov.	Attended Eastern Region Fall All Star Conference in Gatlinburg	1/Regional
Dec	Toured Foothills Parkway and Look rock area of Smoky Mountain Nat. Park	1/National

3. **Awards and recognition received in this project.** List the awards, trips, medals, plaques, trophies, ribbons, scholarships and other recognition received this year. Indicate the level on which the recognition was received.

<u>Speaking Awards:</u>	<u>AWARDS</u>	<u>Other Awards Received</u>	<u>AWARDS</u>
County Public Speaking	1 st Place	Embroidered Suit Bag for winning	
Regional Public Speaking Prepared	1 st Place	Regional Public Speaking	1/R
Regional Public Speaking Extemp.	1 st Place	Engraved Silver Bowl at Congress	1/S
Regional Public Speaking Overall	1 st Place	Asked to speak before the Blount Co. Com	1/C
Scholarship to 4-H Congress	Received	<u>Tennessee Valley Fair Awards</u>	<u>AWARDS</u>
State Public Speaking Prepared	1 st Place	Cross Stitch Design (cross)	1 st Place
State Public Speaking Extemp.	5 th Place	Painted Slate (strawberries)	1 st Place
State Public Speaking Overall	1 st Place	Christmas Decoration (Poinsettia)	1 st Place
		Pencil Drawing of Peyton Manning	1 st Place
<u>Offices Elected to:</u>	<u>AWARDS</u>	Large Banner (All Star Banner)	1 st Place
Regional All Star Chief	Elected	Acrylic Painting (Beach Scene)	1 st Place
State All Star Deputy Chief	Serving	Jewelry (Necklace and Earrings)	2 nd Place
Tennessee 4-H Council	Serving	Home Craft (Decorative Potholder)	3 rd Place
Tennessee Valley Fair Youth Board Officer	Elected	Sewing Craft (Sewn Pillow)	1 st place

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
 University of Tennessee Institute of Agriculture and county governments cooperating.
 UT Extension provides equal opportunities in programs and employment.