

Individual development options

These options are listed in order from simple to more difficult. Some relate directly to your clothing project, and some relate to growing as a person. Although you may repeat any of these options, try to move down the list as you gain more experience and confidence. You might find yourself doing many more options than the few suggested in your plan. You may also add your own ideas.

Contribute to your group and organization

- Lead the Pledge of Allegiance and/or 4-H pledge at a meeting.
- Lead a song or game at a 4-H meeting.
- Suggest a roll call with a project-related theme.
- Serve as host for a 4-H meeting. Be sure everyone is welcomed and made to feel comfortable.
- Attend 4-H camp.
- Invite a friend to your 4-H club meeting.
- Serve on a club committee.
- Be a club officer.
- Serve as chairperson of a 4-H club committee.
- Make a poster or display to celebrate National 4-H Week, and tell others about 4-H.
- Find a speaker to talk to your club, or make arrangements for a tour.
- Attend 4-H Summer Conference.
- Participate in a radio or television program by telling about 4-H.
- Give a presentation about 4-H to a group other than your 4-H club.
- Apply for a county medal in your project.
- Serve as a clerk or chairperson at a 4-H fair or contest.
- Serve as a Junior Leader (grades 7–12).
- Serve as a camp counselor.
- Serve on a county advisory committee.
- Serve as a Teen Leader (grades 10–12).
- Serve in a volunteer capacity for 4-H State Fair.
- Serve on a state advisory or development committee.
- Add your own way to grow in leadership or responsibility.

Share what you have learned

- Teach a new member the 4-H pledge.
- Exhibit an article or garment at a 4-H fair.
- Participate in a club or county Fashion Revue.
- Participate in the county 4-H clothing judging contest.
- Develop an educational display related to your project.
- Write a thank-you note to someone who has helped you this year, and tell him or her what you have learned.
- Help another member learn a skill.
- Give a presentation to your 4-H club.
- Participate in the county presentation contest.
- Write a story about your 4-H activities for a local paper.
- Add your own way to share what you have learned with others.

Help others

- Mend clothing for your family.
- Do the family laundry.
- Make a gift for someone using your sewing skills. Try to use new skills.
- Participate in the “Hands for Larger Service” exhibit class.
- Participate in a community service project with your club. For example, volunteer with Special Olympics, Habitat for Humanity, Red Cross, local library, meal service for the elderly, or other ideas you can think of in your community, county, or state.

By Pamela Rose, 4-H Youth Development specialist, family and consumer science and expressive arts, Oregon State University.

Introductory material about Oregon 4-H Advancement Programs originally prepared by Mary Arnold, Extension 4-H youth development specialist, Oregon State University.

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