

## HOW HAVE I CHANGED THIS 4-H YEAR?

Please read each item on the list. Then, put a check mark in the column that best describes how much (if at all) being in 4-H this year made a difference for you.

Skill	4-H <i>did not</i> <i>help</i> me get better at...	4-H helped me get <i>a bit</i> better at...	4-H helped me get <i>much</i> better at...
1). Thinking through choices before deciding what to do.			
2). Thinking about what might happen because of what I decide to do.			
3). Planning how to use money.			
4). Using my time wisely.			
5). Taking care of my belongings.			
6). Making a presentation.			
7). Listening carefully to others.			
8). Clearly explaining my ideas.			
9). Settling disagreements in ways that don't hurt others.			
10). Treating people who are different from me with respect.			
11). Working with people who are different from me.			
12). Taking a leadership role in a group.			
13). Working out problems presented to me.			
14). Following instructions.			
15). Accepting responsibility for doing a job.			
16). Keeping accurate and useful records.			
17). Making choices that help keep me healthy.			
18). Carry out a project in a safe way.			
19). Doing what's right for me even when others are doing something else.			
20.) Admitting to my mistakes.			
21). Understanding the importance of following through on commitments.			
22). Being a part of a team.			
23). Completing a new task on my own.			
24). Volunteering to help someone less fortunate than myself.			

25). What's the most important thing that you got from being in 4-H this year? Use an example if you can. (Please use other side if you need more space).

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