

Plumas-Sierra County 4-H Calendar
Personal Development Form PDR Categories
Be sure to count once, unless it may be placed in other areas.

September –

Record Book County Winner or Record Book Medalist - #7
Star Ranks and 100% Attendance # 7
Achievement Day or Night – # 3 Attended, # 2 Project Displayed or Exhibited
*Livestock Sale Committee – # 3 Attended, # 4 Committee or Club Representative
*Council Meeting – # 3 Attended, # 4 Committee or Club Representative
Meat Pick-Up - # 3 Attended, # 4 Committee or Chairman of Committee

October –

4-H Week – Written Article, Prepared Talk, Radio/TV, Demonstration-All # 6
Committee Member or Chairman # 4, Represented 4-H In Another Way # 6
Project Exhibited or Displayed # 2 Counts Once for all projects

November –

Thanksgiving Tray Favors/Baskets – Committee Chairman or Member or Planned Group Activity # 4, or Community Service – Canned Food Drive # 5

December –

Christmas Gifts for the Senior – # 4 or # 5 - See November Underline
Community Tree Lighting – # 4 or 5 - See November Underline
Christmas Tree Sales – # 4 – See November Underline
Christmas Caroling for Seniors – # 4 & # 5 – See November Underline
Canned Food Drive – # 4 & # 5 – See November Underline
Project Iraq – # 4 & # 5 – See November Underline

January –

February –

Presentation Day – Attended # 3, Gave Demonstration # 6, County Winner or Medalist # 7
Valentine Cookies – # 4 & # 5 – See November Underline
Record Book Training – Attended # 3, Exhibited Book # 2

March – Small Animal Training - # 3

April –

Home Ec and Crafts Extravaganza – Attended # 3, Exhibited – # 2 (Each project Exhibited and judged counts once) Judging/Skills– # 2, Fashion Revue Show # 2, County Winner or Medalist # 7, Planned Event, Committee Chairman or Member #4

May –

Small Large Animal Field Day – Attended # 3, Judging # 2, Animals Used # 2, County Winner or Medalist # 7, Committee Chairman or Member or Planned Group Activity # 4
Cemetery Clean-Up – # 5, Road Clean-Up – # 5

June – County Picnic and 4-H Awareness Day and Showmanship Day – Attended # 3, Participated or Project Exhibit # 2, Demonstration # 6, County Winner or Medalist #7, Committee Chairman or Member or Planned Group Activity # 4
California or Washington Focus - # 3

July – Horsemastership – Attended # 3, Exhibited # 2, Judging # 2, County Winner or Medalist # 7

4-H Camp – Attended # 3, Committee Chairman or Member or Planned Group Activity # 4

4th of July Parade – Committee Chairman or Member or Planned Group
Activity # 4, Represented 4-H in Another Way # 6
August – State Leadership Conference – Attended # 3
Plumas-Sierra County Fair – Attended # 3 – Attendance on counts once, Exhibited # 2
Each separate project judged counts as an exhibit (animal, crafts, cooking, etc.) Awards
Best of Class or Show, First Place in Showmanship, First Place Round Robin,
First Place Fair Feature Booth, Director’s cup, Champion Breeding or Market Animals
- # 7
(All other awards will be reported on your project report under awards)
Auction Runner - # 6

PDR Instructions

Only 4-H work counts with the exception of 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.

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” form and have an 80% +attendance count.

2. 4-H Project/Skill Activities – Old PDR Categories G,P,Z - **Exhibits** – Report each project you exhibited and where you exhibited it. May receive credit for each different event exhibited.

Note: Only 4-H Projects exhibited at 4-H events or shows with a 4-H Division count under exhibits. Jackpot or prospector shows do not count (4-H Policy 410.2)

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 number of projects or items exhibited. Parent’s Night, Achievement Night, National 4-H Week.

Judging Contests – Report participation in any judging contests where you competed (judged) with other 4-H members by a set of standards.

3. 4-H Events Attended - Old PDR Categories 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 – Field Days, Training Workshops, Officer Training, Achievement Night/Day, CA and Washington Focus.

4. Leadership Development – Old PDR Categories – F, J, K, M, T -**Officer** - 4-H Office held. **Committee Chairperson** – Report the committee where you served as a

Chairperson or Co-Chair. **Committee Member** – Report the committee where you actively participated on. **Jr./Teen Leader** *– Completion of one year as a Jr./Teen

Leader. A credit is given for each project you led and completed a report form. **Note:** The duties you perform as an officer, committee chair or member or Jr./Teen Leader are considered as part of your position and cannot be counted as separate items on the PDR.

Planned 4-H Group Activity – An activity that is a planned piece of work undertaken by 4-H members 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).

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 – Only the highest awards are listed in this category. Do not include ribbons, seals or certificates on the PDR. Write these on your Annual Project Report Form. Examples – Star Ranks, County Winner, Medalists, 100% Club Attendance, 1st Place Fair Feature Booth, All-Star, State Ambassador, Grand Champion, Reserve Grand Champion, Best of Class, Breed or Division, Director's Cup, 1st Place Showmanship, Round Robin. Outside of 4-H Honors & Recognition – Honor Roll, Champion Sports Teams, Music Award, Each Scout, Outstanding Student.

8. Lifestyle Activities – Report your participation in school, community or school sports, music, theater and the arts (music or dance lessons), employment, church (choir, youth group) organization or groups membership or riding lessons. One credit per sport participated in. Each organization counts as one credit per 4-H year.

My 4-H Story Instructions

On separate sheets of paper, write or type your 4-H story. Tell about your activities and experiences, what you learned, what you would do differently, and how you feel about 4-H. Your story should be a record of all years in 4-H and emphasize your current year in 4-H. Do not exceed 6 pages.

Use the page length recommendations outlined below. Do not exceed 6 pages.

- Junior (or first year member): 1 – 2 pages
- Intermediate: 2 – 4 pages
- Senior: 3 – 6 pages

The My 4-H Story must be single-sided and use a 1 1/2" inside margin and 1" top, bottom, and outside margins.

The following outline may help you in developing your story.

Part 1 Introduce yourself - include your age, interests, parents, brothers and sisters, where you live, where you go to school, when and why you joined 4-H.

Part 2 Tell about your 4-H projects and activities. What goals did you set and which ones did you reach, what have you learned in the program, how has the program grown in size and scope, describe the things you have tried and found successful and some that were not so successful, how have you arranged for financing, indicate profits, losses and savings. Include major learning experiences, special interests and unusual situations you encountered.

Part 3 Explain how 4-H has helped you become a better leader and citizen. Describe the most important offices you have held and the committee assignments you have accepted. Tell about what you have learned from working with other 4-H'ers as a junior and/or teen leader. Explain how you have learned to accept citizenship responsibilities.

Part 4 Describe how 4-H participation has helped you to feel good about yourself, influenced your school and career goals and your use of leisure time. Tell about your future and career plans.