



4-H VOLUNTEER INFORMATION SERIES

Nebraska 4-H Youth Development

What Have You Been Up To?

A Form to Record Monthly Activities for the 4-H Career Portfolio

Each month up-date your activities on this form to provide a record for use when completing your 4-H Career Portfolio. This may be done as an individual or club activity.

Name: _____ Month: _____

Section 1: Project Accomplishments

Identify the project(s). List what was done and/or accomplished and what was learned.

Date	Project	What was done and what was learned?	List: Award & Level

Section 2: 4-H Leadership, Community Service, Volunteer, Citizenship and Educational Experiences

List each 4-H activity. Activities can include camps, contests, workshops, county events, service projects, elected offices, committees, judging, presentations, speeches, etc. You do not have to be enrolled in a project that corresponds to the curriculum area.

Date	Curriculum Area	Type of Activity & Role	What was done and what was learned?

Section 3: Non 4-H Experiences

List your most meaningful participation in school, church and community organizations other than 4-H. Include leadership roles and honors received.

Date	Description of Activity & Organization	Accomplishments other than 4-H, include participation, leadership roles and honors received.

Adapted from *What Have You Been Up To?* Swanson, UNL Extension. *4-H Career Portfolio*. UNL-4-H.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.