



Finding Your Way to DPA



Project Achievement Packet

Senior 4-H'ers

(9th-12th Grade)



Hello Senior 4-H'ers and Parents!!

We are excited that you are interested in participating in Project Achievement! For our Juniors and Seniors (7th-12th graders), this mean spending an entire weekend at Rock Eagle where you not only compete, but also get the chance to meet new people from other counties and have a lot of fun!

Project Achievement for our older youth looks a little different from 6th grade. You will still have a demonstration that you present, but part of your score will be from a portfolio as well. We hope you will find the information on the following topics helpful as you're:

Finding Your Way to DPA

The answers to all of your questions are in the pages and workbook that follows. Please read this information carefully, and as always, if you have any questions, please feel free to call the 4-H Office.

Sincerely,

Your 4-H Staff

University of Georgia Cooperative Extension



**UNIVERSITY OF GEORGIA
EXTENSION**



Commit to Georgia

An Equal Opportunity, Affirmative Action, Veteran, Disability
Institution

Picking a Project

There are many different projects areas to pick from. Your project area will be the general category that you will present your demonstration in. Your demonstration topic should fall into your project area. The project area you select will also be for your portfolio as well. A suggestion is to pick a project area that you have done some work in so you will have something to put in your portfolio. There are only a few allowed from each county in a project area, so check with your 4-H office to make sure you can compete in the project area you want. Below are the project areas for Senior 4-H'ers (9th-12th grade).

Arts & Crafts

Beef

Communications

**Companion & Specialty
Animals**

Computers Information

Dairy

Dog Care & Training

Engineering & Mechanics

Entomology

Environmental Science

**Financial Planning &
Consumer Economics**

Flowers, Shrubs, & Lawns

Food for Fitness

Food for Health & Sport

Food Safety & Preservation

**Forest Resources & Wood
Science**

Fruits, Vegetables, & Nuts

General Recreation

Health

History

Horse

Housing

Human Development

International

Outdoor Recreation

Photography & Videography

**Physical, Biological, & Earth
Science**

Plant & Soil Science

Poultry

Robotics

Safety

Sheep & Meat Goats

Sports

Swine

Target Sports

**Textiles, Merchandising, &
Interiors**

Veterinary Science

Wildlife & Marine Science

**Workforce Preparation &
Career Development**

Performance Areas (no speech)

Performing Arts-Dance

Performing Arts-Drama

Performing Arts-General

**Performing Arts-Other
Instrumental**

Performing Arts-Piano

Performing Arts-Vocal

Food Labs (no speech)

Dairy Foods

Festive Foods for Health

Food Fare

Special Projects

Fashion Revue:

Participants will model a garment they have constructed.

Public Speaking:

Participants will be judged primarily on their public speaking capabilities. No visual aids required.



PROJECT ACHIEVEMENT CONTENT AREAS

FOR 9TH - 12TH GRADERS

High school youth who have been named state winners in Project Achievement are eligible to compete again in a new project within another content area, assuming grade eligibility. The new project must be presented in a new project content area. The new presentation must be the original work of the 4-H'er and not an altered previous state-winning presentation. Content areas include A.) Agriculture and STEM, B.) Civic Engagement, and C.) Healthy Living.

A AGRICULTURE & S.T.E.M.

Environmental and Natural Resources

- Environmental Science
- Forest Resources and Wood Science
- Physical, Biological, and Earth Sciences
- Plant and Soil Sciences
- Wildlife and Marine Sciences

Engineering and Technology

- Computer Information Technology
- Engineering and Mechanics
- Robotics

Plant and Animal Science

- Beef
- Companion and Specialty Animals
- Dairy
- Dog Care and Training
- Entomology
- Flowers, Shrubs, and Lawns
- Fruits, Vegetables, and Nuts
- Horse
- Poultry
- Sheep and Meat Goats
- Swine
- Veterinary Science

B CIVIC ENGAGEMENT

Community and Global Affairs

- History
- International
- Workforce Preparation and Career Development

Communication

- Communications
- Photography and Videography
- Public Speaking

Expressive Arts

- Arts and Crafts
- Fashion Revue
- Performing Arts - Dance
- Performing Arts - Drama
- Performing Arts - General
- Performing Arts - Other Instrumental
- Performing Arts - Piano
- Performing Arts - Vocal

C HEALTHY LIVING

Health, Nutrition, and Fitness

- Food for Fitness
- Food for Health and Sport
- Food Safety and Preservation
- Foods Lab: Dairy Foods
- Foods Lab: Festive Foods for Health
- Foods Lab: Food Fare
- Health
- Human Development

Recreation and Leisure

- General Recreation
- Outdoor Recreation
- Safety
- Sports
- Target Sports

Consumer Science

- Financial Planning and Consumer Economics
- Housing
- Textiles, Merchandising, and Interiors



What is a Portfolio??

Portfolios are similar to what adults call a resume. 4-H portfolios are collections of materials assembled to demonstrate to others the work a 4-H'er has done in their project area, leadership, community service, and 4-H in general. Information presented in a 4-H'ers portfolio reflects work over the past year (January 1st-December 31st).

The goal of a portfolio is to tell the story of a 4-H'ers achievement and growth, characterized by strong vision of content, skills, and learning. In short, the portfolio shares the 4-H'ers progress and growth with the judges.

The overall size of the portfolio depends on the 4-H level: Senior (9th-12th grade) portfolios are five total pages in length (plus a cover/certification page). The five pages include a cover letter, two portfolio pages, and two pages of supporting material.

How are Portfolios Judged?

Portfolios are judged by two different judges, each working independently. Each judge will review your portfolio and assign scores to a number of different sections. The breakdown is below:

Senior Portfolios

Main Project Work.....	25 percent
Main Project Sharing and Helping Experiences.....	25 percent
Other Leadership and Teen Leadership Activities.....	15 percent
Other Community Service and Citizenship Activities.....	15 percent
Other Activities.....	10 percent
Supporting Material.....	5 percent
Reliability and Layout.....	5 percent
Total.....	100 percent

On the next page you will see the official Senior Portfolio Score Card. At the district competition, the portfolio score is 50% of the total DPA score, and the demonstration is 50% of the total score. At the State level of the competition a Portfolio Interview score will comprise of 15 points per judge.

Georgia 4-H Senior Project Achievement Portfolio Scoring Rubric

Contestant's Name, County Rating Scale	Poor	Fair	Good	Excellent	Total
Main Project Work Includes activities in the project area that portfolio is submitted. These activities may include articles made or prepared, animals cared for, acres tended, size of project, etc.	1-6	7-12	13-18	19-25	25 Points
Main Project Sharing and Helping Experiences Includes activities where the 4-H'er shared the information learned in the main project area or helped someone else in that area.	1-6	7-12	13-18	19-25	25 Points
Other Leadership and Teen Leadership Activities These are activities not related to the main project in which the 4-H'er had a leadership role.	1-3	4-7	8-11	12-15	15 Points
Other Community Service and Citizenship Activities These activities should include activities where a 4-H'er as an individual or part of a group provides a service or completes a project for the betterment of the community	1-3	4-7	8-11	12-15	15 Points
Other Activities Participation in county, district, region or state events, judging teams not related to the main project and awards and recognition may be included.	1-2	3-5	6-8	9-10	10 Points
Supporting Materials Up to two pages of pictures, news articles, letters and others pieces of information that support what has been reported. Items may overlap but must lay flat on the pages.	1	2	3	4-5	5 Points
Reliability and Layout All sections are present: cover letter, project work, helping and sharing, leadership, citizenship, other activities, and supporting materials. The cover letter is used as a tool of introduction and may include any information about the youth and project. Correctness of spelling and grammar is considered.	1	2	3	4-5	5 Points
State Congress – Interview Includes confidence, clarity, creativity and general appearance as shown during State Congress interview	1-2	4-7	8-11	12-15	15 Points

Revised 3/2020 by kgh & kb

Senior Cover Letter Example

Senior Project Achievement Competition
State 4-H Office
University of Georgia
Athens, GA 30602

January 1, 2015

Dear Project Judge,

Growing up as the youngest child has taught me many great values, among which the value of family. Growing up surrounded by my grandparents, I was taught the basics of growing and cooking your own food. The importance of living off the land and the tradition of family recipes were stressed throughout my childhood. My grandmother shared with me how hard it was for our family during the great depression, and how food was a great tradition in her family. My grandfather taught me how to plant seasonal gardens, skills that I use now to feed my family.

Even though I hated her pinching my cheeks, visiting my grandmother as a child was the beginning of my interests in cooking. My grandmother was known as the "Cinnamon Roll Queen", and I was often greeted by the smell of those warm treats as I entered her house. My first stop was always the kitchen, where she would slide in the old piano bench and tell me to sit and watch. At that time I really didn't know what was going on, but I remember her wise hands measuring everything. She would tell me, "Honey it's not all about what it's gone look like it's all about what gone taste like". One of my fondest memories with grandma seeing who could roll the most apple fritters.

When I was seven my grandmother passed away, and I knew that what she had taught me was our family tradition. While at a young age I thought grandma was just being silly, after her passing I realized that cooking is about love and caring for others. It was then that I began being interested in our family recipes. I have always planned on following my interests into a culinary career. My goal is to help encourage my family and community to cook soul food that is a bit healthier. Even though I have had many cooking trial and errors, through it all I remember Nanny Trip and I spending lots of time together in the kitchen sharing lots of love.

Sincerely,

Johnny Clover
Clover County 4-H

Senior Portfolio Example

MAIN PROJECT WORK

Learning Activities

Culinary II Class-over 135 Hours/1 Semester

- Learned about serving food safely and food preparation
- Learned the skills of preventing food borne illness
- Practice cooking skills and knife skills
- Learned the different terminology for kitchen identification
- Completed end of pathway and earned certificate

Summer Garden- approximately 8x30

- Picked plot, hand-cultivated the ground, measured the row utilizing steaks, and created a pre-planned diagram of the garden
- Planted 2 rows of corn, 2 rows of peas, 1 row of okra, 1 row of crooked-neck squash, 1 row of zucchini, and a patch of butternut squash
- Utilized organic fertilizer-which included limestone and 10-10-10
- Practiced cloning vegetable plants

Fall Garden- approximately 2 acres

- Cleaned plot from summer garden, tractor-cultivated the ground, and created a pre-planned diagram of the garden
- Planted 4 rows of Georgia collards, 1 row of cabbage, 2 row of Florida broad leaf mustard greens, 1 row of curled leaf mustards, 2 rows of broccoli, 3 rows white-bottom turnips, 2 rows of kale, 1 row of rutabagas, 1 row of choi cabbage, and 5 rows of Georgia champion collards
- Utilized organic fertilizer-which included blood meal and bone meal for a nitrogen supplement

Interviews

Ms. Alli Murray-High School Culinary Teacher

- Talked about her career on how she started with culinary path way at LeCordon Bleu college in Atlanta, GA

Mrs. Cleo Taylor-Great Grandmother

- Interviewed her on growing up in the time of the depression and what family meals were like in the 1930's

Mr. Charles Taylor-Distant Cousin

- Growing sugar cane on the farm and what life was like living on a farm in 1950's

Research

- Research LeCordon Bleu College
- Researched recipes and cooking skills online at Food Network, allrecipes.com, cooks.com, Paula Deans website, Down Home with the Neely's website, Cake Central, Yummly, and Pinterest

MAIN PROJECT SHARING AND HELPING

Class Taught

Food Around the World Chinese Cuisine-15 participants

- Taught history of Chinese cultural cuisine
- Taught participants how to prepare healthy stir fry
- Taught participants how to fold egg rolls and make Chinese doughnuts

Community Service in Project Area

Teacher's appreciation Day

- Cooked for 50 people
- Prepared 5 different casserole dishes
- Learned how to carve a turkey the proper way and the proper way to wash dishes for a large group

CTAE Business Night

- Cooked for 100 people
- Prepared a low country boil, baked chicken, and sweet tea

Early Risers Leadership Team

- Breakfast: cooked breakfast for 40 people
- Breakfast included a breakfast casserole, blue berry French toast, yogurt, blueberry and strawberry parfait, banana muffins
- Luncheon: cooked 40 people
- Lunch included ham and Swiss sliders, salad, and sweet tea

CTAE Visitors from South Africa (Zambia)

- Cooked for 20 people
- Lunch included salad, zesty grilled chicken breast, blanched, broccoli, grilled portobello mushrooms (vegetarian), sweet potatoes, and sweet tea

Waycross Gardening Club

- Cooked for 20 people
- Lunch included salad, ham and cranberry panini, pumpkin soup, and sweet tea
- Practiced how to use a panini press

Kiwanis Banquet

- Cooked for 40 people
- Dinner included grilled chicken, mashed potatoes, blanched broccoli, sweet tea, pecan cheese cake
- Waited people during the event

Secretary's Retirement

- Cooked for 30 people
- Prepared cupcakes, cake, chicken salad, pineapple dip, vegetable tray, fruit tray, and sweet tea

4-H Awards Banquet

- Cooked for 75 people
- Dinner included fried chicken, mashed potatoes, green beans, macaroni and cheese, rolls, sweet tea, and lemonade
- Prepared cakes at home to bring in addition to cooking at event

Teen Leadership in Project Area

Cake Decorating Class-15 participants

- Helped teach the participants how to make different cake designs using different tools used to professionally decorate a cake

Gatorade Boy

- Made Gatorade for 120 football players every wednesday during the football season
- Football Dinner: cooked chili, rewarmd food, and cut large portions of meat

Senior Portfolio Example

Demonstrations

3 District Project Achievement Workshops-18 people

- Practiced preparing planko baked chicken, mashed cauliflower, and blanched green beans for food lab competition

District Project Achievement

- Prepared planko baked chicken, mashed cauliflower, and blanched green beans for food lab competition
- Placed 4th at District Project Achievement

Exhibits at the Okefenokee Agricultural Fair

“From the Farm to the Plate”-2nd place

- Researched and provided information on the pros of grass fed beef and different cuts of beef used in cooking

LEADERSHIP

Teen Leader Cloverleaf Officer Training

- Helped with set up/clean up
- Responsible for registration
- Taught Presidential duties to 4th graders and Vice-Presidential duties to 5th graders

Teen Leader Cloverleaf Camp

- Responsible for making sure campers needs were met
- Responsible for waking campers up, organizing cleaning cabin, and getting campers to breakfast and activities
- Gathered campers for afternoon cottage time
- Led activities during time in cabin because of storms
- Chaperoned campers during tribal meetings
- Helped with canoeing, lake ecology, and zip line
- Helped assist campers during night hike

Cloverleaf Camp Orientation

- Informed parents and campers about what was going to be expected of the campers
- Helped give out informative information to campers and parents

Teen Leader at Cloverleaf District Project Achievement

- Helped 4-Hers with getting to the right locations
- Judge Horse Project area

Junior/Senior District Project Achievement

- Helped other junior and senior participants find their locations, and watched their demonstrations
- Participated as a voting delegate

Junior/Senior Club County Council-Vice President

- Participated in 10 meetings
- Lead the 4-H pledge and American pledge
- Set up and cleaned up after meetings
- Gave advice on many suggestions for upcoming events

4-H Awards Banquet

- Hosted awards banquet as vice president, responsible for leading the benediction and the American Pledge
- Helped decorate the building
- Helped set the stage and run the awards
- Cleaned up the after the ceremony

COMMUNITY SERVICE

“Sending a Kid To Camp”- Variety Show

- Participated in three group skits
 - Helped raise enough money for 1 camp scholarship
 - Prepared stage decorations and set-up for event
 - Introduced performers during the variety show
 - Helped clean up after the variety show was over
- Concessions stand At the Okefenokee Agricultural Fair
- Helped raise a total of \$7,000 dollars for the 4-H club
 - Tied and hung cotton candy bags
 - Took orders for customers
 - Cooked on the grill, fries, worked on sandwich line, and managed the beverage station

4-H County large fair booth competition-“What Road Will You Choose?”

- Helped select drug awareness as topic, research information for booth, create decorations, and install booth during competition time
- Won 1st place in the Community Booth Competition
- Raised \$150 for the 4-H program

Church

- Baked cakes for church every third Sunday-donated 12 cakes
- Prepared chicken for deep frying
- Made homemade gravy for supper
- Cook for Youth Day
- Cook for Valentine’s Day party
- Cook for Thanksgiving Party
- Cook for Christmas Party

School

- Help cleaned culinary teacher’s classroom twice weekly after school
 - Helped BETA raise money for gifts to the less fortunate
- Camp Environment Improvement
- Picked up trash located around the cabin to keep our environment clean

OTHER ACTIVITIES

Poultry Judging

- Attend 8 practices
- Learned to judge exterior, interior, and broken-out quality eggs
- Learned to judge live bird egg production, part identification, and carcasses

Ancestry Research

- Researched family tree online in spare time
- Gathered pictures to compile family tree

Awards

- Star 4-H’er Award
- NeSmith Award (Outstanding 4- Her)
- LifeSmarts Award
- Teen Leader Award

Senior Portfolio Example



Early Risers Breakfast



Waycross Gardening Club



District Project Achievement



Food Around the World



Farm to Fork Mini-Booth



Cake Decorating Class

Senior Portfolio Example



The Demonstration

A demonstration consists of a speech with visual aids. For Seniors this can be posters, table accessories, or even PowerPoint. You will need to have your own laptop (and other necessary equipment like extension cords) if you plan to use a PowerPoint presentation. Demonstrations should last no longer than 12 minutes, 4 minutes for performing arts performances, and 10 for public speaking. A good rule of thumb is a Senior demonstration should be 9-10 minutes. There is a 5 minute setup up time limit for presentations, and a 4-H'er may use assistance as necessary.

Note: Senior Foods Lap Project participants are only allowed to bring a blender or hand mixer to the competition. No other food appliances are allowed.

Speech Tips:

Once you pick your demonstration topic, brainstorm 3-4 things about that topic that you think are important to share. Those will become your body paragraphs and main points.

Be detailed with your main points. Present researched information. It's okay to even mention where you got some of your information. (ex: "According to the CDC.....")

Pay attention to how your demonstration "flows" make sure it is easy to follow and organized. Have a clear introduction and conclusion.

Brainstorm

Overall Topic: _____

1st Main Point: _____

2nd Main Point: _____

3rd Main Point: _____

Visual Aids

Seniors will be provided a table at the contest to use for visual aids. The use of the table is optional, but can be very beneficial in presenting your information. A good rule of thumb is to have one poster/slide for each main point, and a poster that can be used while presenting the introduction/conclusion of your speech.

Remember: when using technology it is up to the youth to provide equipment. You will need to bring your own laptop, extension cords, etc. You will need to check with your County Extension Agent to see if the room you will be in will have a screen and projector.

Can you bring it to Project Achievement for your presentation?

**Junior/Senior 7-12th grade –
Except during the demonstration time, the items
are to be left with an adult in a secured locked location.**

Yes	No
Bow	Anything projecting nudity, violence, or anything violating the NDAH policy*
Arrow with no tip	Arrow with a tip
Dinner/steak knife for cutting food	
Gun parts – Only 50% of the parts and they are to remain separated	Gun/Pretend gun that looks real
Laser pointer	Explosive device
Bullet examples	Potato gun/Paintball gun
Performance rifles for drill team (no barrel, no trigger)	Anything causing a flame
Martial Arts Weapons (blunt only)	Martial Arts Weapons (edged or projectile)
Fishing hooks	Live animals
Chain saw (no chain/no fuel/no spark plug)	Taser
Pocket Knife (under 2 inches)	Pocket Knife (over 2 inches)
Mock Saber (no blade)	
Syringe (no needles)	
Studded Halters	7-8 th grade: No Electric food appliances including electric skillets, griddles, torches, panini presses, blenders, or hand mixers
Fencing Sword (no edge to the blade, in guard)	9-12 th grade: No food appliances except blender or hand mixer. This includes but not limited to griddles, electric skillets, torches, panini presses, food processors.
Dagorhir battle foam weapons	
Show stick (no tip)/Whip (Pork Production only)	
Cow Prod (no batteries)	
Baseball bat/ hockey sticks/other sports equipment	
9-12 th grade: blender or hand mixer	

*Non-Discrimination Anti-Harassment Policy
LPB 8.1.2017

Demonstration Scoring

For Junior and Senior Project Competition:

Each section of the presentation scorecard lists a maximum number of point the 4-H member may earn. This total is combined with a portfolio score to create a final score. The presentation counts 60% of the Junior score and 50% of the Senior score.

Appearance

10 points

Clean, fresh, tidy, neat, well groomed. Hairstyle, jewelry, makeup, etc., should not distract the audience or person giving demonstration. Member should dress appropriately for the subject he/she is presenting.

Visual Aids

10 points

The actual object is desirable. If posters are used, they should be neat and legible at a distance. Members are encouraged to make their own posters. However, there are no restrictions on who makes the poster. Visuals should be judged on their contribution to the presentation, not on the professional appearance. All visuals should be judged on their effectiveness and contribution to the presentation no on the quality of the visual aid itself. Any visual aid including PowerPoints and other technology are allowed. Over-head projectors and tape recorders or other sound systems may be used. It is the 4-H'ers responsibility to provide all equipment needed to set it up. 4-H'er using such equipment has a maximum of five minutes to set up and prepare for demonstration. Special room arrangements cannot be requested and presentations must be given in the room scheduled.

Delivery

10 points

Delivery should be in a normal distinct tone, not too fast and loud enough to be heard by everyone present. Pronunciation of words should be clear and correct. Points will not automatically be taken off because a 4-H'er uses notes. However, a well presented presentation without notes may score higher. If notes are used, they should be referred to as opposed to read by the presenter. Points should be deducted if excessive use of notes interferes with presentation. A "sing-song" memorized sound never sounds convincing. Presenters should be positive and enthusiastic.

Orderly Progress

10 points

Presentation should include an introduction, central ideas, and a summary. Speech should flow from one concept to another in a natural manner.

Accuracy of Information

15 points

Presentation subject/topic fits the project objectives. Information presented is accurate and up to date. 4-H'er has used research based Information in developing the presentation.

Coverage of Subject

25 points

Presentation includes specific pertinent facts about the subject in sufficient detail. Points may be deducted if too little detail is provided on the subject or area. Additionally a presentation that is not very long in length may be faulted here for lack of coverage of subject.

Knowledge of Subject

15 points

4-H'er has a strong understanding and knowledge of the subject presented. Individual questions may be asked (at the judging table and not in front of the group) to gain an understanding of the 4-H'ers depth of knowledge of the subject. Questions should not be designed to frighten or make anyone nervous. Ordinarily they are common sense application of material presented during the presentation.

Time Limit

5 points

Presentation is completed within the time limit: 4 minutes for all Performing Arts, 6 minutes for Cloverleaf, 10 minutes for Juniors, and 12 minutes for Seniors. No minimum time. There is a five minute set up limit for presentations. The 4-H'er may use assistance as necessary to set up within the five minute limit. The limit begins once the previous demonstrator has cleared away his/her materials. 4-H'ers whose presentations are very short should not be deducted points in the time limit category but rather coverage of subject.

Total Score

100 points

Please Note that these are the scoring for general projects, food labs, performing arts, fashion revue, and public speaking have different scorecards. Check with your 4-H agent to get a copy of those score cards

Demonstration Scoring

General Demonstration – 7th – 12th Grade Presentation Note Sheet
PROJECT:



Contestant's Name County				
Appearance 10 Points Clean, fresh, tidy, neat & well groomed; member is dressed appropriately for subject				
Visual Aids 10 Points Posters neat & legible, visuals judged on contribution to project not professional appearance				
Delivery 10 Points Normal, distinct tone, pronunciation is clear, notes may be used but should not interfere with presentation				
Orderly Progress 10 Points Includes introduction, body, conclusion; flows from one concept to another				
Accuracy of Information 15 Points Subject/topic fits project objectives; information is accurate & up to date; used current research based information				
Coverage of Subject 25 Points Includes pertinent facts about the subject in sufficient detail				
Knowledge of Subject 15 Points Strong understanding & knowledge of subject presented				
Time Limit 5 Points 10 minutes-Jrs 12 minutes-Srs Pts deducted for over time ONLY				

2015

Total Points out of 100=



UNIVERSITY OF GEORGIA
EXTENSION



Resources were comprised using the official rules of Georgia 4-H and from materials found on the Georgia 4-H Website. Check out the following website for more information:

<https://georgia4h.org/programs/project-achievement/>

Workbook created by Jacqueline Nunn, Putnam County Extension

TOOLS10

The University of Georgia College of Agricultural and Environmental Sciences (working cooperatively with Fort Valley State University, the U.S. Department of Agriculture, and the counties of Georgia) offers its educational programs, assistance, and materials to all people without regard to race, color, religion, sex, national origin, disability, gender identity, sexual orientation or protected veteran status and is an Equal Opportunity, Affirmative Action organization.