

7 STEPS TO FIND YOUR WAY TO

JUNIR PROJECT

ACHIEVEMENT

THE ROAD TO PROJECT ACHIEVEMENT

- Select a project area from list
- Prepare and submit a portfolio
- Narrow down subject matter from project category for presentation
- Research and prepare speech
- Decide upon visuals
- Practice

PROJECT ACHIEVEMENT BASICS

- Juniors are judged on two elements:
 - presentation (60%)
 - portfolio (40%)
- Portfolios are scored separately from the presentation
- Portfolios can contain activities that are not specifically related to your speech topic

STEP ONE: SELECT YOUR TOPIC

- Select a project idea!
 - Refer to the project list
- Most topics require a formal speech
 - Exceptions:
 - Food lab
 - Performing arts
 - Fashion revenue.



ATHENS-CLARKE COUNTY 4-H

DISTRICT PROJECT ACHIEVEMENT

March 6-8, 2026
at Rock Eagle in Eatonton, GA

PORTFOLIOS DUE

Friday, December 12, 2025
by e-mail to ebarber@uga.edu or at 4-H Club Office

2025-2026 JUNIOR PROJECT LISTING (7th & 8th Grades)

1. Arts
2. Agriscience
3. Beef
4. Better Breakfast: Food Lab*
5. Cat Care
6. Civics & Political Science
7. Communications
8. Companion & Specialty Animals
9. Computer Information Technology
10. Crafts
11. Dairy
12. Dairy Foods: Food Lab*
13. Dog Care & Training
14. Engineering & Mechanics
15. Entomology
16. Entrepreneurship
17. Environmental Science
18. Financial Planning & Consumer Econ
19. Fashion Revue**
20. Festive Foods for Health: Food Lab*
21. Flowers, Shrubs, & Lawns
22. Food Fare: Food Lab*
23. Food for Health & Sport
24. Food Safety & Preservation
25. Forest Resources & Wood Science
26. Fruits, Vegetables, & Nuts
27. General Recreation
28. Health
28. History
29. Horse
30. Hospitality and Travel
31. Housing, Equipment, & Environment
32. Human Development
33. International
34. Marine Science
35. Outdoor Recreation
36. Performing Arts - Dance
37. Performing Arts – General
38. Performing Arts – Other Instrumental
39. Performing Arts – Piano
40. Performing Arts – Vocal
41. Photography & Videography
42. Physical, Biological, & Earth Science
43. Pizza: Food Lab*
44. Plant & Soil Science
45. Poultry & Egg Science
46. Public Speaking
47. Robotics
48. Safety
49. Sheep & Meat Goats
50. Sports – Individual
51. Sports - Team
52. Swine
53. Target Sports
54. Textile Merchandising, & Interiors
55. Veterinary Science
56. Wildlife
57. Workforce Prep & Career Dev

OBTAIN A CURRENT PROJECT LIST

4-H updates the project lists from time to time.

Visit our website to make sure you have an up to date list.

There are 65 projects to choose from, so there is something for everyone!

STEP TWO: GET YOUR PORTFOLIO READY

Here are some tips! →

WHAT IS A PORTFOLIO?

- A document that lists the activities in which you have participated for the calendar year
- Most of the portfolio is a bulleted list
- There are specific categories to use
- One page of supporting materials which are pictures showing you involved in the activities that you list

PORTFOLIO BASICS


- Portfolios are 4 pages
 - Cover
 - Two pages of typed accomplishments
 - One page of supporting materials
- Portfolios must be typed on white paper
- Margins must be at least ½ inch, font should be 10 point or larger

SECTIONS OF THE PORTFOLIO


1	COVER	
2	BACKGROUND INFORMATION	} CONTAINED ON 2 PAGES
3	MAIN PROJECT WORK	
4	MAIN PROJECT SHARING AND HELPING	
5	LEADERSHIP	
6	CITIZENSHIP	
7	OTHER ACTIVITIES	}
8	SUPPORTING MATERIALS	

PORTFOLIO COVER

- Cover page contains your name and basic information such as age, grade, etc.
- The 4-H office will provide you with the cover page for your portfolio
- 4-H'er and parent sign the cover page



Junior 4-H Portfolio



District Color

Project Code

Project _____

Name of 4-H Club Member _____

Address _____

City _____ Zip Code _____

Sex _____ Age _____ Grade _____ Phone _____

County _____ District _____ Year _____

County Extension Contact _____

Statement of Approval

We have personally reviewed this portfolio and believe that the information is correct. The work presented is that of the 4-H club member.

Date

Signature of 4-H Member

Date

Signature of Parent

Date

Signature of County Extension Staff Member

Date

Signature of 4-H Volunteer (optional)

PUTTING KNOWLEDGE TO WORK

BACKGROUND INFORMATION

- Usually in paragraph form
- Your introduction of yourself to the portfolio judge
- May include information about you, your family, reasons for joining 4-H
- How you became interested in your project

MAIN PROJECT WORK

- Work that you have done related to your project area
- Learning experiences in project
 - Classes
 - workshops
 - tours
 - etc.
- List books, videos, or TV shows that relate to area
- Can include school classes

MAIN PROJECT SHARING AND HELPING

- Includes sharing/helping others in your project area
- May include:
 - Classes taught
 - Presentations
 - Exhibits
 - Project related community service

LEADERSHIP

- Any leadership activities not included in main project area
 - Holding office, serving on committees, etc.
- Activities are **NOT** limited to 4-
- Use verbs such as: ***helped, led, organized, or taught*** to tell what you did

CITIZENSHIP

- Any community service activities not listed under main project
- Activities to assist an individual or group
- Activities which will improve the community
- Not limited to 4-H!!

OTHER 4-H ACTIVITIES

- Anything else that you have done in 4-H not already listed in portfolio
- Can include judging teams, summer camp, contests, reward trips, etc.
- In school 4-H club meetings
- Portfolio workshops

OTHER ACTIVITIES

- Anything else you have done not listed elsewhere in the portfolio.
- Can include:
 - School clubs/events
 - Awards/honors
 - Church activities
 - Youth groups such as scouting
 - Sports teams

SUPPORTING MATERIALS

- Pictures or articles which document the activities listed in the portfolio
- Photos may be staged such as:
 - Feeding or walking dog (category dog care)
 - Setting table or cooking, grocery shopping, clipping coupons, etc. (food category)

NOTE THE PORTFOLIO DUE DATE

- Note the published deadline for portfolios to be turned in to the Athens-Clarke County 4-H office. It will usually be the last day of school before Christmas break.

Don't wait till the last minute. Let's get started **today!**



PORTFOLIOS ARE DUE ON

DECEMBER 12TH

STEP THREE: WRITE YOUR SPEECH

It's time to turn your
attention to your
project/presentation...

AFTER YOU TURN IN YOUR PORTFOLIO

- Narrow your subject within your category
 - Entomology
 - Are cicadas older than you?
 - How to make an insect collection
 - Do mosquitos make you sick?
 - How to control fire ants in your yardy
- Research/gather information to write your speech

A GOOD SPEECH CONTAINS

23

1 INTRODUCTION

Hook the audience, introduce yourself, tell them what your speech will cover.

2 BODY

The facts that you want to tell the audience about your subject

3 CONCLUSION

Summarize your main points, refer back to your opening hook, leave your audience wanting to hear more or take action

TIME REQUIREMENTS

A junior presentation should be 7-9 minutes in length.

Exceptions:

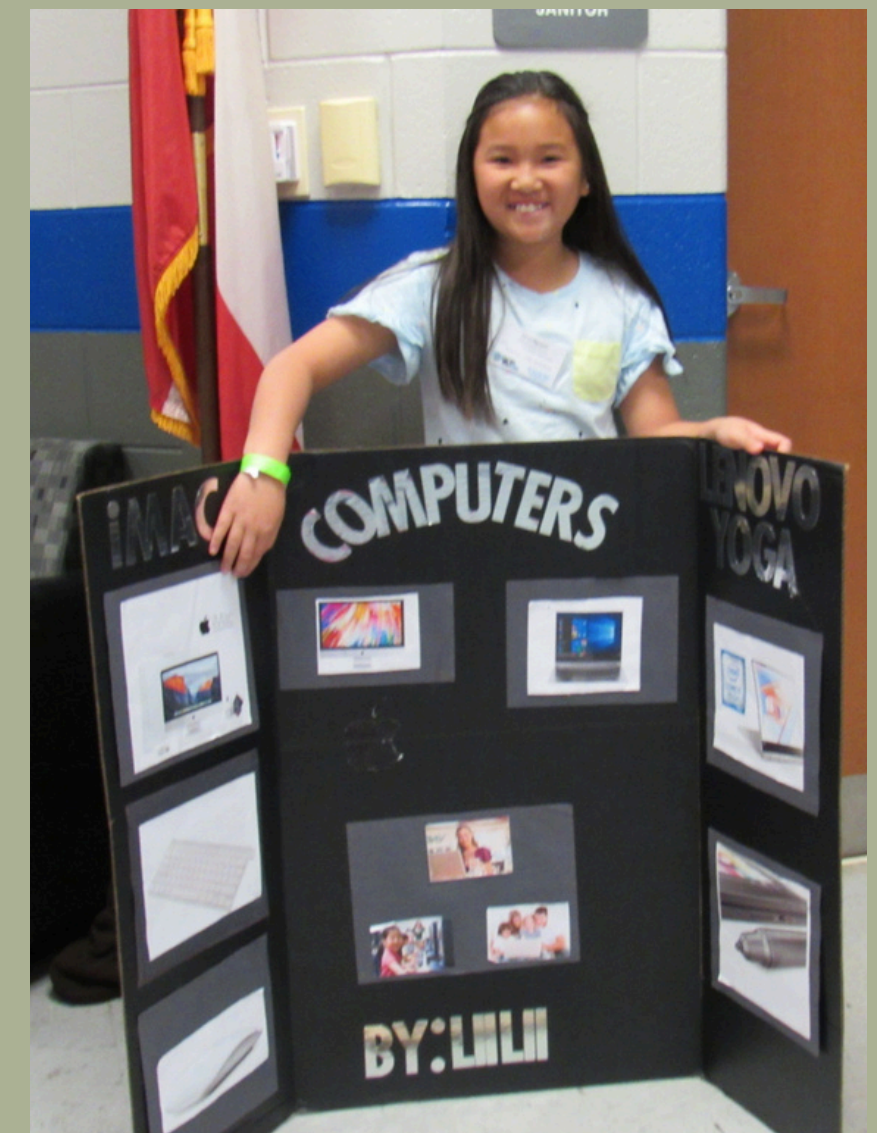
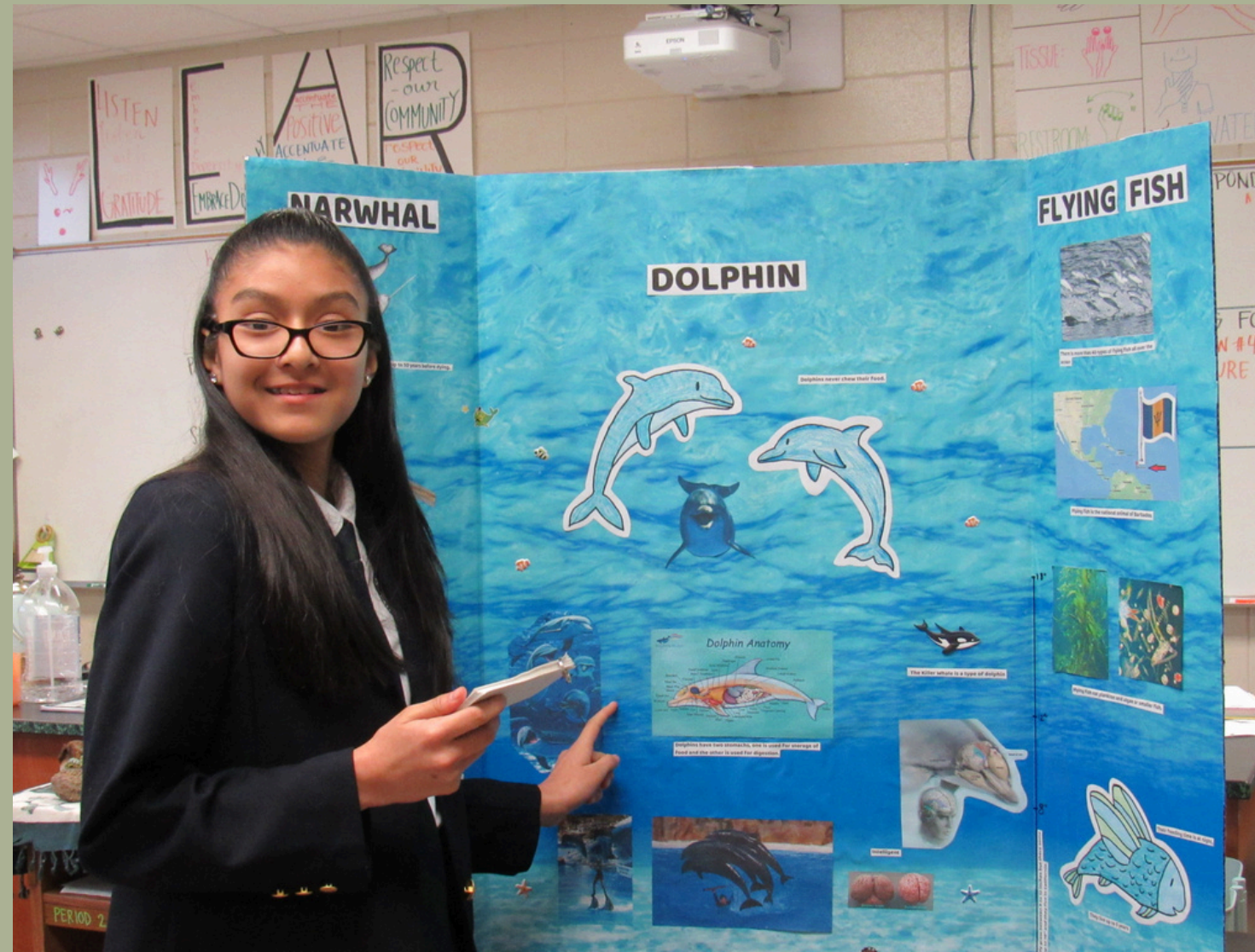
- Performing arts – 4 minutes
- Food labs – have specific time limits for each project
- Fashion Revue – model garment that you have made and answer questions

STEP FOUR: VISUAL AIDS

- A visual aid is something your audience can see which helps them understand your subject.
- Examples:
 - Posters
 - Pictures
 - Items
 - Showing how to do something

POSTER POINTERS

- Big and simple is best.
- Words should be read from the back of room
- Main ideas or phrases
- Use plain, easy to read type
- Dark colors for type, light colors for background



STEP FIVE: PRACTICE!

- Know your material and make sure you can pronounce all words
- Speak clearly and distinctly
- Stand tall and straight
- Make eye contact with audience
- Use or interact with your visuals

STEP SIX: MEET WITH 4-H STAFF

- Make an appointment and come to the 4-H office
- Give your speech to one of the 4-H staff
- Make any changes that are recommended

STEP SEVEN: LET'S GO TO ROCK EAGLE!

- Pack your bags!
- You're on your way for a weekend of competition and fun 4-H activities at Rock Eagle!
- Northeast District Project Achievement is usually in March



THIS YEAR DPA IS FROM

MARCH 6-8TH