



Welcome new 4-H member!

The chapters in *This is 4-H* will teach you much of what you need to know about the 4-H program, mission and goals. From the clover to club meetings to camps, this project book is designed to provide you with the knowledge you need to be a proud West Virginia 4-H Member! Each chapter challenges you to dig a little deeper and go online or ask questions of 4-H volunteer leaders or other 4-H members.

As you begin, you may have a few questions.

Which activities do I need to complete?

4-H Members in Grades 3-6 should select and complete **one Clover Connection** activity in each of the first nine chapters of this project, and **one additional activity** from chapters one through nine, for a total of 10 activities. You will also need to complete the **project exhibit** that is described in chapter 10. Each chapter has several **Clover Connection** activities from which you may choose. Although you may complete additional activities, you will only be required to complete a total of 10 **Clover Connection** activities along with your project exhibit.

4-H members in 7th grade and above should select and complete a total of 15 **Clover College** activities from chapters one through nine and the project exhibit discussed in chapter 10. Chapters one through nine have a variety of **Clover College** activities from which to choose. You will need to select at least one activity from each chapter as you complete the minimum of 15 required activities. Although you may choose to complete more activities, only 15 activities and your project exhibit are required.

What is a project exhibit?

Your project exhibit shows people something that you learned about 4-H. Chapter 10 will help you develop your project exhibit by providing you with 3 options. You will need to select one of these options for your *This is 4-H* project exhibit.

Is it okay to ask for help?

Yes! This project is designed to be completed with an adult helper or older teen leader. Think about who you want your project helper to be – your mom or dad, your 4-H club leader, your grandparents? It's up to you. Your project helper will support you throughout the year and help you with all of your *This is 4-H* project questions.

Again, welcome, and good luck with your *This is 4-H* project!