



ALABAMA 4-H
Alabama Cooperative
Extension System

National 4-H Conference

v2.4honline.com

Washington, D.C. | April 11–16, 2025



What Is National 4-H Conference?

At the invitation of the Secretary of Agriculture, this event is the USDA's premier youth development opportunity to engage young people from across America in developing recommendations for the National 4-H Youth Development Program. Delegates at this working conference will create a product that will help guide the future of the National 4-H Youth Development Program. Delegates are also ambassadors for the Alabama Cooperative Extension System and Alabama 4-H, representing Alabama 4-H interests with United States Senators and Representatives on Capitol Hill Day. The conference brings together youth, volunteer leaders, and Extension staff from across the United States and its territories as well as the Canadian provinces. For more information, visit the conference website at <http://4hconf.4-h.org>.

2025 Alabama Application Requirements

Applicants must be Senior Level II (ages 16–18) members. The complete application must be submitted through 4HOnline and be received by Wednesday, January 8, 2025. Applications must include the following:

- 4HOnline application
- My 4-H Story (Choose one of two format options. See guidelines below.)
- 4-H resume
- Two letters of reference, including one from an Extension staff member

How Much?

- \$250 total
- \$100 deposit due with the application. If selected, the deposit will go toward your total. If not selected, your deposit will be refunded.
- \$150 balance due by March 1, 2025. Payments can be made between December and March
- The Alabama 4-H Foundation will cover the following expenses: airfare, conference registration, and hotel. The \$250 fee will cover a portion of the National 4-H Conference registration fee.

My 4-H Story Format Guidelines

Two options are available. You may choose one.

1. A 3-minute video recording. The video must be uploaded to Box. The Box link will be provided in 4HOnline.
2. A 3-minute, self-playing Microsoft PowerPoint presentation. The PowerPoint must be uploaded to Box. The Box link will be provided in 4HOnline.

My 4-H Story Content Guidelines

Answer the following questions in your story:

- Why do you want to attend the National 4-H Conference?
- What will you do with what you will learn from attending?
- With whom will you share your experience?
- **Part I, Introduction:** Introduce yourself. Include your interests. Explain why you joined 4-H and talk about your 4-H Club experience.
- **Part II, Leadership Achievement:** Show evidence of your leadership, growth in your 4-H project and degree of involvement, cooperation, honesty, responsibility, and good judgment. Describe how 4-H helped you become a leader.
- **Part III, Service and Citizenship Achievement:** Give evidence of how you help others in the community.
- **Part IV, 4-H Project Achievement:** A good 4-H story talks about your triumphs and setbacks, challenges and opportunities, and obstacles you experienced and how you overcame them. Don't focus on prizes you have won, but on how your work has affected you as a person.

My 4-H Resume Guidelines

Having a resume prepared is important for college, scholarships, and job applications. Starting with the current year and going back to the beginning of your 4-H career, build your resume by listing activities and corresponding dates to indicate your 4-H work. Your resume must include the headers found below. When your resume is complete, save it as a PDF and upload into 4HOnline.

- **4-H Project Achievements and Awards.** Accomplishments or activities in your 4-H project area (animal science, natural resources, etc.)
- **4-H Leadership and Educational Accomplishments.** Offices, committees, 4-H workshop presentations, etc.
- **4-H Service Accomplishments and Activities.** Community service opportunities
- **Non-4-H Leadership Accomplishments, Activities, and Awards**

Guidelines for Letters of Reference

Two letters of reference are required. A good letter of reference supports your achievements, skills, and service in 4-H. Save this document as a PDF and upload into 4HOnline.

- One of your letters of reference should be from an Extension staff member (4-H YDC, CEC, CEA, or 4-HAA).
- Letters should not be from family members.

If you have any questions, please contact Joy Scott at maxwesj@aces.edu or at (205) 612-2790.



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