#### **4-H PROJECT INVOLVEMENT:**

#### County clubs

- 2010-2017Jr. Livestock Program
  - Raised and sold a total of 7 hogs earning over \$11,000
  - 2015-2020 Leadership
    - o Organized and lead multiple camps and clubs in my county
- 2013-2016 Quilting
  - Completed 5 full sized quilts
- 2013-2016 Sewing
  - Constructed 3 sewing projects
- 2011-2013 Cooking
  - Learned baking techniques by making biscuits, breads, cookies, and cakes

### **4-H ACTIVITIES & EXPERIENCES:**

- State Camps Attended
  - o 2016-2019 State Contests, State Level; Logan, Utah
  - o 2016-2018 Teen Leadership Training, State Level; Logan, Utah
  - o 2017-2019 Teen Winter Retreat, State Level; Aspen Grove, Utah
  - o 2019-2019 Mock Legislature
  - o 2014-2015 i4-H
  - o 2012-2013 Junior Youth Conference
- State Camps Organized and Lead
  - 2018 Teen Leadership Training
  - 2019 Teen Winter Retreat
  - o 2019 4-H Mock Legislature
  - o 2019 i4-H
  - o 2018-2019 State Contests
- County Camps Attended
  - o 2011-2013 Cooking
  - 2011-2013 Sewing
  - o 2011-2013 Cake Decorating
  - o 2011-2013 Adventure is Out There

#### **4-H AWARDS AND RECOGNITION:**

- 2019 4-H Public Speaking Contest 1<sup>st</sup> Place
- 2017 4-H State FCS Presentation Contest 1<sup>st</sup> Place
- 2017 4-H Sewing Contest

#### **4-H LEADERSHIP EXPERIENCE:**

- 2018-2019 Utah 4-H State Ambassador
  - Organized and planned 6 state events for 4-H participants in Utah
  - o Attended weekly zoom meetings to plan and organize state events
  - Participated in training retreats that taught teamwork, organization skills, and communication
- 2017 Northern Region 4-H Ambassador

- Organized and planned the Northern Region Retreat
- Taught a workshop on communication to 130 youth
- 2017 Jr. Livestock Ambassador for county 4-H program
  - Planned, organized, and carried out a livestock camp for county youth
  - Assisted the Livestock Committee in carrying out the Jr. Livestock Auction
  - Taught workshops to 4-H youth on a variety of livestock topics
- 2016-2020 4-H County Teen Council
  - Served as president, vice president, and secretary
  - Helped organize service projects and events
- 2016 4-H TRY (Teens Reaching Youth) Team Leader
  - Organized and carried out three all-day healthy living camps for 4-H youth
- 2015-2018 4-H Camp Youth Leader
  - Helped plan and carry out 4 camps each year for 4-H youth in  $3^{rd} 5^{th}$  grades
  - $\circ$  Impacted 100's of youth by serving as a camp leader and workshop teacher

### **4-H COMMUNITY SERVICE:**

- Participated in multiple service projects in our community
  - Cleaning 4-H fairgrounds and planting flowers each spring
  - Cleaning 4-H hog barn and livestock pavilion to prepare for the fair
  - Cleaning up rodeo grounds following public events
  - Painted playground games on the blacktop at the elementary school
  - Organized a service project to make 85 fleece pillows for children in the hospital
  - o Played the piano for activities at the assisted living center
  - Helped organize and carry our Sub-for-Santa for needy families in my community

# **NON 4-H EXPERIENCES:**

- 2016-2020 FCCLA Officer
  - Help plan and organize all activities for our high school FCCLA chapter
  - o Competed on a region, state, and national level in multiple STAR events
- 2019-2020 National Honor Society President
  - Organized multiple service projects for Honor Society members to participate in
  - Took the lead on a school wide fundraiser to raise over \$6000 for Labs for Liberty charity
- Achievements and awards
  - o 2016-2020 Cumulative GPA 4.0
  - 2016 FCCLA STAR Event gold winner at state and nationals
  - 2016 Winner of Harmons Cheese Challenge appearance on KSL TV
  - 2016-2020 High School Honor Roll
  - o 2016-2020 Academic Letter Recipient
  - 2016 Science student of the year
- 2014-2020 Church Service
  - Class President for Young Women's church group: organized events, activities, and camps

# WORK EXPERIENCE

- 2014-2020 Milk cows
  - $\circ$  400 head, feed and care for calves 60 head
- 2016-2018 Personal aide for elderly widow