

## National 4-H Congress

National 4-H Congress is held Thanksgiving weekend in Atlanta, Georgia. More than 1,300 4-H members from all 50 states and Puerto Rico attend Congress. Going to Congress is often the highlight of a 4-H member's career. While at Congress delegates hear inspirational speakers, participate in cultural workshops, take part in a large-scale community service project, visit the historical sites of Atlanta, dance, eat, and meet new friends.

The Colorado 4-H program views National 4-H Congress as an important opportunity for 4-H members, and is committed to providing this experience to as many 4-H members who can benefit from the experience as possible.

Members must be between 14 and 18-years-old as of December 31, to participate. Colorado will be sending a delegation of over 20 people to this event. Counties should select Congress delegates based on the member's overall achievement in 4-H projects, leadership, communication, citizenship, community service and readiness to benefit from the Congress experience

### Suggested Selection Process

Applicants should review the CSU Fact Sheet, No. 9150, "Putting 4-H Experience on Your Resume," or visit the website [http://www.colorado4h.org/events\\_opportunities/nat\\_congress/](http://www.colorado4h.org/events_opportunities/nat_congress/).

Guidelines for the National 4-H Youth Résumé:

1. Use a word processor or typewriter to complete the required résumé.
2. Margins - top and bottom - 1"; left - 1 ½"; and right - 1".
3. Limit paper size to 8 ½" X 11".
4. Limit number of pages to no more than three pages, single-sided.
5. In your résumé emphasize leadership, community service or unique ways you've helped others in 4-H.
6. Observe deadline of June 15 to the county Extension office.
7. Attach your résumé to a cover letter expressing interest in this trip.

### Selection Criteria

Leadership	25 Points
Citizenship and Community Service	25 Points
4 H Projects and Activities	25 Points
Communication Skills	15 Points
Goals, Growth and Contribution	10 Points
Personal Interview (optional)	50 Points