

***“Attending National 4-H Congress has been the most rewarding 4-H experience of my life.”*** **Boy, 17**

***“I learned to be brave in situations new to me.”*** **Girl, 18**

# NATIONAL 4-H CONGRESS

To learn more about National Congress contact:

National 4-H Congress provides delegates the opportunity to make significant personal growth. Here is what participants say about their experience:

*“As a result of attending National 4-H Congress I am better able to...”\**

- Understand consequences of my decisions ..... +9.5%
- Use my time better ..... +14%
- Listen carefully to what others say ..... +11%
- Follow instructions ..... +7.3%
- Stick to the commitments I've made .... +4.6%
- Understand how others think and feel ..... +13%
- Identify service-learning opportunities in my community ..... +11%
- Contribute as a member of a team ..... +5%
- Make friendships with people who are different from me ..... +6%
- Do what is right for me when I'm in a group ..... +8%
- Clearly state my thoughts and feelings ..... +13.5%
- Wisely use my resources ..... +14%



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Recognizing Excellence*



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\* Pre- and post-testing research data collected in 2002, 2003, 2004 by the Washington State 4-H Life Skills System with 690 respondents.

## National 4-H Congress

***“AMAZING! Once in a lifetime experience.”***

***Girl, 18***

***“I was very honored to be selected for National 4-H Congress. I enjoyed it a lot!”***

***Boy, 18***

***“I gained a larger understanding that I can achieve anything I want if I work for it.”***

***Girl, 17***

National 4-H Congress is a pinnacle of the 4-H experience for many 4-H members. For eighty-three years, youth from the United States and its territories have participated in this youth leadership development conference. The Congress provides youth, ages 14–19, a once-in-a-lifetime educational, and cross-cultural experience that exceeds what any state independently can provide. It is designed to address the needs and issues of youth while helping to develop capable, competent, and caring citizens.



The program is built upon the belief that young people can be significant partners in addressing the issues that face our nation, especially those affecting youth. Each year a National Design Team composed of Extension educators, 4-H youth, and 4-H adult volunteers analyze current youth issues and determine the most effective ways to address them. The program combines plenary sessions, seminars, discussion groups, and a service learning experience. Outstanding national community leaders, speakers, and educators present the most current and timely information available.

National 4-H Congress is the national recognition event of the 4-H movement, with a history of excellence bridging two centuries.

### **National 4-H Congress:**

- 1. Honors the accomplishments of young people.***
- 2. Serves as the capstone event in many young leaders' 4-H experience.***
- 3. Brings exceptional young people to an even higher level of excellence.***
- 4. Builds citizenship and leadership.***

National 4-H Congress honors its past, stands solidly on its successes and looks eagerly toward its future—building excellence upon excellence one young life at a time!

