

Kansas 4-H Volunteer Self-assessment

Volunteer Name: _____

This self-assessment is for volunteers to assess how they program plan for the whole 4-H year. Our hope is that by assessing how the volunteer reflects on their year efforts, it will spark ideas on how they can add to the club meetings and provide opportunities for youth to thrive. By no means, is any volunteer checking the “always” box for every developmental context nor are we expecting the volunteer to.

Expectations of Adults who Work with Young People

Youth Sparks		Always	Most of the time	Sometimes	Seldom	Never
1.	Provide opportunities for the things youth care about					
2.	Ensure the things we do in 4-H fuels the passion of young people					
3.	Provide the opportunity for youth to learn					
4.	Ensure 4-H can be an important part of a young person’s life					

Youth Belonging

5.	Ensure that youth feel safe in 4-H					
6.	Make sure youth support each other					
7.	Make sure young people feel they matter					
8.	Ensure that all young people feel welcome in 4-H					

Caring Adults in this program...

9.	Pay attention to young people					
10.	Express your compassion and support for youth					
11.	Invest time and commitment in young people					
12.	Show an interest in 4-H members					

Challenging Growth – Adults in this program...

13.	Help young people see their future possibilities					
14.	Expect a positive future in young people					
15.	Help youth grow by challenging them with new experiences					
16.	Hold young people accountable					

Adult-Youth Partnerships – Adults in this program...

17.	Listen to the ideas of young people					
18.	Treat all youth fairly					
19.	Take young people seriously					
20.	Respect the youth in and out of 4-H					



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This information is based on the research of Mary Arnold (Oregon) and the curriculum developed by the national committee on the 4-H Thriving Model. Adapted for use in Kansas 4-H from the Hawaii 4-H Program by Jeff Goodwin, University of Hawaii, Manoa. *KS4H Updated 7/10/24*

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
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