

My name is Rachel Larson and I am a senior from Adams County, North Dakota. I have been a North Dakota 4-H ambassador for one year. I first joined 4-H as a Clover Bud at six years old. Through the program I grew in my social skills and public speaking ability. I also learned how to run and participate in a meeting, as well as how to take minutes. All of these skills have been extremely helpful in my life, especially now that I am applying to scholarships and looking for a job.

The NDSU Extension Service via the 4-H program has had a huge impact on my life. I met some of my best friends at the very first meeting I attended. We have grown up and learned through the program together for the past 12 years. Being able to facilitate a meeting has also come in handy many times over. I was able to use these skills this spring to help put on a virtual county communication arts contest for our local 4-H'ers.

My favorite project I have done through 4-H has definitely been showing my cattle, both beef and dairy, at our local county fair. By showing an animal that weighs 10+ times more than me, I learned quite a few life lessons. I learned never to procrastinate, to always persevere even when a task looks impossible, and that hard work pays off. One of the programs through NDSU Extension where I continue to learn is our county's livestock judging program. Livestock judging has taught me to be decisive and quick in my decision-making. The program has also taught me how to defend my decisions verbally and to be confident in myself.

4-H is an amazing program. If you know a young person like me who likes to learn by doing, consider recommending 4-H so that they, too, can experience the opportunities I've had through the program. Thank you.