1. Individual or group experience, involves doing, may be unfamiliar, pushes learner to a new level.
2. Talk about the experience, share reactions and observations, freely discuss feelings generated by the experience.
3. Discuss: How the experience was carried out. How the themes, problems and issues were brought out. How specific problems were addressed.
4. Identify: general trends or common truths, real-life principles that surfaced, key terms that capture the learning.
5. Discuss how: New learning can be applied to other situations. Issues raised can be useful in the future.
## Essential Elements and the 4-H Program

<table>
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<tr>
<th>4-H In Action</th>
<th>Essential Elements</th>
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| Youth self-select projects  
Youth sets personal goals                                                         | Independence       |
| Youth assigned to a club of peers  
Engaged with adult volunteer leader  
Opportunities for youth to represent county                                          | Belonging          |
| Youth learns about specific subject matter  
Youth demonstrates knowledge gained to others  
Youth exhibits project                                                             | Mastery            |
| Community service project  
Assists in teaching a younger member  
Volunteers their services                                                          | Generosity         |

As a youth participates in 4-H projects over time, they are able to acquire these essential elements for personal growth. Active participation in an established 4-H club creates an intentional environment for these elements to be fostered.