

# Helena Peterson

## Personal Summary

Current Junior in high school with over 12 years of 4-H involvement. Strong leadership skills with more than five years' experience as an officer at the club and county levels and one year as State Council Treasurer. Developed and directed a summer Fine Arts Camp in collaboration with a 4-H leader. Excellent organizational and public speaking skills, together with awards achieved in competitions ranging from the Florida State Fair Best in Show Youth Quilt ages 15-18, to Third Place Individual Senior at the 4-H State Forestry Competition.

## Life Skills Development

### *Leadership*

- Facilitated excellent communication during daily connection activities at each Executive Board as State Council Treasurer.
- Tasked with leading the Executive Board Legislature Committee, currently in the process of organizing and planning LEG 2024, as well as delegating suitable roles and responsibilities for each committee member.
- Used personal experience in community theater and voice competitions to plan and execute a Fine Arts summer day camp.
- As a senior member of the Forestry Project, mentored and encouraged younger participants in tree identification and map and compass use.

### *Cooperation*

- As the Executive Board Legislature Committee Co-Chair, assisted sub-committees in planning welcoming strategies, media correspondence, and in compiling a bill-book. Assisted sub-committees trying to come to a decision, by acting as an unbiased, outside party, giving advice and opinions when needed.
- As a senior Teen Leadership Council member and Parliamentarian, helped council members understand their responsibilities as officers and come together as a cohesive team.

### *Stress Management*

- Recognized problems when overcommitments were made. Learned when to say no to more responsibilities.
- Implemented clear boundaries between personal commitments to friends and family, and formal responsibilities, ensuring that neither aspect was overshadowed by the other.
- Developed effective coping mechanisms when dealing with excessive amounts of stress such as deep breathing, micro-meditation sessions, and communicating with others about the stressor in a calm, levelheaded manner.
- Balanced the responsibilities of being State Council Treasurer along with responsibilities as a student and musician.
- Identified unnecessary stressors that were detrimental to personal well-being and eliminated them.

## 4-H Experience

- 2023-2024 State Council Treasurer
- 2024 Legislature Lieutenant Governor
- 2023-2024 Executive Board Legislature Committee Co-Chair
- 2023-2024 Executive Board Ways and Means Committee Member
- 2023-2024 Parliamentarian, County Teen Leadership Council

## Awards

- 2024 State Illustrated Talks Qualifier
- 2024 District and County Illustrated Talks, Blue Ribbon
- 2024 County Fashion Show, Blue Rosette garment
- 2024 County Fashion Show, Blue Ribbon garment
- 2024 State Forestry Competition, Third Place Individual Senior
- 2023 State Illustrated Talks, Science and Technology, First Place Blue Ribbon

## Education

Homeschooled Junior in high school.

Dual-enrolled student at St. Johns River State College

Voice student, Regina Torres, 2017-present      Dr. Jon Bassett, Florida College, 2023-present