



Carolyn H. Wolking

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Profile

Hard-working and passionate leader with a great sense of humor and strong collaboration skills. Confident public speaker and relationship builder. Previous 4-H National Congress Delegate and current Florida 4-H State Council Secretary ready to Make The Best Better as your 2022-2023 Florida 4-H State Council President.

4-H Experience

- Florida 4-H State Council Secretary, Chair of Day at the Capitol Committee, 2021-22
- Florida 4-H Executive Board member, Intermediate State Committee Secretary, State Project Committee Secretary, 2020-21
- Florida 4-H delegate for National Congress, Atlanta, GA, 2021
- 2021-22 Micanopy Friendship 4-H Club President, held Officer positions since 2015
- Alachua County 4-H Council, 2015-21, held Officer positions from 2016-21
- District V 4-H Council, 2018-21, Secretary from 2020-21

Education

Homeschooled student, 4.0 Unweighted GPA; Dual-enrolled at Santa Fe College, Gainesville, FL, 2022-2024

Accomplishments and Awards

- Florida 4-H Ecology 1st place team, earned spot on National Contest team, 2021-22, won Senior High Individual in 2021
- District V Share-the-Fun and demonstration Grand Champion, 2022
- Grand Champion Environmental Science demonstration, 4-H University, 2020-21
- Opportunity 4All Essay Contest, 3rd place, 2021
- Hog & Ham Project, 3rd place, 2021

Volunteer Work

Florida Museum of Natural History Junior Volunteer, 2018-present

Life Skills Development



HEAD

Resiliency and Critical Thinking (HEAD)

When the State 4-H Marine Ecology Event (MEE) was discontinued, I sought a way to continue to explore my passion for marine science. Doing research, I learned about the National Ocean Sciences Bowl (NOSB) and was able to form an Alachua County 4-H team with the help of recent Eastside High School graduates, who served as our coaches. This process of analyzing and evaluating a problem, forming a plan, and ultimately implementing a solution, captures the 4-H skill of critical thinking. Learning how to adapt and recover after challenge, being persistent and flexible, is the essence of resiliency.



HEART

Communication and Empathy (HEART)

COVID-19 presented so many opportunities for empathy. We saw how the virus affected people differently depending on their race, ethnicity, geographic location, and socioeconomic background, among others. Learning to be sensitive to another person's situation and really trying to put myself in their shoes is a skill I'm continuing to practice. With school and 4-H events all going online in 2020, it was important to be respectful and consider why some people couldn't turn on their camera, or kept getting kicked out of Zoom meetings because they lived in a rural area with poor WiFi. Freely communicating about these issues without judgment or criticism and making sure everyone felt included was key to nurturing relationships, even when we were separated during the pandemic.



HANDS

Teamwork and Leadership (HANDS)

This year I've served as the President of the Micanopy Friendship 4-H Club. I've loved this role of helping others and contributing to our group projects and activities. We had junior officers this year and it was great to work with them to instill confidence to take on officer roles in the future. I've also been honored to serve as 4-H State Council Secretary this year and have enjoyed working with the Officer Team to put on state events and create a culture of teamwork. I am enthusiastic about moving Florida 4-H into the future and about sharing 4-H with as many adults and young people as possible. I hope to serve as a state officer again in the future, and will initiate and continue to participate in programs to help 4-Hers find their spark.



HEALTH

Healthy Lifestyle Choices and Character (HEALTH)

As a year-round competitive swimmer in the top 10% of swimmers in my age group in breaststroke and IM events, goal-setting is critical. Taking care of my health, including sleep and diet, began when I helped form the Alachua County 4-H Running Club. We got up EARLY to run stadiums or around the track at UF so that we'd be finished in time for school. I started forming healthy habits then and soon realized that I was in charge of my own behavior and actions, so if I stayed up late, I paid the price the next morning. Managing stress and developing healthy habits is key to performance and happiness. Feeling good about myself and my moral character helps me make disciplined choices.