



4-H & YOU!

**Answer questions on separate paper if needed. Please retype the questions
Looking back over the past year in 4-H:**

1. Discuss your favorite thing about 4-H. It does not have to relate to the project reported in Section 3.

2. Who is your role model in 4-H? Why?

3. Discuss the most important thing you have learned during the past year in 4-H.

Looking to the future:

4. If you were in charge of 4-H, how would you make it better? In your:

County:

District:

State:



SECTION 2

My 4-H Story

(Place your 4-H Story behind this page)

Your story is limited to no more than four (4) pages typed or handwritten. Your story should include all of your 4-H projects for this year.

Suggestion of things to include in your story:

Introduce yourself and include any information you choose to share about your interests, family, hobbies etc. Think about this as what would you say if you were given two minutes to introduce yourself.

Describe the impact 4-H has had on your life.

How has participating in the project you are completing in this Project Record impacted your personal growth?

Who has helped you in your 4-H journey?

How has your 4-H participation helped others?

What are your goals in life?

Summarize your experiences in 4-H.



Program Year: _____

SECTION 3

4-H Project Focus

(Name of 4-H Project)

We "learn by doing" in 4-H. List the specific things you learned and did in this project area during the past year. List knowledge and skills gained as well as the things you learned how to do. Use numbers to show how much you did and learned. Please list the most important presentations, talks, exhibits, radio, TV, newspaper articles, tours, camps, judging events, workshops, and any other learning experiences in which you have participated related to your project. Please list the work you have done this year. You should include work from January – December.

Provide a bullet statement, list, and/or chart. For example, provide numbers of animals raised. If possible, show money earned, savings realized, and profits and losses when appropriate. Also give totals where possible.

Activity

4-H Youth Summit during County Commissioners Assoc. meeting

Knowledge Skills Gained

To demonstrate responsible decision making

(Attach pages here)

Savings, Profits, Losses

If applicable, please list your savings, profits, and losses when appropriate in this section.

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year: _____

SECTION 4

Leadership

List all leadership activities in which you have participated. Be specific – list the number of people you taught and the name of the lesson. Leadership involves holding offices and serving on committees. It can also involve teaching workshops, volunteering at 4-H day camps, leading/facilitating club programs, organizing events and meetings, recruiting new members, serving as a 4-H Ambassador, and motivating peers to set a goal and take action. List ways you have been a leader and/or have learned about leadership.

Please denote 4-H Leadership activities with an asterisk. If you are listing non 4-H Leadership activities, please list only those for which 4-H has helped you prepare.

Responsibility

*4-H Club presentation (taught workshop)

*4-H County Council Meeting (taught workshop)

Accomplishment

15 club members learned basic parliamentary procedure

28 club members learned how to make a healthy snack

Level

Local

County

(Attach pages here)

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Program Year: _____

SECTION 5

Citizenship

As teenagers, it is important to participate and be involved in the political process and make a civic contribution in our communities. Citizenship activities might include: attending a town meeting where you were representing 4-H; sending a message to your state legislator about 4-H teen issues that have been identified on the state 4-H program level; promoting 4-H and Cooperative Extension to county commissioners or other government representatives; etc.

Please denote 4-H Citizenship activities with an asterisk. If you are listing non 4-H Citizenship activities, please list only those for which 4-H has helped you prepare.

Description of Activity

Example: *Attended the 4-H Youth Summit.

Example: *Attended my local County Commissioners meeting

Level

S

C

(Attach pages here)



Program Year: _____

SECTION 6

Community Service

List the community service activities you have participated in as a 4-H'er. Community service involves contributing to the quality of life in your community. Like many 4-H'ers, you may have participated in community service activities for your club or by yourself. Examples may include: volunteering at your local animal shelter, participating in a food drive, holding a fundraiser for your 4-H club, etc. List the number of hours you volunteered and who benefited from your volunteer service.

Please denote 4-H Community Service activities with an asterisk. If you are listing non 4-H Community Service activities, please list only those for which 4-H has helped you prepare.

Description of Activity

Example: *Donated 6 canned goods for Food for Families Food Drive

Example: *Writing Letters to Soldiers

Level

L

S, N

Hours

5

3

(Attach pages here)



Program Year: _____

SECTION 7

4-H Awards and Recognition

List all the awards, honors, and recognitions you have received in 4-H, including contests, trips, certificates, ribbons, etc. Remember, only 4-H winnings go on this page! Specify whether they were National, Regional, State, District, County or Club awards.

Experiences should be divided out between project specific awards that related to this Project Record area and other 4-H awards. List your Project Record project specific awards first then follow with other awards for each page.

Project Record Award

Award/Recognition

Example 1: Certificate of Participation

Example 2: Certificate Blue Ribbon

For What Received

Attendance State 4-H Marsh Maneuvers

Area commodity ambassador

Other 4-H Awards

Award/Recognition

For What Received

(Attach pages here)

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Program Year: _____

SECTION 8

Non 4-H Experiences

List any other groups, clubs, organizations, or sports teams to which you belong, as well as other items that have had a significant impact in your life, such as camps, conferences, or a job. You may also list any awards you have won or recognition you have received outside of 4-H. Examples of activities you may have been involved in would include: school clubs, VBS, Girl Scouts, Boy Scouts, FFA, etc.

Responsibility /Accomplishments

Example: Youth Praise Team; Captain of Softball Team

Non 4-H Awards & Recognition

Type of Award

Example: Plaque-1st place

For What Received

Community Beautification poster contest

(Attach pages here)

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year:_____

SECTION 9

4-H Photos and Supporting Materials

There is a six page limit: This can include pictures (with captions), news clippings, letters, certificates, poems, teaching tools, short stories etc. Use the front side only and please do not attach any item thicker than 1/8 of an inch. The use of clear non-glare protective sheets is **optional**.

Digital media should be no more than two minutes long. Please use YouTube to upload your videos, as this is our preferred method. Also, please note that all videos must have closed caption incorporated into it. This is a requirement. All digital media will count as one page.

(Attach pages here)



Program Year: _____

SECTION 10

4-H Goal Setting

On a separate piece of paper, please use the following guide to develop your 4-H goals for next year. Include goals for your entire 4-H year as well as goals for this specific project. There is no page limit to this section.

	ACTION	RESULTS	TIMETABLE
I want	to learn	how to eat healthier	by December.
I want	to give	a 4-H presentation at DAD	by June.
I want	to train	my do to sit and stay	before summer is over.

(Attach pages here)