



4-H Record Book

Senior
(Ages 14-19)

20__

Name _____ Age (as of Dec. 31) _____

Club _____ Leader _____

Year in 4-H _____ Year in this project _____ Grade _____

Member Signature _____

Parent Signature _____

Leader Signature _____

Agent Signature _____



COOPERATIVE EXTENSION

UNIVERSITY OF HAWAII AT MĀNOA
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES

Non 4-H Project Activities - List all activities completed **outside of 4-H projects** such as workshops, field trips, camps, contests, etc. and 4-H community/service learning projects such as clean-ups, visitations, and donations. **Also include** school, church, sports or community activities that demonstrate life skill development. Check if activity was leadership role, community service, public speaking and/or promotion of 4-H. **Note level of activity as: Club (L), County (C), State (S), or National (N).**

Life Skills	HEAD	HEART	HANDS			HEALTH		
	Using Scientific Methods Processing Information Understanding Systems Managing Resources Practicing Creativity Making Decisions Solving Problems Visualizing Information Learning to Learn Thinking Critically Keeping Records Planning and Organizing Achieving Goals Navigating in Your Environment Working with Numbers	Communicating Interacting Socially Cooperating Sharing Resolving Conflicts Valuing Social Justice Valuing Diversity Building Relationships Caring for Others Being Empathic	Mastering Technology Learning Through Community Service Volunteering Being a Responsible Citizen Working in a Team Exercising Leadership Completing a Project Motivating Yourself	Being Responsible Developing Self Esteem Managing Yourself Practicing Integrity and Character Developing a Sense of Purpose Developing a Positive View of the Future Utilizing Resistance Skills Being Resilient Managing Stress Making Healthy Lifestyle Choices Preventing Personal Injury Expressing Emotions Positively Preventing Disease				
Date & Activity Brief description	Knowledge What did you learn?	Application How can you use what you learned?	4-H (Y/N)	Level L, C, S, N	Leadership Assists others	Civic Gives back	Present Demonstrate s or educates	Promote 4-H to others

Provide two photos that best capture your growth in the project. Identify the setting and people in the photo.

4-H Project Summary & Learning Experiences- Complete project books for each project you participated in this year.

My 4-H Story– Paragraphs should connect and tell a complete story of your journey through 4-H this year.

- What are the most important **life skills** you have learned as a result of your 4-H work this year?
- How has 4-H encouraged you to do **service** within your club, school or community this year?
- How has 4-H helped develop your **leadership skills this year**? Give examples of when you were a leader.
- What 2 or 3 things did you learn from being in 4-H this year?
- What are some things you would like to do better, improve upon, or do more of next year?
- What do you consider to be your greatest successes in this 4-H year?

Scoring Sheet for Record Book

Name: _____ County: _____ Category: _____

Instructions: Check one box for each row that best describes each criteria. Provide details in the comment box if needed.

	Excel	Good	Fair	Needs Improve	Comments
Cover Page -Complete with signatures					
Selection, Goals & Other Records					
Non-4-H Project Activities <ul style="list-style-type: none"> • List only included activities outside project work • List includes activities outside 4-H • Activities marked with level, life skill and contribution • More than five entries were listed • All areas of chart are complete • Member demonstrates involvement outside club level • Member displays leadership involvement • Member shows involvement within community and beyond • Member shows involvement beyond 4-H 					
My 4-H Story					
Organization -The story sections are well organized. One idea follows another in a logical sequence with clear transitions.					
Main Project – The story summarizes activities and learning experiences for the year.					
Spelling/Punctuation/Grammar -There are minimal spelling, punctuation, or grammatical errors in the story.					
Creativity -The story contains creative details and/or descriptions that contribute to the reader's enjoyment.					
Completeness – The story answers all of the questions in a satisfactory way.					

Please include any other specific comments or suggestions for improvement here:

Ribbon Color: _____

Judge's Initials: _____