

**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

**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** Using Scientific MethodsProcessing InformationUnderstanding SystemsManaging ResourcesPracticing CreativityMaking DecisionsSolving ProblemsVisualizing InformationLearning to LearnThinking CriticallyKeeping RecordsPlanning and OrganizingAchieving GoalsNavigating in Your EnvironmentWorking with Numbers | **HEART** CommunicatingInteracting SociallyCooperatingSharingResolving ConflictsValuing Social JusticeValuing DiversityBuilding RelationshipsCaring for OthersBeing Empathic | **HANDS** Mastering TechnologyLearning Through Community ServiceVolunteeringBeing a Responsible CitizenWorking in a TeamExercising LeadershipCompleting a ProjectMotivating Yourself | **HEALTH** Being ResponsibleDeveloping Self EsteemManaging YourselfPracticing Integrity and CharacterDeveloping a Sense of PurposeDeveloping a Positive View of the FutureUtilizing Resistance SkillsBeing ResilientManaging StressMaking Healthy Lifestyle ChoicesPreventing Personal InjuryExpressing Emotions PositivelyPreventing 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** | **PresentDemonstrates or educates** | **Promote 4‑Hto others** |
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Provide two photos that best capture your growth in the project. Identify the setting and people in the photo.

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**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 s**ome 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** * 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:**

**Judge’s Initials:**

**Ribbon Color:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_