

**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

**Project Focus Area**

**ANIMALS**

* Animal Science
* Beef – Market
* Beef - Breeding
* Dairy Cattle
* Dairy Goat
* Horse
* Horse – Working Ranch
* Meat Goat Breeding
* Meat Goat Market
* Poultry Meat
* Poultry Layer
* Rabbit Breeding
* Rabbit Meat
* Sheep Market
* Sheep Breeding
* Swine
* Dog
* Pets
* Veterinary Science

**CAREERS/WORKFORCE PREP**

* Entrepreneurship
* Workforce Readiness

**CLOVERBUDS**

**COMMUNICATIVE AND EXPRESSIVE ARTS**

* Video
* Creative Writing
* Cultural Arts
* Photography
* Public Speaking
* Theater Arts
* Visual Arts

**COMMUNITY / VOLUNTEER SERVICE**

* Civic Engagement
* Mentoring
* Leadership

**CONSUMER AND FAMILY SCIENCE**

* Sewing/Clothing
* Personal Financial Management

**ENVIRONMENTAL EDUCATION/EARTH SCIENCES**

* Backyards and Beyond
* Bicycle
* Butterfly
* **ENVIRONMENTAL (cont.)**
* Entomology
* Erosion and Soil Control
* Exploring Your Environment
* Fishing
* Forestry
* Gardening
* Honey Bee
* Outdoor Adventures
* Science Discovery
* Shooting Sports Rifle
* Shooting Sports Archery
* Stormwater Management
* Wind Energy
* Water Conservation

**FOODS AND NUTIRITION AND HEALTH**

* Cooking
* Food Preservation
* Food Safety
* Nutrition
* Physical Activity
* Health
* Safety

**PERSONAL DEVELOPMENT**

* Communication

**PLANT SCIENCES**

* Gardening
* Learn Grow Eat Grow

**SCIENCE, TECHNOLOGY, AND ENGINEERING**

* Aerospace
* Computer
* Computer Science
* Electricity
* Food Science
* Geospatial
* Kitchen Chemistry
* Robotics
* Science Discovery
* Science Fun With Physics
* Small Engines
* STEAM Clothing
* Wind Energy
* Woodworking

**4-H Club Project Summary & Learning Experiences -** Use the list on the previous page to document work completed for your project(s). **Complete this chart OR complete and submit a project book for your project(s)**

|  |  |
| --- | --- |
| 🞏 | **I will be submitting a project book for my project(s) and will not complete the table below.** |
| 🞏 | **I am completing the table below and not submitting a project book(s)** |
| **Date** | **Project Focus Area (page 1)** | **What did you do?** | **What new project/life skills did you learn?** | **How will you apply new knowledge?** |
| **EXAMPLE** 5/3/20xx | Plants | I learned to identify sandy, silty, clay, peaty and saline soils | I learned to use problem solving skills and the scientific method | I can use these skills when working in the school garden |
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**Non Project Activities in 4-H** - 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. Check if activity was leadership role, community service, public speaking and/or promotion of 4‑H. **Note level of activity as: Club (C), County (O), 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 Team Exercising 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 |
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| **Date & Activity Brief description** | **Knowledge What did you learn?** | **Application How will you apply what you learned?** | **Level C, O, S, N** |
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| **Leadership - Assists/mentors others** |
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| **Date & Activity Brief description** | **Knowledge What did you learn?** | **Application How will you apply what you learned?** | **Level C, O, S, N** |
| **Civic Engagement - Gives back to community** |
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| **Date & Activity Brief description** | **Knowledge What did you learn?** | **Application How will you apply what you learned?** | **Level C, O, S, N** |
| **Presentation / Public Speaking - Demonstrates or educates** |
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| **Date & Activity Brief description** | **Knowledge What did you learn?** | **Application How will you apply what you learned?** | **Level C, O, S, N** |
| **Other 4-H Activities – non-project activities outside leadership, civic engagement, or presentation/public speaking** |
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**Non 4-H Outside Activities** - List all activities completed **outside of 4-H** such as school, church, sports or community activities in which you had a leadership role that demonstrates life skill development.

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| **Date** | **What were you involved in?** | **List leadership responsibilities** |
| **EXAMPLE** 3/3/20xx | I was part of the senior class banquet planning committee | I was the treasurer for the committee and kept detailed accounts of the donations and money spent |
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Provide two photos that best capture your growth in 4-H this year and describe why and how these photos show growth.

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| Caption w/date | Caption w/date |

**My 4-H Story**– Use several paragraphs to explain your journey through 4-H this year in a story format. Use the bullets below as some ideas to include in your story but do not just address each bullet. (2 pg limit)

* 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 Senior Record Book** |
| --- |
| **Name: County: Category:**  |
|  | **Excellent** | **Good** | **Fair** | **Comments** |
| **Organization** | Portfolio is well organized and overall appearance neat and clean. Correct punctuation, spelling and grammar used. Form filled out with all signatures. | The portfolio has some spelling, grammar and organizational inaccuracies. Form lacks complete information | The portfolio has significant spelling, grammar and/or organizational errors. Incorrect form used. |  |
| **Available Pts 5** | **4-5** | **2-3** | **0-1** | **Points Awarded:** |  |
| **Project Summary & Review** | Member is very active in project involvement. Member clearly explains what was learned in the project and records specific knowledge and skills gained.  | Member is active in project involvement. Member lists what was learned in the project, but doesn’t explain. | Member has limited involvement in the project(s). Member lists a few skills and knowledge.  |  |
| **Available Pts 15** | **11-15** | **6-10** | **0-5** | **Points Awarded:** |  |
| **4-H Club Project Summary & Learning Experiences** |
| **4-H Leadership** | Gives a clear picture of the responsibilities and duties in each 4-H leadership roles. Only 4-H leadership roles are included.  | Member involved in 4-H leadership roles, but did not clearly explain the responsibilities and duties of the leadership role.  | Member does not make it clear that the activity is a 4-H role, or includes non-4-H roles.  |  |
| **Available Pts 10** | **7-10** | **4-6** | **0-3** | **Points Awarded:** |  |
| **4-H Civic Engagement** | Member involved in 4-H community service activities. Provides details to give a clear picture of what was accomplished and involvement. Only lists 4-H community service. | Member involved in 4-H community service activities. Entries lack details of what was accomplished and involvement. Only lists 4-H community service. | Member involved in no 4-H service activities. Entries do not explain what was accomplished and involved. |  |
| **Available Pts 10** | **7-10** | **4-6** | **0-3** | **Points Awarded:** |  |
| **4-H Presentation** | Member involved in public speaking, demonstration, presentation (club or public), and/or promotional activities related to 4-H. Provides details to give a clear picture of what was accomplished and involvement.  | Member involved in 4-H presentation activities. Entries lack details of what was accomplished and involvement.  | Member involved in no 4-H presentation activities. Entries do not explain what was accomplished and involved.  |  |
| **Available Pts 10** | **7-10** | **4-6** | **0-3** | **Points Awarded:**  |  |
| **4-H Other Activities** | Member participated in numerous other 4‑H activities and events at club, county, and state levels. Provides details to give a clear picture of what was accomplished and involvement.  | Member involved in other 4-H activities and events. Entries lack details of what was accomplished and involvement.  | Member involved in no other 4-H activities or events. Entries do not explain what was accomplished and involved.  |  |
| **Available Pts 10** | **7-10** | **4-6** | **0-3** | **Points Awarded:** |  |
| **Activities Outside 4-H** | Lists significant non-4-H experiences in school, community, sports, church or other organizations such as leadership, community service, awards and recognition. | Lists some non-4-H experiences in school, community, sports, church or other organizations such as leadership, community service, awards and recognition. | Lists few non-4-H experiences. |  |
| **Available Pts 5** | **4-5** | **2-3** | **0-1** | **Points Awarded:** |  |
| **4-H Photos** | Photos show member’s growth in project, leadership, service and activities that represent 4-H involvement. Photos are dated with detailed captions.  | Photos show project involvement but fail to show leadership and service involvement. Captions are missing or lack details. | Photos show limited involvement. Captions are missing or lack details and dates. |  |
| **Available Pts 10** | **7-10** | **4-6** | **0-3** | **Points Awarded:** |  |
| **4-H Story** | Story shows personal growth and development in 4-H. Highlights leadership and community service. Gives details to demonstrate how 4‑H has influenced life. | Story shows some personal growth and development in 4-H. Some details demonstrate how 4-H has influenced life. | Few details are provided regarding personal growth and development in 4-H. |  |
| **Available Pts 25** | **17-25** | **8-16** | **0-7** | **Points Awarded:** |  |
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| **Judge’s Initials**  |  | **Ribbon Color** |  | **TOTAL POINTS** |  |