



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

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 NUTRITION 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). **Members completing livestock projects MUST complete a project book for each project. Non-livestock projects can subject a project book OR complete the table below**

LIVESTOCK PROJECTS		NON-LIVESTOCK PROJECTS (CHECK ONE)		
Members completing livestock projects MUST complete a project book for each project		<input type="checkbox"/> I am submitting a project book for my project(s). <input type="checkbox"/> I am completing the table below.		
Date	Project Focus Area <small>(page 1)</small>	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

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 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	HEART Communicating Interacting Socially Cooperating Sharing Resolving Conflicts Valuing Social Justice Valuing Diversity Building Relationships Caring for Others Being Empathic	HANDS Mastering Technology Learning Through Community Service Volunteering Being a Responsible Citizen Working in a Team Exercising Leadership Completing a Project Motivating Yourself	HEALTH 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
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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			
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
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Other 4-H Activities – non-project activities outside leadership, civic engagement, or presentation/public speaking			
Date & Activity Brief description	Knowledge What did you learn?	Application How will you apply what you learned?	Level C, O, S, N

Provide two photos that best capture your growth in 4-H this year and describe why and how these photos show growth.

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 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 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:			

Scoring Sheet for Senior Record Book

Name: _____ County: _____ Category: _____

Excellent		Good		Fair		Comments	
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:			

Judge's Initials		Ribbon Color		TOTAL POINTS	
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