RI 4-H Record book Instructions

PLEASE READ & DETACH THIS PAGE BEFORE SUBMITTING YOUR RECORD BOOK TO 4-H OFFICE!

GOAL: 4-H Record Books give members an opportunity to reflect on their yearly 4-H work. Youth learn to document their skill development, measure progress and record their learning experiences in a standard format written report.

REQUIREMENTS: for any award to be given:

* Submit Record book to 4-H Office by October 30th!
* Completed 4-H Record Book Form (1-8 sections), Animal Record Book(s) (if you are requesting a medal in an animal project).
* Up to 10 front and back supporting records (section 8) can be included. These can be score sheets, animal project records, photos, journals or any pages that directly tell the story of your specific progress toward your goals.
* Ribbons and rule packets for contests cannot be submitted in your record book!
* **This record book is intended to chart your 4-H work**, therefore what is listed should reflect your 4-H work, **NOT WORK OR ACTIVITIES THAT YOU DID OUTSIDE 4-H OR FOR CREDIT IN SCHOOL, CHURCH OR WITH ANOTHER GROUP**. This includes any work done for a school assignment, done for a merit badge in Girl Scouts or Boy Scouts, for FFA competencies, for home schooling requirements or credit, for church requirements for confirmation, etc…
* You can only list an item in one section, besides the project section. Example: You can’t list mentoring under Community Service and Leadership, so pick what is most appropriate.
* 4-H members must write their own record book or type it at their level. Or the Leader may interview them, if they ask for an accommodation based on a disability. Remember this is to chart the YOUTH’s progress and their handwriting, spelling, use of language, helps show their age and progress.
* Remember that for a state medal you must do in-depth leadership and community service, that you assumed major responsibility with planning and executing.

LEVELS OF ACHIEVEMENT: All require completed record books section 1-8.

* Achievement = Completed 4-H story, 1 project, 1 activity and supporting record.
* Honors = Completed 4-H story, 2 project, 2 additional activities, 1 public presentation and supporting record.
* Special Honors = Completed 4-H story, 2 project, 4 additional activities, 2 public presentations, 1 community service and supporting record.
* State Medals = Completed 4-H story, 2 project, 4 additional activities, 2 public presentations, 2 community service, 2 leadership projects and supporting record. You can only be recognized for 2 State projects per year.

It is ok not to get the highest award! You are working towards the goal of a State Medal, which might not happen every year. If you learned in 4-H this year, made friends and had fun then you had a successful year!

K. Horan 9/19

RI 4-H RECORD BOOK

*(Insert your photo here)*

|  |  |  |
| --- | --- | --- |
| Name: |  | 10/1/201\_\_ to 9/30/201\_\_ |
| Email: |  | Years in 4-H: |
| 4-H Club: |  | Age: |
| This is my record book that I typed or wrote for this past year. |
| 4-Hers Signature |  |

1. **My 4-H Story**

Some ideas to help you with your 4-H story: Tell us about you and your family, why you joined 4-H, some of the things your club did this year, what you liked doing and didn’t like, or something you would like to improve, explain about your projects. What you learned in 4-H that you think will help you in your life. You can write about your goals for this year and how you did or did not meet them. Older than 12 should do a couple of paragraphs. 3 page max!

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**2A. PROJECT 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 Name of your MAIN project from list below

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| --- |
| Describe your project details and goals  |
|  |
| List at least 6 times that you worked on this project. (events, contests, activities, lessons, club work, fairs...) You must have worked on a project 6 or more times to get state medals. If you list caring for an animal make sure that you also showed you learned about that animal through clinics, workshops, displaying topic exhibits on it…. | Where | # of hours |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| 6. |  |  |
| 7. |  |  |
| 8. |  |  |
| **4-H Project Names:** Agriculture, Beef, Dairy, Dog, Goat, Horse, Judging, Pets, Poultry, Rabbits & Cavies, Sheep, Swine, Veterinary Science, Working Steer, Aerospace & Rocketry, Computers, Engines/tractors, Entomology, Environmental Science, Fish & Wildlife, Forestry, GPS, Plant Science & Gardening, Robotics, Water Quality, Woodworking, All Arts (Visual, performing…), Baby Sitting, Bicycle, Clothing & Textiles, Citizenship, Community Service, Food & Nutrition, Health & Fitness, Leadership, Photography, Public Presentations, Reporting, Safety or Other  |

**2B. PROJECT 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 Name of your 2nd project from list below

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| --- |
| Describe your project details and goals  |
|  |
| List at least 6 times that you worked on this project. (events, contests, activities, lessons, club work, fairs...) You must have worked on a project 6 or more times to get state medals. If you list caring for an animal make sure that you also showed you learned about that animal through clinics, workshops, displaying topic exhibits on it…. | Where | # of hours |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| 6. |  |  |
| 7. |  |  |
| 8. |  |  |
| **4-H Project Names:** Agriculture, Beef, Dairy, Dog, Goat, Horse, Judging, Pets, Poultry, Rabbits & Cavies, Sheep, Swine, Veterinary Science, Working Steer, Aerospace & Rocketry, Computers, Engines/tractors, Entomology, Environmental Science, Fish & Wildlife, Forestry, GPS, Plant Science & Gardening, Robotics, Water Quality, Woodworking, All Arts (Visual, performing…), Baby Sitting, Bicycle, Clothing & Textiles, Citizenship, Community Service, Food & Nutrition, Health & Fitness, Leadership, Photography, Public Presentations, Reporting, Safety or Other  |

**List any other Projects that you worked on at least 3 times**

|  |
| --- |
|  |

**3. 4-H ACTIVITIES**

(**4-H contests and events** ex. fairs, fitting and showing, talent show, exhibits, workshops, camps,

field days, tours, clinics, conferences, club trips, club educational events, club fun days…)

|  |  |  |
| --- | --- | --- |
| Date | Name of activity or description  | Where |
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**4. PUBLIC PRESENTATIONS**

(Demonstrations, illustrated talks, storytelling, skits, speeches, informational talks in 4-H or directly tied to your 4-H project.)

|  |  |  |
| --- | --- | --- |
|  Date | Title of Presentation | Where  |
|  |  |  |
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**5. COMMUNITY SERVICE AND CITIZENSHIP**

(Activities or services **I helped my club do or did as an individual** for my town or community. Anything done for no personal, family or club gain.

(Ex. Help feed the Hungry; promoted 4-H, clean the environment; improve life for the elderly, children, and handicapped...)

|  |  |  |
| --- | --- | --- |
| Date | What did you do | # of hours |
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**6. LEADERSHIP**

List all leadership: projects, offices, committees, workshops that **you have done/held in 4-H**.

Ex. Creating a lesson and then helping teach someone, taking on the responsibility of running an event, being on committees, organizing meetings

|  |  |  |
| --- | --- | --- |
| Date | Specific description of the Leadership role you completed. | # of hours |
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**7. AWARD/ACHIEVEMENTS**

(What are you proud of this year... Scholarships, awards, placings, achievement levels, mastery of a skill)

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**8. SUPPORTING RECORDS**

Submit a min. of 1 additional sheet max. of 10 front and back pages. Ex: score sheets, captioned pictures, animal record books, certificates, NO ribbons. Animal medals require animal project books!