#### Assembling Your 4-H Record Book

A 4-H Record Book is a summary of your accomplishments in 4-H. The reporting year runs from June 1 through April 3 of the following year. Record books are due the first part of June. The exact date will be in the 4-H newsletter. This is not a scrapbook; do not include award ribbons, certificates, newspaper clippings, etc. These record book pages are for use by 4-H'ers ages 9 through 13. Members who are 14 years old on September 1 of the current year must use the Oklahoma 4-H Report Form.

Keep your record book in a folder or notebook. You will want to be able to add pages to your book as needed. It is recommended that the final copy be placed in a green cardboard folder entitled, "Member's Record", which is available for purchase at the OSU Extension Office. The record book pages should be handwritten in ink by the 4-H member (erasable ink pens are ideal for this). **Use one set of title pages in the book.** Use as many of the continuation pages as you need behind each title page to report what you have done. Do a new set of pages each year. Move the previous year's pages to the back of the book tabbed with the year.

The sections of your record book will include:

- 4-H Story
- Project Work Completed
- What Have You Learned?
- Leadership
- Citizenship
- Awards Received in 4-H
- 4-H Activities Participated In
- Non-4-H Experiences in School, Church, Community
- 4-H Photos Each year you may include one page of pictures for each project you report plus two pages of miscellaneous pictures. Pictures should be on only one side of the paper with no overlapping. Each picture should include a short caption. If you have reported in the photography project, you may include an additional 10 pages of pictures illustrating photography learning experiences.

# Omit the instruction pages when assembling record book!

#### **PROJECT MEDAL SELECTION**

Achievement Aerospace Agriculture Aquaculture Beef Bicycle **Biological Sciences** Cat Cavy **Child Care & Development** Citizenship & Civic Education Clothing & Textile Communications Computer Technology **Community Service Consumer & Family Sciences Consumer Education** Cooking Dairy Demonstration Dogs Electricity Engines, Tractors & Field Equipment Entomology & Bees Family Life **Fashion Revue** Food & Nutrition **Food Science** Forestry Gardening & Horticulture Goats

Healthy Living Hobbies & Collections Home Environment Horse Industrial Arts Judging Lamp of Knowledge Leadership Llama Money Management **Outdoor Education & Recreation** Performing Arts Personal Development Pets Photography & Video **Physical Sciences Plant Sciences** Poultry **Public Speaking** Rabbits **Reporting Media** Robotics Safety Sheep **Shooting Sports** Swine Technology & Engineering Vet Science Visual Arts Wildlife & Fisheries Wood Science

#### MUST pick from this list.

# Examples

## Project Work Completed

Project	Project Work/Activity	Level
Beef	Fed and watered Angus heifer daily	L
	Cleaned pen daily	L
	Read beef project materials	L
	Exhibited heifer: County Fair, placed 2 <sup>nd</sup>	С
	Tulsa State Fair, placed 6 <sup>th</sup>	S
	Local Show, 1 <sup>st</sup> and breed champ	L
	Observed veterinarian giving blackleg vaccine and	L
	Dewormer	
Food & Nutrition	Prepared after-school snacks – 14 times	L
	Fixed hamburgers for family – 5 times	L
	Presented demonstration on beef snacks at local club and	L, C
	county contest, 39 people in attendance	
	Helped grandmother make plum jelly	L
	Entered jelly in the County Fair, placed 3 <sup>rd</sup>	С
Forestry	Collected and pressed leaves	L
	Prepared Forestry exhibit for County Fair, placed 1 <sup>st</sup> ;	C, S
	entered in State Fair, placed 9 <sup>th</sup>	
	Led workshop on leaf rubbings for local club, 12 attended	L

#### What Have You Learned?

Year: 2004-05

Project	What was learned?	
Beef	To identify these breeds of cattle: Angus, Shorthorn	
	How much to feed my heifer; to provide fresh water daily	
	To wash and dry my heifer; to use the show stick	
Food & Nutrition	How to measure dry and liquid ingredients	
	To safely use the microwave	
	How to get juice from the plums; to correctly fill the jars	
Forestry	To identify different types of leaves	
	How to press the leaves for an exhibit	

# Hughes County 4-H

# 4-H Record Book

4-H Year August 1, 20 to July 31, 20

Member's Name:

Address:

4-H Club:

Age (on Sept. 1 of this 4-H year):

Grade in School (on Sept.1 of this 4-H year):

**County Medals** – 4-H'er can receive only 1 county medal each year. To receive a medal, 4-H'er should report at least 2 (or more) new things learned in a project; 2) Participate in at least 2 learning experiences in the reported project; 3) Show work done in the reported project; 4) Have at least one citizenship or leadership activity (may be any project); 5) Complete a 4-H Story.

Medals I would like to receive: Medals I have already received: Place a check beside the project that you want.

Parent's signature

Leader's signature

Replace this page each year

## **4-H Story**

#### Year -

Tell us about what you did in 4-H this year. Include the following points in your story. Tell a little bit about yourself, how 4-H helped you learn things about your projects, things you tried that worked, and things that didn't work, any funny or frustrating things that happened and what you want to try next.

Story / Continued...

#### Project Work Completed

List work you have done, such as number of animals, articles made, time spent, work completed, etc...include speeches and demonstrations given, workshops attended, tours and field trips attended, judging workshops attended, literature read, exhibits prepared, newspaper articles written, etc... Under project listed, indicate whether local, county, district, state or National (L, C, D, S, N).

Project	Project Work/Activity	Level

#### What have you learned?

What have you learned as a result of participating in project work? Also, list skills you acquired relating to the project.

Project	What was learned

#### Leadership

What leadership activities have you been involved in? May include helping others on a one-toone basis, or as a group; planning or organizing an activity, holding an office, serving on a committee, etc..... Under project listed, indicate whether local, county, district, state or National (L, C, D, S, N).

Project	Activity	Number Reache	Level

#### Citizenship

#### Year:

What citizenship/community service activities have you been involved in? May include activities that benefit an individual, or your community. May include activities that exhibit the qualities of a good citizen. Under project listed, indicate whether local, county, district, state or National (L,C, D, S, N).

Project	Activity	No. Helped	Hours	Level

#### Awards Received in 4-H

List awards such as ribbons, placing, trophies, etc...

Project	Project Work/Activity

Year:

#### 4-H Activities Participated In

#### Year:

Such as County Fair, Roundup, etc. Specify level such as local, county, district, state or National (L, C, D, S, N).

Project	Project Work/Activity	Level

\_/ Continued... Year:

Project	Activity/Experience/Award, etc	Level

Use this page when title page is full – use as many as needed

#### Non-4-H Experiences in School, Church, Community

Year:

May include: School – sports, band, honor roll; Church – choir, youth group; Community – boy scouts, girl scouts, theatre, sports, etc...

School, Church, Community	Experiences