

4-H



Member Record Book

My 4-H Experiences & Accomplishments



Name: _____

School/Club: _____

Louisiana 4-H is an
educational program of
the LSU AgCenter

4-H Member Record Book

A Message to 4-H'ers:

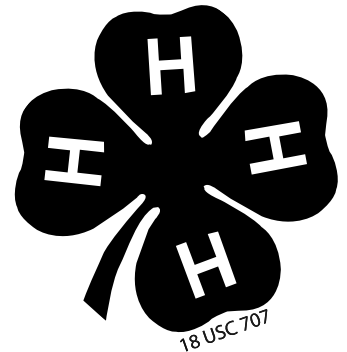
- Record-keeping is an important part of every 4-H educational project.
- Many awards, educational trips and college scholarships are given to club members on the basis of their records and project work.
- Records show your 4-H club work progress. Keep this book from year to year and add to it. You may include up to three years' of 4-H work.
- This form is designed to help you keep your records and other supporting materials in an orderly manner.
- Do not alter the basic format of this book. To bind your book, use a standard Acco-type fastener in a stiff 8.5 by 11 inch binder. Your 4-H office may offer the official 4-H Record Book cover. **Do not use a three ring binder.**

Your 4-H Portfolio should contain the following sections:

- Section 1 - Personal Data & 4-H and You
- Section 2 - 4-H Project Overview
- Section 3 - 4-H Project Summary
- Section 4 - 4-H Leadership
- Section 5 - 4-H Citizenship & Community Service
- Section 6 - 4-H Awards & Recognition
- Section 7 - Non- 4-H Experiences
- Section 8 - My 4-H Story
- Section 9 - Photos & Supporting Materials



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SECTION 1

Personal Data

Name: _____ Grade: _____

Age: _____ Date of Birth: Month: _____ Day: _____ Year: _____

4-H Member E-mail Address: _____

Parent/Guardian E-mail Address: _____

Parent/Guardian Phone Number: (_____) _____

Address: _____

City: _____ ZIP: _____

4-H Club: _____

Parish: _____

Name of Parents or Guardian: _____

List the name of 4-H project area(s) included:

I have personally prepared this report and believe it to be correct:

Signed _____ Date _____
(Club Member)

Signed _____ Date _____
(Parent or Guardian)

Signed _____ Date _____
(Parish Extension Agent)

4-H and YOU!

Looking back over the year:

Tell about your favorite part(s)/activity in 4-H.

Who is your role model in 4-H? Why?

Tell one thing you learned this year in 4-H.

Looking to the future:

If you were responsible for 4-H in your parish, how would you make it better?

SECTION 2

4-H Project Overview

(Name of 4-H Project)

Insert **one page** behind this section with your 4-H Project Overview. You will need to type your Project Overview in a separate document and insert it behind this page. Your 4-H Project Overview should contain 1-3 years, maximum, of project experience. Include the size and scope of your participation in project work. Use numbers when appropriate to show size, growth, profits, losses, or savings. See supporting document for examples.

*Include a separate Project Overview for each project area.

4th graders:

provide a narrative summary, list, and/or chart that covers the project work you have completed in the past **year**.

5th graders:

provide a narrative summary, list, and/or chart that covers the project work you have completed in the past **two years, maximum**.

6th - 12th graders:

provide a narrative summary, list, and/or chart that covers the project work you have completed in the past **three years, maximum**.

SECTION 3

4-H _____ Project Summary

Name of Project Area

This section should include **only 1 year (the current year)** of project work. Complete the following project summary to record progress on your 4-H project(s).

Learning Experiences

List the opportunities you have had for learning about your project area. Include tours, interviews, demonstrations, camp/conference sessions, workshops, clinics and other sharing experiences.

[illegible]

Financial Summary

Include all information on expenses and income related to your project here. Expenses are all the items or services you paid for to support this project. Income is all monies received from the sale of services, products and premiums from this project, **if applicable**.

Date	Description of Expense or Income	Income	Expense

Project Accomplishments/Summary

List the major accomplishments or outcomes you feel you made in this project this year. Tell about project highlights and describe what impact your project has had for you, your family, your club or community. **Did you reach your goals?**

4-H Leadership

List any time you taught, coordinated, organized or guided others. List 4-H officer position(s) held, committees served on or other positions held. Indicate any leadership activities related to your project with a check mark in the 'Project Based' column on the right side of the chart.

[illegible]

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[illegible]

4-H Citizenship & Community Service

Level Abbreviations: **L** - Local, **P** - Parish, **R** - Regional, **S** - State, **N** - National, **I** - International, **M** - Mass Media

Project Based

4-H Citizenship & Community Service

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Project Based

4-H Awards & Recognition

List the awards, honors, recognitions you have received in 4-H, including contests, workshops, trips, etc. Indicate any 4-H awards and recognition service activities related to your project with a check mark in the 'Project Based' column on the right side of the chart.

[illegible]

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[illegible]

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[illegible]

SECTION 7

Non-4-H Experiences & Activities

List any participation in any other clubs and anytime you taught, led or guided others. List any officer position(s) held, committee(s) served on or other position(s) held. Include only **non-4-H work**.

Participation and Leadership

List activities you have participated in to help others in your community. Describe the importance of the activity by including details, such as hours spent, type of service conducted, number of items donated, etc.

Community Service and Citizenship

Awards & Recognition

Type of Award	For What Received

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Community Service and Citizenship

Awards & Recognition

Type of Award	For What Received

SECTION 8

My 4-H Story

(Place your 4-H Story behind this page.)

Your story must be typed in Microsoft Word or a similar software program. Your 4-H story should be printed and inserted into your Record Book behind this page. **All stories should be typed in 12 point font and double spaced.** Use 8.5 inch by 11 inch paper with a 1.5 inch margin at the top and the left and a 1 inch margin at bottom and right of each page. **Use only the front side of the page.**

Your story is limited to:

- 4 pages [maximum] for 4th- 6th graders
- 6 pages [maximum] for 7th-12th graders

In your story, introduce yourself and include information about your interests, your family and so forth. Write about your 4-H project experiences and about your 4-H activities. Describe some of the interesting things you did and what you learned or gained from your experiences. Be sure to include leadership and citizenship activities. Tell what you plan to do in the future and how 4-H has helped you plan for your future.

SECTION 9

4-H Photos & Supporting Materials

10- page Total Limit: This section should include photos, screenshots of social media posts with captions, news clippings, letters, certificates, etc. Use 8.5 inch by 11 inch paper with a 1.5 inch margin at the top and the left and a 1 inch margin at bottom and right of each page. **Use only the front side of the page.**

Do not layer the photos, only use the front side of the paper or cardstock to complete this section.

Exception: 4-H Members who are entering Photography project work can include 10 additional pages of their photography samples.



**Louisiana 4-H is an educational
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Visit our website: www.LSUAgCenter.com

Matt Lee, Interim LSU Vice President for Agriculture, Louisiana State University Agricultural Center, Louisiana Agricultural Experiment Station
Louisiana Cooperative Extension Service, LSU College of Agriculture
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The LSU AgCenter and LSU provide equal opportunities in programs and employment.