



# 4-H Portfolio

My 4-H Experiences & Accomplishments



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

Name \_\_\_\_\_

School/Club \_\_\_\_\_

# 4-H Member's Portfolio 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.
- Don't forget to include your 4-H project book(s) or project record sheet.

## **Your 4-H Portfolio should contain the following sections:**

- Section 1– Personal Data & 4-H and You
- Section 2 – 4-H Leadership
- Section 3 – Citizenship/Community Service
- Section 4 – 4-H Awards & Recognition
- Section 5 – Non-4-H Experiences – Leadership
- Section 6 – My 4-H Story
- Section 7 – 4-H Photos or Supporting Materials
- Section 8 – 4-H Project Focus and Above & Beyond



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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 \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

School or 4-H Club \_\_\_\_\_

Parish \_\_\_\_\_

Name of Parents or Guardian \_\_\_\_\_

List the name of 4-H project book(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 in charge of 4-H in your parish – how would you make it better?



\*Level = L - Local, P - Parish, R - Regional, S - State, N - National.

[illegible]

\*Level = L - Local, P - Parish, R - Regional, S - State, N - National.

[illegible]

List any time you taught, coordinated, organized or guided others. List 4-H officer position(s) held, committees served on or other positions held. Leadership and community service develop with growth – younger members will have fewer examples.

[illegible]

## Citizenship/Community Service

\*Level = L - Local, P - Parish, R - Regional, S - State, N - National.

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## SECTION 4

## 4-H Awards & Recognition

List the awards, honors, recognitions you have received in 4-H, including contests, workshops, trips, etc.

[illegible]

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List the awards, honors, recognitions you have received in 4-H, including contests, workshops, trips, etc.

[illegible]

**SECTION 5**

**Non-4-H Experiences – Leadership**

List any time you taught, helped or guided others. List officer position(s) held, committee(s) served on or other positions held. Include only non-4-H work.

Responsibility/Accomplishment(s)

**Non-4-H Awards & Recognition**

Type of Award	For What Received

**SECTION 5**

**Non-4-H Experiences – Leadership**

List any time you taught, helped or guided others. List officer position(s) held, committee(s) served on or other positions held. Include only non-4-H work.

<b>Responsibility/Accomplishment(s)</b>

**Non-4-H Awards & Recognition**

<b>Type of Award</b>	<b>For What Received</b>

**SECTION 5**

**Non-4-H Experiences – Leadership**

List any time you taught, helped or guided others. List officer position(s) held, committee(s) served on or other positions held. Include only non-4-H work.

<b>Responsibility/Accomplishment(s)</b>

**Non-4-H Awards & Recognition**

<b>Type of Award</b>	<b>For What Received</b>





School Year \_\_\_\_\_

## **SECTION 6**

# **My 4-H Story**

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

Your story is limited to six pages typed or handwritten. Use 8½-by-11-inch paper with a 1½ -inch margin at the top and the left and a 1-inch margin at bottom and right of each page. Use only one side of the page, and, if typed (or printed from a computer), use at least 12-point type.

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 7**

# **4-H Photos & Supporting Materials**

10-Page Total Limit\*: this can include pictures (with captions), news clippings, letters, certificates, etc. No layering, use the front side only and don't attach any item thicker than 1/8 inch. Use of clear protective sheets is optional.

*\*You will need to supply your own paper to complete this section.*



School Year \_\_\_\_\_  
Only one page per year.

## **SECTION 8**

# **4-H Project Focus**

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(Name of 4-H Project)

Use this space to give specific details about what you did in your 4-H project (remembering you should complete one of these for each project). (For example, provide numbers on animals, dishes, meals, articles made, repairs, pictures taken, workshops, interviews and so forth.) If possible, show money earned, savings realized and profits and losses. Also, give totals where possible.

Place this year's project book or project record sheet **behind this section**.

### **4th, 5th, and 6th graders:**

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

### **7th and 8th graders:**

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

### **9th - 12th graders:**

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



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