



4-H PORTFOLIO: TIPS FOR A WINNING RECORD BOOK



Important Notes:

1. No scrapbooking. In order to advance to the state contest you must not have scrapbooked records.
2. You may download an electronic copy of the 4-H Portfolio at:
http://www.lsuagcenter.com/en/4h/teens/4h_portfolio/4h-portfolio.htm
3. Emphasize your project area in every section.

Front Cover

- Be sure to include first & last name and your school.

Section 1- Personal Data

- Write school year at the top of the page.
- Attach a picture of yourself.
- List the name of your 4-H project book included. List only books from this year.
- Answer the personal questions. The more detailed your answers, the better your chance of a blue ribbon.
- Only the current year personal data page is necessary.

Section 2- 4-H Leadership

- Leadership activities are activities where you planned the activity, lead, or taught others. Only 4-H leadership activities are allowed in this section.
- List elected or appointed positions in 4-H.
- Include leadership pages from your last 3 years of 4-H only.

Section 3- Citizenship/Community Service

- Remember to list things you do in your project area.
- Include citizenship/community service pages from your last 3 years of 4-H only.

Section 4- 4-H Awards & Recognition

- List any awards, honors, or recognition you have received through 4-H. This can be at school, parish, district, state, or national activities.
- Include awards & recognition pages from your last 3 years of 4-H only.

Section 5- Non 4-H Experiences

- List leadership & community service activities not associated with 4-H.
- List any recognition or awards you have received that are not related to 4-H.
- Include non 4-H experiences pages from your last 3 years only.

Section 6- My 4-H Story

- Follow the instructions for writing your 4-H story. All 4-H'ers must write at least one page. Some project books ask for a 4-H story at the end of the book. You only have to write your 4-H Story once, preferably in your portfolio.
- Add pages if needed. Limited to 6 pages.
- Include one 4-H story only. Your story should reflect on every year you have participated in 4-H.

Section 7- 4-H Photos and Supporting Materials

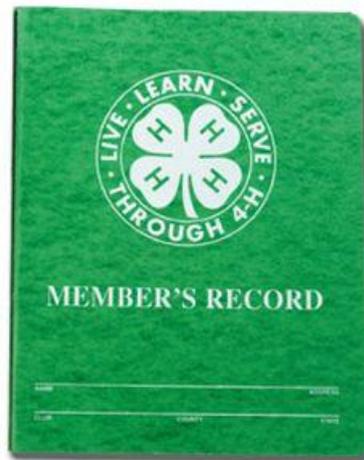
- 10 pages maximum.
- Front side only. **No scrapbooking.**
- If you have too many photos and certificates you may scan them to your computer, shrink them, and add multiple pictures on one page. You may also lay your ribbons or certificates out on a table and take one picture of them to add to your portfolio.
- Add a caption underneath each photo.
- Add as many action photos as you can. Judges like to see action photos of you helping others or working on your projects.
- You may include photos from your last 3 years of 4-H.

Section 8- 4-H Project Focus

- Place your completed project book behind this section.
- Current year project book only.
- Only the current year project focus summary is necessary.

Putting it all together:

- Your records must be in a binder or folder. **You may use any binder or folder you choose.** However, to advance to the state records contest your records need to be in an Accro type folder. You can buy the record book cover from <http://www.4-hmall.org/> (item B 49).



Awards and Trips you can win:

- 6th grade achievement award
- 4th – 8th grade Jr. Wildlife Tour in Grand Isle, LA
- 7th & 8th grade Educational Trip to Baton Rouge & New Orleans
- 9th – 12th grade trip to 4-H Congress in Atlanta, GA
- 10th – 12th grade Disney Leadership Workshop at Disney World in Orlando, FL