

Member Name _____

2014-2015

Ingham County 4-H Member's Personal Record Book



MICHIGAN STATE
UNIVERSITY
EXTENSION

4-H Youth Development
Children, Youth and
Family Programs

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Acknowledgements

This document is based on current and past versions of Michigan 4-H bulletin 1192. A document contributed to by state and county 4-H staff, volunteers, and youth.

4-H Pledge

I pledge:



My **Head** to clearer thinking,



My **Heart** to greater loyalty,



My **Hands** to larger service
and



My **Health** to better living,

For my club, my community,
my country and my world.

Jumpstart Your Future

Record Your 4-H History

As a 4-H member you may find it very beneficial to keep a personal record of your 4-H experiences. A 4-H record book can be useful to you for planning your 4-H career. It also allows you to document your development and accomplishments during your time in 4-H. Additionally, when shared with parents and leaders it can help them guide the you through decision making experiences.

Record keeping ensures that you have accurate documentation of your experiences and the skills you have learned through 4-H. Completed records will allow you to easily recall information in the future when completing applications for jobs, scholarships, or awards. Record keeping also allows you to track how your interests, goals, and responsibilities have changed over your 4-H career. It will be fun in the future to remember your 4-H activities and share them with others.

Your 4-H history can be recorded in a number of ways. An outline with fill in the blank pages that can be stored in a 3-ring binder is available at <http://web1.msue.msu.edu/cyf/youth/downloads/4H1230PersonalRecordBook.pdf> or contact your local MSU Extension office for a copy of the Member's Personal 4-H Record.

WHEN TO USE YOUR 4-H PERSONAL RECORD BOOK

- School portfolio
- Award applications
- Scholarship applications
- Job applications
- Resumes
- Enter your record book in the fair under record keeping
- Making goals for the future
- Tracking progress in a



INFORMATION TO INCLUDE IN YOUR RECORD BOOK

- 4-H goals
- 4-H projects
- 4-H activities and events
- Communications activities
- Citizenship & community service activities
- Leadership activities
- Achievements, honors, & recognition
- Participation calendar

HOW CAN RECORD KEEPING HELP YOU PLAN YOUR 4-H FUTURE

Your 4-H personal record book can be a great tool to help guide you through your 4-H career. It allows you to look back over your years in 4-H to see what progress you have made in a specific project area in the past and make decisions about your future 4-H goals. By recording your experiences each year and reviewing your project evolution you may find more efficient methods of completing your project work or more cost effective alternatives. You will also be able to track your skill level growth and set goals for future training needs.

Project record books can be used in addition to the personal record book to track more detailed information such as cost of production in livestock or time and resources needed to complete a project.

ADDITIONAL ITEMS TO INCLUDE

- Photographs of your projects and activities
- Newspaper clippings
- Certificates
- Audio or video tapes of accomplishments
- Written work
- Ribbons
- Evaluations
- Letters
- Completed award forms
- Record books from projects
- Anything else that will enable you to demonstrate your accomplishments

Dear 4-H'er:

This is your personal record of your 4-H experiences. In these pages you can list your 4-H projects, activities, goals, and accomplishments. There is also space for you to keep a calendar of your 4-H activities, meetings, and other activities. When completing your member record book, you may find that you do not have anything to enter in some sections or that you need to add extra pages in other areas. That's okay! While you are recording your activities in your book, you may discover project areas where you would like to try something new.

Each year you will begin a new book. At the close of your 4-H career you will have a set of books that will allow you to recall and remember what you have learned and accomplished. This set of books will enable you to accurately complete 4-H award forms and scholarship applications, and prepare resumes that reflect your skills.

We hope you will look on this book as a work in progress. It doesn't have to be perfect, and you don't have to share the information in it with anyone else if you don't want to. Add as many pages as you need to this book (you might want to put your book into a three-ring binder to help keep track of any extra pages).

This written record can become an important part of your school portfolio, which could include your goals and aspirations, photos, news clippings, certificates of achievement, audio or videotapes of your accomplishments, written work, ribbons, evaluations, letters, award forms, records and anything else you may want to show to someone else to demonstrate that you can do something. Remembering your 4-H activities is fun. It can remind you of all the things you did during the 4-H year.

Remember the 4-H motto, "To make the best better." Your overall goal should be to learn new skills and have fun, not just win contest. Gook luck and good learning!

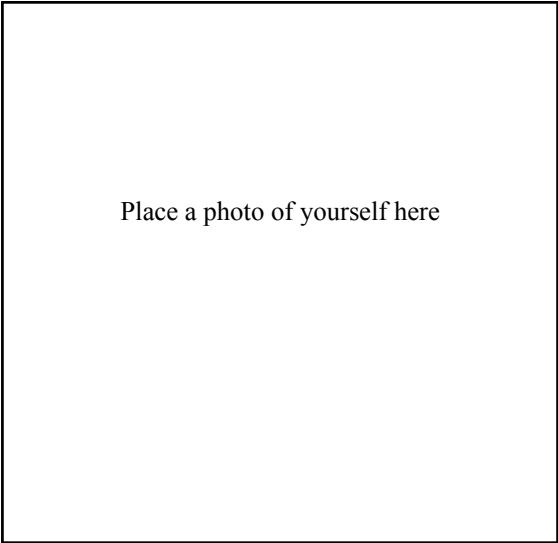
In the spirit of 4-H,

The Volunteers and Staff
MSU Extension &
4-H Youth Development



Who am I?

The first step in planning what you want to do in the future is to think about yourself now. Begin by completing the "Who am I?" form. As you continue in 4-H, you may find that some of this information changes. Compare to previous years to see how your interests and responsibilities have changed.



Name _____

Age _____ Years in 4-H _____

My 4-H clubs, committees, councils, and responsibilities (include officer and chair assignments)

Qualities that I like about myself

Qualities that I admire in others

One new skill I would like to learn

If I could change one thing about the world it would be

After high school I would like to

My career goals are

My 4-H Goals

What would you like to learn and accomplish during this 4-H year? Setting goals is the next step in planning your future. Think about what you would like to learn and accomplish—not just what you want to do or win—during the upcoming 4-H year. At the end of the 4-H year, evaluate your progress by reviewing these goals.

Project Area _____

What do I want to learn or do in this project area this year _____

Project Area _____

What do I want to learn or do in this project area this year _____

Project Area _____

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Project Area _____

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My 4-H Goals

Project Area _____

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Project Area _____

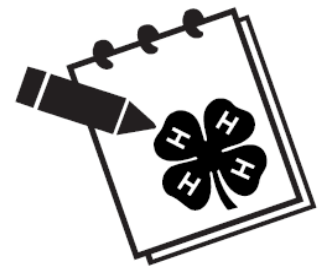
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Project Area _____

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My 4-H Communication Activities

Record the exhibits, talks, demonstrations, slide shows, video productions, pen pals, radio or television appearances, interviews conducted, interviews given, events hosted (emceed), and judging events in which you participated, or any other activity that has helped you develop your communication skills. Add pages as necessary.

Project Area _____
Type of activity _____
When and where was the activity, who was involved _____ _____
What I did _____
What I learned _____ _____ _____

Project Area _____
Type of activity _____
When and where was the activity, who was involved _____ _____
What I did _____
What I learned _____ _____ _____

My 4-H Communication Activities

Project Area _____
Type of activity _____
When and where was the activity, who was involved _____ _____
What I did _____
What I learned _____ _____ _____

Photos of Communication Activities

My 4-H Citizenship & Community Service Activities



Citizenship and community service activities are those things you do alone or with others within your community to help others. List each activity and explain your part of it. Include experiences in which you learned about government or about the people living in your community or in other places. Add pages as necessary.

Activity _____	Date _____
What I did _____ _____	
What I learned _____ _____	
Who was involved _____	

Activity _____	Date _____
What I did _____ _____	
What I learned _____ _____	
Who was involved _____	

Activity _____	Date _____
What I did _____ _____	
What I learned _____ _____	
Who was involved _____	

My 4-H Citizenship & Community Service Activities

Activity _____	Date _____
What I did _____	

What I learned _____	

Who was involved _____	

Activity _____	Date _____
What I did _____	

What I learned _____	

Who was involved _____	

Photos of Citizenship and Community Service Activites

My 4-H Leadership Activities



4-H provides many leadership opportunities for people of all ages. You may serve as an officer, on a committee, as a committee chairperson, or as a teen leader, or take total responsibility for an activity or project. Use this page to list your leadership roles by project area and to note your responsibilities. Identify the number of people involved. Add pages as necessary.

Project area _____	Number of people involved _____
Major responsibilities _____	

What I learned _____	

Project area _____	Number of people involved _____
Major responsibilities _____	

What I learned _____	

Project area _____	Number of people involved _____
Major responsibilities _____	

What I learned _____	

My 4-H Leadership Activities

Project area _____	Number of people involved _____
Major responsibilities _____	

What I learned _____	

Project area _____	Number of people involved _____
Major responsibilities _____	

What I learned _____	

Photos of Leadership Activities
--



My 4-H Achievements, Honors, & Recognition

List your achievements, special awards, and recognition you have received in all project areas at the club, county, state, or national levels. Add pages as necessary.

Related project, program, or activity _____	
Date _____	Award _____
Description _____	

What I learned _____	

Related project, program, or activity _____	
Date _____	Award _____
Description _____	

What I learned _____	

Related project, program, or activity _____	
Date _____	Award _____
Description _____	

What I learned _____	

My 4-H Achievements, Honors, & Recognition

Related project, program, or activity _____	
Date _____	Award _____
Description _____ _____	
What I learned _____ _____	

Related project, program, or activity _____	
Date _____	Award _____
Description _____ _____	
What I learned _____ _____	

Photos of Achievements, Honors, and Recognition
--

My 4-H Projects

Project Area _____

4-H Club or Group _____

Number of years in this project _____

What I did or made to complete this project _____

What I learned _____

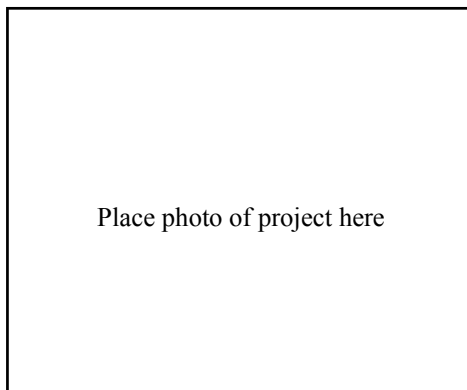
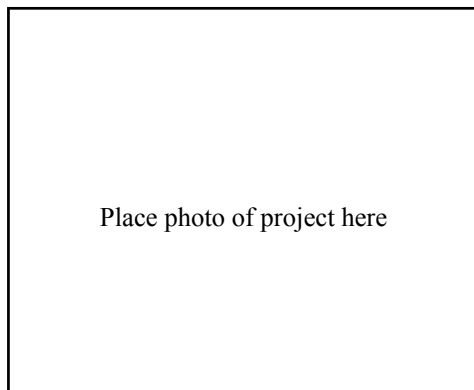
Related 4-H activities I attended _____

Time and cost invested in this project area _____

What I would do differently next time _____

What I liked best about this project _____

What I would like to learn next _____



My 4-H Projects

Project Area _____

4-H Club or Group _____

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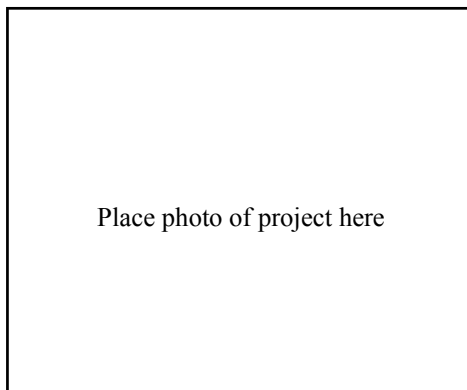
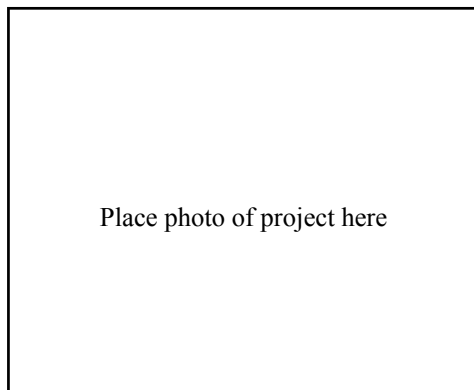
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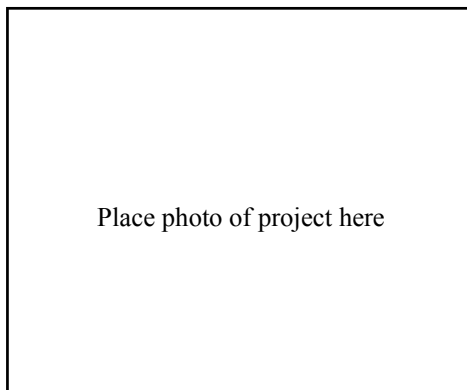
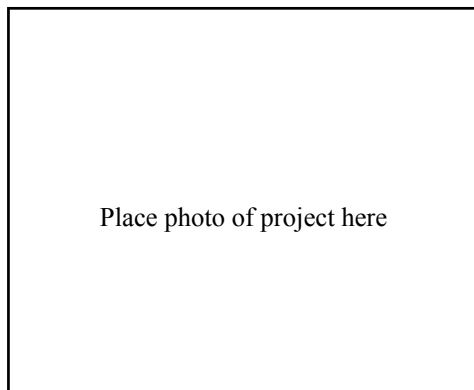
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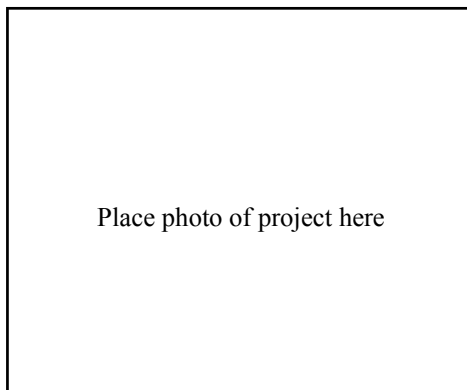
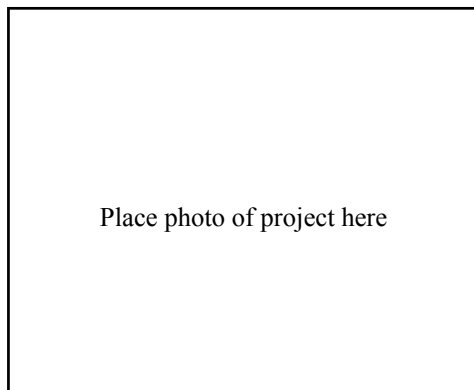
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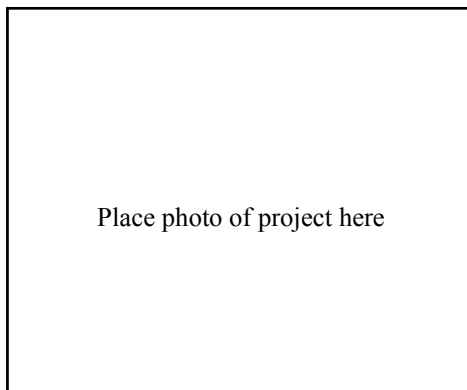
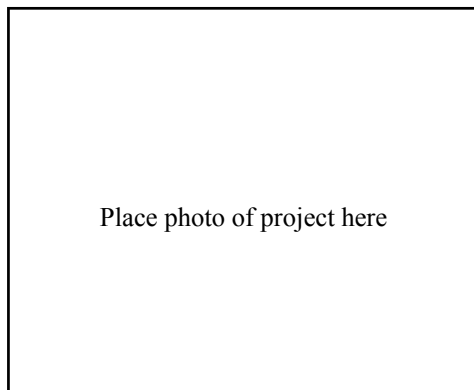
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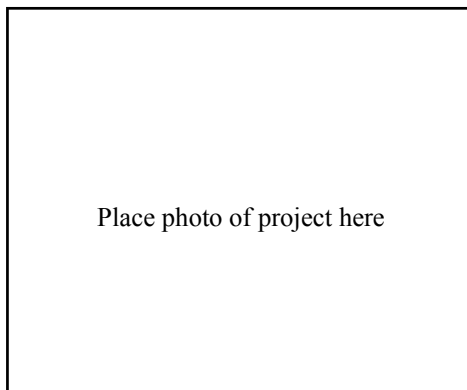
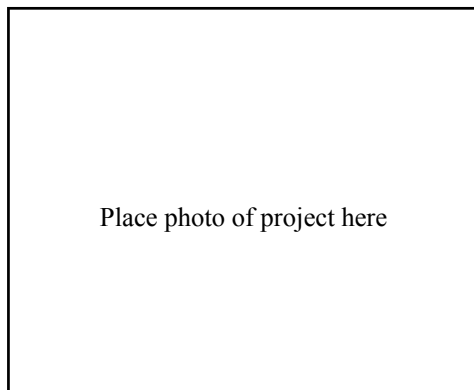
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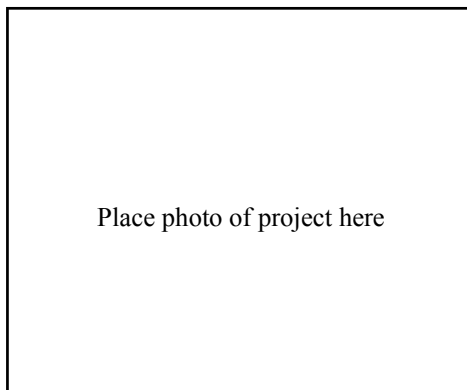
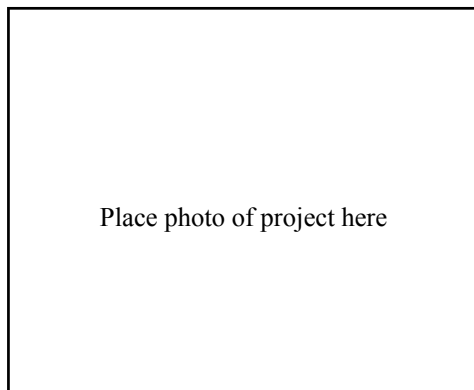
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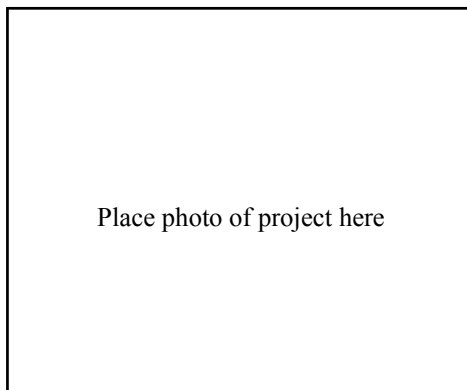
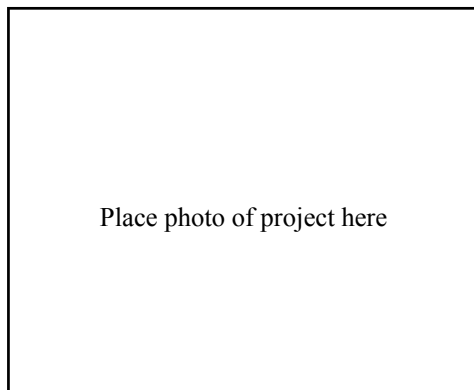
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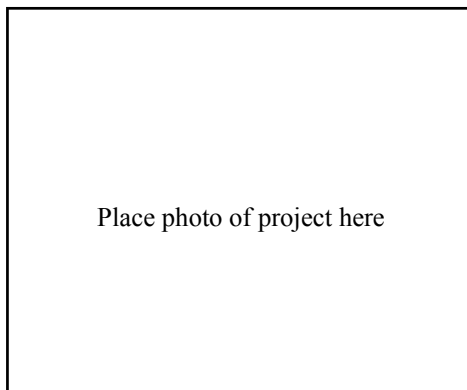
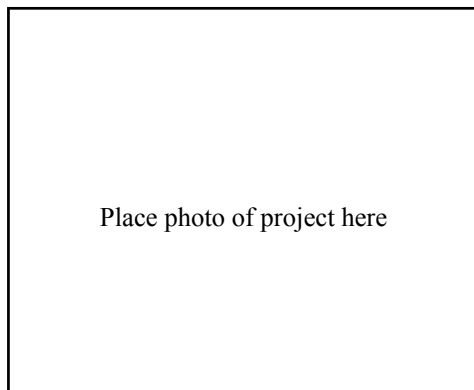
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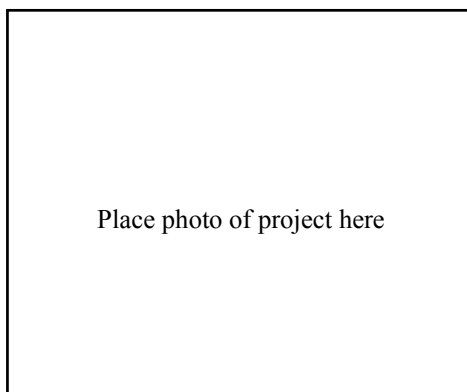
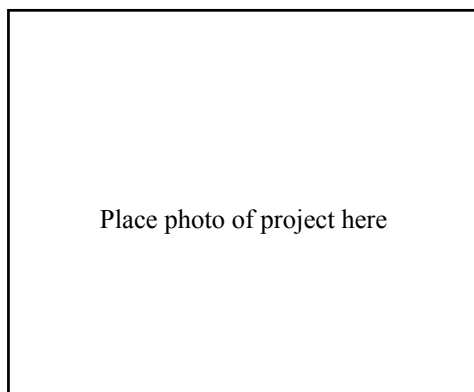
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My 4-H Activities

Use this page to record 4-H activities that you have participated in, such as Exploration Days, Capitol Experience, Camps, Citizenship Washington Focus, etc.

Activity _____

When and where was it held _____

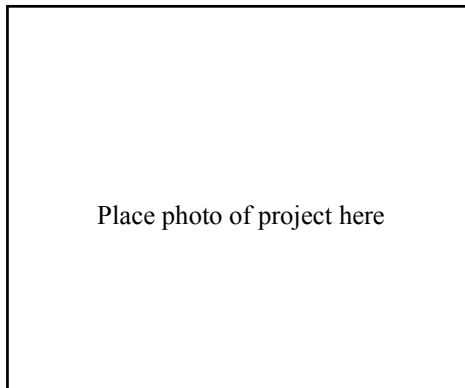
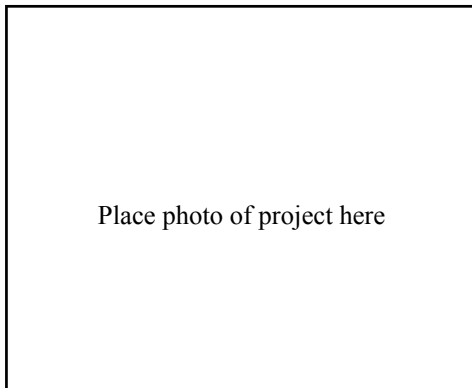
What I did _____

What I learned _____

Which project areas does this activity relate to _____

Time and cost invested in this activity _____

What I liked best about this activity _____



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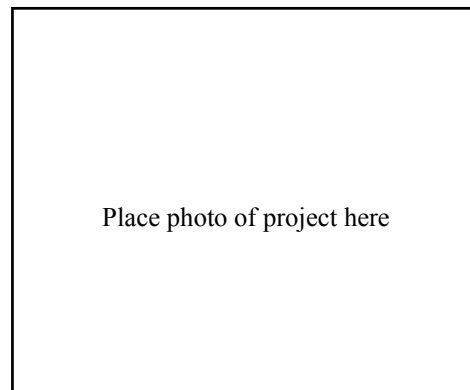
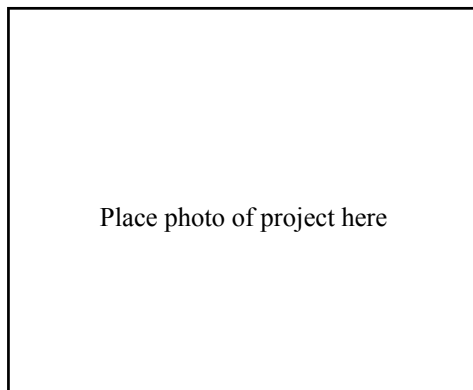
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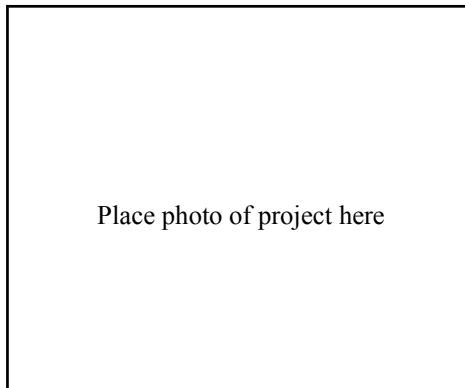
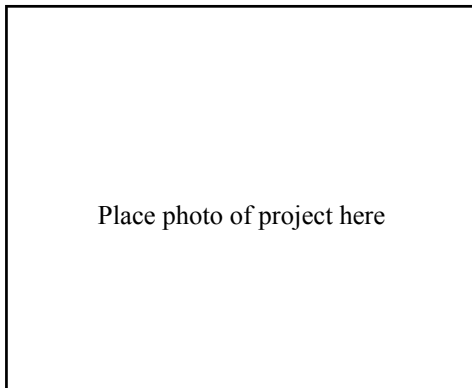
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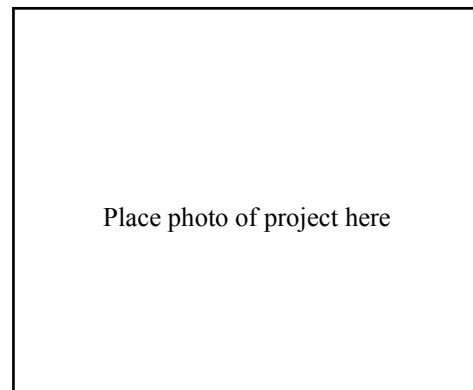
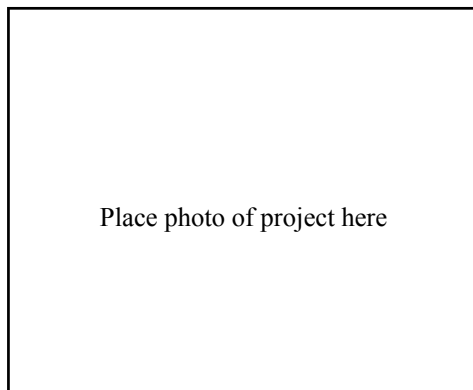
What I did _____

What I learned _____

Which project areas does this activity relate to _____

Time and cost invested in this activity _____

What I liked best about this activity _____





My 4-H Participation Calendar

September 2012

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

October 2012

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



My 4-H Participation Calendar

November 2012

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

December 2012

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



My 4-H Participation Calendar

January 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

February 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



My 4-H Participation Calendar

March 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

April 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



My 4-H Participation Calendar

May 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

June 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



My 4-H Participation Calendar

July 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

August 2013

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



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