

HOWARD COUNTY

SENIOR 4-H RECORD BOOK

GUIDE

Project Year - 2009

Records are important to all of us. We use them throughout our lives. They are a permanent record of where we came from, where we have been, what we have done, and where we are.

4-H records are a written expression of your achievements. They document the knowledge, attitudes and skills that you have learned, and they relate your experiences in leadership, citizenship, and community service that have been shared.

4-H records help you to:

- establish goals
- assume responsibility for record keeping
- collect information
- evaluate your progress

4-H records help others to understand and know you, learn about your interests and evaluate your progress and achievement. They are a record of your accomplishments that will be invaluable later in life.

Howard County 4-H recognition awards are based on 4-H record books and these awards are presented at our annual Achievement Night in the fall.

Please assemble your record book according to this guide. The guidelines will help you to prepare your book in the best possible way. Pay careful attention to the starred items (*). Record book judges use these guidelines as a base when scoring books.

GENERAL INFORMATION

- *A. Use the standard 4-H cover. It is 8 $\frac{1}{2}$ "x11" and is available from the Extension Office. **Be sure your current club name is on the front so that the book is returned to the right leader.** There is a cost for this cover.
- *B. Do not use plastic covers over any of the pages. They cause a glare and are very difficult to read.
- *C. Do not number pages
- *D. Type or computer generate the information in the book. Books can also be hand written as long as the hand writing is legible.

- *E. Use standard 8 ½" x 11" paper.
- *F. Use **rubber cement or glue** for all mountings.
- *G. Do not duplicate information. Screen all of your materials carefully.
- *H. Use tabbed dividers between each section.
- *I. Type should **not be any smaller** than 12 font with 1 inch margins.

CERTIFICATE

On the inside front flap of your record book cover, place your record book award certificate. Use the same certificate each year. Achievement seals will be placed on them when they are judged. If this is your first year, the 4-H office will put a certificate in the front of your book.

INDIVIDUAL PHOTOGRAPH

Mount one individual photograph of yourself on a sheet of paper with rubber cement. Use sharp, head and shoulder shots (minimum size 2" x 3" and maximum 4" x 5"). Black & white or color pictures are acceptable.

Follow the procedure below for listing your name, address and age (as of January 1, 2009) on your photo pages. Wording should be double spaced and centered.

<p>PHOTO</p> <p>John Doe Age 16 1122 Country Rd. Pleasantville Maryland 22220 Howard County</p>

(Do not tab page)

Be sure age is as of January 1, 2009

TABLE OF CONTENTS

The Table of Contents should be double spaced and formatted like the example.

(Do not tab this page)

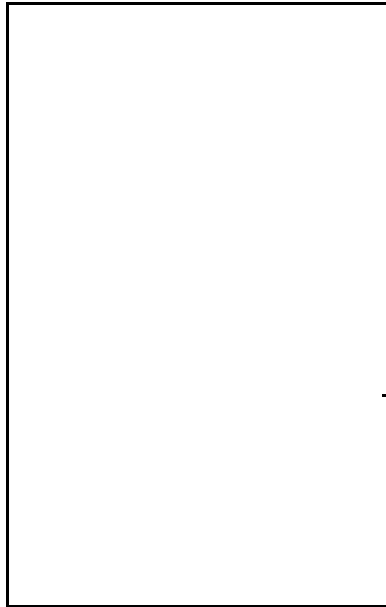


TABLE OF CONTENTS

My Resume
My 4-H Essay
My 4-H Summary Report
My 4-H Story
My 4-H Photographs
My 4-H Project Records

DIVIDERS

Place a piece of plain, paper (vellum or biology paper weight) next. These can be decorated with scrap booking techniques. Tab this paper with an index tab or make a tab of your own. These tabs should be recessed inside the cover of the book so they won't break off.

The page should look like the sample below. Use a tabbed divider for each section listed in the Table of Contents.

RESUME

No more than **three pages** (single spaced) 12 point font size, 1 inch margins, showing these skills and accomplishments. Resumes should show what you learned, knowledge gained, feelings and values and what you did and should high light your 4-H involvement, plus other areas of your life in the areas of Achievement, Citizenship, and Leadership.

Personal Information

Name, Address, Club, & County

Objectives

One sentence - e.g. To present skills and achievements acquired through membership in the Howard County 4-H Program.

Skills and Accomplishments

Citizenship, Leadership, & Achievement

Teaching

Sharing - Working

Accomplishments

Education

Employment

Personal Information

Family, hobbies, church, etc.

ESSAY- 2009 TOPIC- "What are the three most important life skills you have developed through 4-H involvement and why?"

No more than **two pages** (double spaced) 12 point font size, 1 inch margins, answering the topic question listed above.

MEMBERS SUMMARY REPORT

Remember when filling out this form that the 4-H record book year runs from January 1 - December 31. This means that if you hand in a record book in January, 2010 your report form includes 4-H information from January 1, 2009, through December 31, 2009 **plus previous years**. The Summary Report is used for all your years in 4-H and is cumulative. The records show your growth thru 4-H. Include all summaries to show yearly progression. You change the cover page each year to reflect current information.

4-H STORY

Your 4-H story is an essay of your 4-H experiences. Your story must be limited to six (6) pages with a minimum of 4 pages. Type double spaced with type not smaller than 12 point with 1-inch margins. The left margin should be 1½ ". Use 8 ½"x11" paper. Do only one story in your record book. Do not complete story sections on individual project records. Leadership, Citizenship and Achievements are very important. **SENIORS ALSO NEED TO INCLUDE THE ESSAY USING THE TOPIC LISTED ABOVE.**

4-H Story [Ideas]

Introduction

Background Information. Why you joined 4-H.

Goals and Accomplishments - Personal - 4-H

Leadership Accomplishments

Responsible leadership Roles

Individual Efforts - Team Efforts

Impact or Influence of 4-H

Success and Unsuccessful Leadership Experiences

Citizenship Accomplishments

Community Involvement

Impact or Influence of 4-H

Individual Efforts and Team Efforts

Successful and Unsuccessful Citizenship Experiences

Future Directions

Educational Goals - Career Plans

Use of Leisure time Impact or Influence of 4-H

Your 4-H Story provides an opportunity to show growth by presenting in-depth information in narrative form about your most outstanding accomplishments. Avoid a year-by-year listing of what you did. Don't save the best for last, put it near the beginning to catch the reader's interest. Try to find a theme to tie all your activities together, showing how you reached specific goals.

Try to show the human interest side of what 4-H accomplished for you, your family, your community, your state and future plans. Be specific-explain what you mean when something was "great" or "wonderful." Don't use slang; you are writing for adults. Ask someone else to read your story to check for mistakes and clarity. If something is not clear, rewrite it. **YOU NEED TO SIGN YOUR STORY ON THE LAST PAGE!**

		Name
1 ½"		State
1 ½"		1"

First Page

	1"
1 ½"	1"
	_____ Signature

Succeeding Pages

4-H PROJECT OR ACTIVITY PHOTOGRAPHS

Photographs must be limited to three 8 ½" x 11" pages, one side only. **Use rubber cement.** Photos should tell a story. Illustrate your personal growth with captions.

Action shots and photo sequences are good ways to show your progress within a program. Mount on a reasonably heavy paper like vellum or biology paper.

4-H PROJECT RECORDS

Include only your current year's records. Place your main project first. **Include all records of projects you carried this year.** Junior Leadership records are a must. Records may be typed, computer generated, or handwritten. Be sure to include all information requested.

SPECIAL HINTS

Proofread your work for errors in grammar, spelling, and punctuation. After you have completed your 4-H record, review **all** parts carefully. It should be an organized presentation of what you have learned and accomplished in 4-H. When accurately kept and carefully assembled, it is a useful tool for determining your own progress and personal growth.

Call your leader or the 4-H Office for help. Schedule an appointment and bring your records.

"Educating People to Help Themselves"

"**University of Maryland Extension** educates citizens to apply practical, research-based knowledge to critical issues facing individuals, families, communities, the State and our global partners."

Prepared by: L. Martin Hamilton, Jr.
Extension Educator, 4-H Youth
Howard County

Revised, September 2009

It is the policy of University of Maryland Extension that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital or parental status, or disability.