

INFORMATION PAGE– DO NOT INCLUDE IN YOUR RECORDBOOK

Why complete a record book?

A record book is not meant to be a chore. Instead, it is a way for you to learn. Here are some important reasons why 4-H expects you to complete a 4-H record book for your project.

Keeping a 4-H record book will help you ...

- Learn how to organize yourself
- Learn how to set reasonable goals for yourself
- Appreciate what you've learned this year from the goals you reached
- Recognize what things you learned in your 4-H project
- Explain what you've learned
- Keep track of costs of your project
- Gather information needed to apply for awards and scholarships
- Complete applications and resumes for jobs and college
- Meet requirements to participate in some county, state, or national 4-H events.

Requirements to remain in good standing in 4-H

All 4-H members are required to meet the following standards each year. These are the minimum requirements. Your club may have additional requirements.

- Attend at least 70 percent of regular club meetings and/or activities.
- Complete a 4-H project, doing one's own work with minimal assistance from parents or others.
- Give a club or county 4-H public presentation.
- Complete a project record book and turn it in to your Community Club Leader.
- Participate in 4 recognized county events throughout the year. 2 of those county events must be attended before Fair set up day.

Requirements to be considered for County Awards

Your completed book must be submitted to your Community Club Leader but submitting a record book for county judging is not required. If you do submit a record book and/or an Award of Merit form for county judging, you will be considered for receiving awards at the annual La Paz County Recognition Day.

- All sections of the recordbook must be complete in order for the book to be considered for county judging.
- Recordbooks must be bound in a 4-H recordbook cover. (Available at the Extension Office for \$3)
- On the first page of the journal, there are now sections for the member to mark whether they want their book to be judged for a specific project and/or for an achievement award. The areas must be marked clearly in order to be considered for county judging. Awards for citizenship and leadership will be based on nominations.
- An Award of Merit Form must be completed.

GENERAL INFORMATION FOR COMPLETING 4-H MEMBER JOURNAL PUTTING YOUR RECORD BOOK TOGETHER

Your Record Book should be put together in the following order:

1. Table of Contents
2. 4-H Member Journal (Light Green Forms)
3. Project Sheets (a set of the two forms below are required for each project you are taking).
 - A). 4-H Planning and Activity Record
 - B) 4-H Financial Record
4. 4-H Story (see section below for suggestions)
Optional.... Pictures and supporting material (be sure to put captions under pictures)

THE 4-H STORY

Your 4-H story is a very important part of your book. It should give personal feelings about your experiences in the 4-H program. In the first paragraph or two, tell about yourself, family, interests, and why you joined 4-H.

When writing your story, try to tell about interesting experiences and learning that took place during the year. Include information about each of your projects, leaders, & friends who inspired or helped you, problems you encountered, and fun you experienced. **DO NOT** re list the information you included in the 4-H Member Journal unless it needs to be mentioned to expand on the accomplishment or challenge you faced. Explain how 4-H has contributed to your personal life and career goals.

Complete your story by telling about your plans for next year or the future. Be creative and original in your story - it's your chance to share feelings and thoughts about 4-H and how 4-H is helping you prepare for the future.

Codes to use in your record book

Use the following codes to list the level of participation and or ribbons/awards you enter into the various columns.

Level: L = Local/club C = County M = Multi-County
 S = State N = National I = International

Ribbons/Awards: Ros = Rosette P = Purple B = Blue
 R = Red W = White S/C = Shield & Clover
 GC = Grand Champion RGC = Reserve Grand Champion
 Explain other awards as best as possible in the space provided.





**LA PAZ COUNTY 4-H
4-H MEMBER JOURNAL
YEAR_____**



Name _____ **Year in 4-H** _____

4-H Level (select one based on your age on January 1st)

____ Junior (ages 9-10) ____ Intermediate (ages 11-13) ____ Senior (ages 14-19)

Date of Birth _____ **Phone No.** _____ **Year in School** _____

Community Club _____

Mailing Address _____

Parent/Guardian Name(s) _____

Check Box if you want this project considered for a County Award (pick up to 3)	My projects this year	Year in Project

This space is for your photo

Please check the appropriate spot if you want your record book to be considered for a County Award.

____ Achievement
*Leadership and Citizenship awards will be based on leader nominations.

The following signatures are required in order for the book to be considered complete.

By signing below, I am stating that I have completed this record book myself and, to the best of my knowledge, the information included in it is correct.

• Member Signature _____ Date _____

By signing below, I am stating that I am familiar with this book and, to the best of my knowledge, the member completed this record book and the information included is correct.

• Parent Signature: _____ Date _____

As the Community Club Leader, I certify this member attended ____ out of a possible ____ Community Club meetings this year and that this record is complete and accurate. (If the member missed meetings, ____ were excused absences.)

• Community Leader Signature: _____ Date _____

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Knowledge and skills gained

There are many things to learn in 4-H. Check each item below that you learned or improved in 4-H during the past year.

I learned or improved

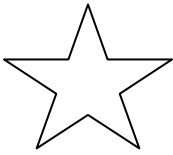
Personal Skills

- To set goals for myself
- How to organize myself
- How to finish something I started
- How to pay attention to instructions
- To feel good about myself
- Knowledge of my project
- To be proud of my accomplishments
- To make something with my hands
- To follow directions
- To try something new
- To accept change
- How to keep records of important information in my project
- To take responsibility for my own words and actions
- What is important to me
- What I am interested in
- How to get more information about something I am interested in
- How to satisfy my curiosity about a new subject
- To deal with winning and losing gracefully
- How to be careful and practice safety
- To explore a career interest
- How to make wise choices and decisions
- New words and how to use them
- How different things relate to each other
- To appreciate my cultural heritage
- To keep track of finances

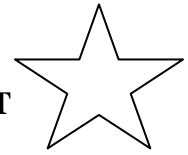
Working with other people

- How to listen to other people
- Parliamentary procedure
- How to lead others
- How to solve problems
- How to run a business meeting
- How to participate in a business meeting
- How to work with adults
- How to give a public presentation
- To feel comfortable speaking in front of a group
- How to help others succeed
- To understand my strengths and weaknesses
- To make new friends
- How to get along with other kids
- To accept people who are different from me.
- How to work on a committee
- How to work with the club to complete a community service project.
- How to give the 4-H Pledge
- How to work with other kids
- To respect someone else's feelings

Feel free to add any other items not listed above in the space below.



LA PAZ COUNTY 4-H



AWARD OF MERIT ACCOMPLISHMENT CHECK SHEET
UPDATED Version- April 2007
Due with record book in August

Member Name _____ Club _____ Age ____ (As of Jan. 1st)

Points Earned

County Level Accomplishments (2 points each)

- 1. 4-H records meet requirements and are being submitted for county level judging (yes+ 2 pts)
2. Part A of Journal- County Events: number ____ x 2 points
3. Part B of Journal- County Fair Participation number ____ x 2 points
4. Part D of Journal- County Leadership Positions held number ____ x 2 points

Club Level Accomplishments (1 point each)

- 5. Part D of Journal-Club leadership roles completed number ____ x 1 point
6. Part C of Journal- Club activities/events participated in number ____ x 1 point

State and Regional Accomplishments (3 points each)

- 7. Part E of Journal-Attended a STATE 4-H conference or camp number ____ x 3 points
8. List specific state contests in which you have participated number ____ x 3 points
9. List specific state level recognition applied for: number ____ x 3 points
10. Part D of Journal--Served in a leadership role on the state level number ____ x 3 points

National Level (4 points each)

- 11. Attended National 4-H Youth Congress (Atlanta)
12. Attended National 4-H Conference (Maryland)
13. Attended Citizenship National Focus (Washington, D.C.)
14. Participated in national/international 4-H Youth Exchange program
15. Served in a Leadership role on the national level

Community Club Leader Verification _____ Date _____ Total _____

Points required to receive the Award of Merit Recognition

Table with 4 columns: AWARD LEVEL, JUNIOR (AGES 9-10), INTERMEDIATE (AGES 11-13), SENIOR (AGES 14-19). Rows include GREEN, BRONZE, SILVER, and GOLD with corresponding point values.

