



# My 4-H Records – Logan/Menard/Sangamon Counties

September 1, 2023-August 31, 2024

*Typed Records are preferred, but handwritten is acceptable for members ages 8-10.*

Name: \_\_\_\_\_

4-H age (your age as of September 1, 2023): \_\_\_\_\_

Year you joined 4-H: \_\_\_\_\_

4-H Club: \_\_\_\_\_

Number of meetings held by your 4-H club this year: \_\_\_\_\_

Number of 4-H club meetings you attended this year: \_\_\_\_\_

*Handwritten signatures are preferred, but typed signatures are acceptable.*

I personally completed this document, and it accurately reflects my work.

\_\_\_\_\_  
Member's Signature

\_\_\_\_\_  
Date

I reviewed this document, and it accurately reflects the member's work.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

*Give completed Records to your club leader to sign. Your leader will submit them to the county 4-H office. Your Records will be reviewed at the county level, and you will be given feedback.*

I reviewed this document, and it accurately reflects the member's work.

\_\_\_\_\_  
4-H Club Leader's Signature

\_\_\_\_\_  
Date

### I am submitting my Records in:

*Choose one or more categories in which you had the most experience and accomplishments during the 2023-2024 4-H year. Your essay(s) in Section 2 will focus on the categories you choose.*

- Community Service**
- Leadership**
- Personal Growth**

### Project Achievement in:

**Animal Science** (Beef, Cats, Dairy Cattle, Dairy Goat, Dogs, Horse, Meat Goats, Poultry, Rabbit, Sheep, Small Pets, Swine, Vet Science)

**Career/Leadership** (Communications, Career, Consumer Ed, Leadership, Child Development)

**Civic Engagement** (Civic Engagement, Service Learning, Family Heritage, Intercultural)

**Creative Arts** (Creative Writing, Interior Design, Photography, Theatre Arts, Video, Visual Arts, Clothing and Textiles)

**Environmental Sciences** (Entomology & Beekeeping, Forestry, Geology, Exploring Your Environment, Natural Resources, Outdoor Adventures, Sportfishing, Wildlife, Weather, Shooting Sports)

**Gardening, Ag, and Food Access** (Crops, Floriculture, Vegetable Gardening, Plants & Soils)

**Healthy Living** (Cooking, Food Science, Sports Nutrition, Food Preservation, Health)

**STEM** (Aerospace, Computer Science, Electricity Robotics, Small Engines, Maker, eSports, Drones, Tractor, Welding, Woodworking)









## **Section 2 - My 4-H Story**

*Use the text box on the following page.*

If you are **8-10 years old** (as of September 1), write one essay of at least 1 paragraph with 4-5 sentences. Tell about what you did in 4-H this year. What did you like best about your year in 4-H and what would you like to do next year? Try to be specific. (For example, write “I had fun using clay to make a cat figure,” instead of just “I liked doing Visual Arts.”) If you are submitting in multiple categories, you can cover them all within one essay.

If you are **11-13 years old** (as of September 1), write a 100-400 word essay for each category you are focusing on. Write about what you accomplished over the past 3 years in that category. Include what you liked best, challenges you faced, how you incorporated what you learned in previous years, and what you would like to do next year. Attach additional copies of the following page if you are submitted multiple essays.

If you are **14-18 years old** (as of September 1), write an essay of at least 300 words for each category you are focusing on. The essay should emphasize activities done in the past 3 years, but it may also include earlier motivations and experiences that laid the foundation for your current involvement. It should NOT be a listing of awards received. Attach additional copies of the following page if you are submitted multiple essays.

- For Community Service, focus on your 4-H work in service to others, including things you have done as an individual as well as group activities with your club.
- For Leadership, focus on the development of your leadership skills, including offices held, committees served on, programs led, public presentations on behalf of 4-H, and teen leadership roles such as teaching, mentoring, planning, promoting, advocating, etc.
- For Personal Growth, focus on your own personal growth through participating in 4-H. This can include, but is not limited to, growth in skills, demonstrated initiative, self-confidence, interpersonal interactions, etc.
- For Project Achievement, explain how you have mastered or excelled in that particular project area. This can include, but is not limited to, describing knowledge gained and skills developed in that area, goals set and how they were achieved, and how you used project-related knowledge/skills in other areas of your life.

**This Story is about:**

*Be sure the category matches  
what you picked on the first page*

Community Service

Leadership

Personal Growth

Project Achievement in

Animal Science

Career/Leadership

Civic Engagement

Creative Arts

Environmental Sciences

Food Systems

Healthy Living

STEM

