



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

September 1, 2022-August 31, 2023

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

Give completed Records to your club leader at the end of the 4-H year. After signing them, 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 on areas to expand or improve.

Name: _____

4-H age (your age as of September 1, 2022): _____

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: _____

Digital 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

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 2022-2023 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 & Guinea Pigs, Swine, Vet Science)
- ☐ **Career/Leadership** (Build Your Future, Entrepreneurship, My Financial Future, Leadership)
- ☐ **Civic Engagement** (Civic Engagement, Service Learning, Collectibles, Exploratory, Family Heritage, Passport to the World, Diversity & Cultural Awareness)
- ☐ **Creative Arts** (Communications, Creative Writing, Journalism, Public Speaking, Interior Design, Photography, Theatre Arts, Video, Visual Arts, Clothing, Shopping in Style)
- ☐ **Environmental Sciences** (Entomology, Beekeeping, Forestry, Geology, Exploring Your Environment, Natural Resources, Outdoor Adventures, Sportfishing, Wildlife, Weather, Shooting Sports)
- ☐ **Food Systems** (Crops, Floriculture, Vegetable Gardening, Cover Crops, Plants & Soils)
- ☐ **Healthy Living** (Child Development, Cooking, Food Science, Sports Nutrition, Food Preservation, Health)
- ☐ **STEM** (Aerospace, Bicycle, Computer Science, Electricity, Robotics, Small Engines, Maker, eSports, Drones, Tractor, Welding, Woodworking)

Section 1 – Activity Lists

If you are submitting in multiple categories, you should only complete Section 1 one time. Space is limited, so you may have to choose which items are most relevant and leave out things that are less important. You do not need to fill all rows.

4-H Project Learning – List 4-H project work completed in the past 3 years. Show the size and scope by including quantities, such as the number of animals owned/leased, dishes prepared, items made, etc. Include things you learned, things you created, workshops attended, and what you exhibited.

[illegible]

[illegible]

[illegible]

[illegible]

Section 2 - My 4-H Story

Use the text box on the following page. Attach extra copies of the page if you are submitting stories for multiple categories.

If you are **8-10 years old** (as of September 1), write an essay of at least 1 paragraph of 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.

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.

- 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:

- ☐ Community Service
- ☐ Leadership
- ☐ Personal Growth
- Project Achievement in
- ☐ Animal Science
- ☐ Career/Leadership
- ☐ Civic Engagement
- ☐ Creative Arts
- ☐ Environmental Sciences
- ☐ Food Systems
- ☐ Healthy Living
- ☐ STEM