

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

September 1, 2024-August 31, 2025

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

Name:	
<b>4-H age</b> (your age as of September 1, 2024):	
Year you joined 4-H:	
4-H Club:	_
Number of meetings held by your 4-H club thi	s year:
Number of 4-H club meetings you attended th	is year:
Handwritten signatures are preferred, but type	d signatures are acceptable.
I personally completed this document, and it a	occurately reflects my work.
Member's Signature	Date
I reviewed this document, and it accurately ref	lects the member's work.
Parent's Signature	 Date
Give completed Records to your club leader to 4-H office. Your Records will be reviewed at the	sign. Your leader will submit them to the count e county level, and you will be given feedback.
I reviewed this document, and it accurately ref	lects 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 2024-2025 4-H year. Your essay(s) in Section 2 will focus on the categories you choose.

	-2025 4-H year. Your essay(s) in Section rus on the categories you choose.
□ Com	munity Service
☐ Lead	ership
□ Perso	onal Growth
	<b>Chievement in: Animal Science</b> (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)
	<b>Civic Engagement</b> (Civic Engagement, Service earning, Family Heritage, Intercultural)
F	Creative Arts (Creative Writing, Interior Design, Photography, Theatre Arts, Video, Visual Arts, Clothing and Textiles)
E E	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)
	<b>Healthy Living</b> (Cooking, Food Science, Sports Nutrition, Food Preservation, Health)
9	STEM (Aerospace, 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.

<u>4-H Project Learning</u> – 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.







4-H Year	Project Name	What I Did & Learned

<u>Community Service</u> – List community service activities you have done in the past 3 years. Mark if the activity was done as an Individual, at a Club/Group level (activities done through 4-H and also through other organizations), at a County/Regional level, or at a State/National level.







4-H Year	Individual	Club/Group	County/Region	State/Nation	Group/Activity Name	What I Did & Learned
					l .	

**Leadership** – List leadership you demonstrated in 4-H and other organizations **in the past 3 years**. Include officer and committee positions held, times you were in charge of something, teaching/mentoring, public speaking, talks/demonstrations presented, etc. Mark if the leadership was done at a Club/Group level, at a County/Regional level, or at a State/National level.







4-H Year	Club/Group	County/Region	State/Nation	Group/Event Name	What I Did & Learned

<u>Participation</u> – List ways you participated in 4-H and other organizations in the past 3 years. Include sports, music, school clubs, other youth organizations, and religious groups. Focus on things like group membership and workshops attended. Mark if you participated at a Club/Group level, at a County/Regional level, or at a State/National level.







4-H Year	Club/Group	County/Region	State/Nation	Group/Event Name	What I Did & Learned

## 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 <u>one essay</u> 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 submitting 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 submitting 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:	☐ Community Service	☐ Leadership	☐ Personal Growth	
Be sure the category matches	Project Achievement in		er/Leadership 🗆 Civic Engagement	☐ Creative Arts
what you picked on the first page		☐ Environmental Sciences	☐ Food Systems ☐ Healthy Living	; □ STEM