

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: Sam Member	-,
4-H age (your age as of September 1, 2021	1): 8
Year you joined 4-H: 2021	
4-H Club: Clover Pals	
Number of meetings held by your 4-H clu	
Number of 4-H club meetings you attend	ed this year: 10
Digital signatures are acceptable.	
I personally completed this document, an	d it accurately reflects my work. 8/28/22
Member's Signature	Date
I reviewed this document, and it accurate	ely reflects the member's work. 8/28/22
Parent's Signature	Date 8/29/22
4-H Club Leader's Signature	Date

I am submitting my Records in the following Award
Area(s): Choose one or more areas in which you had
the most experience and/or accomplishments during
the 2021-2022 4-H year. Your essay(s) for Section 2
will focus on the Award Area(s) you choose.
Community Service Award Area
Leadership Award Area
Personal Growth Award Area
Project Achievement Award Area in (choose one):
Animal Science Projects (Beef, Cats, Dairy Cattle,
Dairy Goat, Dogs, Horse, Meat Goats, Poultry, Rabbit,
Sheep, Swine, Small Pets, Swine, Vet Science)
Career/Leadership Projects (Build Your Future,
Entrepreneurship, My Financial Future, Leadership)
Civic Engagement Projects (Civic Engagement,
Service Learning, Collectibles, Exploratory, Family Heritage, Passport to the World, Diversity & Cultural
Awareness)
Creative Arts Projects (Communications, Creative
Writing, Journalism, Public Speaking, Interior Design,
Photography, Theatre Arts, Video, Visual Arts, Clothing,
Shopping in Style)
Environmental Sciences Projects (Entomology,
Beekeeping, Forestry, Geology, Exploring Your
Environment, Natural Resources, Outdoor Adventures,
Sportfishing, Wildlife, Weather, Shooting Sports)
Food Systems Projects (Crops, Floriculture,
Vegetable Gardening, Crop Cover, Plants & Soils)
Healthy Living Projects (Child Development,
Cooking, Food Science, Sports Nutrition, Food Preservation, Health)
STEM Projects (Aerospace, Bicycle, Computer
Science, Electricity, Robotics, Small Engines, Maker,
ESports, Drones, Tractor, Welding, Woodworking)

Section 1 – Activity Lists

Even if you are submitting in multiple Award Areas, 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			
2021-2022	Vegetable Gardening A	planted and cared for carrots, potatoes, sweet corn, and green beans; learned that I need to water plants every day			
2021-2022	Vegetable Gardening A	completed 6 activities from my 4-H project book; learned about when to plant vegetables			
2021-2022	Vegetable Gardening A	exhibited a vegetable plate with carrots and green beans; learned how to talk to a judge about my project			
2021-2022	Visual Arts - Clay	watched a video about different types of clay; learned about clay			
2021-2022	Visual Arts - Clay	made and exhibited a dinosaur with Sculpy clay; learned how to shape clay			
2021-2022	Swine 1	learned how to wash and feed my pig			
2021-2022	Swine 1	raised and exhibited a Yorkshire barrow; learned how to walk in the show ring			
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<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 (include 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
2021-2022		\checkmark			Canned Food Drive	helped sort food donated to my church; learned that not everyone has enough food
2021-2022	✓				Cards for Soldiers	made 10 Christmas cards that I mailed to soldiers; learned how to address an envelope
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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.







Club/Group	County/Region	State/Nation	Group/Event Name	What I Did & Learned
✓			Clover Pals 4-H Club	led American pledge twice and 4-H pledge once at club meetings; memorized the 4-H pledge
✓			Clover Pals 4-H Club	gave a talk about my vegetable garden at a club meeting; learned how to write a speech
✓			Clover Pals 4-H Club	Refreshment Committee; learned about planning
✓			Student Council	class representative, attended monthly meetings; learned about leadership
				✓ Clover Pals 4-H Club ✓ Clover Pals 4-H Club ✓ Clover Pals 4-H Club

<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
2021-2022	✓			school basketball team	went to practices and played in games; learned about teamwork
2021-2022	✓			school Spelling Bee	competed in front of the whole school, won second place; learned lots of words
2021-2022		✓		county speech contest	gave a speech about thunderstorms, received a participation ribbon; learned about weather
2021-2022		✓		4-H cupcakes workshop	learned how to make decorations with fondant
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Section 2 - My 4-H Story

Use the text box on the following page, or attach extra pages as necessary.

If you are **8-10 years old** (as of September 1), write an essay of at least 1 paragraph of 4-5 sentences. Tell us 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 Award Areas, 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 Award Area you are entering. Write about what you accomplished over the past 3 years in that Award Area. Include what you liked best, challenges you faced, how you incorporated what you learned in previous years, and/or 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 Award Area you are entering. 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 year I learned to plant and grow vegetables in our garden. I got to plant carrots, potatoes, sweet corn, and green beans. I yas really excited about the sweet corn because it is my favorite vegetable! Some of the hot days I had to be sure to go out and water the garden. I think I met my goal of learning to plant and care for vegetables. I liked showing my vegetables at the fair the best. Next year I hope to plant some different things in my garden and might try strawberries.
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