

THE NORTH CAROLINA 4-H REPORT FORM

(Before completing this form, please read INSTRUCTIONS beginning on page 2)

COUNTY

YEAR

Cumulative Record Area in which you are entering

Competition Category: 13 thru 15 years old
(age as of Jan. 1 of year submitting)

16 thru 18 years old

Number of years in above program

Years in 4-H

Name
(first) (middle) (last)

Boy Girl

Name you want used in publicity
(please print)

Home Address

Zip Code

Home Telephone Number (include area code):

Date and Year of Birth:

Age January 1 this year:

Names of parents or guardians:

Name of your 4-H club or group:

Name of School:

Grade in School:

Prior state cumulative record awards won in this category
for this age group:

Gold	Year
Silver	Year
Bronze	Year

**If chosen State Gold Winner in 2 Project Areas, I would like to be named winner in this project.
Please place a check in this box.**

STATEMENT BY 4-H MEMBER

I personally have prepared this report and certify that it accurately reflects my work:

Date: _____, 20____ Signature of 4-H Member_____

APPROVAL OF THIS REPORT

We have reviewed this report and believe it to be correct:

Date: _____, 20____ Signed:_____

(Parent or guardian)

Date: _____, 20____ Signed:_____

(Local 4-H Leader)

Date: _____, 20____ Signed:_____

(County Extension Agent)

Directions for Completing the North Carolina 4-H Report Form

The North Carolina 4-H Report Form has been simplified to make reporting 4-H activities easier. The form has six parts: I) Major Project; II) Other 4-H Accomplishment, Skills and Knowledge; III) Leadership; IV) Citizenship; and V) Community Service. A separate section called Express Yourself is designed to allow you, the 4-H'er, to creatively tell your 4-H history.

Project work should be reported for only the last three consecutive years. You may not add additional pages to the report form. All information should only be listed once in the report form.

I. Major Project: Select the one project in which you have accomplished the most outstanding work. In section IA, record the activities and events that helped you gain knowledge in the project. Section IB is provided for listing what you have learned through your project and section IC provides space to list any awards and recognition.

Ex.: Sec. I A - Presentations
 1996 "Computer Games of the Future"
 Judging Events
 1997 "Computer Science Fair -demonstrated computer"
 Sec. I B - 1996 How a microprocessor sends data
 How funding for the Information Highway is being utilized
 1998 How to use presentations skills in a science fair competition
 Sec. I C - 1997 District Blue Ribbon at Science Fair; Eligible for State Competition
 1998 - Computer Presentation Senior Division Winner C, D

Note coding system: L = Local S = State
 C = County N = National
 D = District I = International

II. Other 4-H Accomplishments, Skills, and Knowledge: This section is designed to allow 4-H members to capture their most outstanding accomplishments not listed anywhere else. (May include all 4-H years on this page only.)

Ex.: 19__ - Taught Bicycle Safety Workshop for 16 youth in our county. Included safety information, how to ride on trails, and conducted a rodeo.
 - Received recognition from the NC Safety Council for my Bicycle Safety work.
 - Named Outstanding Junior Camper at BJ Penn 4-H Center. Received a camp T-shirt.
 19__ - Named District Poultry Presentation for my talk on "Flock of a Different Color."
 - Named State Poultry Presentation winner and traveled to National Competition with Poultry Specialist.

III. Leadership: Report leadership experiences you have had. Also you can list training in which you have participated.

Ex: 1997 - Presented four workshops on computer programs at a local computer camp.
 1999 - Made 12 presentations as a County 4-H Ambassador; raised \$2,000 for 4-H camp scholarships.
 1997 - Four classes at 4-H Congress
 District Teen Retreat Class on Computers

IV. Citizenship: Report those activities in which you became involved in the political process.

Ex: 1997 - Spoke at town meeting to request Town Council to provide teenagers with a safe recreational facility for weekend events
 1998 - Conducted voter registration; 5 of my friends registered to vote

V. Community Service: Report those activities that enhanced the quality of life in your community.

Ex.: 1996 - Planted flowers at the local library.
 1997 - Sold 25 barbecue tickets for local fire department fundraiser.

I. Accomplishments in the _____ Project

I.A. We "learn by doing" in 4-H. Please list the most important presentations, talks, exhibits, radio, tv, newspaper articles, tours, camps, judging events and workshops and any other learning experiences in which you participated. Include only the last three year's accomplishments, beginning with the earliest year.

I. B. List the most important knowledge and skills you have gained in this project. Be sure to list only the last three year's work, beginning with the earliest year.

I.C. List significant awards and recognition you have received in this project area.

II. Other 4-H Accomplishments, Skills, and Knowledge

This section is designed to record outstanding 4-H Accomplishments in any 4-H year not listed elsewhere in the NC 4-H Report Form. 4-H'er may also include any other major accomplishments in projects, activities, or events that do not fit elsewhere in the NC 4-H Report Form. Ex: District and State Poultry Presentation Winner 5 years ago; Outstanding Junior Camper 4 years ago; Taught Bicycle Safety Project Workshop 4 years ago.

III. 4-H Leadership

Leadership involves holding offices and serving on committees. It also can involve teaching workshops, volunteering at 4-H Day Camps, giving a club program, organizing events and meetings, recruiting new members, serving as an Ambassador, and motivating peers to set a goal and take action.

List ways you have been a leader and/or have learned about leadership.

IV. 4-H Citizenship

As teenagers, it is important to begin to participate in the political process to become involved in making a contribution to our communities. Citizenship activities might include: participation in school government; attending a town meeting; sending a message to the Vice President of the United States on the computer system; lobbying County Commissioners or other government representatives; writing state and national congressional leadership, and encouraging your friends to register to vote.

Please list your involvement in citizenship in the space below. Include activities for only 3 years.

V. 4-H Community Service

Community service involves contributing to the quality of life in your community. Like many 4-H'ers, you may have participated in community service activities for your club or you may have done service projects by yourself. List any community service projects you have completed in the last three years.

Express Yourself

4-H'ers may submit up to three different methods of expressing him/her self. The maximum number of pages to be submitted in Express Yourself is 10 pages.

Types of Creative Ways to Express Yourself

4-H Story

I. A Story (required) - Your story may be 2 - 6 pages long. It can be typewritten or printed neatly. You should include your entire 4-H experience.

Express Yourself

Choose **One or Two** of the following additional ways to express yourself: These must relate to the specific project described in Section I.

Since your maximum total number of pages is 10 for the entire Express Yourself, you should deduct the number of pages in your story to determine how many total pages you may have for other methods of expressing yourself such as photographs, a poem, or teaching tools.

- | | |
|--------------------|---|
| Video- | Two minutes will be reviewed. Set video at point you wish the judges to review. Does not count in the page limit of 10 total pages. |
| Audio Tape- | Two minutes will be reviewed. Set audio at point you wish the judges to review. Does not count in the page limit of 10 total pages. |

Compiling Your Cumulative Record

The way you present yourself in your Cumulative Record is important. Therefore, you'll want to consider neatness as you put the record together. Records should be placed in a report folder (any school report folder is acceptable) with the outside clearly marked with the 4-H'er's name, cumulative record area, and county in the upper right corner of the folder.

A **Title/Photo Page** should include the 4-H'er's name, address, county, district, age and cumulative record area. This page will also display the 4-H member's picture. School pictures are acceptable in either black and white or color.

A **Table of Contents** will help the reader locate information in the record. The individual sections may also be separated by divider tabs. Appropriate dividers would include: NC 4-H Report Form, 4-H Story, Express Yourself. If you are utilizing an audio or video tape as one of your Express Yourself sections, please write that information on a page and include it behind the Express Yourself tab. Please put your video/audio tapes in a zipper pencil pouch.

The **North Carolina 4-H Report Form**: 4-H'er should complete all sections of the NC Cumulative Record Report Form and additional pages SHOULD NOT be included.

The **Express Yourself** items should be clearly labeled for viewing and listening.

Incentives for the Cumulative Record Program

If you like to participate in competitive activities, you might be interested in the incentives program for the Cumulative Record. There are two age levels for competition: 13 -15 year olds and 16 - 18 year olds. Any 4-H member who is within the age range in the category on January 1 of the current year is eligible to compete within that age group.

4-H members will participate in district competition first. Each of the top three participants from each district will then compete for state recognition. The top three winners in each age division will receive the appropriate recognition designated in the awards handbook. Refer to the current year's Awards Handbook to see the value of the savings bonds. **PLEASE NOTE THAT NOT ALL CATEGORIES ARE FUNDED EACH YEAR.** The medalists will be recognized at North Carolina 4-H Congress in July each year where they will have an opportunity to meet with their donors.