



SECTION 1: Personal Information

County You Participate In 4-H: _____ Program Year: _____

4-H Project Record Category in which you are entering: _____

Competition Category: ☐ 9 thru 10 years old ☐ 11 thru 12 years old

(age as of Jan. 1 for the project reporting year)

Number of years in the above program area: _____ Years in 4-H: _____

Name: _____ ☐ Male ☐ Female
(first) (middle) (last)

Name you want used in publicity: _____
(please print)

Home Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Primary Telephone Number (include area code): _____

Date and Year of Birth: _____ Age as of January 1: _____
(age as of Jan. 1 for the project reporting year)

Names of parents or guardians: _____

Name of your 4-H club or group: _____ 4-H'ers Primary email address if applicable: _____

Name of School: _____ Grade in School: _____

Prior 4-H Project Record Gold awards won in this category ☐ Gold Year:
for this age group:

STATEMENT BY 4-H MEMBER

I give North Carolina 4-H permission to use my record as a sample, after identifying information has been removed, and allow North Carolina 4-H to use my Digital Media if any is provided to use for 4-H Marketing opportunities. I also understand that North Carolina 4-H will contact me before any of my information is shared.

I have personally 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)



4-H & YOU!

Answer questions on separate paper if needed.

Looking back over the past year in 4-H:

1. What was your favorite thing you did in 4-H this year and why?
2. Who is your role model in 4-H? Why?
3. What was the most important thing you have learned during the past year in 4-H?

Looking to the future:

4. If you were in charge of 4-H, how would you make it better? In your:

Club:

County:

District:



SECTION 2

My 4-H Story

(Place your 4-H Story behind this page)



Tell us your 4-H story! Your story is limited to no more than four (4) pages typed or handwritten. Your story should include all of your 4-H projects for this year.

Here are some things you **COULD** include in your story:

Introduce yourself and include any information you choose to share about your interests, family, hobbies etc. If you were given two minutes to tell someone about yourself, what would you say?

Describe how 4-H has made a difference in your life.

How did the project you are completing in this Project Record help you grow?

Who has helped you in your 4-H journey?

How has your 4-H participation helped others?

What are your goals in life?

Summarize your experiences in 4-H.



Program Year: _____

SECTION 3

4-H Project Focus

(Name of 4-H Project)

We “learn by doing” in 4-H. List the specific things you learned and did in this project area during the past year. List both things that you learned and skills that you gained. Use numbers to show how much you did and learned. Please list the most important presentations, talks, exhibits, camps, judging events, workshops, or any other learning experiences in which you have participated related to your project. Please list the work you have done this year (from January – December) using a bullet statement, list, and/or chart.

What did you do in this project this year?

(Ex) I showed 5 goats in the NC State Fair.

What did you learn?

I learned the parts of a goat, how to groom a goat, and how to place the goat's feet in a show.

(Attach pages here)

Did you spend or make any money on your project?

How much did you spend? How much did you make?



Program Year: _____

SECTION 4

Leadership/Citizenship/Community Service



In this section, please make a list of the things you have done involving citizenship, community service, leadership, and other projects and events. If you are listing non 4-H activities, please list only those for which 4-H has helped you prepare. If your 4-H project focus is on Leadership, Citizenship or Community Service you may write "See Section 3" as your answer in this

section or use it to continue adding project work for Section 3. Leadership includes holding offices and serving on committees. It also can include teaching workshops, volunteering at 4-H Day Camps, giving a club program, organizing events and meetings, and recruiting new members. Community service activities might include fundraising for a community organization or assisting with the Fire Department raffle. List the number of hours you volunteered and who benefited from your volunteer service. You might also begin to learn about citizenship by going to county commissioners or town council meetings or writing your legislative representative.



If you taught a workshop, be specific and list the number of people you taught and the name/topic of the lesson. List ways you have been a leader and/or have learned about leadership. Please denote 4-H activities with an asterisk. If you are listing non 4-H

activities, please list only those for which 4-H has helped you prepare. Before you list the activity put and L for Leadership, C for Citizenship and CS for Community Service.



Example:

Activity - L=Leadership, C=Citizenship, CS=Community Service	Accomplishment/Hours	Level
L - Led the 4-H pledge	15 members	Club
L - Led an icebreaker activity at County Council	Led 12 4-H'ers in the Human Knot	Club
C - Recited the 4-H pledge		Club
C - Learned about each of the club officer positions		Club
CS - Donated 6 canned goods for Food for Families Food Drive	1 hour, 6 items	
CS - Wrote letters to soldiers	3 hours, 20 letters	National

(Attach pages here)

*Level = L - Local, C - County, D - District, S - State, R - Regional, N - National



Program Year:_____

SECTION 5

Awards and Recognition



List all the awards, honors, and recognitions you have received including contests, trips, certificates, ribbons, etc. Specify whether they were National, Regional, State, District, County, or Club awards.

Experiences should be divided between project specific awards that related to this Project Record area, other 4-H awards and non-4-H awards. List your Project Record project specific awards first then follow with other awards and then non-4-H awards.

4-H Project Record Awards

Award/Recognition

Example 1: Certificate of Participation

Example 2: Certificate Blue Ribbon

For What Received

Attendance State 4-H Marsh Maneuvers

Area Commodity Ambassador

Other 4-H Awards

Award/Recognition

For What Received

Non 4-H Awards & Recognition

Type of Award

Example: Plaque-1st place

For What Received

Community Beautification poster contest

(Attach pages here)



SECTION 6

4-H Photos and Supporting Materials

There is a six page limit: This can include pictures (with captions), drawings, news clippings, letters, certificates, poems, teaching tools, short stories etc. Use the front side only and please do not attach any item thicker than 1/8 of an inch. The use of clear non-glare protective sheets is **optional**.



Digital media should be no more than two minutes long. Please use YouTube to upload your videos, as this is our preferred method. Also, please note that all videos must have closed caption incorporated into it. This is a requirement. All digital media will count as one page.

(Attach pages here)



SECTION 7

Program Year:_____

4-H Goal Setting



What would you like to do next year in 4-H (after you submit this project)? On a separate piece of paper, please use the guide below to plan your 4-H goals for next year. Include goals for your entire 4-H year as well as goals for this specific project. There is no page limit to this section.

	ACTION	RESULTS	TIMETABLE
<i>I want</i>	<i>to learn</i>	<i>how to eat healthier</i>	<i>by December.</i>
<i>I want</i>	<i>to give</i>	<i>a 4-H presentation at DAD</i>	<i>by June.</i>
<i>I want</i>	<i>to train</i>	<i>my dog to sit and stay</i>	<i>before summer is over.</i>

(Attach pages here)