Portfolio_Cover_2013



**North Carolina 4-H Portfolio Guidelines**

**(formerly known as Cumulative Records)**

1. Each 4-H member should complete their 4-H portfolio to the best of their ability and turn it into their county 4-H agent by the county due date.
2. Project work should be reported for no more than the last three consecutive years. You may **not** add additional pages to the report form except where indicated. All information should only be listed **once** in the report form.
3. All materials are property of North Carolina 4-H and may be used to showcase 4-H work.

***Guidelines for completing your records:***

In the upper right hand corner of the outside cover, please include the following information: Name, County, District, Portfolio Category, and Age Category.

Place your portfolio in a binder. Beginning with Portfolios in 2015 – all portfolios must be in a 4-H Binder. Please check with your county agent for specifics or you can order it from:

http://www.4-hmall.org/Category/officesupplies-recordbookcovers.aspx

Please print legibly or type using Arial or Times New Roman font in size 12 ONLY. See link below for the form to download:

<http://www.nc4h.org/youth/4-h-awards-incentives-programs>

**Your 4-H Portfolio should have all 9 sections of the book in consecutive order.**

***Section 1 – Personal Data and 4-H & You page***

Please be sure to complete all of the information requested on this page. Do not forget to list your Portfolio Category. Make sure the appropriate people sign your portfolio.

***Section 2 – My 4-H Story***

Write a story about your 4-H experiences, including what you’ve done, learned, and enjoyed. Your story can be no more than 2 pages. It can be typewritten or printed neatly. You should include your entire 4-H experience in the story. See specifics in Section 2.

***Section 3 – 4-H Project Focus***

We "learn by doing" in 4-H. List the specific things you learned and did in this project area during the past three years. List knowledge and skills gained as well as the things you learned how to do. Use numbers to show how much you did and learned. Please list the most important presentations, talks, exhibits, radio, TV, newspaper articles, tours, camps, judging events, workshops, and any other learning experiences in which you have participated related to your project. Please list the work you have done in the last three years beginning with the most recent year.

***Section 4 – Leadership***

This page is where you should list all the leadership activities in which you have participated. Be specific – list the number of people you taught and the name of the lesson. Leadership involves holding offices and serving on committees. It can also involve teaching workshops, volunteering at 4-H day camps, leading/facilitating club programs, organizing events and meetings, recruiting new members, serving as a 4-H Ambassador, and motivating peers to set a goal and take action. List ways you have been a leader and/or have learned about leadership. If you are listing non 4-H leadership activities, please list only those for which 4-H has helped you prepare. Please list the work you have done in the last three years beginning with the most recent year.

***Section 5 – Citizenship***

As teenagers, it is important to participate and be involved in the political process and make a civic contribution in our communities. Citizenship activities might include: attending a town meeting where you were representing 4-H; sending a message to your state legislator about

4-H teen issues that have been identified on the state 4-H program level; promoting 4-H and Cooperative Extension to county commissioners or other government representatives, etc. If you are listing non 4-H citizenship activities, please list only those for which 4-H has helped you prepare.

***Section 6 – 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 by yourself. Examples may include: volunteering at your local animal shelter, participating in a food drive, holding a fundraiser for your 4-H club, etc. Be sure to list only the last three years’ work, beginning with the most recent year. List the number of hours you volunteered and who benefited from your volunteer service. If you are listing non 4-H Community Service activities, please list only those for which 4-H has helped you prepare.

***Section 7 – 4-H Awards and Recognition***

List certificates, ribbons and other awards you have won in the past three years. Remember, only 4-H winnings go on this page! Specify whether they were National, Regional, State, District, County or Club awards. Experiences should be divided out between project specific awards that related to this portfolio area and other 4-H awards.

***Section 8 – Non 4-H Experiences, Awards, and Recognition***

List any other groups, clubs, organizations, or sports teams to which you belong, as well as other items that have had a significant impact in your life, such as camps, conferences, or a job. You may also list any awards you have won or recognition you have received outside of

4-H. Examples of activities you may have been involved in would include: school clubs, VBS, Girl Scouts, Boy Scouts, FFA, etc.

***Section 9– 4-H Photos and Supporting Materials***

Include up to six 4-H scrapbook pages, which may include pictures (with captions), news clippings, letters, certificates, poems, teaching tools, short stories, digital media, etc. Be sure to follow the guidelines closely. Include your most recent three years of 4-H work.



**For More Information contact:**

Shannon McCollum

Extension 4-H Associate

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www.nc4h.org

**North Carolina 4-H Portfolio**

**(Formerly 4-H Cumulative Record Books)**



**A Message to 4-H’ers:**

**Introduction**

Records are an important written summary of what you have learned and the skills that you have gained within your 4-H work, as well as in other parts of your life. Over a period of years your records will show how you have grown. The information on your 4-H records will be useful as you fill out other forms in your life such as resumes, job applications and college applications.

* Record keeping is an important part of every 4-H educational project.
* Many awards, educational trips, and college scholarships are given to club members on the basis of their records and project work.
* Records show your 4-H growth. Keep this book from year to year and add to it. You may include 4-H work completed in the last 3 years.
* This form is designed to help you keep records and other supporting materials in an orderly manner.
* Do not alter the basic format of this book.
* Only one year per page as indicated on the instructions. List your most recent year first.
* You may hand write neatly or type in size 12 Arial or Times New Roman font.

**Your 4-H Portfolio should contain the following sections:**

Section 1 Personal Data and 4-H & You

Section 2 4-H Story

Section 3 4-H Project Focus

Section 4 Leadership

Section 5 Citizenship

Section 6 Community Service

Section 7 4-H Awards and Recognition

Section 8 Non 4-H Experiences, Awards, and Recognition

Section 9 4-H Photos or Supporting Materials



**SECTION 1**

County You Participate In 4-H: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Program Years: (example: 2011 – 2013): \_\_\_\_\_\_\_

4-H Portfolio Category in which you are entering: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Competition Category: 13 thru 15 years old 16 thru 18 years old

(age as of Jan. 1 for the last year of work that you are including in this portfolio)

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: \_\_\_\_\_\_\_\_\_\_

(for the last year of work that you are including in this portfolio)

Names of parents or guardians: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of your 4-H club or group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4-H’ers Primary email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade in School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prior State 4-H Portfolio record awards won in this category Gold Year:

for this age group: Silver Year:

Bronze Year:

**If chosen State Gold Winner in 2 Project Areas, I would like to be named winner in this portfolio.** Yes No

## 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. Please retype the questions**

**Looking back over the past three years:**

1. Discuss your favorite thing about 4-H. It does not have to relate to the portfolio project reported in Section 3.

2. Who is your role model in 4-H? Why?

3. Discuss the most important thing you have learned during the past three years in 4-H.

**Looking to the future:**

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

County:

District:

State:

****

**SECTION 2**

**My 4-H Story**

(Place your 4-H Story behind this page)

Your story is limited to two pages typed or handwritten. Your story should include your e*ntire 4-H career.*

Please address the following things in your story:

Introduce yourself and include any information you choose to share about your interests, family, hobbies etc. Think about this as what would you say if you were given two minutes to introduce yourself.

Describe the impact 4-H has had on your life.

How has participating in the project you are completing in this portfolio impacted your personal growth?

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 three years. List knowledge and skills gained as well as the things you learned how to do. Use numbers to show how much you did and learned. Please list the most important presentations, talks, exhibits, radio, TV, newspaper articles, tours, camps, judging events, workshops, and any other learning experiences in which you have participated related to your project. Please list the work you have done in the last three years beginning with the most recent year.

*Provide a bullet statement, list, and/or chart. For example, provide numbers of animals raised. If possible, show money earned, savings realized, and profits and losses when appropriate.*  *Also give totals where possible.*

**Activity**

4-H Youth Summit during County Commissioners Assoc. meeting

**Knowledge Skills Gained**

To demonstrate responsible decision making

(Attach pages here)

**Savings, Profits, Losses**

If applicable, please list your savings, profits, and losses when appropriate in this section.

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

Only 1 year per page



Program Year:\_\_\_\_\_

**SECTION 4**

**Leadership**

List all leadership activities in which you have participated. Be specific – list the number of people you taught and the name of the lesson. Leadership involves holding offices and serving on committees. It can also involve teaching workshops, volunteering at 4-H day camps, leading/facilitating club programs, organizing events and meetings, recruiting new members, serving as a 4-H Ambassador, and motivating peers to set a goal and take action. List ways you have been a leader and/or have learned about leadership.

Please denote 4-H Leadership activities with an asterisk. If you are listing non 4-H leadership activities, please list only those for which 4-H has helped you prepare.

Complete one page for each of the past three years.

**Responsibility**

\*4-H Club presentation (taught workshop)

\*4-H County Council Meeting (taught workshop)

**Accomplishment**

15 club members learned basic parliamentary procedure

28 club members learned how to make a healthy snack

**Level**

Local

County

(Attach pages here)

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

Only 1 year per page

****

Program Year:\_\_\_\_\_

**SECTION 5**

**Citizenship**

As teenagers, it is important to participate and be involved in the political process and make a civic contribution in our communities. Citizenship activities might include: attending a town meeting where you were representing 4-H; sending a message to your state legislator about 4-H teen issues that have been identified on the state 4-H program level; promoting 4-H and Cooperative Extension to county commissioners or other government representatives; etc.

Please denote 4-H Citizenship activities with an asterisk. If you are listing non 4-H Citizenship activities, please list only those for which 4-H has helped you prepare.

Complete one page for each of the past three years.

**Description of Activity Level**

Example: \*Attended the 4-H Youth Summit for 3 years. S

Example: \*Attended my local County Commissioners meeting C

(Attach pages here)

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

Only 1 year per page

****Program Year:\_\_\_\_\_

**SECTION 6**

**Community Service**

List the community service activities you have participated in as a 4-H’er. 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 by yourself. Examples may include: volunteering at your local animal shelter, participating in a food drive, holding a fundraiser for your 4-H club, etc. List the number of hours you volunteered and who benefited from your volunteer service.

Please denote 4-H Community Service activities with an asterisk. If you are listing non 4-H Community Service activities, please list only those for which 4-H has helped you prepare.

Complete one page for each of the past three years.

**Description of Activity Level Hours**

Example: \*Donated 6 canned goods for Food for Families Food Drive L 5

Example: \*Writing Letters to Soldiers S, N 3

(Attach pages here)

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

Only 1 year per page

Program Year:\_\_\_\_\_

**SECTION 7**

**4-H Awards and Recognition**

List all the awards, honors, and recognitions you have received in 4-H, including contests, trips, certificates, ribbons, etc. Remember, only 4-H winnings go on this page! Specify whether they were National, Regional, State, District, County or Club awards.

Experiences should be divided out between project specific awards that related to this portfolio area and other 4-H awards. List your portfolio project specific awards first then follow with other awards for each page.

Complete one page for each of the past three years.

**Portfolio Project**

**Award/Recognition For What Received**

Example 1: Certificate of Participation Attendance State 4-H Marsh Maneuvers

Example 2: Certificate Blue Ribbon Area commodity ambassador

**Other 4-H Awards**

**Award/Recognition For What Received**

(Attach pages here)

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

Only 1 year per page

Program Year:\_\_\_\_\_

**SECTION 8**

**Non 4-H Experiences**

List any other groups, clubs, organizations, or sports teams to which you belong, as well as other items that have had a significant impact in your life, such as camps, conferences, or a job. You may also list any awards you have won or recognition you have received outside of 4-H. Examples of activities you may have been involved in would include: school clubs, VBS, Girl Scouts, Boy Scouts, FFA, etc.

Complete one page for each of the past three years.

**Responsibility /Accomplishments**

Example: Youth Praise Team; Captain of Softball Team

**Non 4-H Awards & Recognition**

**Type of Award For What Received**

Example: Plaque-1st place Community Beautification poster contest

(Attach pages here)

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

Only 1 year per page

**

Program Year:\_\_\_\_\_

**SECTION 9**

**4-H Photos and Supporting Materials**

There is a six page limit: This can include pictures (with captions), 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.

All Portfolio’s must be placed in the following binder:

http://www.4-hmall.org/Category/officesupplies-recordbookcovers.aspx



(Attach pages here)

For More Information

Visit our website: [www.nc4h.org](http://www.nc4h.org)

Shannon B. McCollum

Extension 4-H Associate

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(919)515-8486





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