### 4-H Member Record Book • Experienced Senior

For use by youth 14-19 years old as of September 30th of the current year AND 3 years or more in an Animal Science project.

(Complete this form annually)
Year: Years in 4-H: Age: (as of Sept. 30)
Name:
Address:
Unit/County:
Club(s):
# of Meetings Held: # of Meetings Attended:
Please insert or place a photo of yourself and your project or you participating in a 4-H activity.
By signing this, I verify the member is enrolled and has completed appropriate project work.
Leader's Signature:
By signing this, I verify that all information in this record book is the work of the 4-H youth.
4-H Member's Signature:
Parent's Signature:





### **SECTION 2: Project Information**

A 4-H project is an area of interest that the member spends a significant amount of time and effort on during that year. Please list all 4-H projects in which you participated this year.

Project Year(s)	Project Enrolled
Ex: 2013-14, 2016	Breeding Heifer

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#### **SECTION 3: 4-H Participation/Activities/Educational Events**

This section is for learning experiences in which the member has been a participant and not a teacher. Be specific! List details like location, date, etc. Examples include, but are not limited, to educational programs at club meetings, workshops/clinics, 4-H share the fun/talent shows, 4-H camps, judging contests, quiz bowls, skill-a-thons, fashion revue, demonstrations, TV or radio presentations, 4-H livestock & horse shows, photography exhibits, etc.

		Check all that are appropriate				riate
Year	Description	Club	Unit/County	District	State	National/ International
2015	Example: Halter Making Workshop	✓				
2016	Example: Virginia 4-H Quiz Bowl				✓	
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\*\*Keep this page as a part of your permanent 4-H record. Do not replace this page each year. Please add to it. This page will be useful for those youth who wish to submit 4-H All-Star applications.

#### **SECTION 4: 4-H Awards and Recognition**

List recognitions, honors and awards received during the 4-H year. Examples include, but are not limited to, county project awards/pins, ribbons/ awards earned through participation in contests, plaques, trophies, certificates, tangible items (such as embroidered apparel or show supplies), or scholarships. Danish system ribbons (blue award, red award, white award) count, as do grand champion animals, high individuals in contests, perfect attendance for clubs, etc.

		Note your placing under the appropriate level I = Individual Placing; T = Team Placing					
Year	Name of Contest Recognition Event and Location of Event	Club	Unit/County	District	State	National/ International	
2015	Example: Share the Fun — Dance Act, Sunshine Elementary School		blue				
2016	Example: Virginia Youth Poultry Convention, Hen Judging, Harrisonburg, Virginia				10I, 4T		
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#### SECTION 5: 4-H Leadership, Citizenship, and Community Service

- a. Leadership roles include: being a club officer, teaching others, organizing an activity, event, or meeting, selecting and preparing materials for a meeting, and scheduling presenters for a meeting. Being the chair of a committee and insuring that the committee worked to accomplish its task is leadership.
- b. Citizenship activities may include: serving on a committee, making a presentation to city or county government, 4-H Day at the State Capitol, teaching/leading the pledge at a meeting or county function, serving as a delegate to State or National 4-H Congress, Citizen Washington Focus, etc.
- c. Community service activities benefit people who are not related to you. If you receive compensation for the activity, it becomes a job, not a service activity. Examples include, but are not limited to: visits to a nursing home, trash pick-up in the community, collecting and donating items for those in need, clean-up a local park, etc.

Year	Event and Your Role	Leadership	Citizenship	Community Service
2011	Example: Dairy Club, Treasurer	✓		
2014	Example: Great Plains Livestock Club Trash Clean-Up Participant, January 31			<b>√</b>

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# SECTION 6: Non-4-H Activities, Leadership, Citizenship, Community Service and Awards

This section allows the member to record their participation in other youth organizations and activities. Examples include, but are not limited to: scouts, church youth group, youth sports, Student Council, FFA, etc.

Year	Event/Activity/Description	]
2014	Example: National Honor Society, Vice-President, Blacksburg, Virginia, High School	1
		]
		$\frac{1}{2}$
		$\frac{1}{2}$
		1
		1
		]
		4
		$\frac{1}{1}$
		$\frac{1}{2}$
		1
		];
		{
		-   <u>-</u>
		-   5
1		16

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#### **SECTION 7: 4-H Project Reflection**

Use this space to reflect on your experiences this year, how they have contributed to your personal development and how this year's 4-H involvement will affect you in other aspects for your life. The length and quality of this piece should reflect the skills and abilities of a senior member ages 14-18.

Personalize this section but at a minimum please cover the following:

- General information about your project experiences, including knowledge and skills gained.
- · How does your participation in 4-H activities, citizenship, and leadership help your club or community?
- What character traits did you gain, strengthen or improve?
- Discuss how your 4-H experiences have helped to shape your future plans.

### SECTION 7: 4-H Experiences Photos (optional)

Photos help tell about your 4-H Experiences. Add 1 page of photos related to your 4-H projects and activities this 4-H year. Please include a caption explaining what you are doing.

## SECTION 8: Production Records, Calculations, or Project Knowledge

**Complete One Project Record Per Species** 

#### PART 1

On this page, you need to choose two supplemental assignments related to your project. Refer to the Record Guide Book for additional information. You may choose to show additional records, such as breeding, production, or carcass records. You may also choose to show calculations related to your project, such as average daily gain, breakeven cost, or feed to gain ratio. A third category would be project knowledge. You can provide an illustration, chart, or written description of a topic such as the ruminant digestive system, embryo transfer, or a biosecurity plan for your farm.

If more space is needed please use additional sheets and attach to this page.

Record/Calculation/Project Knowledge Assignment 1	
Record/Calculation/Project Knowledge Assignment 2	

# SECTION 8: Production Records, Calculations, or Project Knowledge

**Complete One Project Record Per Species** 

#### PART 2

	ı	Please select o	nly one specie	s below.		
Beef	Dairy Cattle	Dairy Goat	Meat Goat	Poultry	Sheep	Swine
Rabbit	Othe	r				
		et Animals for Selec			g each expense	or income.
			ncome			
Income				Tot	al Amount	
Money Rece	eived for Animals	or Products Sold				
Premiums						
Scholarships	S					
Other Incom	ie					
Total Incom	ie					
			<u> </u>			
		E	xpenses			
Expense					Total Amour	nt
Cost of Anim	nals Purchased					
Feed Cost						
Vet/Health C	Cost					
Other Cost						
Total Expen	ises					
Net Profit/L	oss of Project	pare to what you t				
2. What will y		next year?				