



Hawaii Junior 4-H Recordbook



(Ages 9 – 13; Current Year Only)

Form 2002-2

Revised 8/22/08

Name: _____

Address: _____

E-Mail: _____

Age as of January 1st this year: _____ Phone: _____

School: _____ Grade: _____

Number of Years in 4-H: _____ Gender: M _____ F _____

4-H Club Name: _____

Leader(s) Name(s): _____

My major 4-H goals during my years in 4-H:

I have prepared and evaluated my 4-H records and believe that they are complete and accurate.

Signed: _____ (4-H Member)

Date: _____

I have reviewed this record book: (Comments)

Signed: _____ (4-H Parent)

Date: _____

Signed: _____ (4-H Leader)

Date: _____

4-H Agent's Signature: _____

Date: _____

4-H Experiential Learning

4-H has a long history of “learning by doing”. Experiential learning happens when a person gets involved in an activity, looks back at the experience critically, determines what was useful or important to remember from the activity, and uses this information in doing something else. It is more than doing activities as experiential learning involves discussing what was done (what), thinking about what was learned (so what) and applying new skills and information to a real life experience (now what).



Why Record Books?



4-H records are a written expression of learning experiences. From their records, members can see to what degree they participate in club events and activities and how well they meet their own personal goals. Records also relate experiences in leadership and community service and in addition can be used as a tool for members to assess the skills and knowledge learned and how it can be applied to real life experiences.

4-H records help youth to:

- Establish goals
- Assume responsibility for record keeping
- Collect and record information
- Evaluate progress in certain areas

By keeping 4-H records, members obtain experience and training that is of value throughout their adult lives.

Life Skills

Life Skills are grouped into the four H's in the 4-H clover – Head, Heart, Hands, and Health. These skills are useful long after the project is over. The chart below shows some examples of life skills.

HEAD	HEART	HANDS	HEALTH
Using Scientific Methods Processing Information Understanding Systems Managing Resources Practicing Creativity Making Decisions Solving Problems Visualizing Information Learning to Learn Reasoning Thinking Critically Keeping Records Planning and Organizing Achieving Goals Navigating in Your Environment Working with Numbers	Communicating Interacting Socially Cooperating Sharing Resolving Conflicts Valuing Social Justice Valuing Diversity Building Relationships Caring for Others Being Empathic	Mastering Technology Learning Through Community Service Volunteering Being a Responsible Citizen Working in a Team Exercising Leadership Completing a Project Motivating Yourself	Being Responsible Developing Self Esteem Managing Yourself Practicing Integrity and Character Developing a Sense of Purpose Developing a Positive View of the Future Utilizing Resistance Skills Being Resilient Managing Stress Making Healthy Lifestyle Choices Preventing Personal Injury Expressing Emotions Positively Preventing Disease



My 4-H Activities



4-H Leadership Roles

Date	Office/Committee/Other	Describe Your Responsibility

Citizenship/Community Service

Date	Event	Describe Your Responsibility

Meetings your club held: _____

Meetings attended: _____



Other 4-H Activities (Club, County, State)



Date	Office/Committee/Other	Describe Your Responsibility



Activities Outside 4-H

(School, Church, Sports, Performance, etc.)



Date	Office/Committee/Other	Describe Your Responsibility

You may add pages, if necessary.

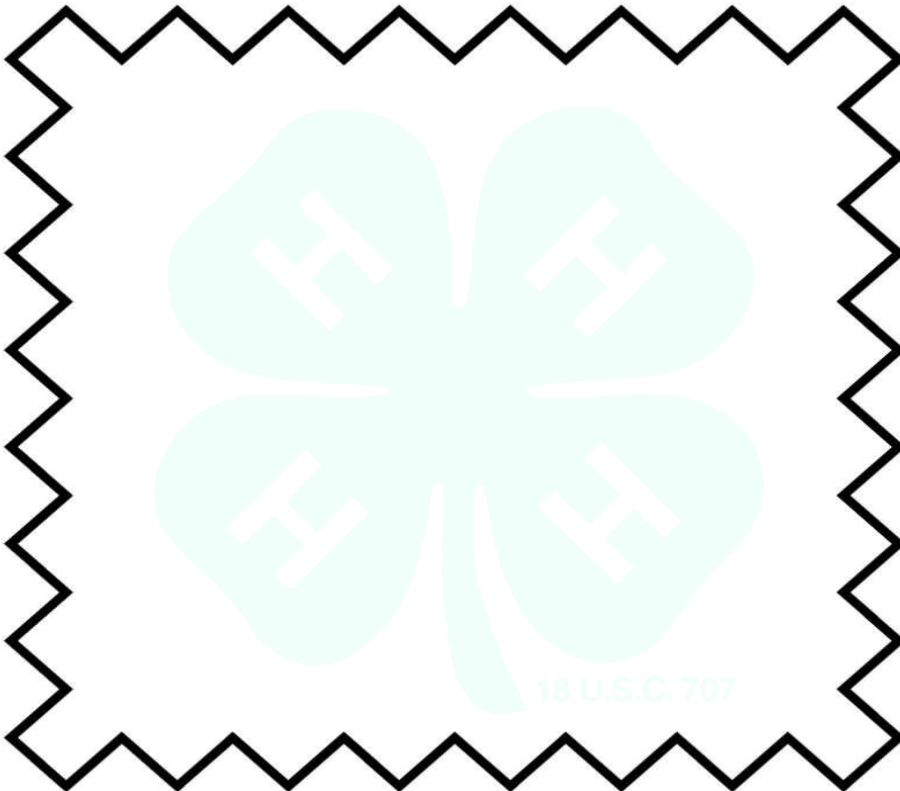


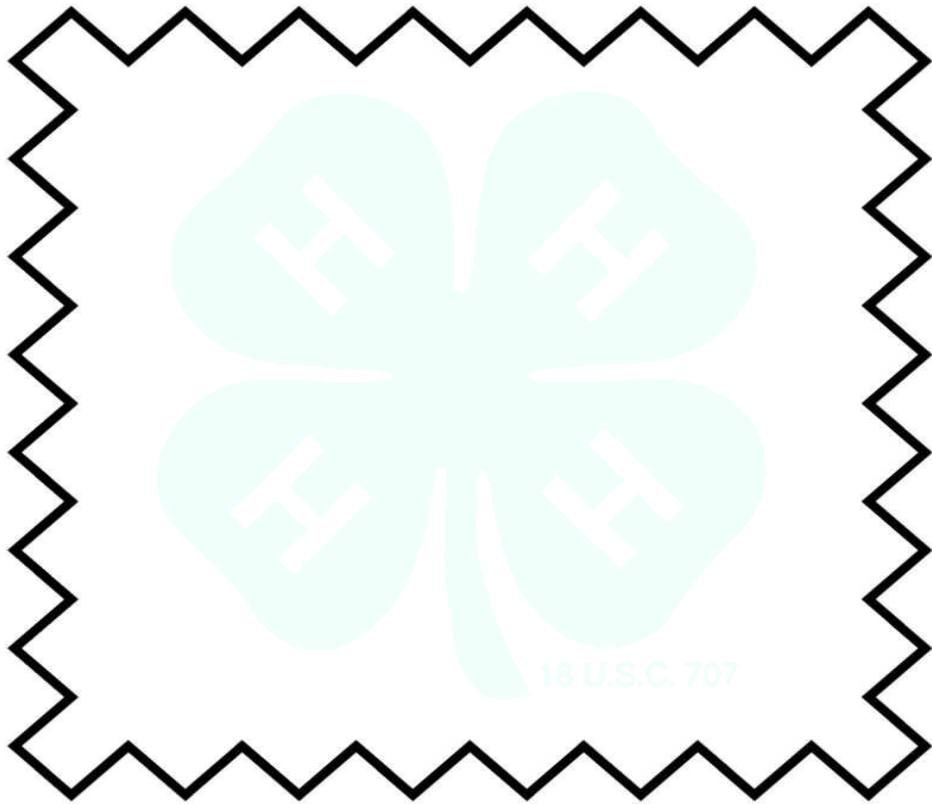
Project Photos

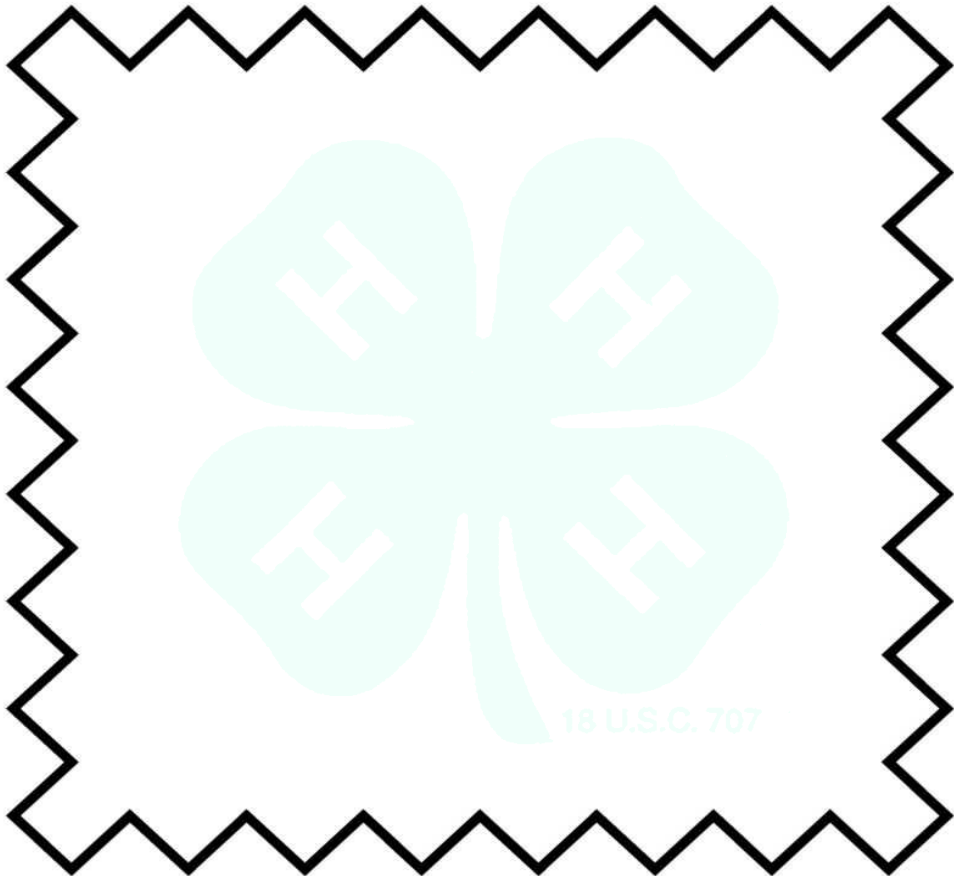


Attach photos or draw pictures of your 4-H learning experiences.

Caption:









4-H Reflections



(To be done at the end of the 4-H year)

What 2 or 3 things did you learn from 4-H this year?

Describe 4 problems you encountered this year when doing your 4-H project work. If you had no problems, just describe new challenges or new experiences you had this year

What do you consider to be your greatest successes this year?

What things would you do differently next time?



My 4-H Story



(Limited to two pages; one side only)

Story should include:

- a) introduction of yourself
- b) information about your 4-H club, community or county
- c) what you liked best about your 4-H experiences this year
- d) how your 4-H experiences helped you be a better person
- e) what you have learned through your 4-H experiences
- f) did you reach your goals (page 1). How? To what extent?
What challenges did you incur?

Your 4-H Story (Continued)





Junior 4-H Record Book Evaluation



Name: _____ Judge: _____

Club: _____

Section	Comments
4-H Life Skills Summary	
Leadership,	
Citizenship	
Other 4-H Activities	
Activities Outside 4H	
Project Photos	
4-H Reflections	
My 4-H Story	

No numerical scores; instead encourage comments from the judges to help 4-Hers improve next year. Recognize "outstanding" record books as appropriate at your community/county achievement programs.