



# Hawaii Junior 4-H Record Book



(Ages 9-13; Current Year Only) Form 2002-2 (9/02)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Age as of January 1<sup>st</sup> this year: \_\_\_\_\_ Phone: \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Number of Years in 4-H: \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_

4-H Club Name: \_\_\_\_\_

Leader(s) Name(s): \_\_\_\_\_

Name of 4-H Project Book utilized, if any: \_\_\_\_\_

These are my 4-H Goals this year:



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: \_\_\_\_\_

I have reviewed this record book: (Comments)

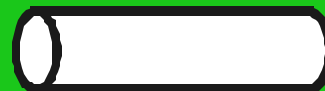
Signed: \_\_\_\_\_ (4-H Leader) Date: \_\_\_\_\_



**Cooperative Extension Service**  
College of Tropical Agriculture and Human Resources  
University of Hawai'i at Mānoa

## 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

## Demonstrations, Illustrated Talks, Public Speaking

Date	Title of Presentation	Where	Award Received

## Judging

Date	What did you Judge?	Where	Award Received

## Exhibits

Date	What did you Exhibit?	Where	Award Received

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.



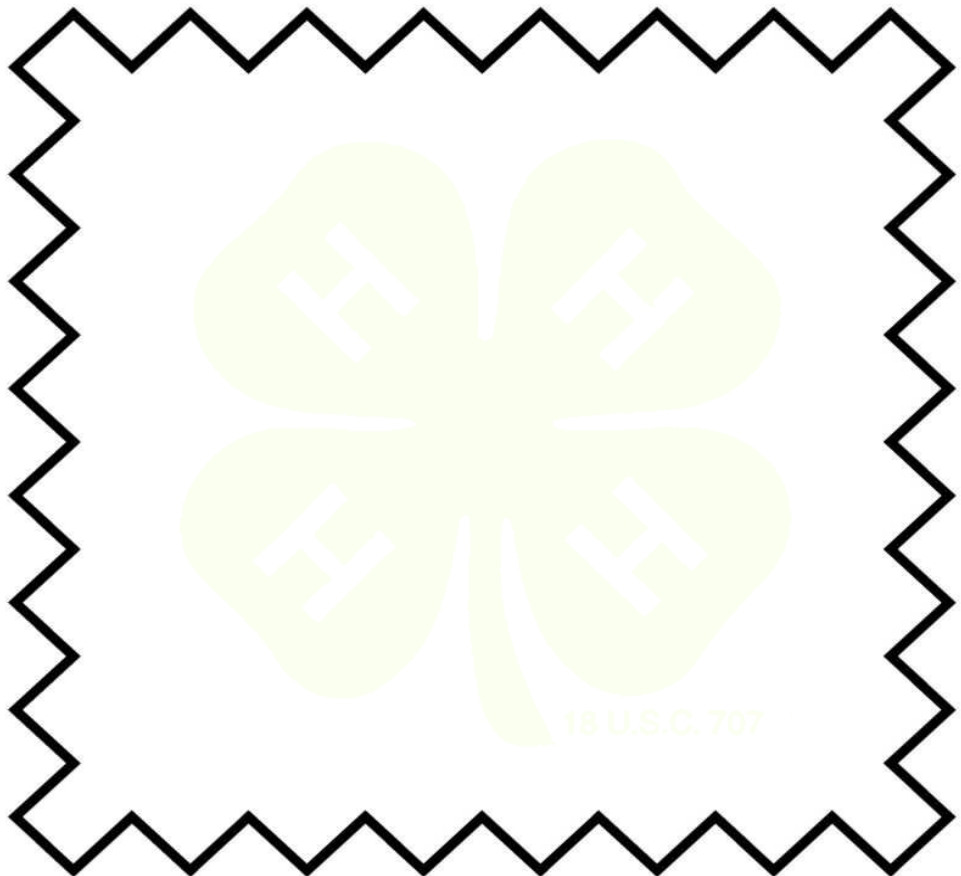
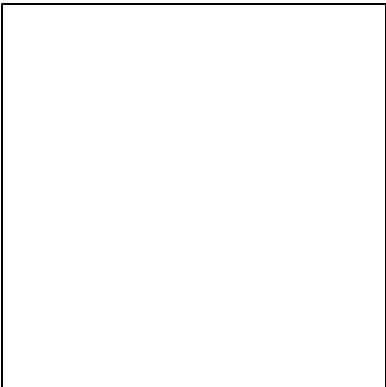
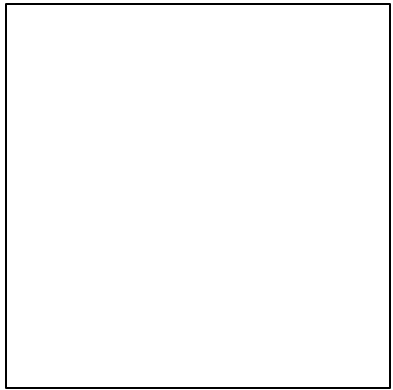
# Project Photos



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

**Caption:**

A simple rectangular box with a black border, intended for writing a caption for the photo above it.A simple rectangular box with a black border, intended for writing a caption for the photo above it.





# 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 club
- 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

**Your 4-H Story (Continued)**





# Junior 4-H Record Book Evaluation



Name: \_\_\_\_\_ Judge's Number: \_\_\_\_\_

Club: \_\_\_\_\_

Section	Total pts	Pts award	Comments
4-H Learning Experience Summary	20		
Leadership, Citizenship, Public Speaking, Judging and Exhibits	20		
Other 4-H Activities	10		
Activities Outside 4H	10		
Project Photos	5		
4-H Reflections	15		
My 4-H Story	20		
<b>Total</b>	<b>100</b>		