



Hawaii Senior 4-H Record Book

(Ages 14-19; Current Year Only)

Form 2002-3 (9/02)



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): _____

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: _____

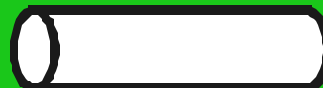
I have reviewed this record book: (Comments)

Signed: _____ (4-H Leader) Date: _____



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



4-H Learning Experiences Summary



Date	Learning Experience (What did you do?)	Results (How did it turn out?)	Knowledge, Skills, Attitudes, Values Acquired (What did you learn?)

Meetings your club held: _____

Meetings attended: _____



4-H Learning Experiences Summary



Date	Learning Experience (What did you do?)	Results (How did it turn out?)	Knowledge, Skills, Attitudes, Values Acquired (What did you learn?)

You may add more pages



Project Photos



Attach photos depicting your 4-H learning experiences.

Caption:

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

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

Describe the Life Skills you have learned/practiced under each "H" of the 4-H Clover:



HEAD: (Managing and decision making)



HEART: (Relating and caring)



HANDS: (Giving and working)



HEALTH: (Living and being)



My 4-H Story



Story should include:

- a) introduction of yourself
- b) information about your club
- c) what you liked best about your 4-H experiences
- d) how your 4-H experiences helped you to be a better person
- e) what you have learned through your 4-H experiences
- f) what you have shared from your 4-H experiences

Minimum 2 pages; maximum 6 pages, double spaced

My 4-H Story (continued)





Senior 4-H Record Book Evaluation



Name: _____ Judge's Number: _____

Club: _____

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