



AZ4H0902

Revised 11/2014

# Arizona 4-H Member's Record

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

Home Address *(optional)*:

\_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Telephone Number *(optional)*:

Home Number (\_\_\_\_) \_\_\_\_\_

Cell Number (\_\_\_\_) \_\_\_\_\_

Date of Birth (MM/DD/YY)

\_\_\_\_\_

Male ( ) Female ( ) Check one

Name of Parent(s) or Guardian(s)

\_\_\_\_\_  
\_\_\_\_\_

4-H Club:

\_\_\_\_\_

County: \_\_\_\_\_

## NOTES AND ORDER OF ASSEMBLY

1. Arizona 4-H Member's Record
2. 4-H Story—current year
3. 4-H Photographs—current year
4. 4-H Project Records - current year (one record per project per year)
5. All previous years records

Organize records by year, not by project. Tabbed dividers are recommended.

**NOTE:** Your 4-H records may be handwritten in pencil or pen, typewritten or computer generated.

# Summary of 4-H Projects

List the projects you have taken and put a check mark in the column for each year that you took that project.

Project	Year	Year	Year	Year	Year	Year	Year	Year

(Add more pages if needed)



# 4-H Community Service

List all 4-H Community Service activities in which you participated as a group or individually.  
*Examples:* Sharing your time by visiting a retirement home or hospital, helping with a community event (such as Friends of the Library booksale), serving others, donating time or items to individuals or groups in need, and/or beautification projects. You can use more than one line to explain your service project, if needed.

Year	Club/Group Conducting project	Service project description/ what did you do?	Hours spent

(Add more pages if needed)



# 4-H Contests, Activities, and Events

List and 4-H contests, activities and events you attended or participated in. *Examples:* Activities (e.g., camps, clinics, workshops, field days, exchanges, etc.) and Events (e.g. fair show, parade), or other special events such as National 4-H Congress, Citizenship Washington Focus, and JOLT. Summarize exhibits, judging contests, showmanship contests by event. If you have not participated in 4-H Contests, Activities or Events this year, enter the year and then write “None” or “N/A” which means, Not applicable.

Contest Activity or Event	Year	Year	Year	Year	Year	Year	Year	Year

# ★ 4-H Recognition ★

Record significant and notable honors, awards, ribbons and recognition received. One year per box. List most significant and most important honor first.

Year		
Year		
Year		
Year		
Year		
Year		
Year		
Year		
Year		
Year		

## Participation Other than 4-H

List here your participation in any other youth development or community organizations and check the year.

Other youth development or community organizations	Year	Year	Year	Year	Year	Year	Year	Year	Year



# 4-H Story

Your 4-H Story is a very important part of your record book. The 4-H Story is where others will learn about you, what you are like and what type of young person you are. It should reflect your personal feelings about your experiences in the 4-H program during the past year. You may be creative in the way you write about your 4-H year. Personalize your 4-H Story and make your 4-H Story interesting to read.

Juniors: one page maximum.

Seniors: three page maximum.

You may be creative in writing your 4-H Story. Listed below are sample perspectives to follow in writing your 4-H Story. You may use one perspective or a combination of perspectives or choose a different perspective in writing your 4-H Story.

Samples:

**Tell about your 4-H projects.** Explain why you chose those projects; describe some of the activities you participated in and what the impact was. What challenges and successes did you encounter and how did you deal with those experiences?

**Write your 4-H Story from the point of view of your project.** Put yourself in the place of your project. Tell about your 4-H experiences from your project's perspective. What unique insights did you discover about yourself and your project(s)?

**What has your 4-H experience taught you?** How has 4-H made you a better leader? How has 4-H helped you develop financial management and business skills? How has 4-H encouraged you to make contributions to your community? What influence has 4-H had on your career and personal goals?

**Write to the four essentials elements** of 4-H – Belonging, Independence, Generosity and Mastery. Share specific insights learned in any or all of these areas. Give examples where you learned about the essential element. Describe the impact of what you learned.

**Select one specific moment or event from the year.** Describe the scene in detail. Paint a detailed picture using words. Then describe what you learned from that experience and your feelings. Explain why you chose that specific experience.

## **4-H Photographs (optional)**

You may include up to three pages of photographs, attached to one side of the paper, illustrating different aspects of your 4-H experiences this year. Your photographs should be action oriented and should illustrate learning by doing, contributing and leading. Include labels that tell who, what, when and where. Photographs may not overlap. Note: Photographs are limited to 3 pages. Select the photos that are most representative of your 4-H year.





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