THE UNIVERSITY OF VERMONT EXTENSION

4-H MEMBER RECORD

4-H Year: October 1, 20_____ to September 30, 20____

Name:_____

Age (as of Jan 1): _____ **Years in 4-H:** _____ **County:** _____

Club: _____

Instructions:

Complete this record book to record things that you have done this year that are not recorded in a project record book.
Tip! Record what you have done in your Member Record and in your Project Record as the year progresses not at the end of the 4-H year.

Why keep records?

Record books help you remember what you have done and accomplished.
Records help you plan and set goals and reflect on your work over the course of the year.
Record keeping is an important life skill that will be useful in your personal life and future career.

Record Book Alternatives

Youth, parents, and/or volunteer leaders should discuss modifications with their county 4-H Educator.
Examples of modifications: someone scribes for the youth, photo journals, scrapbooks, creating a power point, etc.

4-H ACTIVITIES AND EVENTS

Check the activities in which you have participated during the past year.

____ Achievement Awards	____ Teen Weekend	____ Citizenship Washington Focus
____ County/Regional Day	____ Fairs/ Field Days	____ Outdoor Family Weekend
____ State Day	____ TV/Radio	____ 4-H Promotion
____ Eastern States Exposition	____ 4-H Fundraising	____ Natural Resources Academy
____ National Trip	____ National Contest	____ Other _____

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Revised 2024

ADDITIONAL 4-H ACTIVITIES & EVENTS

- List the 4-H activities and events in which you participated this year.
- Include activities that are NOT listed in the Project Record books.
- ***Remember: Participating in a project learning experience beyond the club level is one of the requirements for earning a medal or Certificate of Continued Achievement***

Date	Activity/Event/ What I did

LEADERSHIP

- List committees, offices held, events attended or organized. Note: If you are doing a leadership project, please write "See Project Record Book" in space below

Leadership Experience / Position/offices held	Responsibility / What I did…..

COMMUNITY SERVICE

Date	Hours	What I did....

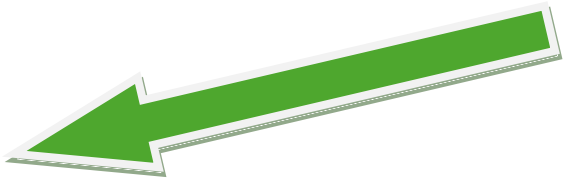
PRESENTATIONS / COMMUNICATION SKILLS

Remember: This is one of the requirements for a Certificate of Excellence – so make sure that you list any project presentations here if they are not recorded in our project record book.

Date	Type of presentation (speech, poster, demonstration, tabletop)	Topic – be specific	Event or location of presentation

LIFE SKILLS SUMMARY





Please mark the 3-5 life skills that you learned, practiced, developed, or mastered in 4-H this year. You can use marker, stars, or just circle with a pen or pencil!

MY 4-H STORY

Please include your favorite parts of 4-H, some things you would like to improve upon or do more of and what skills you worked on or improved upon through your participation in 4-H this year.
Please use complete sentences and work toward a few paragraphs! Add a page if you choose!

MEMORIES

Please add additional pages with photos, newspaper clippings or drawings to capture your year in 4-H!