



A Closer Look at Records



A CLOSER LOOK AT RECORDS

A Closer Look at Records is a guide to assist 4-H members in completing the *Alaska 4-H Record Book* and *Project Record*.

Record keeping is a skill necessary throughout life. Good record keeping practices can save a person time, money and even stress.

Begin with the *Project Record* at the time you begin your project work. It's important to write your goals before you begin — what you want to learn, make or do in your project. These goals will give you and your 4-H leader an idea of where to start.

The key to success in record keeping is to write down the information in the *Project Journal* as you go along. Making an entry in your journal may not seem important at the time, but later on it will help you write your 4-H story, will help you tally up how much time you spent on a project and may just help you remember a special time with your market animal, your dog or with your club. Think of your *Project Journal* as a diary. Diaries are informative and often entertaining to look back at!

Good luck with your 4-H record keeping! Remember, if you have questions you can ask for help from an experienced 4-Her, a 4-H leader or Cooperative Extension Service 4-H staff.

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ALASKA 4-H RECORD BOOK

PROJECT RECORD

Page 5 of *Alaska 4-H Record Book* — Complete this page at the beginning of the project.

Name of Project

For each project you are enrolled in, you will need a separate *Project Record* booklet. At the top of each one write which project the booklet is for. For example: if you are enrolled in the rabbit project, you would write "rabbit" in this space. If you are also enrolled in gardening, you would write "gardening" in this space on another booklet.

Years in This Project

How many years have you taken this particular project? If it is your first year, put one; second year, two; and so on.

Name of Member

Write your name.

Years in 4-H


How many years have you been enrolled in 4-H? How many years have you accumulated as a 4-H member? If you took a year or two off, that's okay. Write the number of years accumulated. Do not count years as a Cloverbud. (This number should agree with "Year in 4-H" on your 4-H Member Enrollment Form.)

PROJECT COMMITMENT

Page i of *Alaska 4-H Record Book*

This is where you express your goals for the project. What do you want to do and learn?

An example would be: "In my Foods Project I want to learn how to make yeast bread. I would also like to learn how to make a nutritious meal for my family. In this project I will prepare one meal for my family. I will also make cookies for the nursing home Bake and

	NAME OF PROJECT _____
	NAME OF MEMBER _____
	YEARS IN THIS PROJECT _____
	YEARS IN 4-H _____

PROJECT COMMITMENT

This is what I want to do and learn: include description of animals you plan to have, items you hope to make, skills you want to learn, etc.

Member's Signature _____ Date _____

This is what my leader agreed to do to help me learn:

Leader's Signature _____ Date _____

This is what my parent(s)/guardian agreed to do to help me:

Parent(s)/Guardian Signature _____ Date _____

This publication to be used only as a supplement to the Alaska 4-H Record Book

project record

Take Day. I plan to do a food presentation for my 4-H club and at Public Presentation Day."

Complete this part in the beginning so you will have a direction. Sign and date it.

This Is What My Leader Agreed To Do To Help Me Learn:

For some of you, your project leader may be your parent(s)/guardian, so this section and the next may be the same. The leader needs to write what he/she is willing to help you do. For example, "I will hold project meetings to teach about rabbits — care, showing and how to market." The leader needs to sign and date it.

Fair and show premiums:

Add up the amount of money you received from the fair and any shows you attended during the project year (e.g., horse shows).

Other:

Did anyone give you money? Perhaps a service organization donated money for your project. Enter that amount here. For example: The Lions Club has been known to donate money toward care and feeding of guide dog puppies. That would count as income.

Total income from project:

Add up all the above lines to give the total income.

Costs (from "Project Journal")

Cost of supplies:

In your "Project Journal" you should keep track of supplies you purchase over the course of the project year. Example: In the Sewing (Clothing) Project you will need to keep a record of fabric, thread, patterns, etc. you purchase. In the Foods Project you would mention the cost of food items purchased for a bake sale, preparing a meal for the family or just practicing. Again, this is the total for the year not just a one time entry.

Cost of feed:

From your "Project Journal" (or your Feed and Care Record form) total the amount for the year.

Cost of new equipment:

What new equipment did you purchase to complete your project this year?

Veterinary care, medication:

This obviously applies to animal projects. Write the total amount for the year.

Other:

These costs might include communication such as telephone, mail or FAX charges. There may be a charge to have an animal bred.

Total cost of project:

Add up all the lines in the cost section and write the amount on the line.

Profit (Subtract costs from income)

The next step is to subtract the costs from the income, that is if income is greater than the costs. In this case you will show a profit. Write this amount on the profit line.

Cost of project (if costs are greater subtract income from costs)

If costs are greater than the income, subtract income from costs and write the amount on the line provided.

The last piece of information requested on the "Project Financial Summary" is **Total time spent on project** (from "Project Journal"). This information will need to be summarized from the "Project Journal."

The "Project Financial Summary" is dependent on what is recorded in the "Project Journal," making both of these important parts of the *4-H Project Record*.

"Why is this financial summary important?" 4-Hers usually ask. There are many reasons. We are all consumers. Sometimes people prefer to make, raise or grow things themselves. Keeping track of how much things cost to make, raise or grow ourselves lets us know if it is cheaper to do it ourselves or if it would be cheaper to buy. Cost is not the only thing to consider, though. Maybe something did cost more to do yourself, but what about the enjoyment, quality, love and learning that went into the making, raising, or growing? What is that worth? That is a question each individual has to answer for herself or himself.

4-H PICTURES

Page viii of *Project Record (Alaska 4-H Record Book)*

All the previous sections in the *Project Record* have involved written documentation of many things, including what you've done, learned, spent and earned. The picture section offers you the opportunity to present photographic documentation of your project work. Whether you are building, growing, raising, making, doing or learning something, photographs will show growth, change or improvement in the project.

The instructions on this page offer several suggestions for picture ideas. Don't forget to write a caption and include a date for each photograph. Take lots of pictures during the project year. You will be very glad that you did!

ALASKA 4-H RECORD BOOK

The *Alaska 4-H Record Book* will help you keep track of what you do throughout the year. As with the *Project Record* it is important to make entries as things happen so you will stay up-to-date.

The *Record Book* is used for all projects. This is different from the *Project Record*, where you use one for each project. The *Record Book* is a summary of all projects. There are sections to record information about your 4-H leadership, public presentations, community service, events attended, 4-H story and clippings and correspondence. There is also a page provided for leaders to share comments.

4-H PICTURES

Pictures of you with your 4-H project, participating in 4-H activities or receiving recognition, or results of your 4-H work. Caption each photograph with an explanation of the picture.

ALASKA 4-H RECORD BOOK

Page 1

Let's look at page 1.

Club year

At the top of this page there is a space to fill in the **Club year**. The 4-H club year begins in October and ends in September of the following year. Write the year it is on January 1. Example: You began your project November 2010. On January 1 it will be 2011. The club year is 2011.

Name, Phone, Date of Birth, Mailing Address

The next section requires some fairly straight forward information: your name, telephone number, date of birth and mailing address (include city and zip code).

There are also some parts of this section that confuse people and call for explanation.

Age:


This is your age as of January 1 of the 4-H/ club year.

Grade In School:

Write the grade you're in during the 4-H/ club year you wrote at the top of the page.


Club Name:

If you are an independent member, write "independent." If you belong to a club, write the club name in the blank. Junior Market Livestock (JML) is a program. So if you are involved with JML and not a club, you are an independent member. However, if you are in a club and involved in JML, write the club name.



ALASKA 4-H RECORD BOOK

Club Year _____



AKH-00010

NAME _____ PHONE _____

DATE OF BIRTH _____ AGE _____ GRADE IN SCHOOL _____

MAILING ADDRESS _____ CITY _____ ZIP _____

E-MAIL ADDRESS _____

CLUB NAME _____ 4-H LEADER _____

DISTRICT _____

SUMMARY OF PROJECTS COMPLETED

NAME OF PROJECT	YEAR IN PROJECT	DATE STARTED	DATE COMPLETED	WHERE EXHIBITED

4-H Leader:

If you are an independent member and didn't attend project meetings, a parent or adult guardian is your project leader. The person whose name is written in this space is the person responsible for completing page 15 of the *Project Record*.

District:

Enter your district here.

Summary Of Projects Completed

Name of Project:

List each project you enrolled in.

Year in Project:

Is this your first, second, third, etc. year in the project? Write 1, 2, 3, etc.

Date Started:

Write the date when you participated in your first project meeting or began working on the project. This could include such things as background reading or a field trip. It doesn't have to be when you physically began working on the project.

Date Completed:

This is the date you last did anything with your project. This could be an exhibit, a presentation or completing your *Project Record* on it.

Where Exhibited:

You may have several entries here if you have displayed your project work many times throughout the 4-H/club year (e.g., display contest, school art show, science fair, KPSF).

GENERAL ACTIVITIES

Page 3—For All Projects

A well-rounded 4-H experience includes developing leadership, giving public presentations, participating in community service activities and attending general 4-H events. Because these are important, page 3 and 4 of the *Alaska 4-H Record Book* are provided for you to list your experiences in these areas. There is only room in these small boxes to list the information. You can go into more detail in the "Project Journal" section of the *Project Record* in your "4-H Story". The pages in the *Alaska 4-H Record Book* are for all projects.

There are two main sections on page 3: **4-H Leadership** and **Public Presentations**.

4-H Leadership:

In this section list any leadership activities where you helped or taught someone else (it all counts whether it is working with someone one-on-one or presiding over a club meeting).

GENERAL ACTIVITIES

Your 4-H experience should include opportunities for developing leadership, giving public presentations and participating in citizenship and community service activities.

4-H LEADERSHIP:

List 4-H offices held, (such as club president, secretary, etc.) committees served on and other leadership activities where you helped or taught someone else. Include all club, community, district and state 4-H leadership activities.

DATE	EVENT/OFFICE/ COMMITTEE	WHAT I DID	WHO BENEFITED (INCLUDE NUMBER)

PUBLIC PRESENTATIONS:

Include all demonstrations, illustrated talks, speeches and talent presentations given to your club, or in your community, that relate to any 4-H project or activity. Include all informal presentations as well as planned presentations given at fairs, contests, radio or TV talks or interviews.

DATE	TITLE OF TALK	PROJECT/ SUBJECT	WHERE GIVEN	NUMBER IN AUDIENCE

Date:

When you did the activity.

Event:

This could be many things, including club or project meeting, horse camp, the fair, club tour or just showing a younger member how to do something. If you are an officer, write the **office** in this box. Also, if you are on a committee, be sure to write which **committee** it is.

What I Did:

This is the place to tell specifically what you did. Some examples are: "Presided over the club meeting," "Prepared and presented the treasurer's report," "Chaired the Adopt-a-Highway committee," "Teen Focus Planning Team," "Taught Susie Smith how to show a rabbit."

Who benefited:

Tell who and how many people you helped or taught. For example, "Susie Smith (1)," "Country Clovers 4-H Club (15)," "Teen Focus participants (62)."

Public Presentations:

This section tends to be less confusing to 4-H members than the other parts. This is where you list any presentations you gave and include the *date, title, subject* or *project, where it was given* and the number of people who observed the presentation (*number in audience*).

If you give the same presentation several different times, it is important to list the dates and locations separately. For example, you might give a presentation titled, "Native Alaskan Drums," to your project club, then to your community club, then at Public Presentation Day, then to your class at school, at the Kenai Peninsula State Fair, and lastly at Alaska State Fair in Palmer. You would list each one of these presentations separately with a different date and location.

The instructions mention "informal presentations." An example of an informal presentation could be an occasion when the leader asks you to demonstrate how to do something for the other members. This counts as a presentation; provide all the requested information — date, title, etc.

COMPLETE THIS INFORMATION
AS YOU GO ALONG
THROUGHOUT YOUR 4-H YEAR!!!

GENERAL ACTIVITIES

Page 4—For All Projects

There are two main sections on page four: "Citizenship/Community Service" and "Events Attended." For convenience you should complete these two sections as you go along throughout the year.

Citizenship/Community Service:

In this section list any citizenship or community service activities that you did without pay. As the instructions mention, include those you do with your club as well as the ones you do by yourself.

You are requested to provide information in the boxes — *date, type of service, what you did* and *who and how many benefited* from this activity.

Date:

Write the date of activity.

Type of Service:

The instructions offer several ideas for "type of service." Some others would include: Christmas caroling at a nursing home, Adopt-A-Highway, planting flowers at a nursing home or public building, or helping with a Challenge Alaska or Special Olympics event.

What I Did:

The box is very small so explain briefly what you did such as, "Modeled an outfit at the Forget-Me-Not Center," "planted flowers at the (your town/village) post office," "drummed at the senior center." You can go into more detail in the "Project Journal."

***Who Benefited* (include number):**

This is where you tell who and how many people benefited from this activity. Using the previous examples: modeled an outfit, 12 senior citizens; planted flowers at post office, local (town/village) residents; drummed, 15 senior citizens. If you know the number of people write it in; if you don't, as in the case

with the flowers at your post office, just write whom you think benefited. You don't have to list just the obvious either, think of everyone who might benefit. In the example "planted flowers at the town/village post office," the post office staff, local residents, passersby and tourists benefited from this beautification project.

Events Attended:

This section provides you the opportunity to document all noncompetitive events you attended. The noncompetitive events held in each district vary. These are events you would not list in this section. Some noncompetitive events you might include are: Horse Camp, Rally Day, Achievement Program, 4-H club tour and any workshops you attend. Do not list competitive events in this section.

Provide the following information:

Date:

Date of event

Event/location:

What was the name of the event and the location. Two examples are: Horse Camp/Kenai Peninsula State Fairgrounds, Rally Day/Kenai Peninsula College.

What I Did/Learned:

Write what you did at this event and what you learned. For example: Horse Camp—took English riding instruction and learned the basics of jumping (more details about the basics of jumping could be written in the "Project Journal" part of your *Project Record*); Rally Day—took the T-Shirt Decoration class and learned what paints to use to decorate t-shirts.

DOCUMENT THIS INFORMATION
AS YOU GO ALONG
THROUGHOUT THE 4-H YEAR!!

CITIZENSHIP/COMMUNITY SERVICE:			
List activities you did without pay to help others. Include activities done with your club as well as by yourself. News articles written, window displays or other 4-H promotional activities should be included here.			
DATE	TYPE OF SERVICE	WHAT I DID	WHO BENEFITED (INCLUDE NUMBER)

EVENTS ATTENDED:		
List all 4-H noncompetitive events you attended, such as achievement programs, workshops, tours, rally day, camp, teen events, etc. Events have a definite time and place and can be project-related or general 4-H events.		
DATE	EVENT/LOCATION	WHAT I DID/LEARNED

MY 4-H STORY

Page 13—For All Projects

Writing your 4-H story may be one of the last things you do in your *4-H Record Book*. Take some time to reflect back on the 4-H year and all the projects, events, and activities that you were involved in. Think about the high points, the low points, and what your experiences in 4-H have meant to you.

Look through your recorded activities, community service, and “Project Journal(s)” to help you remember what you have accomplished this project year. How does this compare to previous years and what are you looking forward to next year? The reader is interested in information such as this, and you will have fun reading your past stories many years from now.

“My 4-H Story” is the section where you can really show your personality. Because you write this in story form, you will be able to expand on information that previously had only been written in log form. The instructions on the page offer some suggestions for information you might consider including.

Many 4-Hers choose to write their stories on the computer and add these pages to their record books. This is perfectly acceptable and encouraged for 4-Hers taking several projects and for older members who typically share more information than younger members. It is acceptable for a younger member to print his or her story in the record book on page 5. Be sure to check spelling and grammar or have a leader or parent look it over for the final OK.

Have fun writing your 4-H story and those people will enjoy reading it!

MY 4-H STORY
<p>Write your story for the year in narrative form. Write as though you are actually talking to the reader. Include:</p> <ul style="list-style-type: none"> Some things about yourself and your family. Information about each of your projects, but do not repeat your project highlights. Most important recognition you received such as honors, awards, trips. Your 4-H club experiences and how you were involved in your community and school. How you have changed as a result of your 4-H experience.
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4-H CLIPPINGS AND CORRESPONDENCE

Page 14—For All Projects

As you go through the 4-H year collect and mount clippings and correspondence that has to do with your 4-H involvement. You may include articles that are about you or your club found in newspapers or your own 4-H newsletter.

Be sure to highlight your name in each article so it will be easy for the reader to locate. Also remember to note which newspaper the article appeared in and the date. You may add extra pages.

Display any cards or letters you may have received this 4-H year regarding your 4-H work. This could be a variety of things, including thank you's, congratulations or even a note

4-H CLIPPINGS AND CORRESPONDENCE

Include copies of newspaper clippings about your 4-H work and letters received by you through 4-H in the current year. Highlight your name in articles.

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from your market livestock animal buyer. Mount cards neatly on a piece of paper to make it easy for the reader to view them.

This is the last thing you will have to do in your *Alaska 4-H Record Book* before turning it in to your leader. If you have completed all nine steps outlined you have put together an outstanding *4-H Record Book*. You are now ready to turn your record book in to your leader.

COMMENT PAGE

Page 15—For All Projects

The comment page is to be filled out by the 4-H club leader. If the member is an independent member who hasn't participated in any club activities, the member's parent or guardian will complete this page.

This comment page is for leaders to offer feedback to the member. Remember, members often save these record books as keepsakes for many years. What you as a leader write on this page may well serve as encouragement every time the youth reads it.

What is special about this 4-Her? What do you remember most about this youth in the past year? How has she/he grown this past year? What would you encourage him/her to pursue to challenge her/him? Try to write comments that will encourage the 4-Her and help her/him feel positive about his/her 4-H experience.

At the bottom of the page, the member, parent/guardian and leader sign and date the comment page.

**Your Record Book is now complete!
Congratulations!**

COMMENT PAGE

To be filled out by leaders, record book judges and others at end of the 4-H year.

I have reviewed this record book and believe it to be correct.

Member _____ Date _____

Parent/Guardian _____ Date _____

Leader _____ Date _____

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