# 4-H Personal Development

# Year:

Diagram

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# *For 4-H Cloverbuds 5-7 years of age*

***and other youth needing accommodations***

Name of 4-H’er: 4-H Age:

Club(s)

and/or

Independent

Projects:

**4-H Record Book Information**

**Important Details**

* Complete 4-H Record Book must include 4-H Personal Development (this section) and sections for each project you have participated in this year
* Record Books must be received by the 4-H Office by September 30th of the current 4-H year
* They can be submitted either as a hard copy in a binder, or by uploading your scanned complete electronic record book here as a PDF file [4-H Record Books 2022-23](https://drive.google.com/drive/folders/1Y8G2E7QaKnS_4atDBLZWH8gMDponxgXe?usp=share_link); you must use one or the other method – not a combination!
* Cloverbud work must be hand-written – they can use single words, phrases or short sentences as appropriate to their age and abilities
* Youth not submitting an adequately completed 4-H Record Book (appropriate to age and abilities) may not be eligible for re-enrollment the following year
* Great prizes and certificates for the best Record Books in each project area

**Section 1: Personal Development Record\***

* Written by the 4-H Office, this will be used for funding purposes and must be completed. Failing to do so jeopardizes the program for all 4-H’ers
* Contains personal information, and reports on meetings, 4-H activities, accomplishments, and community service contributions
* Each youth must complete their ‘My 4-H Story’ – see below

**Section 2**: **Project Record**

* Designed by each Project Advisory (your Club Leaders). Enables youth to demonstrate project-specific knowledge and learning.
  + This section will be checked on an ongoing basis by relevant Club Leaders or designated volunteers
  + Must be up to date by August 1 if 4-H’er wants to exhibit at the Fair

**Why Keep Record Books**

* 4-H strives to help kids succeed in life and, by doing Record Books

with the support of parents and Leaders, 4-H’ers can:

* + Develop good habits such as keeping up-to-date records
  + Improve literacy skills
  + Showcase achievements
  + Express themselves by creating a ‘journal’ to reflect on and be proud of
* 4-H Record Books have a lot of practical uses such as:
  + Supplementing school portfolios when applying for colleges and jobs
  + Serving as proof to 4-H funders that the kids are benefitting and learning from the program
  + Being entered into the Fair and winning end-of year awards

**Section 1: Personal Development Record**

Include a photograph or picture of yourself here

Add a caption for your photograph here – one or more words to tell us about the photo

**Introduce Yourself**

Tell us about things such as your hobbies, where you go to school, your family, and other interesting things

**Public Presentations**

Provide details of the Public Presentation(s) you completed this year. Include your certificate if possible

Date you completed a Public Presentation or attended the Cloverbud Public Presentation Workshop this 4-H Year.

Check to indicate the type of presentation you completed:

Food Festival Demonstration/Illustrated Talk Horse Communications

Title of your Presentation

Tell us why you chose this topic

Explain one thing you learned from doing your presentation

**Community Service and Citizenship**

Provide details of one activity you have participated in through 4-H to help the 4-H program, any other non-profit, or people/animals in your town, county, country, or the world lead happier, healthier lives.

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Location | # Hours spent | Who was helped |
|  |  |  |  |
| Use the space below to tell us what you did, and why community service is important | | | |
|  | | | |

**Other 4-H Events and Activities**

In this table, tell us about some 4-H related events and activities NOT covered above or in your Project Record Book. Examples include but are not limited to:

* Educational activities such as field trips and short programs
* Scholarships or special recognition awards

|  |  |  |
| --- | --- | --- |
| Date | Description | What you learned |
|  |  |  |
|  |  |  |

**My 4-H Story is your *personal* story that sums up your year in 4-H**

Things you should write about are:

* Examples of what you learned about yourself and in your project(s)
* Friends you made, funny moments, things you found difficult this year and your achievements
* Include up to 3 photos or pictures relevant to your story

**What 4-H Will do with Your Story (with your permission)**

* All stories will be read by experienced volunteers/staff and receive feedback
* The three most powerful Cloverbud stories will be chosen and will have the honor of being published in the Annual 4-H Success Story Book and on our website
* The winners will receive gift certificates to the 4-H Mall and other goodies

**4-H Story Guidelines for Cloverbuds and youth needing special accommodations**

* Use age-appropriate words and pictures, hand-written with appropriate vocabulary, grammar and spelling
* Submit by September 30th of the current 4-H year along with your Project Record Book – see above for details

**MY PERSONAL 4-H STORY**

Name Age

**MY Personal 4-H STORY continued** (optional to add extra)