**Personal Information Page**

**2024-2025**

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| **Name** |  | **County** |  | **District** |  |
| **Age Division** |  | **Category** |  |
| **Number of years in 4-H** |  | **Number of years in Main Project** |  |
| *(excluding Clover Kid years)* |
| **Address** |  | **Home Phone** |  |
| **City, State, Zip** |  | **Mobile Phone** |  |
| **Email**  |  |
| **Date of Birth** |  | **School Grade** |  |
| **Place of Residence** |
|  |  | Farm/Ranch |  |
|  |  | Rural area or Town less than 10,000 |  |
|  |  | Town or City of 10,000 to 50,000 |  |
|  |  | Suburb or City of more than 50,000 |  |
|  |  | Central city of more than 50,000 |  |
| **Name of your 4-H Club or Group** |  |
| ***I certify that the information provided in this record book is an accurate reflection of the project work completed by the above named 4-H member.***  |
| **4-H Member Signature** |  | **Date** |  |
| **Parent Signature** |  | **Date** |  |

***4-H Story & Photo Portfolio***

The 4-H Story/Photo Portfolio should not just be a repetition of what is in the Report Forms

This should be the first section of your Texas 4-H Record Book following your Personal Information Sheet.

You can create your 4-H Story using a word processor software and does not need to have the heading above. This is just a reminder, place holder page.

See the Family Guide for instructions on page and photo limitations for this section.

***DO NOT INCLUDE THIS PAGE IN YOUR RECORD BOOK. THIS IS A PLACE HOLDER FOR THE 4-H STORY & PHOTO PORTFOLIO***

# **My 4-H {project name} Story**



* + 1. **Introduction: Who Am I?**
* What is your name, age, and where do you live?
* Who are your family members, and how have they influenced you?
* How did you first learn about 4-H?
* When and why did you join 4-H?
* What were your initial expectations or goals?
* *Be sure to begin with an attention-grabbing sentence. Ex. “What would you do if your dad had 100 acres of tomatoes that he couldn’t sell, and were just sitting in the field, ripening in the hot, Texas sun? I know! Let’s preserve them!”*

It is always helpful to include a description of the picture

#### **2. My Main 4-H Project**

* What is the focus of your record book submission? (e.g., livestock, photography, food preservation)
* What motivated you to choose this project?
* What did you know about this subject before joining 4-H?
* How has your project grown or changed over time?
* What successes or challenges have you faced?
* Did you try any new techniques, skills, or strategies?

#### **3. Other 4-H Projects and Activities**

* Have you participated in other 4-H projects besides your main one?
* What special events, competitions, or workshops have you attended?
* Have you had any unique experiences or funny/unexpected moments?
* What skills or knowledge have you gained from these additional activities?

#### **4. Leadership and Citizenship Growth**

* How has 4-H helped you develop leadership skills?
* Have you served as an officer, led a project, or mentored younger members?
* How have you participated in community service or outreach efforts?
* What have you learned from working in teams or organizing events?
* How has 4-H influenced your ability to communicate and work with others?

#### A grid of lines with black lines  AI-generated content may be incorrect.**5. Personal Growth and Impact on My Life**

* How has being in 4-H influenced your confidence and self-esteem?
* Has 4-H changed how you approach school, hobbies, or career aspirations?
* Have you made any significant friendships or connections through 4-H?
* How has 4-H shaped your personal values, work ethic, or problem-solving skills?
* What lessons have you learned that you will carry into your future?

#### **6. Future Plans and Final Reflections**

* How do you see yourself continuing in 4-H in the future?
* What goals do you have for your next 4-H year?
* Has 4-H influenced your career or education plans?
* What advice would you give to a new 4-H member?
* What is your favorite memory from your time in 4-H?

### ****Final Tips:****

* **Make it personal:** Include emotions, specific details, and real experiences
* **Show, don’t just tell:** Instead of saying "I learned leadership," describe a moment where you led a team or solved a problem.
* **Read it aloud:** This helps catch awkward phrasing and improves flow.
* **Remember:** You have up to 10 pages to tell this story. Include pictures that help tell this story!

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| **SECTION I – 4-H PROJECT EXPERIENCES** |
| *4-H Project Summary and Learning Experiences – What is your project? How did your project change or grow? What have you done and what have you learned? You can include learning experiences gained in other youth/community organizations but applicable to the 4-H project. Individually-directed project learning experiences are also acceptable.* ***Include up to 4 projects, current year and up to three preceding 4-H years (up to two preceding years for Juniors). Maximum page limits: Junior - 3 pages; Intermediate – 3 pages; Senior – 4 pages.***  |

**PROJECT 1: (YEARS OF PARTICIPATION)**

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| **PROJECT EXPERIENCES/DESCRIPTION**  | YEAR OF PARTICIPATION | LEVEL OF PARTICIPATION (L, C, D, S, N, I) |
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* **Skills/Knowledge Gained:**

**PROJECT 2: (YEARS OF PARTICIPATION)**

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| **PROJECT EXPERIENCES/DESCRIPTION**  | YEAR OF PARTICIPATION | LEVEL OF PARTICIPATION (L, C, D, S, N, I) |
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* **Skills/Knowledge Gained:**

**PROJECT 3: (YEARS OF PARTICIPATION)**

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| **PROJECT EXPERIENCES/DESCRIPTION**  | YEAR OF PARTICIPATION | LEVEL OF PARTICIPATION (L, C, D, S, N, I) |
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* **Skills/Knowledge Gained:**

**PROJECT 4: (YEARS OF PARTICIPATION)**

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| **PROJECT EXPERIENCES/DESCRIPTION**  | YEAR OF PARTICIPATION | LEVEL OF PARTICIPATION (L, C, D, S, N, I) |
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* **Skills/Knowledge Gained:**

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| **SECTION II – 4-H LEADERSHIP EXPERIENCES** |
| *List what you did to assist others throughout this 4-H year. Also include general leadership such as Club Officer, 4-H County Council, or County Committees. Include elected/appointed, volunteer, and promotion leadership. Leadership Role: E-elected, A-appointed, V-volunteer, P-promotional. Level: Cl-club, Co-county, D-district, S-state, N-national, I-international.* ***Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding 4-H years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 2 pages; Senior – 25 entries and 3 pages.*** |
|  | **Year** | **Leadership Activity** | **Role** **(E, A, V, P)** | **Level (Cl, Co, D, S, N, I)** | **Responsibilities / Duties / Accomplishments** |
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| **SECTION III – 4-H COMMUNITY SERVICE** |
| *List community service or service learning projects that might include: clean ups, collections, repairs, construction, care packets, visitations, education, donations, presentations, etc. Your Role: Y-Yourself, M-Member of a Group, P-Primary Leadership.* ***Include current year and up to 3 preceding 4-H years of activities (up to 2 years preceding 4-H years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 2 pages; Senior – 25 entries and 3 pages.*** |
|  | **Year** | **Your Role****(Y, M, or P)** | **Service Activity** | **Importance and Impact** |
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| **SECTION IV – OTHER 4-H PROJECTS** |
| *List any 4-H project(s) not listed in Section I, include number of years and summarize participation.* ***Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding 4-H years for Juniors). and any number of projects. Limit to 1 page (Juniors) Limit to 2 pages (Intermediates & Senior).***  |

**PROJECT 5: (YEARS OF PARTICIPATION)**

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| **PROJECT EXPERIENCES/DESCRIPTION**  | YEAR OF PARTICIPATION | LEVEL OF PARTICIPATION (L, C, D, S, N, I) |
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* **Skills/Knowledge Gained:**

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| **SECTION V – 4-H RECOGNITION AND AWARDS** |
| *List 4-H recognition and awards. Level Cl-Club, Co-County, D-District, S-State, N-National, I-International.* ***Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 2 pages; Senior – 25 entries and 3 pages.*** |
|  | **Year** | **Level (Cl, Co, D, S, N, I)** | **Recognition** | **Importance to You** |
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| **SECTION VI – NON-4-H ACTIVITIES** |
| *List leadership, community service, awards, and recognition from other activities such as school, church, and other community organizations.* ***Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding years for Juniors). Limit to 1 page.*** |

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| **Leadership Type** | **Responsibilities / Duties / Accomplishments** | **People Reached/Hours Spent** | **Level****(L,C,D, S, N, I)** |
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| **Community Service Type** | **People Reached/Hours Spent** | **Level****(L,C,D, S, N, I)** |
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| **Award Type** | **Placing** | **Level****(L,C,D, S, N, I)** |
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| **SECTION VII – COLLEGE & CAREER EXPLORATION** |
| *Please answer the following question before completing the required portion of the table.* |
| **As of today, what career would you choose?**  |  |
| *List activities that have helped you learn more about careers or the necessary education to enter a career. Examples of activities include: interviews, tours, job shadowing, research, mentoring, work experience, skill development, course work, etc.* ***Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 1 page; Senior – 15 entries and 2 pages.***  |
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|  | **Year** | **Activity Title** | **What did you learn or do?** |
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