**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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| **2024-2025**  |
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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)**

[EXAMPLE: CONSUMER EDUCATION, 2020-2025)

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| --- | --- | --- |
| **PROJECT EXPERIENCES/DESCRIPTION**  | YEAR OF PARTICIPATION | LEVEL OF PARTICIPATION (L, C, D, S, N, I) |
| COMPETITIONS ENTERED: Through this project, I participated in numerous competitions. District CDM, Texas 4-H Roundup, National CDM | 2020-2025 | C, D, S, N |
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* **Skills/Knowledge Gained: EXAMPLE:** I learned how to format and speak reasons. I learned problem solving and budgeting. Both skills will help me as I become an adult. Through this project, I gained confidence to speak in front of people. I learned how to be organized and to make sure that I completely read instructions.

**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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| **2024-2025** |
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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** |
| 1 | 2025 | Texas Youth Livestock Ambassador | A | S | Through this group, I assist in learning about agriculture through many lenses. I also work with various groups to ensure that they have a firm grasp of where their food and fiber come from. ***Skills gained:*** Leadership, communication, teamwork, organization, time management |
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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** |
| 1 | 2025 | M | Souper Bowl of Caring Roundup | My 4-H club worked with local businesses to collect canned goods for our local food pantry. ***Total Impact:*** 450 lbs. food collected, approx. 3200 people served |
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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** |
| 1 | 2025 | C | Grand Champion Canned Good at the County Youth Fair | I set out this year to make an impact with my vegetable garden. Winning this award meant that the fruits of that labor were rewarded and recognized by someone else.  |
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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.***  |
|  |
|  | **Year** | **Activity Title** | **What did you learn or do?** |
| 1 | 2025 | Visit with County Extension Agent to conduct soil sample | Before I could plant my garden, I needed to make sure that my soil was ready for the seeds. I visited with our local CEA to learn about conducting and sending off a soil sample.  |
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**REMOVE THESE PAGES BEFORE SUBMITTING**:

* 1. Remember that all text in Red should be deleted and filled in with your information.
	2. Please refer to the top of each section (highlighted yellow) for specific length maximums.
	3. Remember that this should be a compilation of your years in 4-H. Combine things as appropriate.
	4. Below are more specific examples of things that can be used.

**PROJECT EXPERIENCES EXAMPLES**

|  |  |
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| *(General to all projects):*• Trainings/Workshops• Classes• Tours• Demonstrations/Educational Presentations• Leadership• Taught/Served• Competitions Entered• Tours-Places Visited*Description*• Demonstrations/Educational Presentations• Project Meetings• Hours Spent• People Reached• Research Hours Spent or Group/Independent StudyHours• Awards | *Learning Experiences*• Knowledge Gained• Research• This can also be other “soft”skills like responsibility,decision making, selfconfidence,work ethic, criticalthinking, etc. |
| Public Speaking/Leadership:***Make sure you emphasize Learning in these projects! Not just holding an office!***• Presentations/Reports given at meetings• Offices Held• Presentations to Non-Profit Organizations• Presentations to Non-4-H• Pledges Led,• Workshops Led• Group Leader• Master/Mistress of Ceremonies or Script• 4-H Promotional Presentations• News Articles written• Committees/Boards Served• Served in leadership role at an eventAnimals:• Animals Purchased• Animal Feed/Medicine-Vet Expenses• Sale Income• Profit/Loss• Number Sold• Shows Entered• Equipment ExpensesHorse:• Horses Trained• Younger members who have been trained by you• Horses bought/sold• Look at AnimalsFashion and Interior Design:• Garments/Textiles Sewn• Dollars Saved by sewing• Patterns Bought• Material Bought- (yards)• Prize Money Earned from County Fair• Items Designed and completed | Food and Nutrition:• Meals/Dishes Prepared• Tables Set• Money Saved by cooking at home• Coupons used/saved• Prize Money Earned from County Fair• Scenarios Written• Reasons Given• Hours Spent StudyingConsumer:• Budgets Made• Classes Created• Hours studying• Kahoot It! Quizzes Completed• Reasons GivenPhotography:• Picture Development Expense• Pictures Taken• Photos entered• Prize Money Earned from County FairShooting Sports:• Guns Bought• Practice Meets• Ammo Purchased-$Recreation:• Games lead• Recreation Planned• Icebreakers Led• Workshop recreation given/leadGardening/Horticulture:• Gardens planted• Plants planted• Plants Bought # and $• Gardening Equipment and other Expenses | Veterinary:• Animals Treated• Vaccinations Completed• Animals Cleaned• Hours at Vet VolunteeringPlants and Animals Open:• Animals Vaccinated• Animals Groomed• Hours at Vet Volunteering• Pets Adopted• Pets sold• Hours spent cleaning animal’s homesRange Management/Plant & Soil Science:• Soils/Plants Gathered• Plants Studied• # Soils TestsConservation and Natural Resources/AquaticScience:• Fish Caught• Fish cleaned and ate/cooked• Hatcheries visited• Boats Repaired• Lifeguard Training• # of times gone fishing• Camps attended- Water CamTheater and Performing Arts:• Plays • Lines learned• Acts completed• Performances• CampsHealth and Personal Safety:• Healthy presentations given • Healthy Lifestyles Practices/Contests• Healthy Lifestyles Ambassador• Tours• Camps |

**LEADERSHIP EXAMPLES:**

***Section II should not include Any leadership opportunities that occurred while performing community service. Providing primary leadership to a community service effort should be reported in Section III.***

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| **Promotion Leadership:** *How**have you told someone about 4-H?*• Newspaper Articles• Wear 4-H Shirt• School Announcements• National Volunteer Week• Commissioners Court• Told a friend about 4-H• Got a friend to join 4-H• Taught a friend somethingyou learned about in 4-H• Booth at Open House/Meet the Teacher Night• Picture in National 4-HCalendar• Exhibit at Mall of 4-HPhotography• Sold 4-H raffle tickets | **Volunteer Leadership:** *How and what did you do to lead or teach others in 4-H?*• FUNDRAISERS GO HERE!• Lead officer installation at4-H Club• Helped setup and cleanup at 4-H events• Helped 4-H members with4-H projects• Script part at 4-H contests• Taught a friend somethingyou learned about in 4-H• Group leader for SafetyDay/Ag Days• Helped with Photo Exhibitat Mall and Library• Helped make judges gifts• Helped conduct session atproject workshop• Handed out programs atcounty or district contest | **Elected Appointed:** *What did**you do to improve 4-H?*• (Add how many in club,what do you do in theoffice-duties)- Includenumber of club membersin roles andresponsibilities!!!!• Club, County, District,State Officer Positions• Led Pledges at meeting• Gave report at meeting• Committees• Brought refreshments atmeeting• Took pictures for event |

**COMMUNITY SERVICE EXAMPLES**

***What did you do to help other people because of 4-H?***

No fundraisers allowed in this section! The service activity must not involve raising money for your club or providing any benefit to your club. However, if you organized a fundraiser to help someone in need, that may be considered a service activity.

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| **Y: Completed Community****Service by yourself**• Donated clothes to goodwill, etc.• Made a dish for potluck atchurch• Donated coke tabs toRonald McDonald Houseby yourself• Helped elderly withsomething at house---without taking money!!! | **M: Completed Community****Service with a member of a****group- club, county council**• Anything your club orcounty council does as agroup community serviceproject.• Gathering supplies fordisaster relief• Coat Drive for CountyCouncil• Dry Milk for HelpingHands• Coke tabs to RonaldMcDonald House• Highway Clean up | **P: Lead and implemented****community service project**• Led Blankets of Loveproject for club andcoordinated with clubmanager on how to get theproject going and finished.• (SENIORS!!!!- YOU NEED ATLEAST 1-3 P’s in yourbook!!!)• ***ALL P’s need to have one of******these words to show you******actually had leadership.***• *Coordinated*• *Led*• *Organized*• *Planned*• *Created**NOTE: You can be part of an officer team who leads the project and still count it as a P* |

**OTHER PROJECTS:**

List any 4-H Projects not listed in Section I. Include number of years and summarize participation.

Remember you can add projects you just dabbled in. For instance, you went to a workshop on a project during the summer, you can make that a project as long as you have 6 learning experiences. Remember leadership, public speaking, and citizenship and civic education (community service) are projects and can be added to this section. You generally have this project throughout your other projects.

Make sure that you use Projects on the Project List!

• This page could be just one project or several projects.

• Can be in paragraph form (not optimal)

• Include project name

• Divide years within project

Tip: Use the Section I Project lists and ideas for this section as well.

**RECOGNITION & AWARDS**

Highlight 4-H Recognition and/or Awards

Section Must Include:

• Activity Date

• Level of Award

• Award

• Importance to You

Include:

• County and Club Awards

• District Awards

• County Youth Fair Awards- only high ones

• Placing at contests- only high ones

• This does not include FFA livestock shows

• ***Show how it is important* (1st out of 45 entries)**

**NON-4-H ACTIVITIES**

Leadership, community service, awards, and recognition from other activities such as school, church,

and other community organizations.

|  |  |  |
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| Leadership Examples:• County Youth Board• VBS teacher• Chamber of Commerce• Captain of Sports Team• TAFE• FFA Officer• Read Scriptures atchurch• Help with Technicalstuff at church• Student Council | Community Service Examples:• Volunteer at Vet• Volunteer at Good Will,Food Pantry, etc.• Can Food Drives• Donated clothes togood will, etc.• Helped neighbors• Mow yards for no cost• Volunteer at YouthCenter | Awards/Recognition Examples:• FFA Shows• Honor Roll• UIL• Athletics• TAKS Award |

**COLLEGE & CAREER EXPLORATION**

Section Must Include:

• Activity Date

• Activity Title

• What did you learn or do?

• Hours

Items that could go here:

• Tour of College

• Research of Career

• Research of Colleges

• Scholarship Interviews

• Interviews you have given to people in your career to be pursued

• Job Shadowing

• Work experience- more to your career

• Even include opportunities that somewhat relate to your career- Ex. You would like to be a

chef….you might attend the Taste of Home Cooking School or attend a Cooking Demonstration

• Course Work

**REFERENCES:**

2022-2023 Record book tip, Micah Holcombe, Milam County

<https://texas4-h.tamu.edu/wp-content/uploads/record_book_2024_2025_family_guide.pdf>

<https://texas4-h.tamu.edu/wp-content/uploads/record_book_story_ideas.pdf>

**Beginner’s Guide To Texas 4-H Record Books**, Developed by Dr. Tamra McGaughy, Grayson County