



4-H Project Record Books

The 4-H program has a long history of record keeping. In 4-H, young people track their activities, events, skill development and learning experiences, and much more using the 4-H Project Record Book.



Why 4-H project record books?

- To give children an opportunity to reflect on what they've learned and accomplished through a year. They document new skills and experiences in a written report to measure their achievements and growth.
- To encourage children to set goals, pursue strategies to meet those goals, and to overcome obstacles.
- To award 4-H members for participation in 4-H activities which provides an incentive for participation, learning, and achievement.

Record Book Rules

- Age groups are 5-8, 9-10, 11-12, 13-15, and 16-18. Age group is determined by age on January 1 of the current year. Each 4-Her can submit up one or two books.
- Project categories are Animals Science, Citizenship & Civic Education, Communication Arts, Environmental Science, Consumer & Family Sciences, Plant Science, Healthy Lifestyles, Science & Technology, Personal Development/Leadership, and Discovery (9-10 year old only).
- Youth receive feedback and encouragement on their 4-H project skill development, leadership and citizenship development, and record-keeping skills.
- Recognition for outstanding 4-H work includes a county champion and district awards for each age group and category. District Gold, Silver, and Bronze medals are awarded and a \$50 scholarship is given to district Gold winners.
- Check with the county 4-H Agent for the submission deadline.



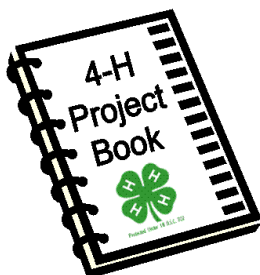


4-H Portfolio Rules

- The 4-H Portfolio has replaced the Cumulative Record Book. Teens age 13-15 and 16-18 may compete and are to include project work for 1 to 3 years. Each 4-H'er can submit 2 Portfolio's for District & State competition.
- Portfolio categories are:
 - Agriculture
 - Beef
 - Dairy
 - Poultry Production and Preparation
 - Horse
 - Sheep/Goat
 - Veterinary Science
 - Swine
 - Citizenship & Community Service
 - Public Speaking/Communications
 - Expressive Arts
 - Forestry & Natural Resources
 - Family & Consumer Science & Clothing
 - Food & Nutrition
 - Health & Safety
 - Sports Nutrition
 - Achievement
 - Leadership
 - Personal Development
 - Plant and Horticultural Science
 - Electric Energy
 - Science & Technology
- Gold, Silver & Bronze winners are recognized at the District & State levels.
 - State Awards 13-15
 - Gold= \$100; Silver = \$50; Bronze = \$25
 - State Awards 16-18
 - Gold = \$150; Silver = \$100; Bronze = \$50



Resources



- <http://www.nc4h.org/youth/4-h-awards-incentives-programs>
- Questions: scott_enrougty@ncsu.edu or 910.798.7669

