

BRUNSWICK COUNTY 4-H



# My 4-H Project Work



18 USC 707



# Planning for My 4-H Project Work



Name: \_\_\_\_\_

4-H Club(s): \_\_\_\_\_

Years in Project 1: \_\_\_\_\_ Years in Project 2: \_\_\_\_\_

4-H Age: \_\_\_\_\_

Project record books help youth bring meaning to the 4-H work they have done each year. By listing the activities they have completed and reflecting on those experiences, they are able to digest what they have learned and how they have grown. As we believe that this is essential to their continued development, we are working toward the goal of 100% completion of project record books or portfolios for the 2014 year. To encourage this, club leaders will check project record books before they sign off on registration for events like The Brunswick County 4-H Fair. Project record books must be complete through the end of the previous month for leaders to sign on big event and award entries: County Activity Day (Feb), State Presentations/State Congress (June), County 4-H Fair (Oct), Youth of the Year (Jan). Deadlines and checking policy is up to each individual club leader.

An up-to-date record book has a complete preliminary plan. It includes a list of 4-H activities youth has already attended with a few sentences describing what youth has learned from these events. These sentences focus on answering: what did I do? What did I learn from it? What would I do differently next time? Answering these questions on a regular basis will help the youth to write their 4-H Story and save everyone from scrambling to complete this at the end of the year.

*Leaders will use the space below to date, sign and give comments on your project record book through the year.*

Date of Record Check	Signature and Comments



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NC 4-H has nine **Main Project Categories** that youth can do a project record book on. Below is a listing, with types of projects that fall under the **Main Project Category**. One additional category is Discovery which is only for 9-10 year old first timers; this category lets them experience 4-H without picking a main project area. Youth may only submit two project record books a year. Circle the one or two projects that you will be working on for this year. In addition to circling your one or two projects, record on page one how many years you have worked on this project or projects.

**ANIMAL SCIENCE**

*Animals, Dairy, Vet. Science*

**CITIZENSHIP AND CIVIC EDUCATION**

*Citizenship, Intercultural, Community Service, Service Learning*

**HEALTHY LIFESTYLES**

*Food and Nutrition, Health*

**COMMUNICATION ARTS**

*Photography, Theatre Arts  
Woodworking, Public Speaking*

**ENVIRONMENT & NATURAL RESOURCES**

*Camping, Outdoor Adventures, Entomology, Forestry  
Geology, Natural Resources, Sports fishing, Wildlife*

**CONSUMER & FAMILY SCIENCE**

*Child Development, Clothing, Consumer Ed.,  
Interior Design, Intergenerational*

**PLANTS SCIENCE**

*Plant and Soil Science, Crops,  
Floriculture, Horticulture*

**SCIENCE & TECHNOLOGY**

*Aerospace, Bicycle, Computers, Electricity, Geospatial,  
Robotics, Safety, Small Engines, Tractor, Woodworking*

**PERSONAL DEVELOPMENT**

*Communication, Photography, Visual Arts,  
Recreation, Theatre, Journalism*

## PROJECT ACTIVITY GOALS

Use the 2014 Year at a Glance to help you decide on what your goals and activities will be. Throughout the year, add and change goals. What do you want to do and learn *in this project area* during the year? Think about who will help you and when you want to meet these goals. Do not feel that you have to fill in every line. Remember to come back to this when you have completed the activity or goal and record the date you finished.

**Below are my projected goals and activities for this project.**

**Member Signature:** \_\_\_\_\_

**We have reviewed these goals and activities and agree to support the 4-H member in reaching them.**

**Parent/Guardian Signature:** \_\_\_\_\_

**Leader/Helper Signature:** \_\_\_\_\_

What will I do or learn? (Goal)	Project	Who will help me? (Helper)	When will I do it?	Date I finished it
<i>Example: Attend presentation workshop</i>	<i>Personal Development</i>	<i>My 4-H leader</i>	<i>January 28</i>	<i>January 28</i>
<i>Example: Train my calf to lead.</i>	<i>Animal Science</i>	<i>Mom</i>	<i>March</i>	<i>April 4</i>





## 4-H PROJECT/ACTIVITY JOURNAL

**Project/Activity Work Done** Use this page to record ALL activities, events and experiences as you have them. In addition to 4-H, include such things as school, sports, church, home chores, community service activities, awards and honors

Date	Activity <i>(What did you do and learn in this activity area? Include what you learned from mistakes as well as successes. Also record if this activity was leadership, awards, citizenship or community service.)</i>	Project	Who did I help	Where did I do this
<i>January 28</i>	<i>Attended Presentation Workshop – Learned tips on how to project my voice, how to prepare my visuals and how to keep eye contact with the judges</i>	<i>Personal Development</i>	<i>I helped Susie, John and Jodie during our group session make a board for our group presentation</i>	<i>4-H office</i>

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**Every month**

Reflecting on an activity I have recorded, pick 1 thing to reflect on: What did I do and what knowledge or skill have I learned from this activity? How will or did I use what I learned? What will or did I do it differently because of what I learned? How will I test or use this knowledge?

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**Leadership**

List any committees you served on or any leadership activities you did *in this project area*. Include the number of people you helped. **Example:** *Taught club member how to fold the flag (1); Helped leader teach workshop on making brownies (6); Brought refreshments for club meeting.*

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**Community Service & Citizenship**

What did you do *in this project area* to help others? **Examples:** *Made snacks for nursing home (60); Helped walk the dogs at the animal shelter*

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## FINAL NOTES

Don't forget the scrapbook!! Place a folder or page protector in your binder to keep up with pictures, ribbons and news clippings throughout the year.