



# My Senior 4-H Level Book

(ages 14-18 as of  
September 1st)

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

County: \_\_\_\_\_ 4-H Age: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_

4-H Club: \_\_\_\_\_ Club Leader: \_\_\_\_\_

Project(s) Completed: \_\_\_\_\_

Parent/Guardian Name (Print): \_\_\_\_\_

I personally prepared this Record Book and it is a true report of my 4-H Project.

4-H Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Record Book Approvals

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

4-H Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions

- Complete a Project Book for each project you complete and submit the report with all of the attachments listed in Section 3 of this form.
- Complete Section 1 **AT THE START OF YOUR PROJECT.**
- Sections 2 & 3 should be completed as you work on your project.
- Your 4-H Record Book consists of your Level Book and Attachments plus your Project Book(s). Standards of Excellence, Club Books (officer books) should be turned in separately.
- All contents must be bound in a folder or binder (3-Ring Binders, 3-Prong Folders, etc...). Loose pages will not be judged.

**Please take special considerations when judging this youth's record book:**

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

**Reason (Or Contact the 4-H Office via phone or email):** \_\_\_\_\_



# Section 1: 4-H Year Plans and Goals

**This is what I want to learn (goals) this year:**

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Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**This is what my leader agreed to help me do:**

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Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**This is what my parent(s)/guardian(s) agreed to help me do:**

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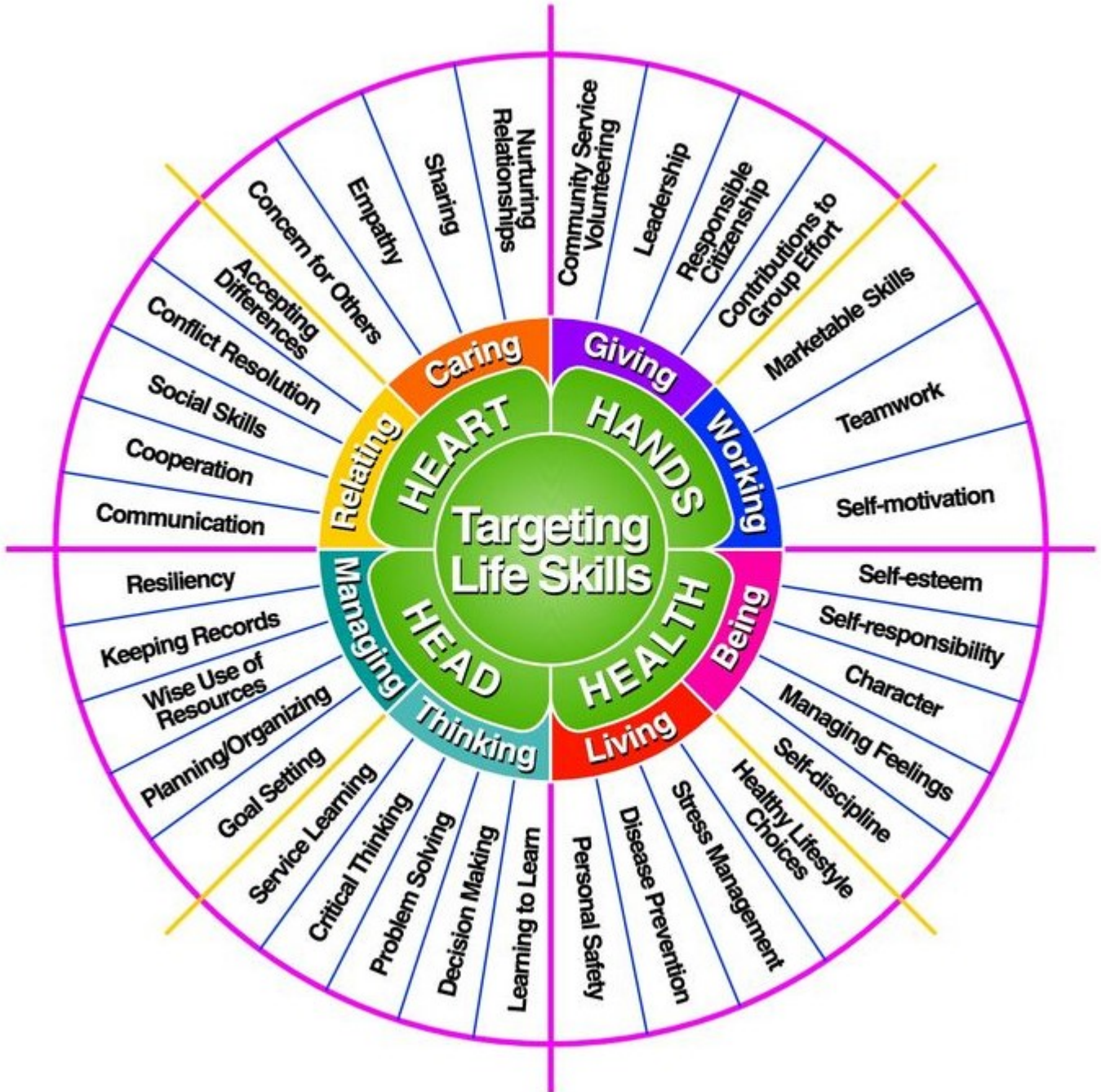
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Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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# 4-H Life Skills





# Section 1: 4-H Life Skills

## Instructions

This page is to be completed at the beginning of the 4-H year. Using the 4-H Life Skills Wheel, choose three (3) Life Skills that you think your 4-H Project (s) will help you learn or practice throughout the year.

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Life Skill #1: \_\_\_\_\_

How will your 4-H Project help you practice this Life Skill?

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Life Skill #2: \_\_\_\_\_

How will your 4-H Project help you practice this Life Skill?

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Life Skill #3: \_\_\_\_\_

How will your 4-H Project help you practice this Life Skill?

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Life Skill #4: \_\_\_\_\_

How will your 4-H Project help you practice this Life Skill?

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## Section 2: 4-H Year Highlights

<b>Date:</b>	<b>Major activities I did this 4-H year</b>	<b>How much time you spent:</b>



## Section 2: 4-H Year Highlights continued

List information and skills learned throughout the 4-H year:

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List challenges faced when completing work and how you handled them:

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List major successes during this 4-H year:

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My adult leader/parent helped me by:

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# Section 2: 4-H Year Highlights continued

**What I will do different next time:**

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**What do I want to do next year:**

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**My leadership activities this year:**

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**List your citizenship activities this 4-H year:**

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**My Awards and Recognitions I received this 4-H year:**

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## Section 3: 4-H Year Attachments

**Photos:** Attach photos (or you may provide drawings) throughout this 4-H year demonstrating what you have completed/accomplished including before, during, and after shots. Don't forget to include your citizenship and leadership activities too. Attach no more than three (3) pages (8 1/2" x 11", one side only) of pictures to this report. Be sure to include a sentence about what you are doing in each picture.

**4-H Story:** Create a story of some of your experiences. Record the good and bad experiences you had during the year, what you learned, and what you would do differently. Looking back over your past year, think about the things you've learned and include how you might apply what you learned to your life in the future. How did you practice the life skills you identified in Section 1?

The story should be no more than 3 pages, neatly written or typed (8 1/2" x 11", one side only) in 12 point double spaced font.

**Project Book or Worksheets:** Attach your project book or worksheets you have completed as evidence of your project accomplishments.