



Personal Information Page 2024-2025

County	District	
Category		
Category Number of years in Main Project		
Home Phone		
School Grade		
cord book is an accurate refl er.	ection of the project	
Dar	te	
	Number of years in Main Home Phone Mobile Phone School Grade cord book is an accurate reflection	





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.

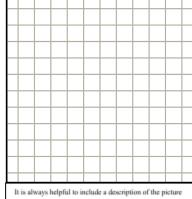
DO NOT INCLUDE THIS PAGE IN YOUR RECORD BOOK. THIS IS A PLACE HOLDER FOR THE 4-H STORY & PHOTO PORTFOLIO



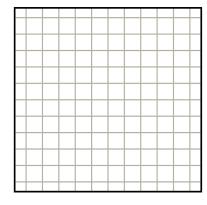


My 4-H {project name} Story

- 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?
 - o 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!"



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?

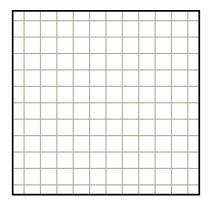
4. Leadership and Citizenship Growth

- 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?





- 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!





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)

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
District CDW, Texas 4-11 Roundup, National CDW		

o **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)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

o Skills/Knowledge Gained:





PROJECT 3: (YEARS OF PARTICIPATION)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

o Skills/Knowledge Gained:

PROJECT 4: (YEARS OF PARTICIPATION)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

o Skills/Knowledge Gained:





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	Rol e (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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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.

CHIT	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. <i>Total Impact:</i> 450 lbs. food collected, approx. 3200 people served
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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)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

o Skills/Knowledge Gained:





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.

Jun	ior — 10 en	itries and 1	page; Intermediate – 15 entries and 2 pages; A	Senior – 25 entries and 3 pages.
	Year	Level (Cl, Co, D, S, N, I)	Recognition	Importance to You
1	2025	С	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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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.

Leadership Type	Responsibilities / Duties / Accomplishment	Reached/Hours	Level (L,C,D, S, N, I)
Community Service Type		People Reached/Hours	Level (L,C,D, S, N, I)

Community Service Type	People Reached/Hours Spent	Level (L,C,D, S, N, I)
	•	

Award Type	Placing	Level (L,C,D, S, N, I)
		(,,,,,,,,





Please answer the following question before completing the required portion of the table.			
As of today, what career would you choose?			
activ work	vities include: k, etc <mark>. Include</mark> <mark>y and page li</mark>	interviews, tours, job shadowing, researd ccurrent year and up to 3 preceding 4-H	rs or the necessary education to enter a career. Examples of the mentoring, work experience, skill development, course years of activities (up to 2 preceding years for Juniors). termediate — 15 entries and 1 page; Senior — 15 entries and 2
	Year	Activity Title	What did you learn or do?
1	2025	Visit with County Extension	Refore Louid plant my garden. I needed to make sure

	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

• News Articles written

• Committees/Boards Served

(General to all projects):	Learning Experiences	
Trainings/Workshops	Knowledge Gained	
• Classes	• Research	
• Tours	This can also be other "soft"	
Demonstrations/Educational	skills like responsibility,	
Presentations	decision making, selfconfidence,	
Leadership	work ethic, critical	
Taught/Served	thinking, etc.	
Competitions Entered	_	
Tours-Places Visited		
Description		
• Demonstrations/Educational		
Presentations		
Project Meetings		
Hours Spent		
People Reached		
Research Hours Spent or		
Group/Independent Study		
Hours		
• Awards		
Public Speaking/Leadership:	Food and Nutrition:	<u>Veterinary:</u>
Make sure you emphasize	Meals/Dishes Prepared	Animals Treated
Learning in these projects! Not	Tables Set	Vaccinations Completed
just holding an office!	 Money Saved by cooking at 	Animals Cleaned
• Presentations/Reports given at	home	Hours at Vet Volunteering
meetings	Coupons used/saved	Plants and Animals Open:
Offices Held	• Prize Money Earned from County	Animals Vaccinated
Presentations to Non-Profit	Fair	Animals Groomed
Organizations	Scenarios Written	Hours at Vet Volunteering
• Presentations to Non-4-H	Reasons Given	Pets Adopted
• Pledges Led,	Hours Spent Studying	• Pets sold
Workshops Led	Consumer:	Hours spent cleaning animal's
Group Leader	• Budgets Made	homes
Master/Mistress of Ceremonies	Classes Created	Range Management/Plant & Soil
or Script	Hours studying	Science:
• 4-H Promotional Presentations	Kahoot It! Quizzes Completed	Soils/Plants Gathered
3.7		B1

• Reasons Given

Photography:

• Plants Studied

• # Soils Tests





• Served in leadership role at an
event

Animals:

- · Animals Purchased
- Animal Feed/Medicine-Vet Expenses
- Sale Income
- Profit/Loss
- Number Sold
- Shows Entered
- Equipment Expenses

Horse:

- Horses Trained
- Younger members who have been trained by you
- Horses bought/sold
- Look at Animals

Fashion 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

- Picture Development Expense
- Pictures Taken
- Photos entered
- Prize Money Earned from County Fair

Shooting Sports:

- Guns Bought
- Practice Meets
- Ammo Purchased-\$

Recreation:

- Games lead
- Recreation Planned
- Icebreakers Led
- Workshop recreation given/lead

<u>Gardening/Horticulture:</u>

- Gardens planted
- Plants planted
- Plants Bought # and \$
- Gardening Equipment and other Expenses

Conservation and Natural

Resources/Aquatic

Science:

- Fish Caught
- Fish cleaned and ate/cooked
- Hatcheries visited
- Boats Repaired
- Lifeguard Training
- # of times gone fishing
- Camps attended- Water Cam Theater and Performing Arts:

• Plays

- Lines learned
- Acts completed
- Performances
- Camps

Health and Personal Safety:

- Healthy presentations given
- Healthy Lifestyles Practices/Contests
- Healthy Lifestyles Ambassador
- Tours
- Camps

LEADERSHIP EXAMPLES:

<u>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.</u>

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 something you learned about in 4-H
- Booth at Open House/Meet the Teacher Night
- Picture in National 4-H Calendar
- Exhibit at Mall of 4-H Photography
- 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 at 4-H Club
- Helped setup and clean up at 4-H events
- Helped 4-H members with 4-H projects
- Script part at 4-H contests
- Taught a friend something you learned about in 4-H
- Group leader for Safety Day/Ag Days
- Helped with Photo Exhibit at Mall and Library
- Helped make judges gifts
- Helped conduct session at project workshop

Elected Appointed: What did vou do to improve 4-H?

- (Add how many in club, what do you do in the office-duties)- Include number of club members in roles and
- responsibilities!!!!
 Club, County, District,
 State Officer Positions
- Led Pledges at meeting
- Gave report at meeting
- Committees
- Brought refreshments at meeting
- Took pictures for event





• Handed out programs at county or district contest

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.

Y: Completed Community Service by yourself

- Donated clothes to good will, etc.
- Made a dish for potluck at church
- Donated coke tabs to Ronald McDonald House by yourself
- Helped elderly with something at house--without taking money!!!

M: Completed Community Service with a member of a group-club, county council

- Anything your club or county council does as a group community service project.
- Gathering supplies for disaster relief
- Coat Drive for County Council
- Dry Milk for Helping Hands
- Coke tabs to Ronald McDonald House
 - Highway Clean up

P: Lead and implemented community service project

- Led Blankets of Love project for club and coordinated with club manager on how to get the project going and finished.
- (SENIORS!!!!- YOU NEED AT
- LEAST 1-3 P's in your book!!!)
- 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.

Leadership Examples:

- County Youth Board
- VBS teacher
- Chamber of Commerce
- Captain of Sports Team
- TAFE
- FFA Officer
- Read Scriptures at
- church
- Help with Technical stuff at church
- Student Council

Community Service Examples:

- Volunteer at Vet
- Volunteer at Good Will,

Food Pantry, etc.

- Can Food Drives
- Donated clothes to good will, etc.
- Helped neighbors
- Mow yards for no cost
- Volunteer at Youth

Center

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
<a href="https://texas4-h.tamu.edu/wp-content/up