

**\*Sample of Senior Record Book \***

**CONNECTICUT 4-H  
RECORD**



**Name:** \_\_\_\_\_ Courtney Chin \_\_\_\_\_

**Address:** \_\_\_\_\_ 2 Spring Road \_\_\_\_\_

\_\_\_\_\_ Fairfield, CT 06824 \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ May 22, 1993 \_\_\_\_\_

**4-H Group:** \_\_\_\_\_ Buzy Bees \_\_\_\_\_

**County:** \_\_\_\_\_ Fairfield County \_\_\_\_\_

## **4-H ACTIVITY RECORD**

(List the following 4H activities for this year only. Record them at the time you do them. Keep this sheet in your 4H record folder with your project records. Use only one activity record each program year even though you may be in more than one club. Include what you learned in these activities in your 4H story.)

Name: **Courtney Chin**

Age as of January 1<sup>st</sup> **14**

Years in 4H (Counting this year) **8**

4-H Program Year **2007-2008**

Club/Individual Membership

# Meetings Held

#Meetings Attended

**Club**

**6**

**5**

List your 4H demonstrations, talks, exhibits, radio and television appearances, newspaper articles written. Include topics & dates.

**Demonstrated Pen Pals at Redding Grange**

List your leadership experiences in 4H. Include offices you have held or committees you have served on and the level of leadership you held within each committee (i.e. member, chair, etc.).

**Vice President Mistress of ceremony for Club Family Dinner. I organized the program, Fallback Workshop Committee.**

List your citizenship/community service experiences and team cooperative efforts. Include things that contribute to the welfare of your group members, other individuals or community or which have helped your club or group work more effectively

**NIC Unit Crib Cards, Operation Christmas Child boxes, volunteer at Local Public Library. Served at Church luncheon.**

Recognition received (complete after county recognition program):

**I Can Make a Difference, Super 4-Her, Fallback into 4-H Committee, Highest Overall Seller and 3 Community Service ribbons.**

Record your participation in local, regional, state-wide and national activities. Include workshops or clinics attended (how you learned the new skills you are using), project events such as horse or dairy judging, local and state project area activities such as Public Speaking Programs, Fashion Revues and Nutrition Fairs. Don't forget activities such as exhibiting in the 4-H Fair or participating at Eastern States, attending conferences such as CWF, Teen Connection or Teen Leadership or 4-H Camp. Also include participating in local fundraising events such as the 4-H Fairbook ad campaign as well as county recognition programs.

DATE	ACTIVITY	WHAT WAS DONE*	LEVEL**
10/25/07	Fallback	Workshop Committee setup and clean up exhibited	C
11/07/07	Family Dinner	Set up, Participated in Program, Clean up	L
11/21-11/23/07	Teen Leadership Weekend	Participated	S
12/13-12/15/07	Ad Campaign	Sold \$	C
3/06/08	Clothing Revue	Talent (Danced)	C
3/24/08	Redding Grange	Demonstrated on Pen Pals	L
3/31/08	Volunteer Dinner	Dinner, Recognition for Teen Leadership	C
7/11-7/13/08	Teen Connection	Participated	S

Write a story telling what 4H has meant to you this year. Include some of the things you have learned and some of the things that have been the most fun. Tell how you have helped others by being a 4H member.

This year has been great. I am now a Senior 4-Her. I was able to go to the Teen Leadership weekend. I had a wonderful first experience of a State weekend trip. I enjoyed getting to know kids my own age that are in 4-H. The Teen Connection was fun. We stayed in Uconn Dorms. It was my first stay in college dorms. It was challenging to share three showers with twenty girls.

The first day had a fundraiser marathon. I ran six miles instead of the suggested four miles. I learned many skills I can use in the future. I was chosen to be club Vice President. One job as Vice President is to organize family dinner. I was Mistress of

**Ceremonies.**

At the dinner all past Busy Bees were invited to attend. A slide show was put together of the clubs past 25 years.

Attach one or two selected photographs or news articles.  
(optional)



This record was written by the member and is believed to be accurate

<b>8/25/08</b>	<b>Courtney Chin</b>	<b>8/28/08</b>	<b>Teresa Newman</b>
Date	Member	Date	4-H Leader

***4-H MEMBER GOALS***

Name Courtney Chin Years in Project 8 4-H Program Year 2007-08

Beginning of Year: Set Your Goals

What skills do you have now?

- 1. I have been Club Treasurer and Co-Secretary.**
- 2. I have knowledge of good nutrition.**

What new things do you want to learn? These are your goals for this year.

- 1. I would like to have a club office that I have not had before**
- 2. To apply my knowledge on a daily basis.**

How will you plan to learn them?

- 1. Run for Club Vice - President.**
- 2. To write down everything that goes into my mouth, to make me more aware of what I eat.**

Evaluate Your Progress

What skills did you learn or improve? These are the goals you have met.

**I was club Vice President. Through the year I kept a food journal.**

How would you improve or change your project for next year?

**To get more involved at a state level.**

You may use separate forms for individual projects or use one that will help you plan general goals for the year.

## 4-H MEMBER FINANCIAL SUMMARY

Name Courtney Chin Years in Project 8 4-H Program Year

**2007-08**

EXPENSES: List headings needed at the top of each column. For instance, if you are reporting two projects, one heading might be "horse" and one might be "clothing". If you have a single project, you might select headings such as "cost of equipment" and "supplies". You can use this sheet for a total summary of all your projects or keep track of individual projects using single sheets.

### EXPENSES

Month or Date	Club Dues					Totals
	<b>\$20.00</b>					<b>20.00</b>
<b>Grand Totals</b>						

INCOME

Date	Explanation	Amount
	<b>N/A</b>	
Grand Total:		

Based on a review of your financial summary for your 4-H project(s), what did you learn? Would you do anything differently?

\* What was done - did you participate, help plan, implement, etc. \*\* Designate Level of Participation with L for Local, S for State, M for Multi-state and N for National



## LEADERSHIP PROJECT RECORD

Name **Courtney Chin**      Year in Project **8**      4-H Program  
 Year **2007/2008**

*"Leadership is planning, organizing, implementing and evaluating. Participation in an activity or event is not leadership."*

Describe your project. List your leadership activities. Designate level - club, district, county state, New England, national, international

DATE	ACTIVITY	WHAT YOU DID	LEVEL OF LEADERSHIP
10/5/07	Fallback	I was the workshop committee	County
11/7/07	Family Dinner	Mistress of Ceremonies	Club
3/04/07	Club Vice-President	Mistress of Ceremonies step in when president is not there	Club

\* What was done - did you participate, help plan, implement, etc. \*\* Designate Level of Participation with L for Local, S for State, M for Multi-state and N for National

What skills did you acquire? Please complete the following chart.

<b>LEADERSHIP SKILL</b>	<b>AN EXAMPLE OF HOW I USED THIS SKILL IN MY PROJECT</b>
Self awareness	<b>I can step in when needed.</b>
Getting along with others	<b>I try to respect other people's point of view.</b>
Managing resources	<b>Taking my 4-H skills into every day life.</b>
Communication	<b>Part of communication is being a good listener, as well as talking.</b>
Making Decisions	<b>Taking all the option into consideration before making a decision</b>
Works with groups	<b>Let people express their ideas, don't be bossy.</b>
Teaching	<b>You have to be patient and interesting.</b>
Creativity	<b>Make activities fun.</b>
Planning	<b>Be organized and plan ahead.</b>
Organizing (goals, activities, etc)	<b>The Fallback workshop committee was two adults and two teens. As time went on the committee became me. I then had to take on all the jobs of the whole committee. I had to find and organize all the workshops. Made sure they all ran smoothly.</b>

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Implementing (activities)	<b>Make sure you complete your responsibility from beginning to end.</b>
Evaluating	<b>When I am dancing I am continuously evaluating to make improvements.</b>

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What is your definition of leadership? Has it changed over this year?

**Seeing that a task gets done fully. Helping others achieve their goals.**

What problems did you encounter this year in your project? How did you overcome these problems?

**Two months before Fallback the other Committee members dropped out. I then had to put all the workshops together. I took on the responsibility and got the tasks done.**

Explain one or two things you learned about leadership this year.

**You can't always rely on others. You**

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How have your leadership skills grown this year?

**I have had many opportunities this year to work on my leadership skills. Being Club Vice President I organized family dinner and was Mistress of Ceremonies. Fallback workshop committee helped me gain leadership skills.**

How will you use what you learned?

**I can take what I learned this year and apply it to next year, while I learn new things.**

Equal opportunity program provider and employer

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