



4-H Portfolio (Record Book) Recommended Guidelines



Important Notes:

1. All 4-H members should complete their 4-H portfolio to the best of their ability and turn them in to the 4-H agent for parish-wide competition.
2. Turn in your complete record book by mid March to the 4-H Office. Your school club may set an earlier deadline in order for your club sponsor to look at your 4-H Record Book and then sign it.

Guidelines for completing your records:

- **Place your name and your 4-H Club (School) name on the cover.
- **Be sure to punch holes in all pages; (place in binder optional).
- **Write in one color of ink only or use a pencil. Write neatly- -no scratch-outs!

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\*\*The 4-H Portfolio can be found on the internet at [www.lsuagcenter.com/parish/tangipahoa](http://www.lsuagcenter.com/parish/tangipahoa)

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**You can type your 4-H Portfolio/Record book on your computer if you download the form to your computer first. You can save it to your computer and add to it as needed. Makes it easy to fill out scholarships too!

Your 4-H Portfolio (Record Book) should have all sections of the book in the correct order.

▶ **Section 1 – Personal Data & 4-H and You page**

Be sure to list only the project workbooks you are turning in.
Make sure the correct people sign your portfolio.

▶ **Section 2 – Citizenship/Community Service page**

Every 4-H'er should be able to list at least 5 good deeds or service projects here.
These are things you have done by yourself, with your family, church, school, or with your 4-H club.
This section looks good when you put the number of hours you volunteered and who benefited from your volunteer service.

▶ **Section 3 – 4-H Awards & Recognition**

This section is where you list certificates, ribbons and other prizes you've won this year. Remember, only 4-H winnings go on this page!

▶ **Section 4 – My 4-H Story**

This section should have a story that is at least three pages long. High school students should be able to write a 6-page story encompassing their entire 4-H career. Use a computer instead of the lined page in the book. Write a story about your 4-H experiences-what you've done, learned, & enjoyed.

▶ **Section 5 – 4-H Photos & Supporting Materials**

Your scrapbook pages of 4-H pictures & news clippings go here.





4-H Portfolio

My 4-H Experiences & Accomplishments



Louisiana 4-H is an educational program of the LSU AgCenter



Name _____

School/Club _____

Tangipahoa Parish 4-H

****Note: Portfolios and Project Books due back to 4-H office by March 11th**

4-H Member's Portfolio Book

A Message to 4-H'ers:

- Record-keeping is an important part of every 4-H educational project.
- Many awards, educational trips and college scholarships are given to club members on the basis of their records and project work.
- Records show your 4-H club work progress. Keep this book from year to year and add to it. You may include up to three years' of 4-H work.
- This form is designed to help you keep your records and other supporting materials in an orderly manner.
- Do not alter the basic format of this book.
- Don't forget to include your 4-H project book(s).

Your 4-H Portfolio should contain the following sections:

- **Personal Data & 4-H and You**, Be sure to list the project workbooks you are turning in.
- **Citizenship/Community Service**, Every 4-H'er should be able to list good deeds or service projects here. These are things you have done by yourself, with your family, church, school, or with your 4-H club. This section looks good when you put the number of hours you volunteered and who benefited from your volunteer service.
- **4-H Awards & Recognition**, This section is where you list certificates, ribbons, and other prizes you've won this year. It is imperative to list how many of each.
- **My 4-H Story**, Write a story about your 4-H experiences-what you've done, learned, & enjoyed.
- **4-H Photos or Supporting Materials**, Scrapbook pages of 4-H pictures & news clippings go here



School Year _____

Personal Data

Attach a picture of yourself if you wish

Name _____ Grade _____

Age _____ Date of Birth: Month _____ Day _____ Year _____

Address _____

City _____ ZIP _____

School or 4-H Club _____

Parish _____

Name of Parents or Guardian _____

List the name of 4-H project book(s) included:

I have personally prepared this report and believe it to be correct:

Signed _____ Date _____
(Club Member)

Signed _____ Date _____
(Parent or Guardian)

Signed _____ Date _____
(Parish Extension Agent)

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4-H and YOU!

Looking back over the year:

School Year _____

Tell about your favorite part(s)/activity in 4-H.



Who is your role model in 4-H? Why?



Tell one thing you learned this year in 4-H.



Looking to the future:

If you were in charge of 4-H in your parish – how would you make it better?



Citizenship/Community Service **Section** _____

How were you able to show your caring and citizenship qualities in 4-H this year? List activities you have participated in to help others in your community. Include hours/type of service/number of items donated, etc.

Description of Activity	Level
<i>Example: Donated 6 canned goods for Food for Families Food Drive.</i>	(L)

*Level = L – Local, P – Parish, R – Regional, S – State, N - National

4-H Awards & Recognition Section

When filling out the awards section of the portfolio, please don't write several, multiple or a couple of blue/red/white ribbons as we will not know exactly how many that entails. *Therefore to get points for your awards you must specify EXACTLY how many and what type/color ribbon or award you received for each event/project.*

Activity: Place an 'X' next to those you participated in: YEAR 2017-2018	List <u>Exact Number</u> of Awards, Ribbons and/or Certificates you received this year in this column, see example below:
Example: <u> X </u> Parish Fair 4-H Exhibits	<u>EXAMPLE</u> -10 blue, 5 red, 3 white, 4 green
<u> </u> 4-H Camp Grant Walker	
<u> </u> 4-H Camp Slogan Contest	
<u> </u> 4-H Day at the Capitol	
<u> </u> 4-H Night with the Pelicans	
<u> </u> 4-H Day with the LSU Tigers	
<u> </u> 4-H University / Clover College	
<u> </u> Ambassador Talk Beef	
<u> </u> Ambassador Talk Egg	
<u> </u> Ambassador Talk Poultry	
<u> </u> Ambassador Talk Seafood	
<u> </u> Ambassador Talk Sugar	
<u> </u> Ambassador Talk Turkey	
<u> </u> Adopt A Resident Christmas Present	
<u> </u> Ascension Parish District Shoot	
<u> </u> Beef Cookery Contest	
<u> </u> Beef Poster Contest	
<u> </u> Bento Box Cookery Contest	
<u> </u> Bike Hike / Wetlands Day	
<u> </u> Challenge Camp	
<u> </u> Dairy Foods Cookery Contest	
<u> </u> Dairy Poster Contest	
<u> </u> District Beef Cookery	
<u> </u> District Egg Cookery	
<u> </u> District Poultry Cookery	
<u> </u> District Seafood Cookery	
<u> </u> District Sugar Cookery	
<u> </u> District Horse Show	

____ District Livestock Show	
____ EBR Parish District Shooting Sports Match	
____ Egg Cookery Contest	
____ Fashion Show	
____ 4-H Creative Arts Workshop	
____ Honey Bee Essay	
____ Junior Leader End of the Year Trip	
____ Junior Leader Club Activities	
____ Junior Leadership Conference	
____ Junior Leadership Service Trip (Monroe)	
____ Livestock Poster	
____ LOST Camp	
____ LSU State Livestock Show	
____ Marsh Maneuvers or Mini Marsh Maneuver	
____ National Shooting Sports Match	
____ Officer Training	
____ Outdoor Skills Fall Field Day	
____ Parish Fair 4-H Exhibits	
____ Parish Fair Livestock Show	
____ Parish Fair Pet Show	
____ Parish Fair Poultry / Rabbit Exhibits	
____ Parish Livestock Show	
____ Pet Parade / Contests	
____ Pet Parade Poster Contest	
____ Poultry Cookery Contest	
____ Pumpkin Carving Contest	
____ Pumpkin Painting Contest	
____ Record Books for State Competition	
____ Regional Horse Show	
____ Regional Shooting Sports Match	
____ Seafood Cookery Contest	

My 4-H Story

School Year _____

SECTION

(Place your 4-H Story behind this page.)

Your story is limited to six pages typed or handwritten. Use 8½-by-11-inch paper with a 1½ -inch margin at the top and the left and a 1-inch margin at bottom and right of each page. Use only one side of the page, and, if typed (or printed from a computer), use at least 12-point type.

In your story, introduce yourself and include information about your interests, your family and so forth. Write about your 4-H project experiences and about your 4-H activities. Describe some of the interesting things you did and what you learned or gained from your experiences. Be sure to include leadership and citizenship activities. Tell what you plan to do in the future and how 4-H has helped you plan for your future.

Only one page per year.

School Year _____

4-H Photos & Supporting Materials

10-Page Total Limit*: this can include pictures (with captions), news clippings, letters, certificates, etc. No layering, use the front side only and don't attach any item thicker than 1/8 inch. Use of clear protective sheets is optional.

**You will need to supply your own paper to complete this section.*



Louisiana 4-H is an educational program of the LSU AgCenter



Visit our Web site: www.lsuagcenter.com

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