

# 4-H GENERAL RECORD SHEET

Each year, you will complete ONLY this ONE record sheet for ALL of your 4-H projects and activities and place it in your green record book BEHIND your 4-H record of achievement.

Responses will be used in a study of the impact of life skills gained by 4-H members. Responses are voluntary and confidential for this study. Only the information below will be copied and compiled to ensure no answers will be individually identified as yours in any way in this study. Only the information on this form will be used from your record book. No other information from your green 4-H record book will be studied for impact.

Year \_\_\_\_\_

## A. PROJECTS TAKEN

**DIRECTIONS:** List EACH project you completed this year.

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\*\*\*TOTAL NUMBER OF PROJECTS YOU COMPLETED THIS YEAR = \_\_\_\_\_ PROJECTS\*\*\*

## B. EXPENSE RECORD (optional)

**DIRECTIONS:** For EACH project you completed this year, list any costs you had in the table below. This could include paying for your animal, its food, poster supplies, or any other project materials you buy.

4-H EXPENSE RECORD (animal, feed, hay, health costs, posters, project materials, etc)			
ITEM PURCHASED	COST OF ITEM	ITEM PURCHASED	COST OF ITEM

Use additional sheets for Sections A or B, if needed.

\*\*\*TOTAL COST OF ALL YOUR 4-H PROJECTS THIS YEAR = \$ \_\_\_\_\_ \*\*\*

**B. ADDITIONAL SHEET EXPENSE RECORD** (optional)

**DIRECTIONS:** For EACH project you completed this year, list any costs you had in the table below. This could include paying for your animal, its food, poster supplies, or any other project materials you buy.

[illegible]

### **C. GOALS FOR THIS YEAR**

**DIRECTIONS:** What 4-H goals did you reach this year? List **AT LEAST** one or more of your projects or activities and share **AT LEAST** one goal for each project or activity you listed. You may list **UP TO FIVE** projects or activities. The examples below show you how to complete this section.

<b>EXAMPLE PROJECT:</b>	Horse
<b>GOAL:</b>	Selecting a champion horse to show.
<b>ACTION:</b>	I bought a new horse after looking for several weeks.

<b>EXAMPLE PROJECT:</b>	Crafts
<b>GOAL:</b>	To learn how to make a blue ribbon basket.
<b>ACTION:</b>	I bought basket making supplies and made one with my mom's help.

<b>EXAMPLE PROJECT:</b>	Foods
<b>GOAL:</b>	To learn how to make cookies.
<b>ACTION:</b>	Grandma taught me her peanut butter cookie recipe.

<b>EXAMPLE PROJECT:</b>	Junior Leaders
<b>GOAL:</b>	Be committee chair for food stand
<b>ACTION:</b>	I was elected to office and the food stand made \$1000.00

### **Your Goal Setting This Year:**

<b>PROJECT / ACTIVITY:</b>	
<b>GOAL:</b>	
<b>ACTION:</b>	

<b>PROJECT / ACTIVITY:</b>	
<b>GOAL:</b>	
<b>ACTION:</b>	

<b>PROJECT / ACTIVITY:</b>	
<b>GOAL:</b>	
<b>ACTION:</b>	

<b>PROJECT / ACTIVITY:</b>	
<b>GOAL:</b>	
<b>ACTION:</b>	

<b>PROJECT / ACTIVITY:</b>	
<b>GOAL:</b>	
<b>ACTION:</b>	



## D. SKILLS LEARNED

**DIRECTIONS:** Circle ALL the skills you used/learned in 4-H this year on the table below. Circle ONLY the non-shaded skills listed.

<b>MANAGE- MENT SKILLS</b>	<b>LEADER- SHIP SKILLS</b>	<b>COMMUNI- CATION SKILLS</b>	<b>CREATIVE SKILLS</b>	<b>FINANCIAL SKILLS</b>	<b>ANALYTICAL &amp; THINKING SKILLS</b>	<b>PERSONAL DEVELOPMENT SKILLS</b>	<b>TECHNICAL Or DETAIL SKILLS</b>
Time Mgmt.	Directing Others	Speaking	Building	Budgeting	Problem Solving	Dependability	Repairing
Planning	Leadership	Listening	Creativity	Managing Money	Reasoning	Dedication	Operating Equipment
Meeting Deadlines	Citizenship	Asking	Gluing	Purchasing	Decision Making	Responsibility	Using Computers
Organizing	Helping	Reasoning	Neatness	Record Keeping	Trouble Shooting	Drive and Determination	Typing
Monitoring	Negotiating	Writing	Cutting	Balancing a checkbook	Following Directions	Learning through Community Service	Measuring
Prioritizing	Delegating	Demonstrating	Designing	Tracking Profits	Selecting or Evaluating	Making Friends	Classified Specimens
Feeding	Motivating	Publicized	Positioning	Calculating	Reading	Loyalty	Sewing
Scheduling	Supervising	Recruiting	Printing	Auditing	Researching	Honesty	Mixing
Ordering and Buying	Promoting	Advising	Performing	Appraising	Diagnosing	Making Ethical Decisions	Formulating (rations)
Planting	Completing a task	Working in a team	Cooking	Learning to Watch Costs	Organizing	Perseverance	Training Animals
Goal Setting	Being a Role Model	Using Non- Verbal Comm- unication	Soldering	Comparing Costs	Analyzing Project Details	Caring for Others	Welding
Safety	Encouraging	Teaching	Focusing	Saving	Using Judgment	Valuing Others' Differences	Assembling

### **E. HOW DID YOU LEARN?**

**DIRECTIONS:** Describe how you learned eight of the skills you circled. The examples below show you how to complete this section.

#### **EXAMPLES:**

SKILL: Responsibility

How Obtained/Improved: Fed and cared for animals daily.

SKILL: Meeting Deadlines

How Obtained/Improved: Turned in project work on time.

SKILL: Speaking

How Obtained/Improved: Gave club demonstration on pottery.

SKILL: Dependability

How Obtained/Improved: Attended every 4-H meeting on time.

SKILL: Dedication

How Obtained/Improved: Walked lamb 1 mile/day every day.

SKILL: Repairing

How Obtained/Improved: Repaired fences in barn lot.

SKILL: Problem Solving

How Obtained/Improved: Interpreted model directions for model.

1. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

2. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

3. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

4. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

5. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

6. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

7. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

8. SKILL: \_\_\_\_\_ How Obtained/Improved: \_\_\_\_\_

**4-H Leader's Signature**

**Date**

