



My 4-H RESUME

(Record Book)

Lincoln County 4-H



Revised December 2014

TOP TEN RECORD BOOK TIPS & TRICKS

10 Take advantage of “fillable” forms! Almost every form has a fillable version so you can update your records on the computer. This is a great way to keep them looking professional and easily editable.

9 Do not include extras! Stick to the Order of Records in this guide and leave out any extra documents, forms, and awards. These extra pages clutter up your book and create headaches for judges.

8 Use the “Notes” page wisely! This is your opportunity to WOW the judges with a written account of your 4-H year. Write a story that is personal and detailed about an impactful event or experience.

7 Score points for Feed & Growth and Advancements! Take full advantage of credit opportunities! Including Feed & Growth Records or your Advancement Programs will boost your score.

6 Attend record book clinics and workshops! Come for a refresher or simply use them as dedicated time to work on your records and get help from the experts. Watch for announcements at least twice each year.

5 Binders and tabs: choose wisely! Select a binder that’s the right size for your records and divider tabs that look sharp. Judges look for a professional appearance and not all tabs and binders are created equal!

4 Don’t let your parents help TOO much! Judges will know if you didn’t do your own work. Use your parents for advice and support,

but don’t let them do the typing or decide what to write.

3 Get help from experienced members and leaders! Your best resources are those who know the routine. Ask an older member in your club or an experienced leader for some one-on-one time with your record book.

2 Score your own book before turning it in! Use the official score sheet; if you would dock points in a category, the judge probably will too. Make those corrections or improvements before putting it in the judge’s hands.

1 Don’t procrastinate, keep records current! Record books can become a nightmare if you wait until the last minute. Keep them up to date throughout the year so they’re ready to go when the submission deadline approaches

WHY RECORD BOOKS?

Yes, up to date record books are required for all members wishing to participate in county fair, but they are important and beneficial for so many reasons beyond the requirement! Record books teach members valuable, lifelong skills in record keeping, accounting, reporting, and written communication. Furthermore, members who keep record books are eligible for 4-H scholarships, travel opportunities, leadership positions, and awards at the county, state, and national levels. Record books also provide an invaluable personal history and memory book to look back on for years into the future. Record keeping is a fundamental part of a member's 4-H experience, so you are encouraged to please, EMBRACE YOUR RECORD BOOK!

ASSEMBLING YOUR BOOK

Order of Records

1. Table of Contents
2. My 4-H Story
3. My 4-H Resume
4. Current Project Records
5. Advancements
6. Photos & Clippings
7. Previous Years' Project Records

Cover

- Assemble your book in the green "4-H Member's Record Folder" (available for purchase at the Extension Office) or a 3-ring binder.
- The member's name and club name should be very clearly written, or typed, on the front cover.
- The appearance should be neat, clean, and professional. Extra points are not given for creativity.
- Binders should be large enough to contain all records and pages should turn easily.

Divider Tabs

- Use a divider for each section and neatly label tabs on each divider.
- If labels in your tabs are removable, secure them with tape so they don't fall out.
- Do not use a divider before the Table of Contents.
- Tabs should have the following labels:
 - My 4-H Story
 - My 4-H Resume
 - _____ Records (Use a divider between each project. Tabs will read "Photography Records" and "Rabbit Records," for example.)
 - Advancements
 - Photos & Clippings
 - Previous Years' Project Records

SECTION BY SECTION

Table of Contents

- The Table of Contents should match your tabs exactly. Do not list anything that doesn't have a tabbed divider.
- The Table of Contents should appear neat and professional without graphics or distracting fonts and colors.

My 4-H Notes (My 4-H Story)

- Use this page to tell the "story" of your 4-H year.
- Writing this story should be one of the last things you do before submitting your book for judging in order to capture a complete picture of your experience for the year.
- You can write about one very in-depth, significant event that took place, or give an overview of everything that happened throughout the year.
- Reflect and communicate things like challenges, successes, new experiences, future goals, and gratitude.

My 4-H Resume (Permanent Record)

- This is your permanent record and should include all projects for all years you are in 4-H. Do not start a new one each year. Everyone should start this year with the “My 4-H Resume.” You do not need to transfer previous years’ information.
- Exception – Members in their final 4-H year, who have been using the old version, “Permanent Record,” are not required to use the “My 4-H Resume.” Points will not be deducted for seniors who use the original “Permanent Record.”
- Read the instructions for each section very carefully, they will answer most of your questions about what goes where.
- Follow the provided examples. Format your entries the same as the examples and use them to help decide what type of items to include in the section.
- Enter each event, activity, or award only once. Decide which section they fit in best.
- Remember, quality over quantity! Do not list items just to fill space. It’s better to have a few high value experiences listed than many entries with very little value.

Project Records

- Judges want to learn about things other than your contests and awards. Use this opportunity to tell them what they wouldn’t already find out through your records.
- If you participate in multiple projects areas, include a record for each and separate them with dividers.
- See the Lincoln County 4-H website for the forms you need for each project.
- Most project records require review and a signature by your leader. Don’t forget this important step before submitting your book for the contest.
- Make sure project records are as complete as possible without blank sections.
- Double check your calculations for accuracy.
- Production records, if applicable, should be placed behind the Animal Science Record.
- Feed and Growth Records are required for all market animal projects. They should be inserted behind the corresponding project records.

Advancements

- Advancements are not required, but highly recommended.
- Members with multiple Advancements should include them all together in this section of the book.
- Advancement certificates should be placed behind Advancement Programs.

- Advancements are available for the following project areas:
 - Meat Animal (sheep, beef, swine)
 - Meat Goat
 - Horse
 - Dairy Animal
 - Pygmy Goat
 - Cavy
 - Poultry & Pigeon
 - Rabbit
 - Dog
 - Food & Nutrition
 - Clothing
 - Horticulture
 - Shooting Sports

Photos & Clippings

- Be conservative with pictures. There is no maximum limit, but this is not a scrapbook. 3 pages of pictures per year are recommended.
- Only include photos and clippings from the current 4-H year.
- All photos and clippings should be securely attached to the page. Plastic page covers may be used.
- Photos and clippings should be on a standard 8 ½ x 11" sheet of paper.
- Include captions and dates for each photo.

Previous Years' Records

- Include ALL previous years' project records.
- Do not include previous years' photo pages. Project records only.
- Put them in the same order as your current year's records.