

My 4-H Records



Oregon

Name _____

Club _____

County _____

Your 4-H Folder

This folder will help keep your 4-H materials and records neat, clean, and in one place. Split staples (inserted from the back and bent open inside the front cover) will hold your materials securely.

The keeping of accurate and complete records is an important part of your 4-H experience. Your records tell about you and what you have done. Record keeping will help you think about what you have learned during the year.

4-H records are easy to do if you keep them up-to-date. Write neatly and spell correctly. Beginners should use a pencil so you can erase if necessary. If you have any questions, ask your parents or your 4-H leader to help you.

My Permanent 4-H Record—All 4-H members should keep a permanent record. It will summarize all of your 4-H work and will be required when you apply for awards, trips, and scholarships. Some sections can be filled in during the 4-H year. It's easy to maintain if you

bring it up-to-date when you finish each project and at the end of the 4-H year.

Project Records—Many 4-H projects require a record of some kind. In some projects, the manual is a workbook that takes the place of a record. Be sure you keep the required records for your projects.

My 4-H Notes—This single sheet is for your 4-H experiences during the year. Include all 4-H projects and activities; tell what you did, what you learned, and what you plan to do.

4-H Memory Book—You will have many experiences that you want to remember. A 4-H Memory Book is a scrapbook to keep pictures, newspaper clippings, letters, certificates, ribbons, etc. Date each news clipping (you may want to cover them with clear adhesive contact paper). Before you attach anything in your Memory Book, be sure it can be removed. Start your 4-H Memory Book now so that you will have a complete record of your 4-H experiences.

The 4-H Pledge

I pledge
my **head** to clearer thinking,
my **heart** to greater loyalty,
my **hands** to larger service, and
my **health** to better living
for my club, my community, my country, and my world.

***Head**—knowledge is useful throughout life*

***Heart**—strong personal values, positive self concept, and a concern for others*

***Hands**—workforce preparedness, useful skills, science, and technological literacy*

***Health**—healthy lifestyles*

In 1927, Otis Hall, Kansas state 4-H leader, wrote the 4-H pledge. It was approved at the first National 4-H Club Camp in 1927. The only change ever made to the pledge was in 1973 when “my world” was added.

The 4-H Emblem

The first 4-H emblem was a three-leaf clover, introduced sometime between 1907 and 1908. The three “H’s” represented head, heart, and hands. A fourth “H” representing health was added in 1911. The clover, the official 4-H emblem, is protected by the U.S. Congress.



The 4-H Motto

“To Make the Best Better”

The 4-H Colors

Green—nature’s most common color is emblematic of springtime, life, and youth

White—symbolizes purity and high ideals

© 2002 Oregon State University

Produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.

Published July 2002. Reprinted February 2010.