

SLO County Record Book Check Sheet

6.2023



REQUIRED COMPONENTS FOR SLO COUNTY RECORD BOOK EVALUATION:

- 1. **A checked (✓) and signed 4-H Record Book Check Sheet** (this is the form to have checked off & signed)
- 2. **Title Page:** A title page includes your full name, 4-H Club, your county, and the program year.
*The title page may be a color other than white paper, use graphics, photos, and larger text.
The title page must not exceed one standard page.*
- 3. **Table of Contents** A table of contents lists the order of the 4-H Record Book sections. Include the titles of the section headers and page numbers.
- 4. **Tabs/Dividers** (this makes it easier to locate the different sections of your Record Book)
- 5. **4-H Story** Your story may be written or recorded and can be printed on both sides and should meet these word counts:
Junior: 250 – 500 words; Intermediate & Senior: 500 – 1000 words or video/audio: Junior: 1-2 minutes; Intermediate & Seniors: 2-4 minutes
- 6. **Checked (✓) and signed Annual Project Report Form with Expression Pages** (Limit 2):
Include one Expression page for each Annual Project Report (APR).
 - *An Expression Page: teaches the reader something that you learned which was interesting to you; how you built your Spark(s) through this project.*
 - *If the Expression page is a drawing, written words, photos or other graphic images, the page must be one side of an 8 1/2" x 11" piece of paper.*
 - *You may draw, write, use graphic design elements, or other creative elements, etc. (a sample outline of a written APR Expression Page is attached to this document)*
 - *If the Expression page is a video or audio recording, provide the URL to the item. Videos and audio recordings should be less than 5 minutes.*
- 7. **4-H Resume (Senior Members Only):** Maximum of 2 pages. Each side counts as a page.

**Record Books will NOT be judged if any of the above required items are missing from the record book.
However, including all required information does NOT guarantee a qualifying score.**

- 8. **Submitted in an accessible format.** *A printed book or digital files delivered through email or on a thumb drive are examples of appropriate formats.*
- 9. **An evaluator must be provided for every 5 submitted record books per Club.**
Any adult or member 16 yrs. or older can be an evaluator. The provided evaluator will not be evaluating their own club's record books.

If a book is submitted without at least one representative from their Club it will not be evaluated.

Acknowledgement: I have read and understand the **Required Components for County Record Book Judging** listed above and certify that my/my child's record book includes all requirements listed above.

4-H Member Name: _____ Age as of 12/31/2022: _____

Age Division (mark with X): ____ Junior (9-10 yrs. old) ____ Intermediate (11-13 yrs. old) ____ Senior (14-19 yrs. old)

Primary 4-H Club/Group: _____

Primary 4-H Club/Group Leader Signature: _____

Name and phone number of Provided Evaluator: _____

Project Area/Category Emphasis (Limit 2): _____

Member Signature: _____ Parent Signature: _____

Date Submitted: _____

Positive Youth Development Terms

The California 4-H Record Book incorporates thriving language. Thriving is also called reaching your full potential—and that's what 4-H is all about—helping you be the best you!

Here are some of the words and terms you will see that you may want to know more about while completing your Record Book:

- **Sparks** are passions and skills that are meaningful and motivating to you. If you do or are something in 4-H or your life that brings you great joy AND you use that thing to make a positive difference in the world — then that's your Spark!
- **Growth mindset.** The effort that you put into completing the Record Book helps strengthen the connections in your brain. A growth mindset includes viewing challenges as opportunities to learn even if it means changing or not reaching a goal or strategy.
- **GPS** goal management skills. Throughout the 4-H Record Book, you set Goals, Pursue strategies to reach those goals and Shift gears in the face of challenges or obstacles.
- **The 6 Cs:** competence, confidence, character, caring, connection and contribution; all of them are important on your path to thriving.
- **Adult Volunteers** are adults or staff members who have been appointed as leaders of a particular activity or group. They can be project leaders, community club leaders, advisors, coaches, mentors, etc. When a form asks for an adult volunteer signature, it means an appointed 4-H adult who may or may not be a parent or guardian.

How will your record book be evaluated?

All Record Books are to be evaluated using the following criteria:

	Junior and Intermediate Total Possible = 42	Senior Total Possible = 54
Gold Seal	37 – 42	46 – 54
Blue Seal	31 – 36	39 – 45
Red Seal	25 – 30	32 – 38
White Seal	0 – 24	0 – 31

San Luis Obispo County Project Area Recognition:

Youth who submit a complete record book to the County Record Book Evaluation Competition are eligible to receive recognition in their chosen project areas or by category.

Seals per project area are determined by the below criteria.

	Project Area	Resume (Seniors Only)
Gold Seal	16 - 21	10 - 12
Blue Seal	7 - 15	7 - 9
Red Seal	4 - 6	3 - 6
White Seal	0 – 3	0 - 2

County Winner Record Books

Books earning a gold seal are considered for County Winner evaluation. Books are reviewed for content, neatness, and thoroughness.

The evaluators will choose one Record Book as the County Winner within each Category for their assigned Division.

The Divisions are broken up by program age(as of 12/31/2022):

- Junior (9-10 years old)
- Intermediate (11-13 years old)
- Senior (14-19 years old)

Categories can include but are not limited to:

- Beef
- Bees
- Rabbits
- Fine Arts
- Legos
- Flower Arranging
- Clothing & Textiles
- Shooting Sports
- Resume (Senior Only)
- Baking and Breadmaking
- Equine: Horse and Ponies
- Leadership

Youth are to identify their chosen category at the time of submission to be eligible to be selected as a County Winner.

My 4-H Story Instructions

Your 4-H story is an opportunity to reflect on your 4-H experiences that focuses on the current 4-H year. You may share your 4-H Story as a typed essay or recorded as a sharable video or audio file.

If you are typing your 4-H Story, it can be printed on both sides and should meet these **minimum** word counts.

Do not write more than 2000 words.

- Junior (or first year member): 250 – 500 words
- Intermediate: 500 – 1000 words
- Senior: 1000 – 2000 words

Follow these formatting guidelines:

- Double space.
- Print single OR double sided, you choose.
- Use an easy-to-read font such as Times New Roman or Garamond.
- Keep the text size between 12 and 14 point.

If you are recording your 4-H Story as a video or audio file provide the URL to the item and follow these guidelines:

Length:

- Junior: 1-2 minutes.
- Intermediate & Seniors: 2-4 minutes

General recording guidelines:

- Be sure to follow all Codes of Conduct when recording.
- Check your link prior to submitting your record book to ensure that the file is accessible to the evaluators.

The following may help in developing your story:

Pick a theme and build the story around that theme so the story flows naturally. If you are having trouble developing a theme, you may use the following questions to help think about what to say.

(If you are submitting your book to State Competition, focus your story on Parts 3 & 4.)

Part 1 - About You

- What might be one of your Sparks: interests or passions?
- What are your plans for the future?

Part 2 – 4-H Projects and Activities

- What goals did you set in your projects and which ones did you reach?
- What would you do differently if you were to try it again?
- What skills have you learned in 4-H?
- How have you handled financing your projects, if needed?
- Who was especially helpful to you? How?

Part 3 – Leadership and Civic Engagement

- How has 4-H helped you become a better leader and citizen?
- What types of civic engagement projects or leadership roles have you been involved in?
- How did you work with others to contribute to your community or your school?
- What have you learned from working with other 4-H'ers through your leadership positions?

Part 4 – 4-H's Impact on You

- What kinds of relationships have you had with your 4-H leaders?
- How has your 4-H participation changed how you feel about yourself?
- How has your participation influenced your school and career goals?
- What has being a 4-H member meant to you?
- How has 4-H helped you identify your Spark?

Sample APR Expression Page Outline:

Your *APR Expression Page* should be a detailed account of all your years in the project, with an emphasis on the current year and your future plans. Your *APR Expression Page* will be evaluated for life skill development, particularly *learning by doing* and *contribution/service* to others.

For more guidance on subject content the county evaluators will be looking for, review the *4-H Life Skills Wheel* below.

- Part 1:** Introduce yourself – include your age / grade, hobbies, interests, and why you joined your 4-H project and how many years have you been in your 4-H project.
- Part 2:** Explain in your APR Expression Page -- major learning experiences, special interests and unusual situations you encountered **and** how you dealt with any changes needed within your 4-H project.
- Part 3:** Explain how your 4-H project has helped you become a better leader and citizen. Discuss what you have learned from working with other 4-H'ers in your 4-H project, and if your 4-H project involved any community service activities.
- Part 4:** Describe how participating in your 4-H project has helped you build self-confidence, influenced your school and life career goals.

WHAT **LIFE SKILLS** HAVE YOU DEVELOPED IN YOUR 4-H PROJECT AND HOW?

**Make sure to include your 4-H (HEAD, HEART, HANDS, HEALTH)
Life Skills Development when writing your 4-H Project Story.**

