

## County Record Book County Evaluation – Check List for Competition

A **4-H Record Book** is a standard record of your activities in 4-H - your projects, activities, events, skills development, and learning experiences. The 4-H Record Book helps you improve your skills in record keeping, goal management, and reflection on your achievements and growth in 4-H. You can submit your record book for evaluation at the county and state (Senior members only) levels. [CA 4-H Resource Center - Record Books \(google.com\)](#)

**County Competition:** Members may submit their 4-H record book for county competition. Books are evaluated on the member's work, leadership and citizenship development, and personal growth. County level evaluation is based on the Danish system. Evaluators provide a critique and suggestions for future growth and involvement.

- **Members must preregister for the county level Record Book competition.**
- **Record Books must be submitted with the County Record Book Evaluation Check List.**
- **Record Books must be received by the deadline.**

### Why you should enter:

- Receive feedback and encouragement on your 4-H experiences.
- Recognition for your outstanding work and participating in the 4-H program.

Member:	Club:
Age (as of December 31, 2024):	Years in 4-H as a non-primary member:
<input type="checkbox"/> Achievements <input type="checkbox"/> No Achievements	<input type="checkbox"/> Printed Book <input type="checkbox"/> Electronically submitted to <a href="mailto:ecparadis@ucanr.edu">ecparadis@ucanr.edu</a>

**Record Book with Achievement Program** – Members can complete the record book with achievements or without.

Record Book Order of Assembly	Completed
<b>Formatting for printed books pg. 3-4</b> , 4-H record book folder (Acco fastener) or 3-ring binder (1" or less).	
<b>Preliminary Information pg. 7</b> <ul style="list-style-type: none"> <li>• <b>Title Page</b> (Limited to one page)</li> <li>• <b>Table of Contents</b> (Include section titles and page numbers)</li> </ul>	
<b>Achievement Report – Does not need to be included for competition.</b> <ul style="list-style-type: none"> <li>• <b>Current Achievement Rank Forms (currently working on)</b> Spark Achievement, Emerald Stars, Impact Stars.</li> </ul>	
<b>4-H Story pg. 8</b> <ul style="list-style-type: none"> <li>• <b>Follow the minimum word count and formatting guidelines.</b></li> <li>• <b>Reflect on your 4-H experiences that focuses on the current 4-H year.</b> Learning experiences, leadership experiences and working with other members, citizenship/community service, overall growth and share parks inside and outside of 4-H.</li> </ul>	

<b>Annual Project Reports (APR) and Expression Page pg. 9-10</b> <ul style="list-style-type: none"> <li>• <b>Complete an APR for every project you have completed.</b> A minimum of six (6) hours of project instruction or more, as required by the project leader.</li> <li>• <b>Complete the required information.</b> Date, time, level, and location.</li> <li>• <b>Show a variety of project experiences.</b> Describes activities and experiences, what skills were learned, and financial records.</li> <li>• <b>Include one expression page for each APR completed.</b> The expression page teaches the reader something that you learned that was interesting to you or how you built your spark(s) through this project.</li> </ul>	
<b>Leadership Report to APR pg. 10</b> <ul style="list-style-type: none"> <li>• <b>Include all leadership roles.</b></li> <li>• <b>Describe your leadership roles, areas of development, goals, strategies, and reflection of your leadership growth and experiences.</b></li> </ul>	
<b>Annual Activity Summary (Optional) pg. 10</b>	
<b>Resume (Senior members 14-18) pg. 11</b> <ul style="list-style-type: none"> <li>• <b>Should have a professional and creative design that shows your strengths, skills, talents, and creativity.</b></li> <li>• <b>Include a personal development statement.</b></li> <li>• <b>Describe skills gained through leadership and citizenship/community service experiences.</b></li> </ul>	