

April 2016 Youth Talk-Record Book article

A Picture is Worth a Thousand Words....

A picture is worth a thousand words, or so they say. That is only true if you select the right picture! Those 4-H members planning to submit their 4-H Record Book for judging at the county level will want to include a Collection of 4-H Work. This collection may include a number of different types of items including pictures, 5 pages of them! (Each side counts as a page.)

All pictures are not made alike. So how do you select the best pictures to tell your 4-H Story? Select pictures that truly show your passion for your project! Select pictures that show activity or action. A picture of you assisting a young 4-H member in mastering how to use the sewing machine is far more expressive than a picture of you sitting by your sewing machine. Group pictures can illustrate a point but often it is hard for the evaluator to find you in the picture. Again, being part of a group that is doing something (i.e.- a community service project) says a lot more than a group picture of your project group.

Make sure the pictures you select are visually clear. Cropping your picture to help draw attention to the focal point of the picture is helpful. Digital computerized photos are acceptable. These may be copied onto photo quality paper.

Since you have 5 pages to work with, be sure to include pictures that show more than just your project work. Leadership and Community Service are important and are great additions to your picture pages. You might even want to include a few pictures of yourself in activities outside of 4-H (sports, church etc.).

Whatever pictures you decide to use, don't assume the evaluator knows what is happening in the picture. Captions are a very important part of your picture story. Captions for each photo should explain what is taking place in the photograph and where the photo was taken. (i.e.- Food Olympics, first project meeting, Judging Day, Christmas Party etc.).

Using the right pictures will help your 4-H Story come to life, enabling your evaluator to truly appreciate and understand your experiences. And, what a great gift you are giving yourself, to record your experiences in a photo story to enjoy years from now.