

4-H Project Record Sheet

To fill out form and submit, you must use Internet Explorer -OR- save the form and open with Adobe Acrobat Reader



Cornell University
Cooperative Extension
Lewis County

Project Area: _____

Use this form to record your experiences in your project area. Use a separate form for each project you complete (but you do not need a separate project record for each activity or event in your project area).

Member Name: _____ **Club Name:** _____

Age (as of Jan. 1): _____ **Years in project area:** _____

MY GOALS: Write your goals for your project. Remember a good goal tells three things:

1. **Action** -how you will do something (I will learn, I will improve, I will teach, I will increase...)
2. **Results** -what you are going to do (to work with watercolors, to groom my animal, how it works)
3. **Timetable** -when you are going to do it (within the 4H program year, in the next 6 months...)

ACTIVITIES & EVENTS: List all that relate to this project. These can include county or state 4-H programs.

- **Activities could include:** -went on a hike to take photos, used miter box to make angled trim, visited an art museum, etc.
- **Events include:** workshops, educational tours, contests, quiz bowls, competitions, shows, certification courses, trips and conferences.

1. _____
2. _____
3. _____
4. _____
5. _____

DEMONSTRATE OR EXHIBIT: How did you show off your new skills that you learned?

- **Examples could include:** participated in a contest, livestock show, presented to an audience, demonstrated at a club project meeting, gave a speech, exhibited at the fair, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

RECOGNITION RECEIVED:

- Examples could include: club party for reaching your goal, congratulations from leader, awards, ribbons, certificates, etc.

1. _____

2. _____

What **RESOURCES** did you use to learn more about your project area? (Club Leader, other 4-Her, website, book, article, 4-H curriculum, hands-on activity etc.)

1) _____ 4) _____

2) _____ 5) _____

3) _____ 6) _____

LIFE SKILLS learned doing this project (Circle all that apply):

This is your space to **DESCRIBE** your project: (what was fun, challenging, favorite part, or anything else you want to share).

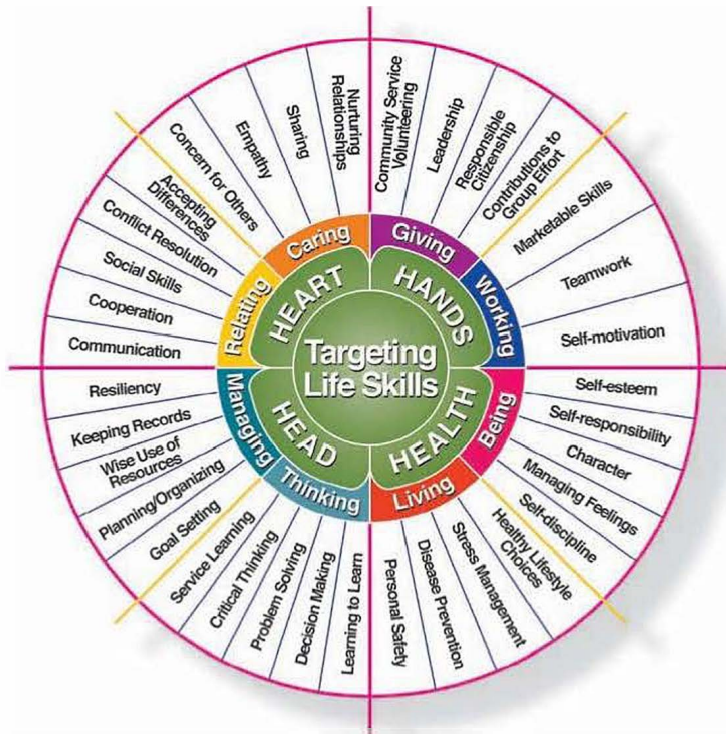


Fig. 1. Targeting Life Skills model. Source: Hendricks 1996.

Member's Signature: _____ **Date:** _____

To the best of my knowledge the above work was completed by this member for his/her 4-H project.

Club Leader's Signature: _____ **Date:** _____

Leader, please initial in the Targeting Life Skills model above the skills you observed the member to develop in this project. These may be the same or different than the skills identified by youth member. We appreciate your comments about youth skill development through this project.