

**Saline County 4-H Achievement and Activity Recordbook**

**Name: (First, Last): Sarah Hoesche**

**Address:**

**City, State, ZIP:**

**Home Phone:**

**Cell phone:**

**Email:**

**Date of Birth:**

**Current Age:**

**Years in 4-H:**

**SIGNATURES**

By signing this form you are agreeing to the following statements:

- The information in this document is true and accurate.
- I grant permission for the use of any portion of the materials or likeness of the applicant for any educational or promotional purposes of the 4-H program.
- I give permission to use any photographs, videos and/or audio of the participant for future promotion or publicity of 4-H programs.
- I agree to abide by the guidelines and code of conduct for the 4-H program related to this form.
- I am currently enrolled in the curriculum area I am applying in.

\_\_\_\_\_  
Signature of 4-H Member                      Date

\_\_\_\_\_  
Signature of Parent/Guardian                      Date

\_\_\_\_\_  
4-H Leader Signature                      Date

\_\_\_\_\_  
Extension Staff Signature                      Date

## EXAMPLES

### Section 1: Project Accomplishments

**Directions:** In this section you will identify the project(s) you are taking. List what was done and/or what you accomplished and what you learned through each project. Any experience related to the projects you are taking such as workshops, judging contests, presentations, speeches, camps specific to the curriculum areas should be located in Section 2.

#### Section 1A: Animal Science (Beef, Cat, Companion Animal, Dairy, Dairy Goat, Dog, Horse, Meat Goat, Poultry, Rabbit, Sheep, Swine, Veterinary Science)

Year	Project	List: What was done and what was learned.	List Award & Level
20__	Breeding Beef	Raised 24 head of purebred Simmental Heifers and 1 Bull. During the project year I gained knowledge in pregnancy checking, artificial insemination and understanding EPD's. Conception rate was 85%, compared to 60% last year.	1 Ribbon - County Fair 1 Ribbon - State Fair

#### Section 1B: Communication & Expressive Arts (Communications, Photography, Theatre Arts)

Year	Project	List: What was done and what was learned.	List Award & Level
20__	Photography Level III	Took 61 digital photos. Selected 4 of them to matte and frame. Discovered how different shutter speeds effects picture quality. I also learned that matte color can enhance the picture quality by lifting out certain colors out of the picture. Framed and matted my best photo for my Grandma.	3 Ribbons – County Fair 1 Ribbon – State Fair 1 Photo for State Calendar

#### Section 1C: Consumer & Family Science (Clothing & Textiles, Consumer Management, Entrepreneurship, Heritage, Home Environment, Human Development)

Year	Project	List: What was done and what was learned..	List Award & Level
20__	Clothing Level 2	Selected material & notions to construct a dress. Learned how to set in sleeves attach a neck facing, and put in a zipper. Completed a dress for my body type and wore it during the first week of school.	2 Ribbons - County Fair 1 Ribbon - State Fair

#### Section 1D: Environmental Education & Earth Science (Conservation, Entomology, Forestry, Range, Shooting Sports, Wildlife)

Year	Project	List: What was done and what was learned.	List Award & Level
20__	Shooting Sports	Participated in both rifle and BB shooting. Learned I am right eye dominant so I adjusted my shot accordingly. Increased my hits by 10%. Participated in 26 practice sessions with my 4-H club.	1 Medal - County level

#### Section 1E: Healthy Lifestyles (Food & Nutrition, Health, Lifetime Sports, Physical Fitness, Safety)

Year	Project	List: What was done and what was learned.	List Award & Level
20__	Six Easy Bites	Experimented with 5 different cookie recipes. Discovered the differences between baking powder and soda. Made 12 dozen cookies. Developed a cookie recipe that I liked that was lower in sugar and fat. Exhibited 2 food entries at the County Fair and 1 at State Fair.	2 Ribbons - County Fair 1 Ribbon - State Fair

#### Section 1F: Leadership & Citizenship (Citizenship and Leadership)

Year	Project	List: What was done and what was learned.	List Award & Level
20__	Public Adventures	Planned a party with four club members for 12 Abuse Center children. Helped organize a collection drive that generated 50 cell phones for the Center. Developed skills to plan a party on a small budget. Learned how to identify places in need in my community.	
20__	Jr. Leader	Led club community service project on making care baskets for the homeless shelter. Held 3 meetings with 10 club members to set and accomplish goals. Learned how to organize a fund drive and how to manage committees. Ten care baskets were made and delivered to the homeless shelter.	

#### Section 1G: Plant Science (Crop Production, Horticulture)

Year	Project	List: What was done and what was learned.	List Award & Level
20__	The World of Flowers	Hand pollinated pansies to develop new color variety. Determined difference between 3 soil types. Learned how to ribbon soil. Determined soil was lacking in nitrogen and added organic matter to one flowerbed. Therefore the soil quality in my flower beds improved resulting in larger blossoms.	2 Ribbons and hoe - County Fair

#### Section 1H: Science & Technology (Aerospace, Computers, Electricity, Engineering, Small Engines, Welding, Woodworking)

Year	Project	List: What was done and what was learned.	List Award & Level
20__	Woodworking Unit II	Drew up plans and built a quilt rack. Learned many staining techniques and sanding tricks from my Grandpa and learned how to use a miter saw. My completed project matched the furniture in our family room.	1 Ribbon - County Fair

This section is to be a *cumulative record of all the years* you have been enrolled in 4-H. 4-H Program and will be used as a supplement to the Senior Saline County 4-H Council Scholarship application when the youth become seniors. ONLY 4-H record will be considered when applying for scholarships, FFA records are not considered.

**YOUR 4-H PROJECT ACCOMPLISHMENTS**

**Section 1: Project Accomplishments**

NOTE: You can add a blank line to each section below by simply hitting the “Tab” key in the last blank cell of the “List Award & Level” column.

**Section 1A: Animal Science (Beef, Cat, Companion Animal, Dairy, Dairy Goat, Dog, Horse, Meat Goat, Poultry, Rabbit, Sheep, Swine, Veterinary Science)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

**Section 1B: Communications & Expressive Arts (Communications, Photography, Theatre Arts)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

**Section 1C: Consumer & Family Science (Clothing & Textiles, Consumer Management, Entrepreneurship, Heritage, Home Environment, Human Development)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

**Section 1D: Environmental Education & Earth Science (Conservation, Entomology, Forestry, Range, Shooting Sports, Wildlife)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

**Section 1E: Healthy Lifestyles (Food & Nutrition, Health, Lifetime Sports, Physical Fitness, Safety)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

**Section 1F: Leadership & Citizenship (Citizenship, Leadership)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

**Section 1G: Plant Science (Crop Production, Horticulture)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

**Section 1H: Science & Technology (Aerospace, Computers, Electricity, Engineering, Small Engines, Welding, Woodworking)**

Year List past to present	Project	List: What was done and what was learned.	List Award & Level

Answer the following items within a maximum of 3 pages. Please use headings to separate your response (Leadership Experiences, and Community Involvement/Service). Creativity is encouraged, use bullet lists, photos, infographics, etc. to help tell your 4-H story. *The following bulleted items are suggestions of what might help us to understand your 4-H involvement and learning.*

### **LEADERSHIP EXPERIENCES – For Current Year**

**Leadership Experiences – Describe your 4-H and Non-4-H (school, church, FBLA, FFA, etc.) leadership experiences that have helped build your leadership skills.**

- What type of leadership was it?
  - For example: Roles (Club President), Activities (4-H Lend a Hand Day), other 4-H leadership experience.
- When did these experiences occur?
- Identify your part in the experiences:
  - Duties you completed
  - Responsibilities you fulfilled
  - Skills you utilized
- What did you learn about leadership through these experience?

### **COMMUNITY INVOLVEMENT/SERVICE 4-H & NON- 4-H EXPERIENCES – For Current Year**

- Describe how you were involved in volunteer service to others and/or the community through 4-H or other opportunities during the past year.
- Describe and summarize your community service.
  - List the type of involvement
  - When did the experience occur?
  - What were duties, responsibilities, and skills you used to be successful?
  - What did you learn in each of your experiences?

### **CAREER SPARK**

Describe how your 4-H experiences have sparked your interest in a future career field.

Use this section to describe your **LEADERSHIP EXPERIENCES – For Current Year**

**Use this section to describe your**  
**COMMUNITY INVOLVMENT/SERVICE LEARNING EXPERIENCES – For Current Year**



Use this section to describe your  
**CAREER SPARK**

## **4-H Yearly Story/Future Career Interest Due to Your 4-H Experiences**

*This page is required to receive your fair premium money.*

- Highlights of this 4-H year.
- How as 4-H “sparked” or influenced any potential career interests?
- How do you see yourself contributing to your community in the future?

**Supporting information pages (photos, special recognition/accomplishments)  
(3 pages maximum)**