

# Somerset County 4-H Senior Council



## Project Record Book

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Years in Club \_\_\_\_\_ Years in 4-H \_\_\_\_\_  
Year \_\_\_\_\_

# Signatures

At the end of the 4-H year, when your record book is complete, you will need to have your 4-H club leader review this book, and sign in the appropriate place.

By signing below, I am stating that I have completed this record book myself and, to the best of my knowledge, the information included in it is correct.

4-H member Signature	Date

By signing below, I am stating that I am familiar with this work and, to the best of my knowledge, the member completed this record book and the information included in it is correct.

Title	Signature	Date
Parent		
4-H Club Leader		

## Setting Goals for the 4-H Project year

The beginning of the 4-H year is a good time to begin thinking about what you'd like to do or learn in 4-H during the upcoming months. List some of your goals for the year and what you plan to do to accomplish your goals. These goals can apply to your overall 4-H involvement (county, state, national opportunities), **but most of them should relate to Senior Council.** The goals should NOT pertain to your involvement in another club.

My goals for this year	What I need to do to reach this goal
<i>Example: I will chair the sno-cone display committee and work with club members to plan our fair booth.</i>	<i>Talk to club leader, plan committee meetings, write list of things needed, set up date to work on club booth, set up club booth at fair....</i>
<i>Example: I will plan a teambuilding activity for Senior Council</i>	<i>Talk to club leader, sign up, research activities, practice, lead activity at club meeting....</i>
<i>Example: I will apply for a national 4-H trip.</i>	<i>Research national 4-H trips, choose a trip, fill out application....</i>

Signatures for Goal Setting:

I will work toward the above goals I have set for myself for the upcoming 4-H year to the best of my ability.

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I will support my son's/daughter's goals for the upcoming 4-H year:

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I will help support this member's goals for the upcoming 4-H year:

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

## **My 4-H Goal Plan of Action**

Choose a Senior Council or general county or state goal. Create a plan of action.

Goal: \_\_\_\_\_

Desired outcome (What do you hope to achieve by accomplishing this goal? What growth or benefits are a result of this goal?):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Resources Needed:**

List any resources you will need to accomplish your goal. This can include financial needs, supplies, help from other adults or teens, information needed, etc.


**Plan or Action and Target Dates:**

List the steps you need to accomplish your goal(s). Next to each step, list the target date to accomplish each step of your plan of action.

Plan of Action Steps	Target Date
1.	
2.	
3.	
4.	
5.	




**Reflection**

Which event was your favorite or the most meaningful? Why?

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Pick a 4-H event you did **NOT** attend this year that you wish you had. What event is it? Why would you like to attend it?

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**Club Finances**

Account balance at first meeting: \_\_\_\_\_ Account balance at last meeting: \_\_\_\_\_

**Expenses:**

<u>Date</u>	<u>Amount</u>	<u>Reason</u>

**Income:**

<u>Date</u>	<u>Amount</u>	<u>Reason</u>

**Do you think Senior Council spent and earned money responsibly this year? Would you change anything? Explain.**

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### **4-H Goal Evaluation**

Refer to your "My 4-H Goal Plan of Action" page. Reflect on this goal using the prompts below.

Goal: \_\_\_\_\_

Type of Goal (*choose one*): \_\_\_ club \_\_\_ county \_\_\_ state \_\_\_ other (personal, national, etc)

When was your goal accomplished? (date, time) \_\_\_\_\_

Where was the goal accomplished? (meeting, event etc) \_\_\_\_\_

If the goal was accomplished at an event, who/what was the event for? \_\_\_\_\_

Purpose of the goal: \_\_\_\_\_

\_\_\_\_\_

Resources Used (people/materials): \_\_\_\_\_

\_\_\_\_\_

What happened as a result of the goal (outcome)?: \_\_\_\_\_

\_\_\_\_\_

Evaluate the goal. Were you successful? Why or why not? Would you change anything?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did you learn as a result of this goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Advisor/Leader Signature \_\_\_\_\_

Date \_\_\_\_\_



## **4-H Skills Reflection Survey**

Complete this survey at the end of the 4-H project year. For each of the skills listed below, please rate your ability to perform each skill both *BEFORE* and *AFTER* your involvement in Senior Council this year.

Circle the number that corresponds with your answer using the following scale:

0 = no ability

1 = some ability 2- good ability

3=excellent ability

**I have to ability to**

**BEFORE**

**AFTER**

<i>HEAD</i>									
1. Set goals	0	1	2	3		0	1	2	3
2. Develop a plan of action	0	1	2	3		0	1	2	3
3. Plan and organize an activity	0	1	2	3		0	1	2	3
4. Set time and use priorities	0	1	2	3		0	1	2	3
6. Identify and gather resources	0	1	2	3		0	1	2	3
7. Keep records	0	1	2	3		0	1	2	3
8. Follow a plan to make decisions	0	1	2	3		0	1	2	3
<i>HEART</i>									
9. Share my ideas with others	0	1	2	3		0	1	2	3
10. Resolve conflict	0	1	2	3		0	1	2	3
11. Work with younger children	0	1	2	3		0	1	2	3
12. Speak before a group	0	1	2	3		0	1	2	3
<i>HANDS</i>									
13. Organize a group activity	0	1	2	3		0	1	2	3
14. Lead group discussions	0	1	2	3		0	1	2	3
15. Work in cooperation with an adult	0	1	2	3		0	1	2	3
16. Work as a team member	0	1	2	3		0	1	2	3
17. Teach others	0	1	2	3		0	1	2	3
<i>HEALTH</i>									
18. Manage my feelings	0	1	2	3		0	1	2	3
19. Deal with success and failure	0	1	2	3		0	1	2	3
20. Feel good about myself	0	1	2	3		0	1	2	3

## Other clubs and projects

List any other clubs you participated in during the past year. Add more boxes or attach another sheet of paper if need.

<b>Club name</b>

## The two most important things I learned

Even if you learned a lot of different things in 4-H, think of what was the most important for you. Then, list the two most important things you learned in this past 4-H year in the boxes below. For instance, I learned how to work in partnership with adults, how to have more confidence in my abilities, how to deal with conflict, etc.

The two most important things I learned in this project during the past year were...
1.
2.

## Telling my story

Keeping in mind the knowledge and skills you learned in any of your project areas this year, write a story that explains what you gained this past year in 4-H. Use specific examples. If possible, relate other 4-H experiences back to Senior Council. Attach photos that relate to your story.

4-H is proud of what 4-H members learn and sometimes like to use excerpts (parts) of stories 4-Hers write in 4-H publicity. If you do not want your information shared, please let us know by checking below.

- Do not use my story for any 4-H publicity.
- If you use my story, do not credit my name.
- If you use my story, do not include my picture.

## The 4-H Pledge

I PLEDGE . . .  
. . . my HEAD to clearer thinking,  
. . . my HEART to greater loyalty,  
. . . my HANDS to larger service,  
. . . and my HEALTH to better living,  
for my club, my community,  
my country, and my world.



### 4-H Motto

“To Make the Best, Better”

### 4-H Slogan

“Learning by Doing”

Visit the NJ 4-H web site: [www.nj4h.rutgers.edu](http://www.nj4h.rutgers.edu)  
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