



University of Maine Cooperative Extension Maine 4-H Project Record

Name of Project: _____

This 4-H Record shows how you reached your project and life skill goals, what you learned and what you achieved in this project. **Note: Use a different Maine 4-H Project Record for each project.**

Name: _____

Date of Birth: _____ Years in 4-H (include this year): _____

Address: _____

_____ Zip Code: _____

Phone: _____ E-mail (Optional): _____

County in which you are a 4-H Member: _____

Check which applies: Club Group Independent Member

Name of club/group or independent advisor: _____

Date you started this 4-H project during this project year: _____

How many years have you been in this project? (include this year) _____

Please complete this statement when you begin your project:

My purpose for doing this project is...

Please complete this statement when you finish your project:

I learned the following unexpected things...

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PROJECT GOALS



PROJECT GOALS:

What do I want to learn? Before you start your project, write at least two things you hope to learn. Use a life skill from the Life Skills Wheel in your goal sentence.

I want to learn goal setting by designing a Web page for my 4-H club.

I want to get better at problem solving by figuring out how to be ready for show time at the fair.

LEARNING PLAN:

What will I do to meet my goal? Include at least two things you plan to do to meet your goal.

I will take an online course in Web design.

I will practice getting my heifer ready for show.

RESULTS:

What did I learn? Include at least two things you learned while attempting to meet your goal.

I learned that people are more likely to view my Web page if it downloads and displays quickly.

I learned that I was more relaxed and showing was easier if I got my heifer ready ahead of time.

Use extra pages as needed



FINANCIAL RECORD

Complete this section if your county requires it for this project.

EXPENSES

INCOME

Date	Items Purchased	Items Others Provided	Cost or Value	Date	Item Sold	Items Not Sold	Amount Received or Value of Item Kept
May 2, 2001	Graphics CD	Used computer	\$ 28.95 \$200.00	May 30, 2001		Web page	\$250.00
October 1, 2000		Heifer Calf	\$600.00	July 30, 2001		Fair Premium for Show	\$300.00
				September 30, 2001		Heifer Calf	\$800.00
Total Expenses				Total Income			

Use extra pages as needed

PLEASE INSERT YOUR BARN RECORDS FOR LIVESTOCK PROJECTS



TIME MANAGEMENT & PRODUCTION



Summarize by hours, days, weeks, or months
how much time you spent working on your project.

DATE	LIST THINGS DONE	TIME SPENT	PRODUCED/ PROGRESS
<i>May 30, 2001</i>	<i>Created a Web page for my 4-H club</i>	<i>22 hours</i>	<i>1 Web page with 4 graphics</i>
<i>Sept. 30, 2001</i>	<i>Participated in Cloverland County Fair</i>	<i>10 hours</i>	<i>Better-trained heifer & 2 blue ribbons</i>
Total Time			

Use extra pages as needed



SPECIAL 4-H ACTIVITIES I ATTENDED DURING THIS YEAR



List the awards you received and events attended.

DATE	ACTIVITY OR EVENT; AWARD RECEIVED, IF ANY
<i>Oct. 30, 2001</i>	<i>I received a county 4-H computer award.</i>
<i>July 4 – 11, 2001</i>	<i>I attended Citizenship Washington Focus (CWF) in Washington, D.C.</i>

EXPLANATION OF MY 4-H CITIZENSHIP, COMMUNITY SERVICE AND LEADERSHIP ACTIVITIES THIS YEAR

<i>July, 2001</i>	<i>I taught four younger 4-Hers how to make a Web page.</i>
<i>Oct., 2000 – Sept., 2001</i>	<i>I was president of the Fantastic Farmers 4-H Club.</i>

Use extra pages as needed



WHAT THIS PROJECT MEANT TO ME

Here is your opportunity to record what this project meant to you. You may include why you chose this project, challenges you found along the way, and reasons to continue or not. Feel free to draw or paste a picture showing some aspect of your project. This section may be as short as two or three sentences or as long as you choose.

Use extra pages as needed



University of Maine Cooperative Extension
Maine 4-H Project Record
Life Skills Accomplishment Form
 (Use a different form for each project)

I used one or more of these Life Skills during this project (must be skills from the Targeting Life Skills Wheel)	What I learned as a result of using this skill:
Life Skill Head <i>Example: Critical Thinking</i>	<i>I learned that the number of bytes of data affects how long a file takes to download. I was prepared for show, and my heifer won a blue ribbon.</i>
Life Skill Heart <i>Example: Sharing</i>	<i>I learned that younger 4-Hers enjoyed learning from me and working together to create a Web page. I learned how to give younger 4-H members pointers on how to fit and show their animals properly.</i>
Life Skill Health <i>Example: Healthy Life Choices</i>	<i>I learned that 4-Hers gain self-esteem by creating attractive Web pages to put on the Internet. I learned that animals don't grow well unless they receive the proper food.</i>
Life Skill Hands <i>Example: Self-motivation</i>	<i>I learned that a team makes a better Web page than one person working alone. I learned that if I didn't take care of my heifer, nobody else would do it for me.</i>

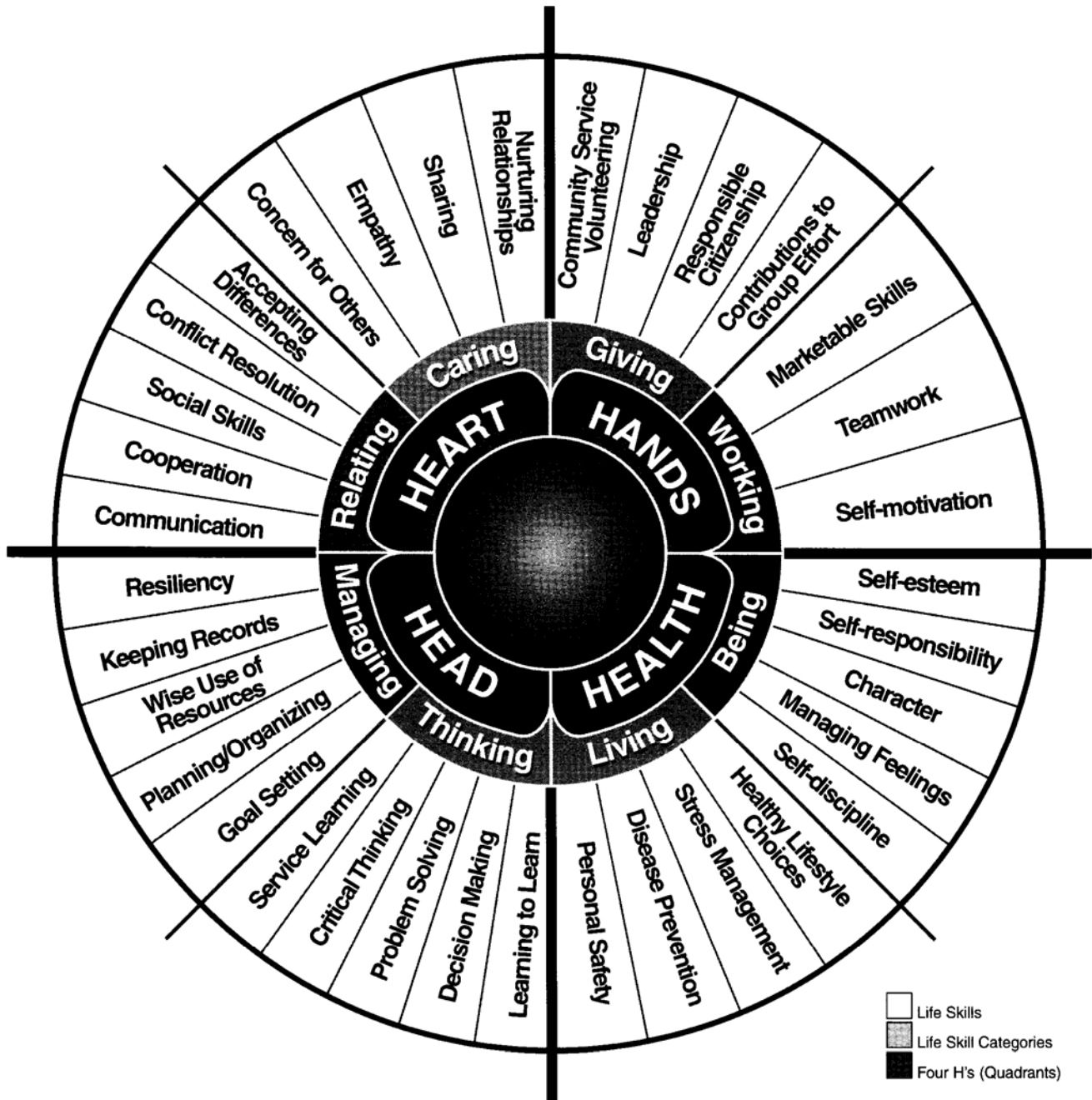
Member Name: _____ **Age:** _____

Project Title: _____ **Years in Project:** _____

Use extra pages as needed

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Maine 4-H Project Record

Life Skills Used in 4-H



TM

With colored pencils or a highlighter, color in all of the life skills you used while completing this year's project. This shows the life skills you gained during your 4-H career (all years).

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For definitions and more information about life skills, see the definitions on pages 9-10.



DEFINITIONS TO HELP YOU UNDERSTAND THE MEANING OF LIFE SKILLS

HEAD

Thinking: Learning to use your mind to form ideas and make decisions, to imagine, to examine carefully, to consider. Specific life skills that help you learn to think are:

Learning to Learn – acquiring, evaluating and using information

Decision Making – choosing among several alternatives

Problem Solving – clearly identifying a problem and a plan of action for solving that problem

Critical Thinking – thinking things over in one’s mind; deciding what to do

Service Learning – gaining skills and experience by actively participating in community activities

Managing: Learning to use resources wisely to accomplish a goal

Goal Setting – deciding on the end product or result; something toward which to work

Planning or Organizing – a method for doing something that has been thought of ahead of time

Wise Use of Resources – using sound judgment; not being wasteful; managing person finances

Resiliency – being able to deal with change; overcoming problems and difficulties

HEART

Relating: Learning to get along with other people

Communication – exchanging thoughts, ideas, information or messages in a way that is respectful
(Communication includes speaking and listening)

Cooperation – working or acting together toward a common purpose

Social Skills – showing respect and consideration for others

Conflict Resolution – finding and using ways to resolve differences between two or more persons;
getting along with others

Accepting Differences – accepting that differences are okay (examples: differences of opinion,
income, how you look)

Caring: Learning how to show understanding, kindness, concern and affection for others

Concern for Others – caring about and giving attention to the well-being of others

Empathy – being sensitive to another person’s situation and feelings

Sharing – having, using or doing together with another or others

Nurturing Relationships – providing care and attention to another person



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HANDS

Giving: Learning to provide, supply or make something happen

Community Service and Volunteering – giving one's time and effort to help; doing something that makes a difference in someone's life without expecting a reward

Leadership – helping a group to reach its goals by showing or directing the way

Responsible Citizenship – being involved in one's town, state or country

Contributions to Group Efforts – sharing the responsibility of accomplishing the goal

Working: Learning physical or mental effort needed to accomplish something

Marketable Skills – developing the abilities to accomplish something

Teamwork – working together with at least one other person to accomplish all parts of a task

Self-motivation – being able to make the effort needed to carry out a task or a plan

HEALTH

Living: Learning to live freely without disease or injury; having a sound condition of body and mind

Healthy Lifestyle Choices – includes eating right, exercising regularly, getting enough rest, and resisting harmful activities (alcohol, drugs, smoking)

Stress Management – learning positive ways of managing stress

Disease Prevention – taking care of one's body and avoiding risky situations

Personal Safety – taking care to avoid danger, risk or harm; being cautious and careful in order to remain physically and emotionally safe

Being: Learning to be all that you can be; taking delight in who you are as a person

Self-esteem – taking pride in oneself, valuing oneself and understanding one's abilities

Self-responsibility – taking care of oneself and being accountable for one's behavior

Character – managing one's own emotions and being sensitive to others' feelings

Self-discipline – exercising self-control that is in line with what is right and wrong

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