



SENIOR 4-H MEMBER INFORMATION SUMMARY

INTRODUCTION

The information you provide on this form will be used by your Extension unit to evaluate your eligibility for various awards and honors. It should be an accurate reflection of your past 4-H involvement. This carefully completed summary will also aid you in assembling a 4-H Achievement Record Book.

One of the highest recognitions a 4-H member in Virginia may receive is that of becoming a 4-H All Star. It is an honor as well as a responsibility to be asked to join. The All Star organization is a service organization dedicated to the continued support of the 4-H program. In order to be considered for nomination, a senior 4-H member should complete this form and return it to the Extension office.

HOW TO FILL OUT THE FORM

1. Complete this Summary when you have plenty of time to sit down, read this form, review your 4-H records, and write. It will take two to three hours.
2. Write down EVERYTHING you can remember - review old project books, record forms, and scrapbooks. If you have questions, call your 4-H leader, Extension agent, or an All Star. They will assist you.
3. Included in the form under each item are examples. These are examples, not complete lists. List activities, responsibilities, and recognitions only once, even if they apply to more than one question.
4. When recording your answers to questions, include the number of times and the years in parentheses. For example, if you have taken the clothing project for three years, write: Clothing (3 - 1984, 1985, 1986).

SENIOR 4-H INFORMATION SUMMARY

NAME _____
(First) (Middle) (Last) (Name Used)

DISTRICT _____ Unit _____ DATE _____

MALE _____ FEMALE _____ DATE OF BIRTH _____

PARENT'S OR GUARDIAN'S NAME _____

ADDRESS _____
Street and/or Box Number City/Town State Zip

PROJECTS AND ACTIVITIES

1. List the 4-H project units you have taken and the usable knowledge and skills you have acquired.

Sample: Clothing (3 - 1982, 1983, 1984); You and Tots (1 - 1985);
Bicycle (1 - 1984); Beef (6 - 1981, 1982, 1983, 1984, 1985, 1986);
Leadership (2 - 1985, 1986).

2. List achievement record book(s) you have compiled and submitted for scoring.

| Project Area(s) | No. of Years: | Unit | State |
|-----------------|---------------|-------|-------|
| _____ | | _____ | _____ |
| _____ | | _____ | _____ |
| _____ | | _____ | _____ |
| _____ | | _____ | _____ |

LEADERSHIP AND SERVICE

1. List offices or equivalent leadership experiences you have held in the club.

Sample: L - Song Leader (1 - 1981); C - County Council Representative (2 - 1984, 1985); L - Vice President (1 - 1986); L - Chairman of club fund raising committee (1 - 1985)

2. List offices you have held in the unit, district, or state 4-H organizations.

Sample: C - President of County 4-H Council (1 - 1986);
C - Honor Club Reporter (1 - 1985)

3. List teen or junior leadership positions you have held and the project or special interest group in which you held each position.

Sample: Junior leader in beef project (2 - 1983, 1984);
Junior leader in foods workshop (3 - 1984, 1985, 1986)

4. List teen or junior leadership responsibilities you had at camp.

Sample: Junior leader at camp (3 - 1984, 1985, 1986)

5. List your committee assignments, program planning responsibilities, and the assistance you provided to programs.

A. Club assignments.

Sample: Club nominating committee (2 - 1982, 1984); Fairbooth Committee (3 - 1980, 1982, 1985); National 4-H Week Committee (2 - 1983, 1984); History Book Committee (2 - 1985, 1986)

B. Unit, district, and state assignments.

Sample: Share-the-Fun Stage Crew (2 - 1983, 1984);
Fashion Revue Usher (2 - 1985, 1986)

6. List the assistance you have provided other 4-H'ers on an individual basis.

Sample:

| <u>Type of Assistance</u> | <u>Number Assisted</u> | <u>Year</u> |
|--|------------------------|-------------|
| Helped 4-H'ers with Share-the-Fun acts | 4 | 1984 |
| Helped 4-H'ers with Foods Projects Books | 3 | 1985 |
| Helped 4-H'ers with Livestock Judging | 10 | 1986 |

7. List your efforts to promote 4-H. Include talks to civic groups, TV appearances, radio programs, and news articles written for newspapers or newsletters.

Sample: Talk to Ruritan Club (1 - 1985); Newspaper articles (10 - 1986);
Radio announcements (2 - 1983, 1984)

8. List your community service activities. For example: Your participation with charitable, cultural, historical, and environmental groups on community service and improvement projects through 4-H and other groups.

Sample: Litter pick-ups (3 - 1982, 1983, 1984); Walk-a-Thon for Lung Association (2 - 1980, 1981); Easter baskets to the needy (1 - 1982); Painted at fairgrounds (1 - 1984)

9. List your leadership activities other than those in 4-H (do not include memberships, only leadership roles).

Sample: Feature editor of school newspaper (1 - 1986); FBLA Historian (1 - 1983); Church Sunday School Secretary (1 - 1984)

RECOGNITION

1. List the 4-H recognition you have received as an individual (includes individual awards such as Honor Club membership, county medals, "I Dare You", etc.).

A. Club and Unit recognition.

Sample: C - County medals received (6 - 1981 1982, 1983, 1984, 1985, 1986); L - Club's Outstanding Girl (1 - 1985)

B. District, state, and national recognition.

Sample: S - Livestock Judging 3rd high individual at state (1 - 1986);
N - Trip to National Congress (1 - 1985); (Include only blue ribbon awards in the areas of Share-the-Fun, presentations, and Public Speaking contests.)

2. List the individual recognition you have received outside of 4-H.

Sample: FFA Green Hand Pin (1 - 1983); Track letter (1 - 1985);
National Honor Society (1 - 1985); Forensic awards (2 - 1984, 1985)

To the best of my knowledge, the above information is correct and complete.

4-H Member

Parent or Guardian

4-H Leader