



## Glenn County 4-H Personal Development Reports Record Book 2023-2024

# TIPSHEET

This guidance document is to help identify the appropriate categories for your Glenn County 4-H activities. You may have additional activities that are not listed here. Please remember to use the current California 4-H Record Book Manual and Star Ranks Path is the official guidance document: <https://ucdavis.app.box.com/s/m9wzwoqbmbf85days3jncyszwuacmsu0>.

**Record Books – Make sure to update and correct all notes and suggestions from your previous year's Record Book Evaluations. If a member forgets to list an entry in one year and wants to list it in the next year's book, they can. List it the same way and make a note that this was done in XX year.**

**WHAT GOES WHERE?** Where do I place everything I have accomplished this year in my Personal Development Report?

Here is a helpful tool for recording 4-H events and activities, but first, make sure to read these important guidelines:

- Record participation and activities both inside and outside of 4-H for the current program year.
- When you attend a 4-H event, record it as a 4-H event attended.
- If you did something at that event that meets the requirements in another area(s), you could record that as well, BUT that activity can only be counted in one category – it's your choice. **The statement explaining "double-dipping" or "double counting" has changed to a positive statement, instead of a "Don't" statement. There are cases when a member can count an activity AND an event from the same event opportunity.**
- Some events and activities may be applicable to multiple categories. Record activities in the most appropriate or needed category for Star Ranks. Check out the Star Ranking system requirements at the beginning of the year to see where you need to focus.
- If you participate in an event activity in multiple roles, be sure to clearly differentiate the roles to ensure that the judge understands your specific contributions. We do not want the person that evaluates your book to think you accidentally double-counted one activity.
- You may record up to two significant activities outside of 4-H in categories 2, 4, 5, 6, and 7.

The following outline matches the Personal Development Report. If you attended an event or accomplished something listed in a category, make sure you put it in that same numbered section on your PDR form for appropriate credit.

### #1. Projects Completed

Record the projects you have completed. Complete a minimum of six hours of project instruction or more as required by the project leader, instruction can be virtual or in-person. During the current year, 80% average attendance across all projects is required to receive an achievement rank.

### #2. 4-H Project Skill Activities

Record events or activities that demonstrate your knowledge to an audience or judge. Activities may be recorded even if you are not enrolled in the corresponding project – as long as the skills are related to a 4-H project. This includes exhibits non-judged and judged, showmanship, knowledge contests, and judging contests.

- Window Display
- Judged at ABA Judging Day (ABA Extravaganza)
- Judged at Livestock Field Day
- Quilt Show Participant
- Showmanship (1 per species and division)
- Exhibited at State Fair
- Exhibited at Food Fiesta, Creative Arts & Skills Day
- Showed another member's animal (1 per species and division, if a different species than your own)
- Educational Display for Project
- Exhibited at County Fair Show (2 market animals in the same species count once unless competing in different divisions, including the "Bred & Fed" class).
- Exhibited at County Fair Show (2 breeding/show animals in the same species count once unless competing in different divisions)
- Exhibited Animal in the Junior Livestock Auction or Replacement Heifer Sale
- Champion Drive

**Project Skill Activities Outside of 4-H:** Record participation at shows, competitions, and contests that relate to a 4-H project skill but are NOT strictly 4-H events or do not have 4-H classes. Examples: Pacific Poultry Breeders Association Show, ARBA National Convention, AKC Dog Shows, and a Quilting Conference. **You may not participate as a 4-H member or record activities in jackpot or prospector shows that do not comply with the 4-H Policy. Events that do not comply with the 4-H Policy may not be recorded in the Record Book at all.**

### #3. Events Attended (must actively participate)

Record 4-H events that you attend during the year. Count any 4-H event that you attend outside of regular club and project meetings. Multiple-day events, such as County Fair and Conferences count as one event. You may receive credit for attending the event and completing an activity that fits in another category.

The activities that do **NOT** count here as an event attended are Chico State Sheep/ Goat/ and Swine Day, Farm Bureau Farm Day, , and Friends of the Fair Dinner, as they are not specific 4-H events.

- County Event Planning meetings (ABA Day, Livestock Challenge, etc.)
- County Committee Meetings (Budget, Record Book, Awards and Recognition, etc.)
- Glenn County 4-H Town Hall Meeting
- California 4-H Youth Summit (Northern Conference)
- State 4-H Camping Conference
- State Leadership Conference
- Club Officer Training
- Star Awards & Leaders' Appreciation Event
- Club Achievement Night
- Food Fiesta, Creative Arts & Skills Day
- Anything But Animals (ABA) Judging Event
- Interview Contest
- County Presentation Day
- Regional Presentation Day
- State Presentation Day
- County 4-H Fundraiser Dinner
- Glenn County 4-H Fashion Revue and Quilt Show
- County 4-H Fair Clean-up Days
- Glenn County Fair 4-H Divisions and/or Classes
- Fair Livestock 4-H Exhibitors' Meeting
- 4-H Camp
- 4-H Camp Workdays
- 4-H Camp Planning Meetings
- 4-H Approved Fundraisers at Club and County Levels
- Farm Bureau Crab Feed Dessert Booth
- Fall Paper Clover Event
- Spring Paper Clover Event
- CSU Chico Livestock Evaluation 101
- Glenn County 4-H Virtual Showcase
- Country Pumpkins Work Day

### 4. Leadership Development

Record each project that you lead and each leadership position you hold at the club, county, sectional, state, and/or national levels. The duties you perform in leadership roles are considered part of the position and cannot be counted as separate activities for any category on the PDR – *for example, if you have to give a report as a Club Officer, you cannot count your report as a Communication Skill because this reporting is part of your job as an officer.*

Intermediate and Senior members must complete the Leadership Development Report to receive credit. To meet the Star Rank criteria for gold and platinum stars, you must hold significant leadership roles that require 20 hours or more of leadership contribution. Count all of your training, meeting, planning, research hours, and the hours spent leading toward this requirement. Junior members may earn significant leadership credits if they are a club officer and complete the Leadership Development Report.

- Leader Development Project (County Ambassador)
- Club Officer
- Junior/Teen Leader
- Committee Chairperson
- County Event Committee Chairperson
- Tractor Supply Paper Clover Campaign
- Monitor at Food Fiesta
- County Event Committee Member
- 4-H Camp Counselor
- Committee Member e.g.: at club level or higher (refreshments, county event planning, set up, clean up, server, decorations, window display, feature booth at fair, worked in the cookhouse, and Corn Maze ticket sales)
- Evaluator or Room Coordinator at County and/or Sectional Presentation Day
- 4-H Camp Youth Director

**Leadership Outside of 4-H:** You may count two of your most significant leadership roles outside of 4-H and record them in this category. Examples: Student Body President, School Math Tutor, and Youth Group Leader.

### #5. Citizenship and Community Service

Record your active participation in a planned, publicized, and approved citizenship, service learning, or community service activity. Credits are counted by event attended, not separate activities at that event.

Do not count fundraising activities for personal benefit under Citizenship/Community Service. This includes fundraising activities that support group attendance at county, sectional, state, or national 4-H events. You may record this activity under category #3: 4-H Events Attended.

- Red Ribbon Week - wore Glenn County 4-H bracelet in public, sponsored by Glenn County Farm Bureau
- National 4-H Week- wore 4-H uniform in public
- Speaker at Board of Supervisors Meeting

- Worked at the Corn Maze Clean-Up Day
- Worked at Country Club Host Days
- Individually provided a door prize for a 4-H event
- Volunteered at a local organization's fundraiser events (Fireman's Dinners, Parent Teacher Organization, etc.)
- Donated gift item(s) to Glenn County 4-H Adopt-A-Family or Hi 4-H Adopt-A-Family
- Farm Bureau Crab Feed 4-H Server (County level)
- Farm Bureau Crab Feed 4-H Dessert Booth Server (County level)
- Served at a Senior Citizen Center (4-H Club level)
- Donated gift item(s) to your 4-H Club Easter Adopt-A-Family
- Individually provided a donation for your 4-H Club donation baskets for the Friends of the Fair Dinner
- Glenn County 4-H Fair Clean-Up (Each day counts as a separate credit)
- Donation to Club or County 4-H Coats-for-Kids Drive
- Worked at the Friends of the Fair Dinner (4-H County level)

**Citizenship and Community Service Outside of 4-H:** Count two significant citizenship or community service roles outside of 4-H and record them in this category. Examples: School clothing drive for disaster victims and donating at a blood drive.

## #6. Communication Skills

Record communication activities that you participate in at any event inside or outside 4-H. Examples are 4-H presentations, prepared talks, radio and television appearances, newspaper articles, letters, evaluate at 4-H event, representing 4-H, online communication. Do **NOT** include thank you letters (as it is common courtesy), calling members as part of a leadership role, and officer reports as communication activities. Be sure to write them in your Leadership Development Report "LDR" if it applies.

- Gave Project Report (prepared ahead)
- Speaker at Board of Supervisors Meeting
- Fashion Revue Clothing Category Evaluation Interview
- Fashion Revue Quilting Category Evaluation Interview
- ABA Extravaganza – Food Fiesta Evaluation Presentation
- Presented at County, Regional and/or State 4-H Presentation Days (Count each presentation separately)
- Gave Prepared 4-H Talk
- Gave 4-H Presentation (audience greater than 8 people)
- Evaluator or Room Coordinator at County Presentation Day
- Wrote an article for the County 4-H RoundUp Newsletter (if not part of your leadership role)
- Sold tickets for a 4-H event
- Representing and informing the public about 4-H at Country Pumpkins Corn Maze or 4-H Petting Zoo
- Led Flag Salute/4-H Pledge at County and/or club level (if it is not part of your leadership role)
- 4-H Virtual Showcase Article or Video Submission
- Representing and Informing the Public at Tractor Supply Company during Paper Clover Campaigns
- 4-H Camp Counselor Interview
- Scholarship Interview
- Interview Contest
- Leadership Development Award Interview
- Oral Reasons at the County Livestock Judging & ABA Judging Field Days
- Emcee at County Events
- Buyers' letters as it is a persuasive essay. (One letter sent to multiple recipients counts as one credit, but buyers' letters for different species can be counted separately.)
- Representing and informing the public about 4-H at a Club/County event or outreach booth

**Communication Outside of 4-H:** Select up to two significant communication activities outside of 4-H and record them in this category. Examples: give a presentation at a school science fair, create and manage a personal blog, or appear as a guest on a radio show about an upcoming performance that you are in.

## #7. Honors and Recognitions

Record all high honors and recognition you have earned! Other project-specific honors and recognition like seals and ribbons go in your Annual Project Report. You can record high honors and recognition if it is a big deal to you. You don't have to get the top award to record it here. If you are proud of an award or honor, record it!

- Five Presentation Award
- Top Shooter/Archer per age division
- County Record Book Winner or Medalists
- Bowl-A-Thon Award Winners
- Fundraiser Dinner Top Ticket seller (Club and County Levels)
- ABA Extravaganza Division Award Winner
- Livestock Judging Division Award Winner
- Livestock Challenge Species Division Award Winner
- Home Economics End of the Year Trophy and Medal Winner
- Mary Lanzi Perpetual Clothing Award Winner
- Gomes Family Dairy Award Winner
- Oliver Wilson Beef Memorial Award Winner
- Brad Jasper Perpetual Foods Award Winner
- Gold Medalist at County, Regional and/or State Presentation Day
- 100% Club Attendance
- Bronze Star
- Silver Star
- Gold Star
- Platinum Star
- County Ambassador Team Star
- Jr. County Ambassador Team Star

- Emerald Star
- Diamond Clover Award
- Best of Breed
- Best in Class
- Best of Show
- Best of Division
- Round Robin Winner
- Best Bred & Fed
- First Place Pen of Three Steers
- First Place Pen of Three Goats
- First Place Best 4-H Club Pen of Three Market Hogs
- First Place Best 4-H Club Pen of Five Lambs
- First Place Dairy Herd
- Top 1<sup>st</sup> time Presenter A.W. Bramwell Award
- 1<sup>st</sup> Place Ribbon for Livestock Showmanship
- Top 4-H Demonstrator Carell Kolousek Memorial Award
- Junior, Intermediate, Senior Showmanship placing
- Market Weight Division Classes - placing
- Reserve 4-H Champion
- 4-H Champion
- Supreme Champion
- Reserve Supreme Champion
- ABA Extravaganza – Food Fiesta Winner
- Carcass Contest Winner
- Proficiency Completion of Level 1
- Proficiency Completion of Level 2
- Proficiency Completion of Level 3
- 1<sup>st</sup> place ribbons for Still Exhibit categories
- Rate of Gain Winner

**Honors and Recognition Outside of 4-H:** Select two significant recognitions outside of 4-H and record them here. Examples: student of the year, champion sports team, Eagle Scout, honor roll, and musicianship award.

## #8. Healthy Lifestyle Activities

Record participation in organized group activities related to a healthy lifestyle outside of the 4-H program. This section aims to show that you use your free time actively engaged in healthy leisure. Each organization, group, activity, or sport counts as one credit per 25 hours of active participation and can be counted per quarter, up to four times per year. These activities are NOT counted: family vacations, academic work during school hours and homework, caring for your pets or livestock, spectator activities, and events/activities inconsistent with 4-H policy (including Jackpots, watching a play, and observing faith-based ceremony or gathering).

- Academic Decathlon
- AWANA
- Band
- Baseball
- Basketball
- Book Club
- Breed Associations
- Boy Scouts
- California Junior Scholastic Federation
- California Scholastic Federation
- Cattle Sorting Team
- Cattle Roping Team
- Cheerleading
- Choir
- Church
- Drill Team
- Employment
- Field Hockey
- Music lessons
- Extracurricular activities related to schoolwork
- Organization meetings and active participation
- School or community camp (4-H Camp goes in category 3: Events Attended)
- FFA
- Football
- GATE
- Girl Scouts
- Junior High School Rodeo
- High School Rodeo
- Interact
- Key Club
- Soccer
- Softball
- SPARK or other after school programs
- Spanish Club
- Swim Team
- Track
- Vacation Bible School
- Volleyball
- Wrestling

**For additional information, please refer to the current California 4-H Record Book Manual. For questions, contact your 4-H Club Key Leader or the UCCE Office at (530) 865-1107.**

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