



UW-MADISON EXTENSION

Monroe County 4-H
Record Book Form

**HEALTH, SOCIAL, & POLITICAL SCIENCES
PROJECT FOR 20__**

List two things you would like to do or learn this year in this project: (2pts)

1. _____

2. _____

This record is for the following project(s): (1pt)

Health Adopt A Friend

Safety Computers

History & Heritage

Citizenship Demonstration

Debate Service Learning

SKILLS LEARNED					
Years in project (1pt) _____					
Chart has checked boxes 1pt.					
Skills	This Year	Past Years	Skills	This Year	Past Years
Assemble first aid kit			Explore history museum		
Understand healthy choices			Create family tree		
Conflict resolution			Create illustrated album		
Scrapbook of activities			Play old fashioned games		
Know computer hardware			Attend old fashioned event		
Know computer software			Identify ethnic craft		
Create documents			Interview older adult		
Create heritage box			Restore old object		
Understand heritage			Understand child safety		

The value of a 4-H Project is measured, in part, by the time spent learning and participating in the project. Please attach a copy of your 4-H Project Hours Tracking Tool for the Health, Social, & Political Sciences project. (**Hours Tracker Form, journal, or project certificate** must be included following this form in the Health, Social, & Political Sciences project section of the record book)

Minimum Required Hours Documented: All=4pts, 75%=3pts, 50%=2pts, less than 50%=1pt, none=0pts

Articles Completed or Worked on This Year (1pt)

Item	Description	Cost

Describe below how you researched and created your favorite project (1 point per detail, up to 4 points total):

Exhibits/Demonstrations (1pt)

What did you exhibit?	When/Where	Placing

The worth or value of a 4-H project is measured also by the things you learned, enjoyment, and overcoming challenges. Tell us one thing you learned in the Health, Social, & Political Sciences project this year, as well as one challenge you overcame. (2pts – 1pt for challenge, 1pt for what learned)

Photo Pages: 2 pages (4 sides) following this form. Scrapbook style pages are acceptable. Please include captions. If you wish to not include photos, a 1 page journal entry is also acceptable. (2 points per side. 1 point for pictures. 1 point for captions. If written entry, total of 4 points for completion of 500 word essay) Total 21 Pts