



Junior/Intermediate 4-H Achievement Awards



There are five Achievement Areas for Junior/Intermediate 4-H members ages 9 to 13 on January 1, 2010. Choose one of these areas to submit your records.

1. Animals (large or small)
2. Family and Consumer Science (foods, clothing, health, and others)
3. Arts and Communication (public speaking, music, crafts, art work)
4. Science and Technology (electricity, wood science, aerospace)
5. Natural Resources and Environmental Science (fishing, soils)

Records will be submitted to Regional Extension Agents working with 4-H. Ask your 4-H Club Leader or county Extension staff about the deadline date for entry.

Complete your record for entry.

- Cover Page for My Junior 4-H Records
- My 4-H Year
- My Project Journal
- My Creative Documentation

A Reference Letter is needed. A good letter is one that tells about you and what you have done in 4-H. Someone in the county Extension office can do that, or a teacher or someone you helped using your 4-H project.

Winners will be awarded Savings Bonds and a plaque. There will be winners in each of the six Alabama 4-H areas. Each project will have two winners.

If you have questions about the Junior/Intermediate 4-H Achievement Awards please ask your 4-H Regional Extension Agent.



My Junior/Intermediate 4-H Records



4-H wouldn't be the same without records. They are an important part of completing each project. They help you set some goals, keep track of your activities, record events and a whole lot more.

Keeping records is a great way to keep your memories about each incredible year you have in 4-H. In a couple of years, you can look back on these journals and remember what fun you had.

Keeping records is also a great way to develop your skills in setting goals, solving problems, keeping track of expenses and profits, communicating, organizing your time, documenting events and actions.

Records are like journals—they are a way to keep track of what you do and when you do it. Think of your records as an entry book. Keep it regularly. Remember that these are your records. Make them fun. Make them yours. Make them creative. Make them memorable. Design your own unique page. Add to your records so that they become a scrapbook of what you have done. You can put them on your computer.

My 4-H Year helps you set your goals. It gives you a place to list the meetings you attend, the offices you hold in your club, how you help others with their projects, how you show the community what you are doing. You also list your honors and awards.

My Project Journal is where you keep track of important events and activities that. You write about what you do each time your work on your project. This is also the place to keep expenses and income from your project.

My 4-H Creative Documentation Make this fun---add photos, newspaper articles, ribbons---whatever you feel is important. You can put letters that you receive in these pages.

4-H Motto: To Make The Best Better