

Using Photography to Strengthen Record Book

The photograph pages are important to every 4-H record book as helps the judge to know the 4-H'er, it documents the project, and it is a way to show growth in project work. A picture is worth a thousand words, so choosing your record book pictures is very important. Remember "Seeing is Believing".



Introduction to Photo Pages

- Four (4) pages of pictures are allowed with nine (9) photos per page.
 - Photography Project has an additional 10 pages of photos allowed from "behind the camera".
- Pictures need to be captioned.
- Use one side of page when presenting.
- Do not shingle, layer, or overlap photographs.
- Avoid excessive trimming and cropping of photos.
 - Be sure pictures are still large enough to see.

Suggested Photograph Pages

- PAGE 1: MAIN PROJECT WORK
- PAGE 2: OTHER PROJECT WORK
- PAGE 3: LEADERSHIP
- PAGE 4: COMMUNITY SERVICE

Picture Selection

- Select pictures that show the 4-H'er in action and that they are prominent in the image.
- Use high-quality photos (High DPI, good focus, composition, and cropped for emphasis).
- Use paper designed for pictures/color to avoid bleeding if you are printing from computer.
- Use a logical progression and make sure any sequences are complete.
- Show major points using as few pictures as possible.
- Photo record should show member and project growth, document community service, and leadership opportunities. An emphasis should be on main project.
- Pictures of ribbons, plaques, etc. should be avoided, as they do not show progression, but rather end result.
- While not required, color pictures are preferred for first 4 pages.
- Photo pages are a visual narrative and should not be formatted like a scrapbook.

Placement and Arrangement of Pictures

- Consider a theme or central idea and a logical sequence for the pictures on each page. Use space effectively - white space is often helpful. Don't crowd page.
- Organize the page vertically, so the book does not have to be turned sideways for viewing.
- In general, subjects in pictures should face toward the center of the page.
- Experiment with the placement of the picture on the page and make sure your arrangement is pleasing to the eye. Ask for advice from others. Do not mount the pictures until you are happy with your placement.

Mounting – if using individual pictures

- Avoid photo corners, white glue, and cellophane tape. They allow pictures to fall off and out of record book or can curl the photograph.
- Start with clean, dry hands and a clean work area.
- Use a photo mounting adhesive for mounting pictures.
- Mount pictures on pages that will fit into the record book, make sure the paper is substantial enough to support the picture, but flexible enough for pages to turn.
- Select natural or subdued complementary colors for your picture pages. Avoid bright (neon) colors and plastic page protectors (these reflect light and make it difficult to see photos).

Captions and Headlines

- Captions explain your picture. Make them neat, concise, and legible. Make sure spelling, punctuation, and grammar are correct. Be sure to include the year the photo was taken.
 - A combination of capital and lower-case letters is easier to read than all caps.
 - Headlines and captions should not overpower the page but should be large enough to read easily.
 - A caption may accompany each picture, or captions can be grouped on the page.
 - *Tip: Judges usually prefer the captions to accompany each picture.*
 - All lettering should be neat, whether done on computer, typewritten or hand-lettered.
-