



4 -H Youth  
Development

CCE Parenting and Youth  
Development

September 15, 2023



# What is 4-H?

4-H is the Youth Development Program of the Cooperative Extension System!

## National 4 - H Vision

- ❑ A 4-H program that is growing and reaching youth from all corners of the nation and helping them achieve economic prosperity, well being and success in life.
- ❑ A program that is based on an evidenced based positive youth development framework and a commitment to diversity, equity and inclusion.



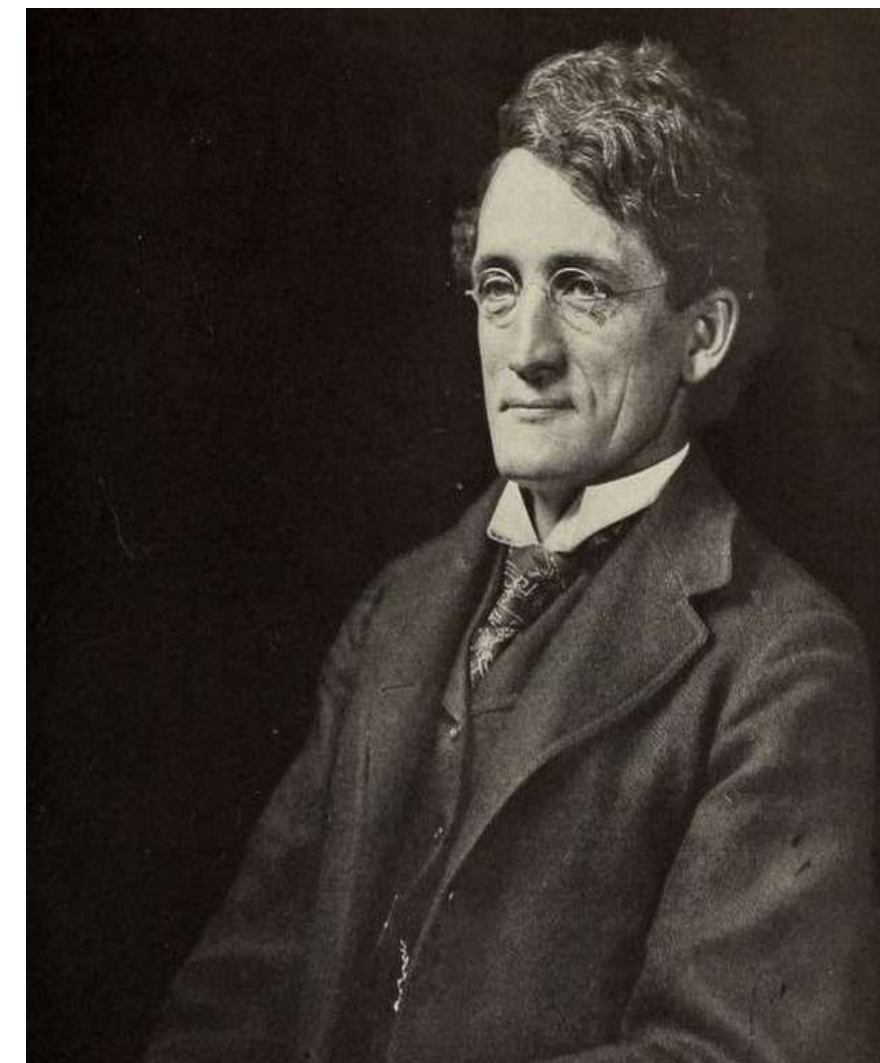


# Integral to the Land Grant University



Early 4-H founders  
dreamed of helping  
youth grow and  
thrive, becoming  
contributing citizens  
of character.

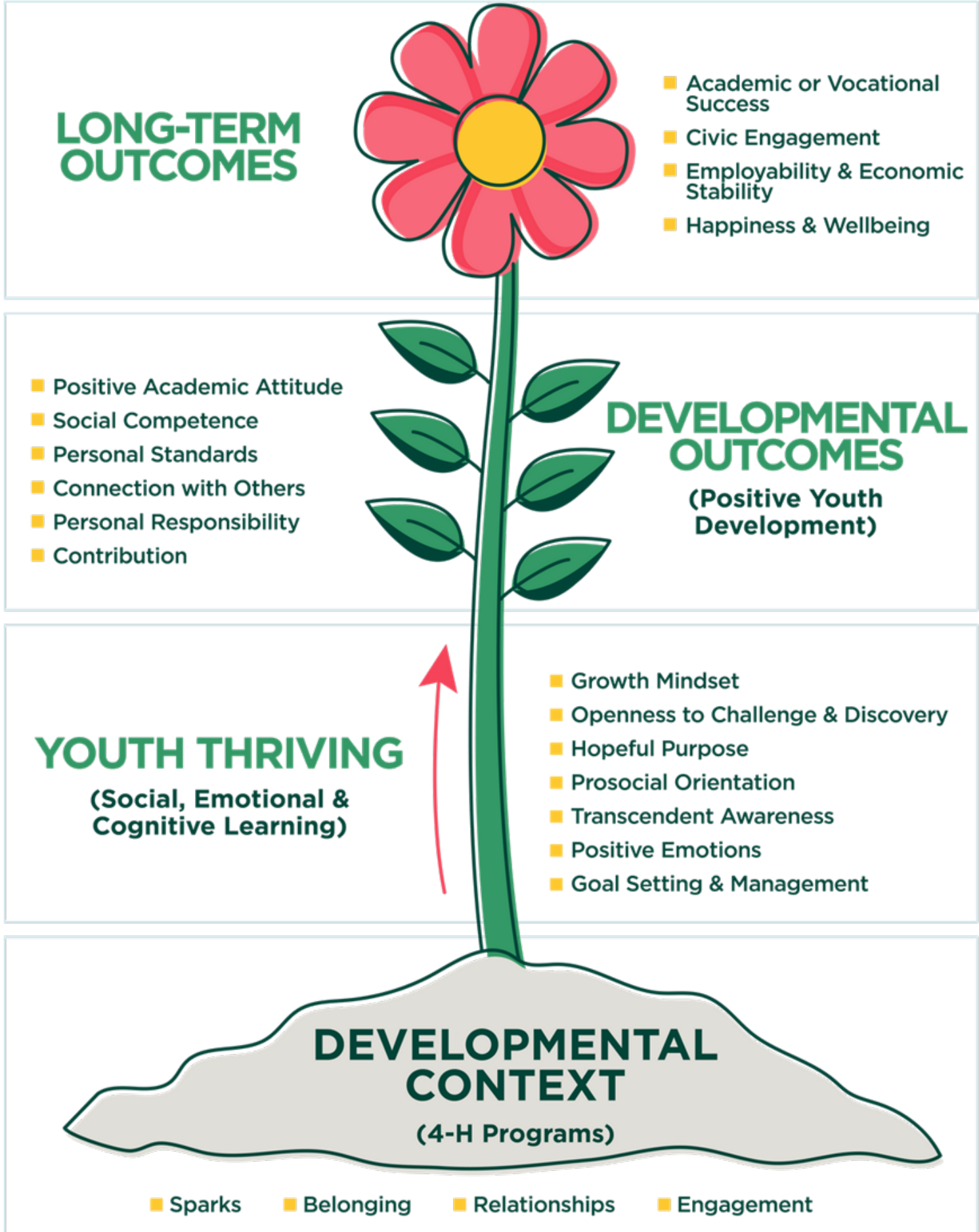
- 4-H has always been about Positive Youth Development!
- Our practice is designed to evolve as the evidence and theories evolve.
- The 4-H Thrive Model is an evidence-based theory of change that can serve as a mental model and guide practice.





HELPING  YOUTH  
**THRIVE**





# Thriving Ground



The Developmental Context

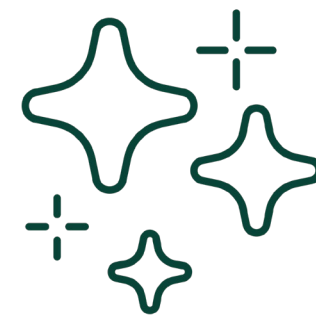
Belonging



Relationships



Sparks



Engagement



# Sparks

A passion for a self-identified interest or skill, or a capacity that lights a fire in a young person's life, providing energy, joy, purpose, and direction.

- Creates action
- Provides intrinsic fuel
- Enhances networks





Spark  
Champions



“All youth want to be known through the lens of their sparks...they yearn to be seen by teachers by parents and by other adults as holding this spark. They want to be known in this way.”

**Dr. Peter Benson**

[The Dalai Lama and Dr. Peter Benson talk Sparks](#)





"I want youth to know that they will always be able to find a place in 4-H where they will be supported and accepted for exactly who they are."

**Mayyadah Zagelow**

4-H alum and National 4-H  
Youth in Action award winner



Hear more of Mayyadah's story in [this video](#).



HELPING  YOUTH  
**THRIVE**





Program for  
Research on  
Youth  
Development &  
Engagement



## PROBLEM

Communities of research and practice in youth development are largely disconnected, failing to learn from one another and capitalize on shared interests.

## PRYDE'S MISSION

To create solid and enduring partnerships between county 4-H staff and university researchers to the improvement of both science and service, and to the benefit of New York State youth.



# THE PRYDE TEAM



**Anthony Burrow**  
Director



**Kristen Elmore**  
Assistant Director



**Esther Kim**  
Program  
Assistant

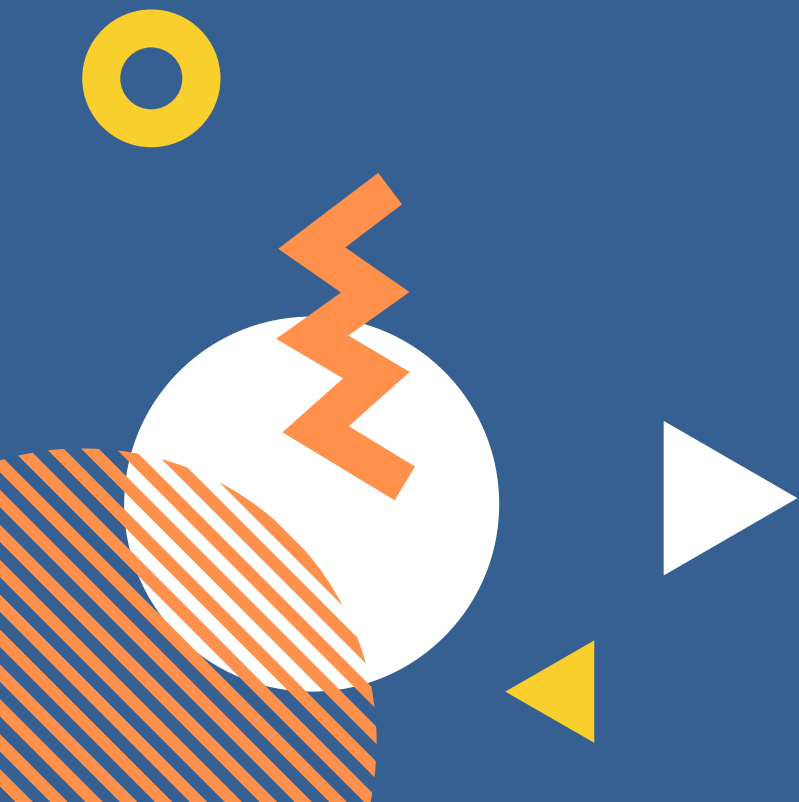


**Chris Davis**  
PRYDE-Affiliated  
Graduate Student



**Lynandrea Mejia**  
Administrative  
Assistant

# PRYDE PROGRAM DESIGN



## Researchers

Develop research areas that directly benefit NYS 4-H youth.

## Practitioners

Collaborate with “research ready” NYS 4-H educators.

## Cornell Students

Engage undergraduates in translational youth development research.

## 4-H Youth

Engage 4-H youth in social science research.

Cornell Students:

# PRYDE SCHOLARS PROGRAM

2-year training program in translational youth development research for CHE undergraduates



# PRYDE Scholars Program Components



## Coursework

Junior Scholars learn about translational research and practice communicating about research with diverse audiences.

## Research Mentorship

Scholars work with Cornell faculty to learn about & conduct research in youth development.

## Practice Mentorship

Scholars learn from practitioner mentors who are 4-H educators across New York State.

## Capstone Research Project

Senior Scholars implement a community-engaged research project to address an existing need in 4-H.









Teaching Social Science Research Skills to Teens in Uncommon Schools



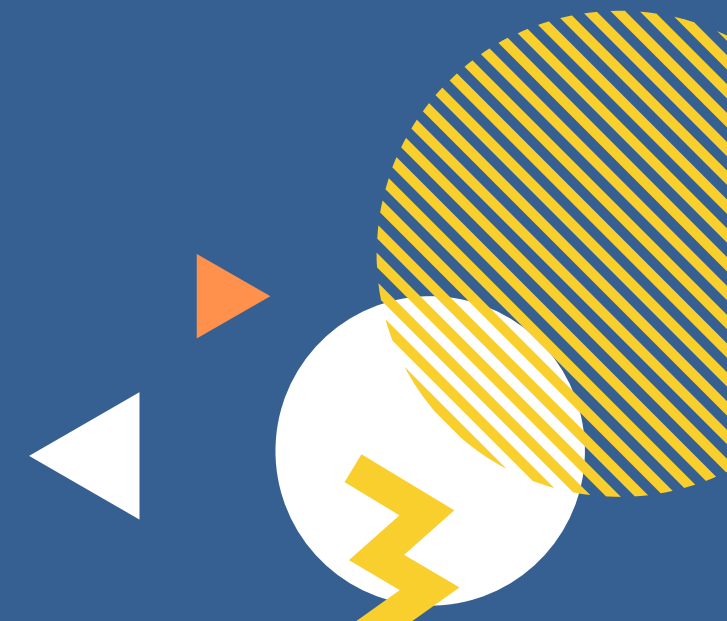
Facilitating Mindfulness-Based Cooking Classes to Latinx Communities



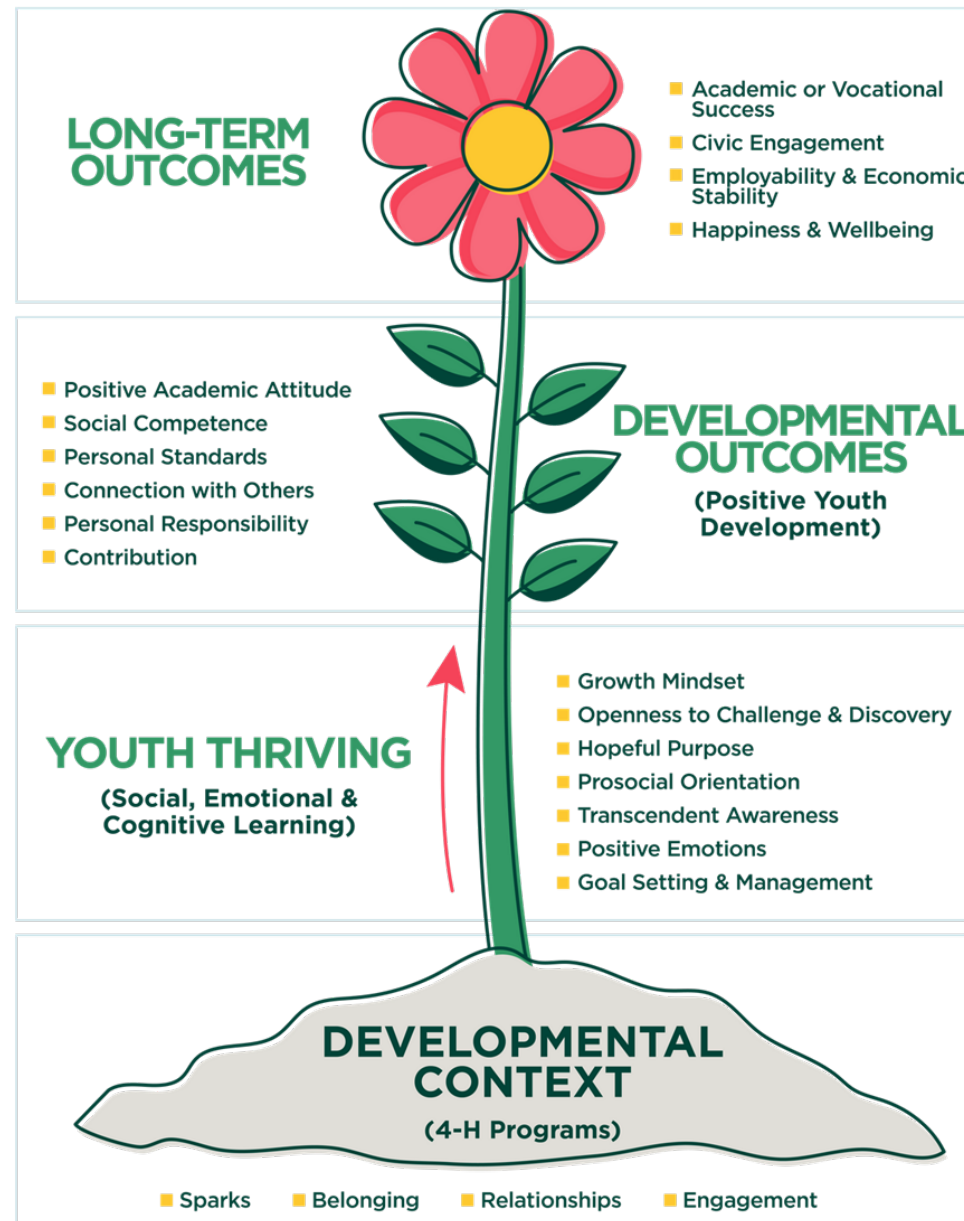
Facilitating & Evaluating a 4-H Teen Anti-Racism Program

# Incorporating science into youth programming

- Translating science to meet the needs of educators, program leaders, and 4-H staff
- Collaborating with youth development professionals to bring evidence-based practices into community youth programs



# Growing Purpose



## Does Purpose Grow Here? Exploring 4-H as a Context for Cultivating Youth Purpose

Anthony L. Burrow<sup>1</sup> , Kaylin Ratner<sup>1</sup> ,  
Sabrina Porcelli<sup>1</sup>, and Rachel Sumner<sup>1</sup>

Journal of Adolescent Research  
2022, Vol. 37(4) 471–500  
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Purpose is the way to a better world,  
but it needs to be cultivated.

# Growing Purpose

- What role do adults play in youth purpose development?
- PRYDE Purpose Workshop Series:
  - A resource for educators and other adults (like parents!) to explore the science of purpose and to support youth purpose development

# Growing Purpose

## Defining Purpose

### Meaning in Life and Mortality

Neal Krause

Department of Health Behavior and Health Education, School of Public Health and the Institute of Gerontology, University of Michigan, Ann Arbor.

**Objective.** The purpose of this exploratory study was to see if meaning in life is associated with mortality in old age.

**Methods.** Interviews were conducted with a nationwide sample of older adults ( $N = 1,501$ ). Data were collected on meaning in life, mortality, and select control measures.

**Results.** Three main findings emerged from this study. First, the data suggest that older people with a strong sense of meaning in life are less likely to die over the study follow-up period than those who do not have a strong sense of meaning. Second, the findings indicate that the effect of meaning on mortality can be attributed to the potentially important indirect effect that operates through health. Third, further analysis revealed that one dimension of meaning—having a strong sense of purpose in life—has a stronger relationship with mortality than other facets of meaning. The main study findings were observed after the effects of attendance at religious services and emotional support were controlled statistically.

**Discussion.** If the results from this study can be replicated, then interventions should be designed to help older people find a greater sense of purpose in life.

**Key Words:** Meaning in life—Mortality.

JAMA Network **Open**

Original Investigation | Public Health

### Association Between Life Purpose and Mortality Among US Adults Older Than 50 Years

Alysa Almirajiang, MPH; Ashley Wensch, MPH; Jonathan Boss, MS; Nancy L. Fleischer, PhD, MPH; Alison M. Mondul, PhD, MPH; Karen McLean, MD, PhD; Bharanar Mahesher, PhD; Celeste Leigh Pearce, PhD, MPH

### Purpose in Life as a Predictor of Mortality Across Adulthood

Psychological Science  
2014, Vol. 25(7) 1482–1496  
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sagepub.com/journalsPermissions.nav  
DOI: 10.1177/0956797614551799  
ps.sagepub.com  
SAGE

Patrick L. Hill<sup>1</sup> and Nicholas A. Turiano<sup>2</sup>

<sup>1</sup>Department of Psychology, Carleton University, and <sup>2</sup>Department of Psychiatry, University of Rochester Medical Center, Rochester, New York

Original Article

### Effect of Having a Sense of Purpose in Life on the Risk of Death from Cardiovascular Diseases

Megumi Koizumi,<sup>1,2</sup> Hiroshi Ito,<sup>2</sup> Yoshihiro Kaneko,<sup>1</sup> and Yutaka Motohashi,<sup>1</sup>

<sup>1</sup>Department of Public Health, Aika University School of Medicine, and <sup>2</sup>Department of Internal Medicine, Division of Cardiovascular Medicine, Aika University School of Medicine.

Received May 21, 2007; accepted January 16, 2008; released online August 28, 2008.

### Sense of Purpose in Life and Subsequent Physical, Behavioral, and Psychosocial Health: An Outcome-Wide Approach

Eric S. Kim, PhD<sup>1,2,3</sup>, Ying Chen, ScD<sup>2,4</sup>, Julia S. Nakamura, BS<sup>1</sup>, Carol D. Ryff, PhD<sup>5,6</sup>, and Tyler J. VanderWeele, PhD<sup>2,4,7</sup>

American Journal of Health Promotion  
2012, Vol. 36(1) 137–147  
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DOI: 10.1177/0898010111433945  
jhp.sagepub.com/home/jhp  
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Original Article

### Relationship of Having Hobbies and a Purpose in Life With Mortality, Activities of Daily Living, and Instrumental Activities of Daily Living Among Community-Dwelling Elderly Adults

Kimiko Tomioka, Norio Kurumatani, and Hiroshi Hosoi

Nara Prefectural Health Research Center, Nara Medical University, Kashihara, Nara, Japan

Received June 5, 2015; accepted September 23, 2015; released online March 5, 2016.

Purpose is

- (1) org
- (2) mal
- (3) pro

### Purpose in Life Is Associated With Mortality Among Community-Dwelling Older Persons

Patricia A. Boyle, PhD, Lisa L. Barnes, PhD, Aron S. Buchman, MD, and David A. Bennett, MD  
Rush Alzheimer's Disease Center (P.A.B., L.L.B., A.S.B., D.A.B.), and the Departments of Behavioral Sciences (P.A.B., L.L.B.) and Neurological Sciences (L.L.B., A.S.B., D.A.B.), Rush University Medical Center, Chicago, Illinois.

### Psychological Predictors of Mortality in Heart Transplanted Patients: A Prospective, 6-Year Follow-Up Study

Laura Sirri,<sup>1,3</sup> Luciano Potena,<sup>2</sup> Marco Masetti,<sup>2</sup> Eliana Tossani,<sup>1</sup> Carlo Magelli,<sup>2</sup> and Silvana Grandi<sup>1</sup>

SYSTEMATIC REVIEW/META-ANALYSIS

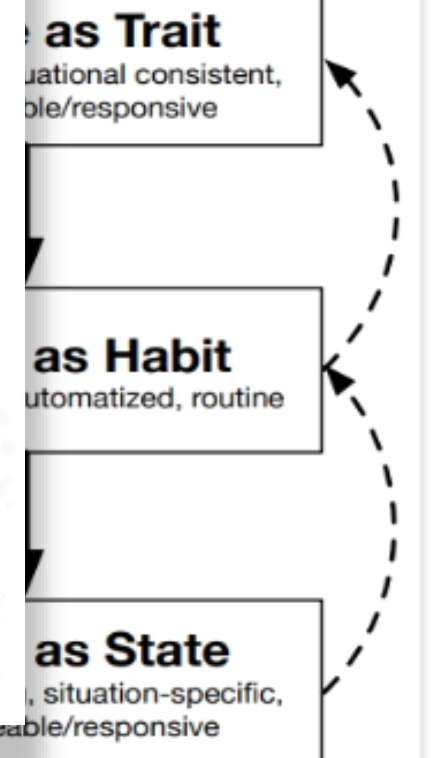
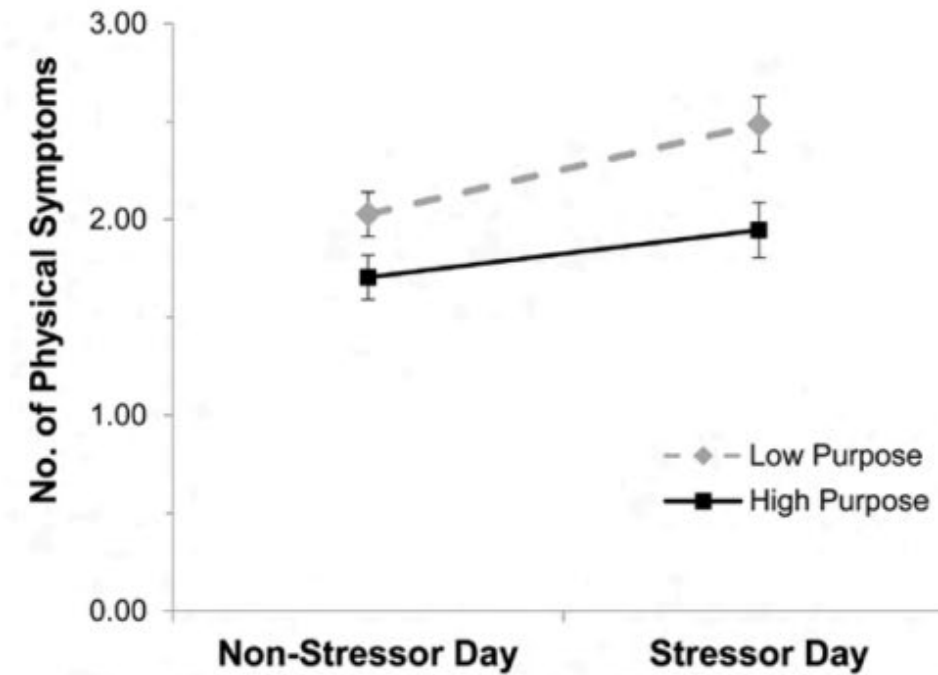
### Purpose in Life and Its Relationship to All-Cause Mortality and Cardiovascular Events: A Meta-Analysis

Randy Cohen, MD, MS, Chirag Bavishi, MD, MPH, and Alan Rozanski, MD

0.10 — High Purpose

0.00 Non-Stressor Day Stressor Day

## Buffer in the Stress Process



# Discussion Questions

1. How might 4-H's work with the Thrive Model of PYD be supportive of CCE Parenting Educators work?
2. How might PRYDE's interest and focus on purpose help parenting educators?
3. Describe current challenges in your community that are inclusive of both youth and families?





## 4-H Youth Development

Visit us Online:  
<https://www.nys4-h.org/>

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**PRYDE:**

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Esther: [sk2274@cornell.edu](mailto:sk2274@cornell.edu)

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