HELPING YOUTH THRIVE

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.
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.

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

- Academic or Vocational Success
- Civic Engagement
- Employability & Economic Stability
- Happiness & Wellbeing

DEVELOPMENTAL OUTCOMES

- Positive Academic Attitude
- Social Competence
- Personal Standards
- Connection with Others
- Personal Responsibility
- Contribution

(Positive Youth Development)

YOUTH THRIVING

(Social, Emotional & Cognitive Learning)

- Growth Mindset
- Openness to Challenge & Discovery
- Hopeful Purpose
- Prosocial Orientation
- Transcendent Awareness
- Positive Emotions
- Goal Setting & Management

DEVELOPMENTAL CONTEXT

(4-H Programs)

- Sparks
- Belonging
- Relationships
- Engagement
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
“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
"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.
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.
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 & Evaluating a 4-H Teen Anti-Racism Program

Facilitating Mindfulness-Based Cooking Classes to Latinx Communities
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

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

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

Anthony L. Burrow, Kaylin Ratner, Sabrina Porcelli, and Rachel Sumner

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Purpose is the way to a better world, but it needs to be cultivated.

Burrow & Hill (2013); Burrow, Agans, & Rainone (2018); Cohen et al (2016); Hill & Turiano (2015); Kashdan, Rose, & Fincham, (2004); Kim et al. (2018); Lewis & Hill (2021); Mwilambwe-Tshilibo et al.(2019); Scheier et al. (2006); Steptoe & Fancourt (2019); Yeager et al. (2018)
Growing Purpose

• What role do adults play in youth purpose development?

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Growing Purpose

Defining Purpose

Purpose is...
(1) organized
(2) meaningful
(3) persistent

• 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.

Buffer in the Stress Process

- Trait
- State

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

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

Meaning in Life and Mortality

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

Purpose in Life as a Predictor of Mortality Across Adulthood

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

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

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

High Purpose

Low Purpose
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

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PRYDE:

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