

The Oregon 4-H Program Model

Developing Thriving Youth



Oregon State University
Extension Service

The 4-H Developmental Context

4-H programs done well help you thrive by...

Sparks

- Providing a place for youth to explore their interests and passions – their **sparks!**

Program Quality

- Offering programs that follow youth program quality principles with a focus on youth **belonging**

Youth-Adult Relationships

- Emphasizing **developmental relationships** with adults who are caring, challenge growth, and share power

Youth Engagement

- Engaging youth with **sufficient program dosage**, intensity and duration

Thriving Youth Have...



- An intrinsic desire to explore new things and enjoys challenges. This includes possession of a **growth mindset**, and **openness to trying new things**.



- A **sense of purpose** and on the way to a happy and successful future



- An awareness of a **connection to something greater** than the one's self, that provides meaning and purpose in life, and shapes everyday thoughts and actions



- A **positive and optimistic** outlook, and are able to **manage emotions** appropriately.



- Demonstrate **pro-social values** of respect, responsibility, honesty and caring, and helping.



- Effective **goal setting and management** strategies, and perseveres and makes adjustment when goals are not attained

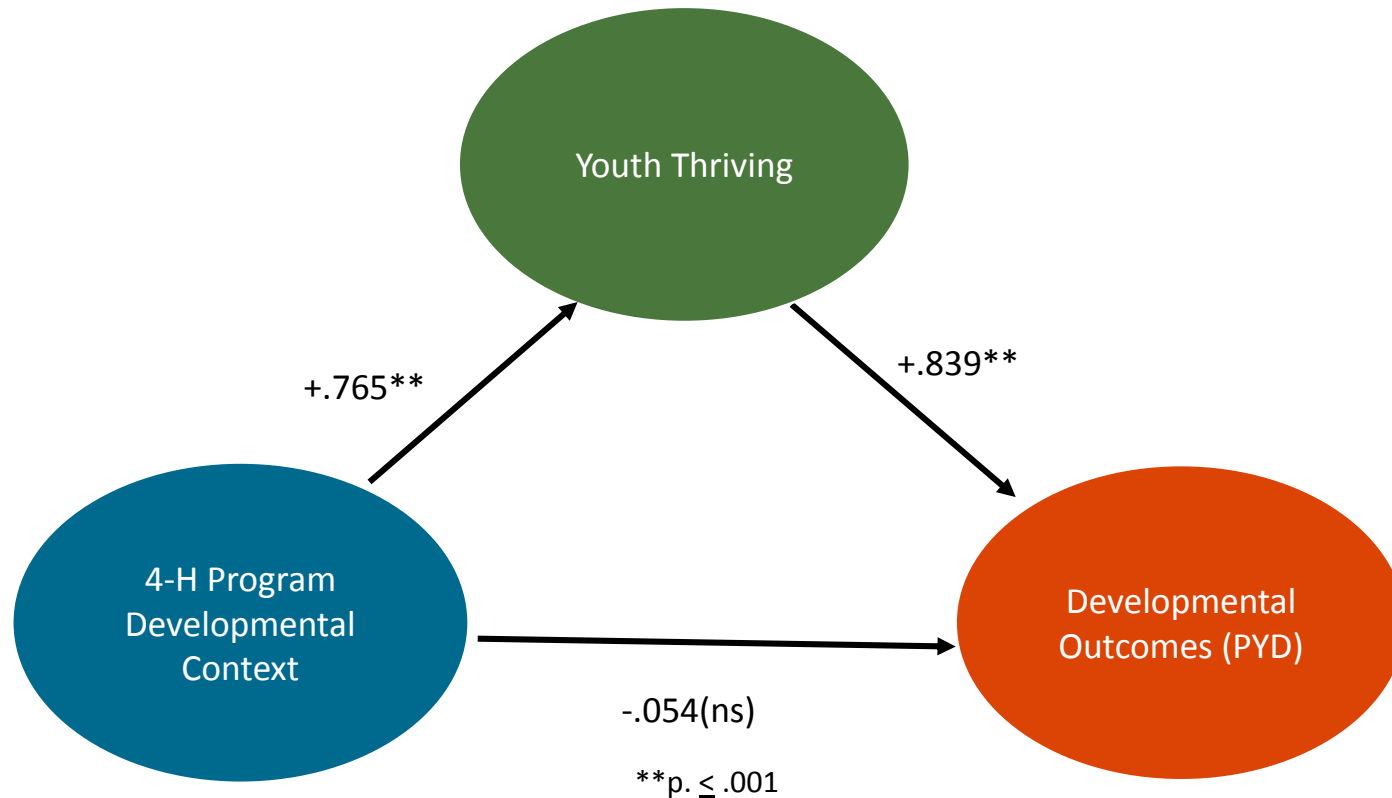
Thriving Youth Reach Key Developmental Outcomes

Youth who thrive because of participating in 4-H...



Thriving Mediates Program Impact

A full mediation model has been established (Arnold & Gagnon, 2017)



Developmental Outcomes Lead to Long Term 4-H Program Outcomes

Youth who thrive because of participating in 4-H...

Head

- Academic or vocational success

Heart

- Contribution to others through civic engagement

Hands

- Employability and economic stability

Health

- Happiness and well being

Program Theory of Action:

Design 4-H program activities that...

- Emphasize continued youth effort and encourage a growth mindset.
- Provide supportive challenges
- Show youth a path to the future
- Empower youth voice and show how they can make a difference in the world
- Help youth identify their unique gifts and talents and how they can use them to make the world a better place
- Help youth develop empathy, responsibility, and caring about others
- Build cognitive reappraisal skills to help youth manage strong emotions
- Encourage goal setting
- Help youth create plans to reach their goals, and strategies for dealing with failure

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