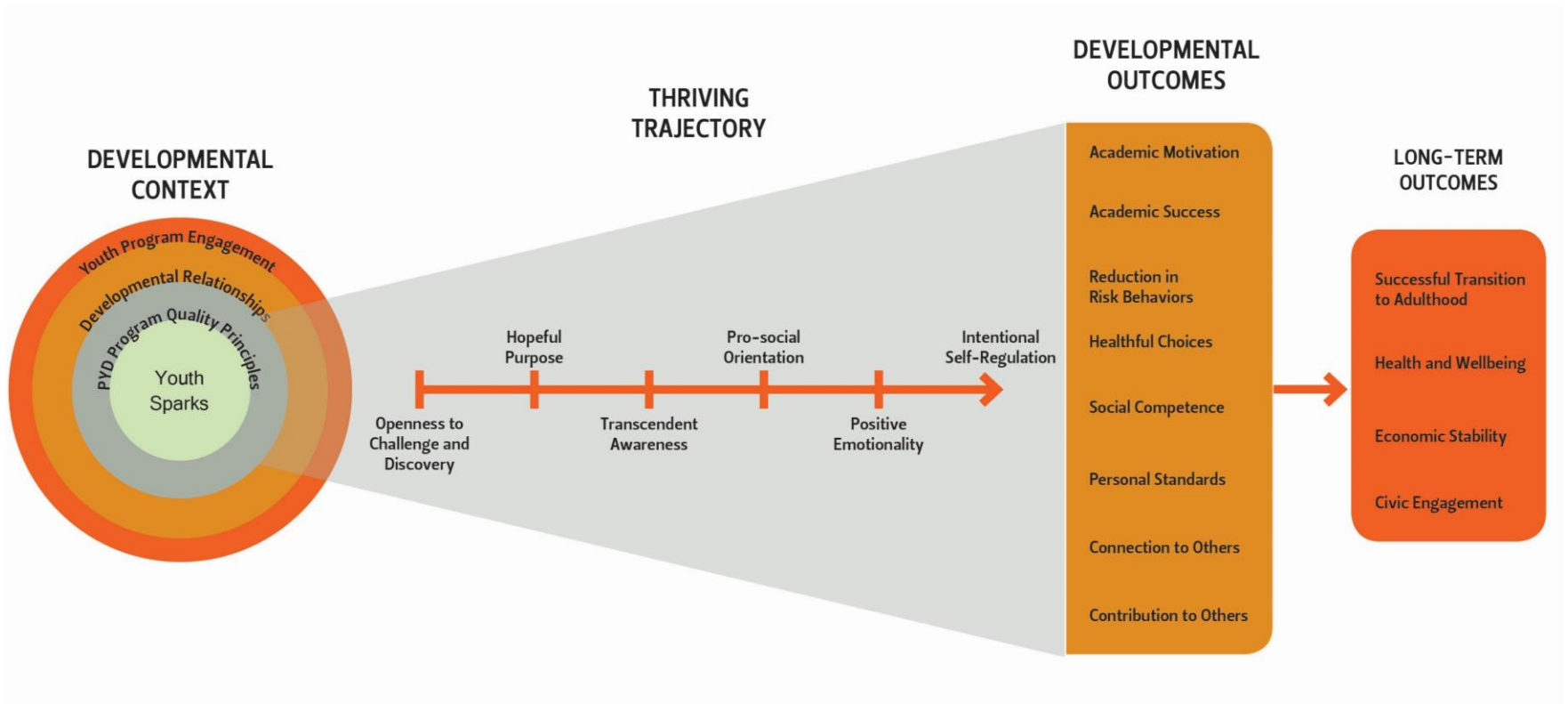


The 4-H Thriving Model



Oregon State University
Extension Service

The 4-H Thriving Model



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

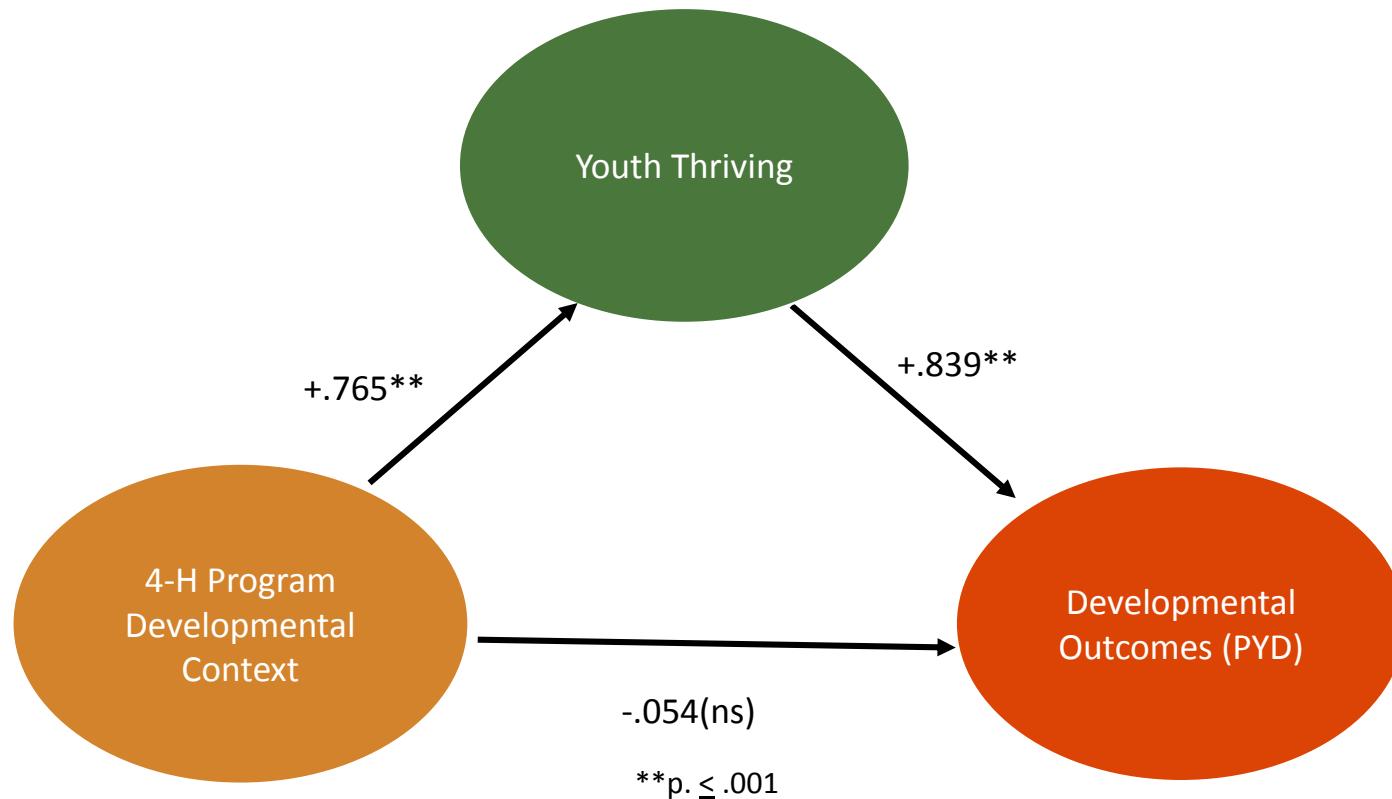
Thriving Youth Reach Key Developmental Outcomes

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

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