

Strengthening Youth Life Skills, Leadership and Their Community

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Strengthening Youth Life Skills, Leadership and Their Community

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
806	Youth Development	100%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	43.6	0.0	0.0	0.0
Actual	41.8	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 1328053	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 664026	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

•Conferences or workshops training in life skills, leadership, and community services. •Camping and outdoor activities. •Curriculum developed in life skills, leadership and community service. •Participate in mass communication to promote 4-H as a positive organization for youth. •Projects where youth and adults volunteers can develop skills that will enable them to make a positive contribution to society. •Competitive activities/events. •Non-competitive activities/events.

2. Brief description of the target audience

Youth and 4-H members, Extension professionals, professional government personnel, volunteers, and community residents.

V(E). Planned Program (Outputs)

1. Standard output measures

Target for the number of persons (contacts) reached through direct and indirect contact methods

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	1500	0	50000	30000
2007	11776	0	96730	22773

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year Target

Plan: 0

2007: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

Number of training and workshops in life skills and subject matter.

Year	Target	Actual
2007	500	2640

Output #2

Output Measure

Number of children/ youth who participated in competitive activities.

Year	Target	Actual
2007	1000	2092

Output #3

Output Measure

Number of children/ youth who participated in non competitive activities.

Year	Target	Actual
2007	5000	10481

Output #4

Output Measure

Number of youth who participated in community service projects.

Year	Target	Actual
2007	500	698

Output #5

Output Measure

Number of children/ youth who participated in life skills and subject matter educational programs designed to teach basic life skills.

Year	Target	Actual
2007	5000	4148

Output #6

Output Measure

Number of youth and others volunteers working with youth in youth development programming.

Year	Target	Actual
2007	800	1078

Output #7

Output Measure

Number of children/youth participating in youth leadership programs.

Year	Target	Actual
2007	1000	701

V(G). State Defined Outcomes

O No.	Outcome Name
1	Number of children/youth who reported working in one or more educational project areas.
2	Number of children/youth who reported improved decision making skills.
3	Number of children/youth who reported improved communication relationships with parents or peers.
4	Number of children/youth who assumed leadership roles.
5	Number of children/youth who reported improved conflict management skills.
6	Number of children/youth who reported improved planning and organization skills.
7	Number of youth volunteers conducting community service programs.
8	Number of children/youth who developed and established a community projects to address a particular issue.

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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V(H). Planned Program (External Factors)

External factors which affected outcomes

Other ()

Brief Explanation

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V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

Before-After (before and after program)

Evaluation Results

This planned program focused on the development of youth life skills, therefore the evaluation plan for this and the coming years will focus on the development of instruments to measure different life skills in the 4-Hers.

The first pilot study was conducted during Fiscal Year 2007. The instrument used to measure changes in life skills was translated and adapted from the instrument "Skills for Everyday Living" by Claudia Mincemoyer and Daniel Perkins from Penn State University, plus one item from "Washington State Life Skill Evaluation System", for the life skill of communication. The instrument was translated into Spanish with permission of the author C. Mincemoyer. Life skills measured included: decision making, problem solving, communication, goal setting, and planning/organizing. The instrument was administered as pre and post tests. Answers were from a five point Likert scale (Always = 4, never = 0). The instrument was pilot tested with 71, 4-H members participating in the educational course Health Rocks ("La Salud es S per"). This curriculum was developed through the sponsorship of the National 4-H Council and is based in the Targeting Life Skills Model of Patricia Hendricks and the Experiential Learning Model. The intervention was implemented in four public schools where 89, 4-Hers benefited from some of the educational sections, but only 71 completed the total course and answered both pre and posts tests.

Validity was established by a panel of experts from the 4-H program staff including the program leader and specialists. Reliability was measured by Cronbach Alpha. Values obtained are presented in the following table for the five subscales and the total scale.

Lif Skills Subscales	Number of Items	Cronbach's Alpha
Decision making	5	0.580
Communication	6	0.605
Problem solving	6	0.604
Goal setting	4	0.575
Planning/Organizing	5	0.688
Total Scale	26	0.859

Life skills	Pre Test Mean	Post Test Mean	Significancy
Decision making	2.88	3.09	0.002
Communication	2.93	3.02	0.169
Problem solving	2.94	3.03	0.132
Goal setting	3.10	3.26	0.049

Other written comments of the participants included:

quot;I have learned how to work in groups. Also, I have changed my attitude in the way to respect others and have more confidence in myself. I know now how to deal with a problem."

quot;Now I think more carefully before making a decision. I also learned more about respect to others."

quot;I have improved my attitude. I learned to help others, but also not to do everything my friends say like using drugs."

In sum, participation in educational activities in the 4-H program helped 4-Hers increase life skills needed for positive youth development. Results from this outcome evaluation showed 4Hers increased in life skills after their participation in the course Health Rocks. Positive changes in three of the life skills measured (decision making, goal setting and planning/organizing) showed to be statistically significant.

Key Items of Evaluation

Seventy-one (71) 4-H members completed the educational course Health Rocks and answered a pre and post test to measure changes in life skills.

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