

**V(A). Planned Program (Summary)**

**Program # 11**

**1. Name of the Planned Program**

Marketable Skills for Limited Resource Families, Youth and Communities

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
801	Individual and Family Resource Management	75%			
802	Human Development and Family Well-Being	15%			
806	Youth Development	10%			
	<b>Total</b>	100%			

**V(C). Planned Program (Inputs)**

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

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	1.9	0.0	0.0	0.0
Actual	1.9	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	1890 Extension	Hatch	Evans-Allen
73000	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
79903	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

- Conducted workshops and demonstrations to promote the different FCS program offerings. Set up

volunteer recruitment booths at World Food Day, St. Thomas/St. John Agriculture and Food Fair, and the V.I. Agriculture and Food Fair (St. Croix).

- Provided orientation, training and professional development for volunteers, partners, 4-H/Family and Consumer Sciences/CYFAR staff, and CES personnel.
- Utilized multi-media outlets to promote FCS programs to attract potential clientele.
- Conducted workshops and short courses that helped low-income, at-risk audiences build knowledge, skills and attitudes that positively impacted their quality of life.
- Collaborated with government departments, non-profit agencies, community-based programs, and special interest groups to recruit, train and support 4-H volunteer development.

## **2. Brief description of the target audience**

- Current and newly recruited FCS participants,
- Low-income, at-risk, un- or underemployed adults residing in public/federally subsidized housing communities, and Children, Youth & Families at-Risk clientele.
- Clientele and staff being served through fellow UVI, CES and AES programs.
- Clientele referred from Department of Human Services, Department of Labor & and Unemployment Office; V.I. Housing Authority- Tenant Services Office, and other agencies working with similar audiences.
- Parents of current 4-H club members and summer program participants.
- Youth and adults (general public) responding to multi-media 4-H volunteer campaign,

- Youth and adults indicating interest in FCS programs at World Food Day and fairs.
- Departments, agencies, clubs, and programs working with FCS.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Plan</b>	100	2500	25	750
<b>Actual</b>	800	2700	23	650

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

**Patent Applications Submitted**

Year: 2010  
 Plan: 0  
 Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2010	Extension	Research	Total
<b>Plan</b>	0	0	
<b>Actual</b>	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Number of short courses conducted

Year	Target	Actual
2010	5	3

**Output #2**

**Output Measure**

- Number of workshops facilitated as part of "Women at the Crossroads" short course

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	25	23

**Output #3**

**Output Measure**

- Number of special interest workshops conducted

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	2	2

**Output #4**

**Output Measure**

- Number of youth, volunteers, staff and partners trained

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	120	114

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Through participation in Basic Clothing Construction Short Courses, participants will develop knowledge and awareness of sewing machine parts, basic tools and equipment, fabric line and design, measuring techniques, use of patterns, and glossary of terms
2	Through participation in Basic Clothing Construction Short Courses, participants will learn how to baste, stitch, trim and finish seam allowances using a serger, put in hems and waist bands, apply zippers, insert elastic, insert darts, and make button holes. Acquisition of these skills will allow participants to construct at least one simple outfit resulting in personal savings
3	As a result of completing the Basic Clothing Construction Short Course, 75% of participants will enroll in the Intermediate/Advanced level of this course. In addition to using basic skills developed in the basic course, participants will learn how to apply pockets and collars, put in linings, use more detailed patterns, and incorporate more difficult fabrics. Their skills and interest level will allow them to realize a savings and to use their skills to enhance their personal income by sewing for others
4	Through participation in the Crafts, Cultural Arts and Home Decorations Short Courses, participants will become aware of natural resources and recyclable items that can be used to make attractive handiwork and decorations for the home. Skills developed will include heat applications, designing of appliques, use of adhesives, creativity and layout, project finishing, and glossary of terms
5	As a result of their training and interest in this area, participants will provide outreach to and train church, school and youth group members about the personal and financial benefits of using recycled materials
6	Through participation in Crafts, Cultural Arts and Home Decorations Short Courses, participants will learn how to construct or assemble a variety of projects that can be used to beautify the home and serve as gifts. Additional personal income will be generated through either word-of-mouth sales or by establishing their own small home-based business
7	Through 'Women at the Crossroads', participants will develop knowledge of workforce preparation, personal development, personal finances, women's health and wellness issues, leadership and volunteerism
8	Through 'Women at the Crossroads' participants will prepare a letter of application, build a personal resume, conduct a mock interview, complete a job application template and assemble a personal portfolio in preparation for an actual entry level employment interview
9	Through 'Women at the Crossroads', participants will explore the impact that poise, personality, personal appearance, positive attitude and self-confidence have on enhancing family and workforce dynamics. As a result of their experiences, participants will select and model appropriate dress, and prepare and present a personal goals statement:
10	Through 'Women at the Crossroads', participants will develop a personal budget, establish a checking account, develop a living will and explore the benefits of investing
11	Through 'Women at the Crossroads', participants will learn about health issues impacting women, complete personal health screenings, identify nutritious foods and practice healthy eating habits
12	Through 'Women at the Crossroads', participants will build leadership skills needed to become effective volunteer leaders
13	As a result of graduating and being certified through the 'Women at the Crossroads' series, participants will successfully enter the workforce and/or improve their quality of living

## **Outcome #1**

### **1. Outcome Measures**

Through participation in Basic Clothing Construction Short Courses, participants will develop knowledge and awareness of sewing machine parts, basic tools and equipment, fabric line and design, measuring techniques, use of patterns, and glossary of terms

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	75	65

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Community members enhanced their skills and supplemented their limited incomes and increased purchasing power.

#### **What has been done**

Provided workshops, short courses, including summer sessions.

#### **Results**

Participants requested more classes, some increased their earning power.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #2**

### **1. Outcome Measures**

Through participation in Basic Clothing Construction Short Courses, participants will learn how to baste, stitch, trim and finish seam allowances using a serger, put in hems and waist bands, apply zippers, insert elastic, insert darts, and make button holes. Acquisition of these skills will allow participants to construct at least one simple outfit resulting in personal savings

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	25	24

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Community members enhanced their skills to supplement their incomes and increased their marketability.

#### **What has been done**

Staff provided workshops, short courses, summer camp sessions and individual instruction.

#### **Results**

Participants expressed an eagerness to receive additional courses which can enhance their entrepreneurial efforts.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

### **Outcome #3**

#### **1. Outcome Measures**

As a result of completing the Basic Clothing Construction Short Course, 75% of participants will enroll in the Intermediate/Advanced level of this course. In addition to using basic skills developed in the basic course, participants will learn how to apply pockets and collars, put in linings, use more detailed patterns, and incorporate more difficult fabrics. Their skills and interest level will allow them to realize a savings and to use their skills to enhance their personal income by sewing for others

#### **2. Associated Institution Types**

- 1862 Extension

#### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

#### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	350	100

#### **3c. Qualitative Outcome or Impact Statement**

##### **Issue (Who cares and Why)**

Community participants enrolled in the clothing construction course increased their knowledge and skills to enhance their marketability and increased self-sufficiency.

##### **What has been done**

Community participants who enrolled in the beginner's course moved to the intermediate/advanced level.

##### **Results**

Participants completed requirements by completing clothing construction projects.

#### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #4**

### **1. Outcome Measures**

Through participation in the Crafts, Cultural Arts and Home Decorations Short Courses, participants will become aware of natural resources and recyclable items that can be used to make attractive handiwork and decorations for the home. Skills developed will include heat applications, designing of appliques, use of adhesives, creativity and layout, project finishing, and glossary of terms

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	45	35

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Participants made a variety of items to enhance their creative home decorating skills and income-producing ability.

#### **What has been done**

Participants participated in all of the requirements for completion of items.

#### **Results**

Participants requested further information and completed a variety of items.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #5**

### **1. Outcome Measures**

As a result of their training and interest in this area, participants will provide outreach to and train church, school and youth group members about the personal and financial benefits of using recycled materials

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	250	150

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Community benefits from learning to be more energy efficient by maximizing recyclable materials and products.

#### **What has been done**

Participants learned how to recycle materials and to use them in their homes and the greater community.

#### **Results**

Participants continued to request additional information to share with family and friends.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
806	Youth Development

## **Outcome #6**

### **1. Outcome Measures**

Through participation in Crafts, Cultural Arts and Home Decorations Short Courses, participants will learn how to construct or assemble a variety of projects that can be used to beautify the home and serve as gifts. Additional personal income will be generated through either word-of-mouth sales or by establishing their own small home-based business

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	400	301

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

General community benefits from low-income residents who increased their incomes.

#### **What has been done**

Training and educational sessions were provided for participants to acquire skills to increase their income.

#### **Results**

Low- income residents acquired marketable skills to increase their income.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

**Outcome #7**

**1. Outcome Measures**

Through 'Women at the Crossroads', participants will develop knowledge of workforce preparation, personal development, personal finances, women's health and wellness issues, leadership and volunteerism

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	45	36

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Community benefits from a better prepared workforce.

**What has been done**

Participants received workshops and individual instruction on personal development and work preparedness.

**Results**

Participants increased their ability to interview successfully and enhanced their confidence and resume writing skills.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #8**

### **1. Outcome Measures**

Through 'Women at the Crossroads' participants will prepare a letter of application, build a personal resume, conduct a mock interview, complete a job application template and assemble a personal portfolio in preparation for an actual entry level employment interview

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	45	38

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

General community benefits from residents being gainfully employed.

#### **What has been done**

Workshops and individual assistance were provided to enhance employability of residents.

#### **Results**

All participants completed requirements to increase their possibility of self or other employment.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #9**

### **1. Outcome Measures**

Through 'Women at the Crossroads', participants will explore the impact that poise, personality, personal appearance, positive attitude and self-confidence have on enhancing family and workforce dynamics. As a result of their experiences, participants will select and model appropriate dress, and prepare and present a personal goals statement:

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	45	32

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Participants increase their opportunities for employment.

#### **What has been done**

Workshops and presentations were conducted to better prepare residents for employment.

#### **Results**

All participants completed requirements to prepare for increased probability of self and other employment.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #10**

### **1. Outcome Measures**

Through 'Women at the Crossroads', participants will develop a personal budget, establish a checking account, develop a living will and explore the benefits of investing

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	30	25

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Participants establish increased self-sufficiency as they better understand personal finances.

#### **What has been done**

Presentations were conducted on budgeting, checking and investing possibilities.

#### **Results**

Participants started a checking account and expressed an interest in other financial management information.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #11**

### **1. Outcome Measures**

Through 'Women at the Crossroads', participants will learn about health issues impacting women, complete personal health screenings, identify nutritious foods and practice healthy eating habits

## 2. Associated Institution Types

- 1862 Extension

### 3a. Outcome Type:

Change in Knowledge Outcome Measure

### 3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	45	39

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

Knowledge and skills relative to good nutrition practices diminishes the incidence of chronic disease.

#### What has been done

Workshops and presentations on healthy eating habits, diabetes and identification of nutritious foods were conducted.

#### Results

Most participants indicated that they now utilize healthier eating and food preparation practices in general.

## 4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## Outcome #12

### 1. Outcome Measures

Through 'Women at the Crossroads', participants will build leadership skills needed to become effective volunteer leaders

### 2. Associated Institution Types

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	20	14

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Leadership development is important to the entire community.

**What has been done**

Young women were exposed to the importance of good leadership skills and volunteerism.

**Results**

Some participants continue to volunteer in CES programs.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
806	Youth Development

**Outcome #13**

**1. Outcome Measures**

As a result of graduating and being certified through the 'Women at the Crossroads' series, participants will successfully enter the workforce and/or improve their quality of living

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
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2010

45

36

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

Enhanced quality of life through gainful employment impacts the entire community.

#### What has been done

Residents are experiencing more confidence in job especially utilizing computer skills.

#### Results

Some residents have found employment and developed more confidence to pursue self and other employment.

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

### V(H). Planned Program (External Factors)

#### External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy

#### Brief Explanation

The overall downturn in the nation's economy has had an adverse affect on program outcomes.

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

#### 1. Evaluation Studies Planned

- Before-After (before and after program)
- During (during program)
- Time series (multiple points before and after program)
- Other (Peer Evaluation)

#### Evaluation Results

Pre-post instruments have been used; anecdotal information remains very favorable.

#### Key Items of Evaluation

Focus continues to be placed on adequate pre-post measures, informal methods of data collection and follow-up interviews.