



# 4-H Universal

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4-H COMMON MEASURES 2.0, 2019-20



**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources

■ 4-H Youth Development Program

## Introduction

4-H learning experiences are based on the principles and practices of Positive Youth Development (PYD). PYD views young people as vital resources with assets and potentials to be developed rather than as problems to be managed.<sup>1</sup> The structured learning, encouragement, and adult mentoring that young people receive through their participation in 4-H programs play a vital role in contributing to their personal and leadership development<sup>2</sup> to help them achieve future life success. 4-H program participants are more likely to be civically active and contribute to their communities, participate in science programs during out-of-school time, and make healthier choices compared to their peers.<sup>3</sup> 4-H programs intentionally focus on fostering greater social skills in youth participants. Trained 4-H staff and volunteers create an environment conducive to the development of individual and interpersonal skills.

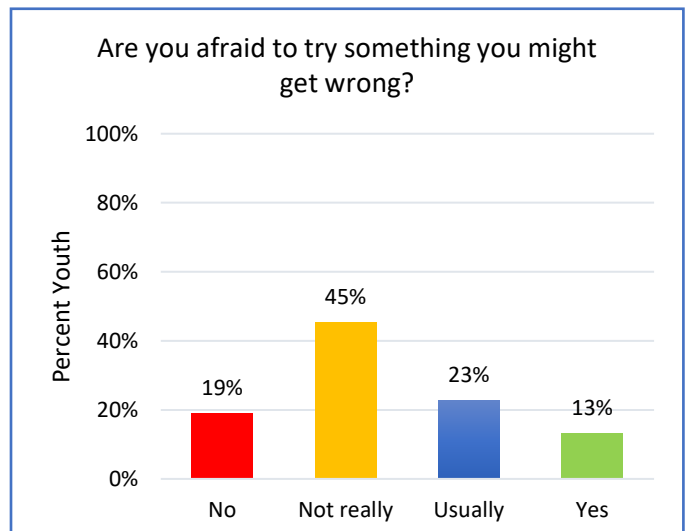
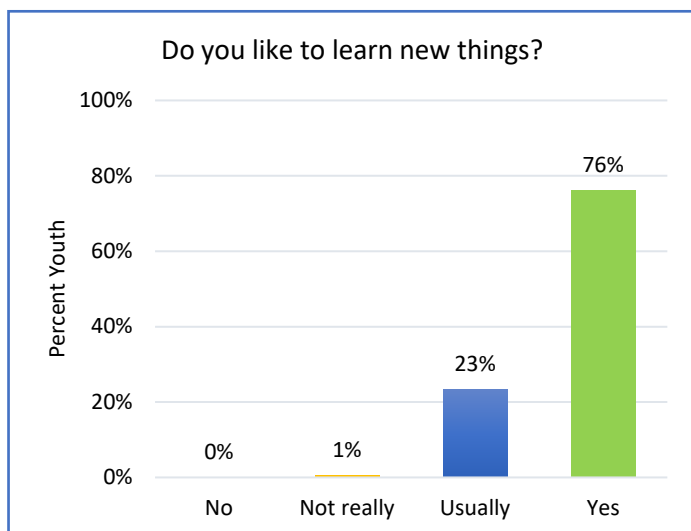
The 4-H National Common Measures 2.0 consists of a set of standardized measures of PYD outcomes, including a Universal Survey. The Universal Survey focuses on personal mindset, social and other skills. This report summarizes the findings from the Universal Survey administered during the 2019-20 program year.

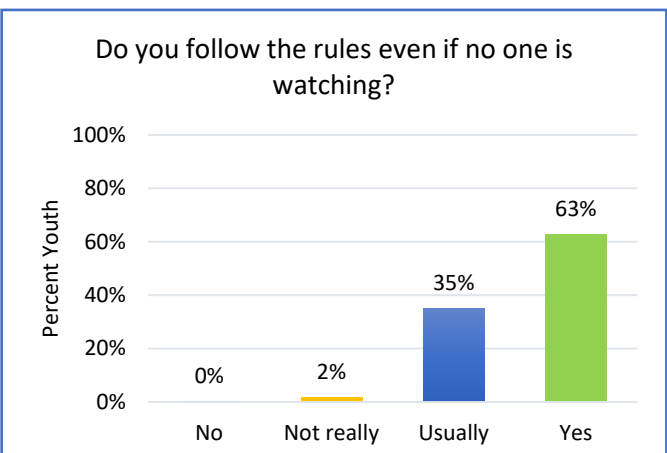
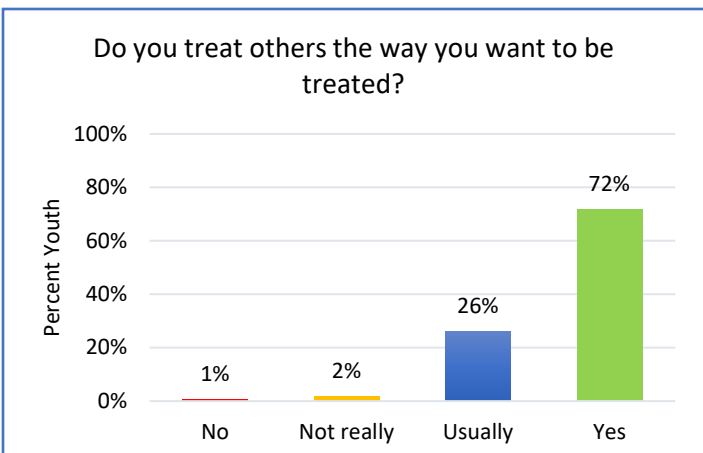
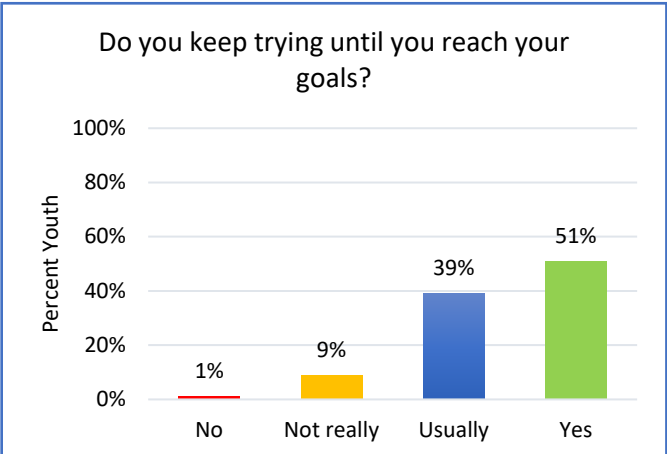
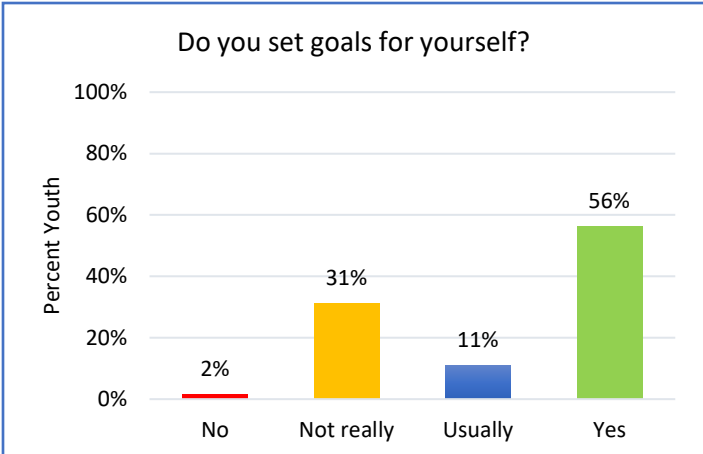
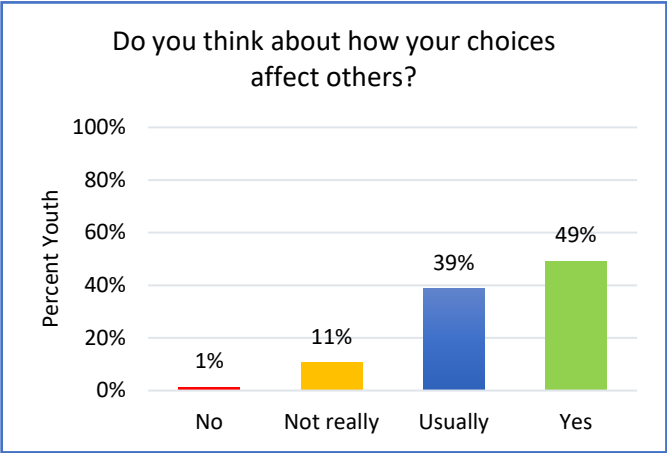
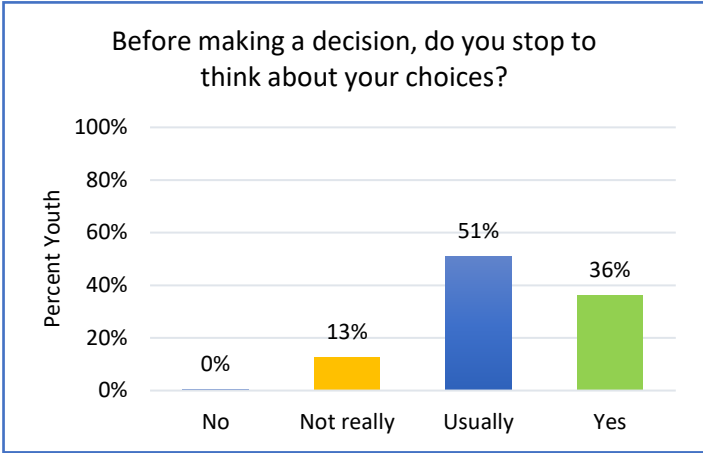
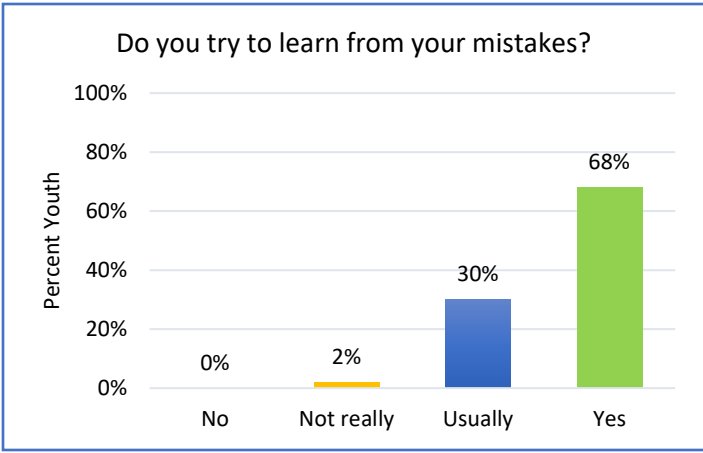
## Participants' 4-H Experience

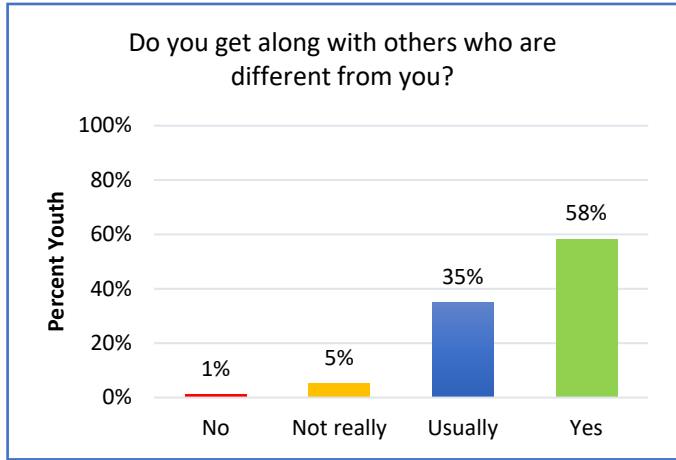
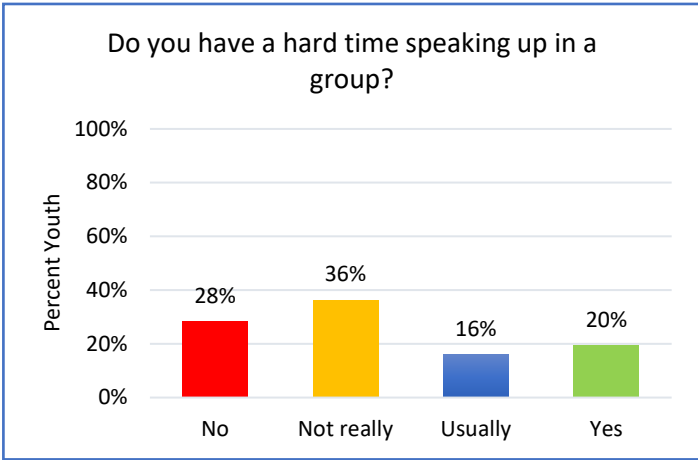
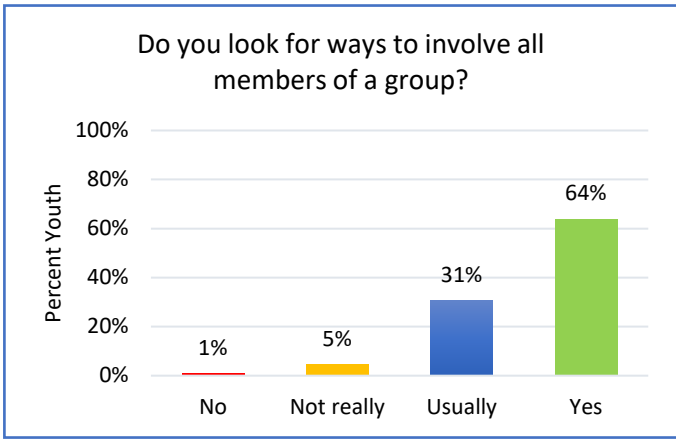
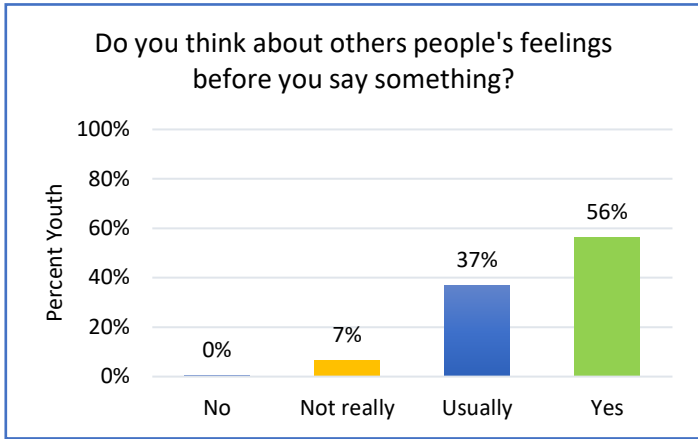
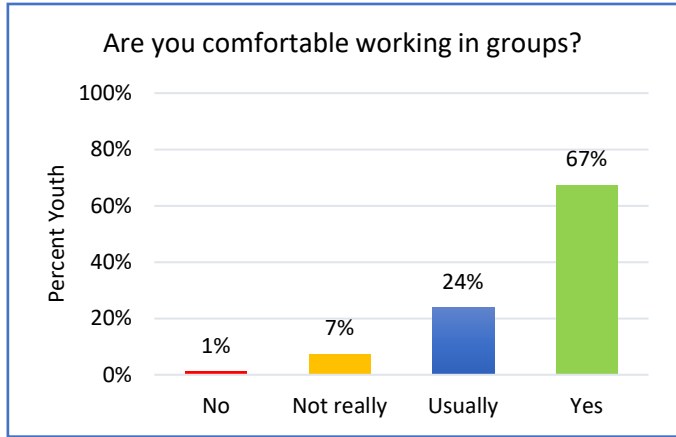
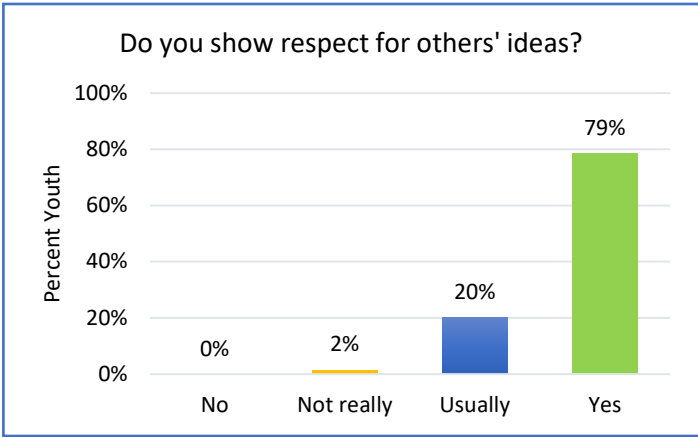
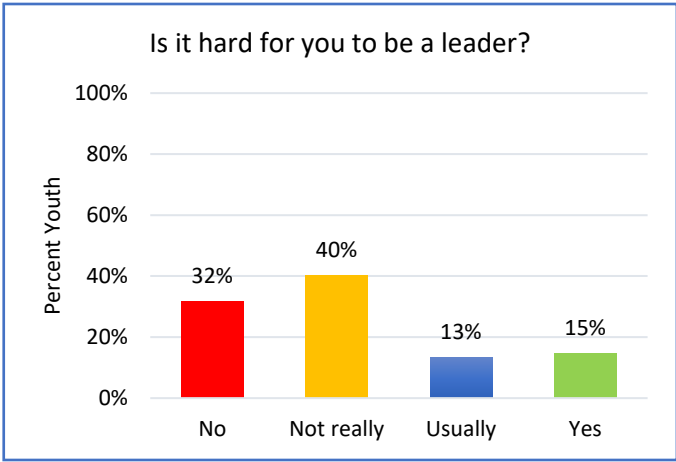
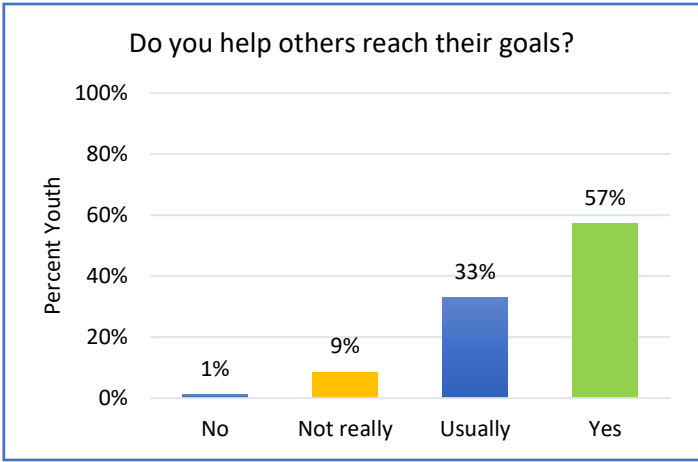
### Demographics

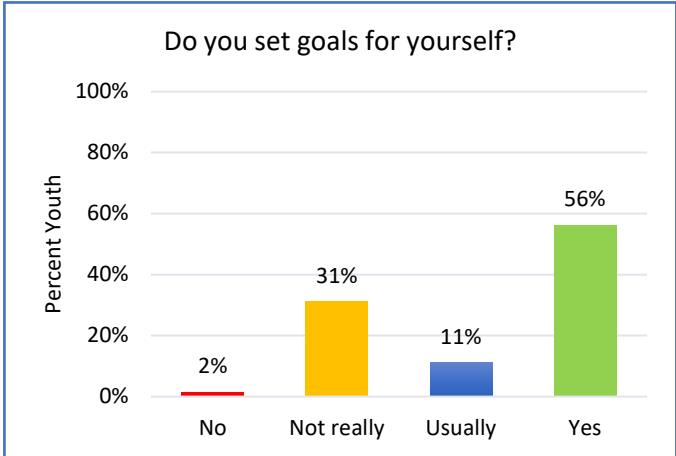
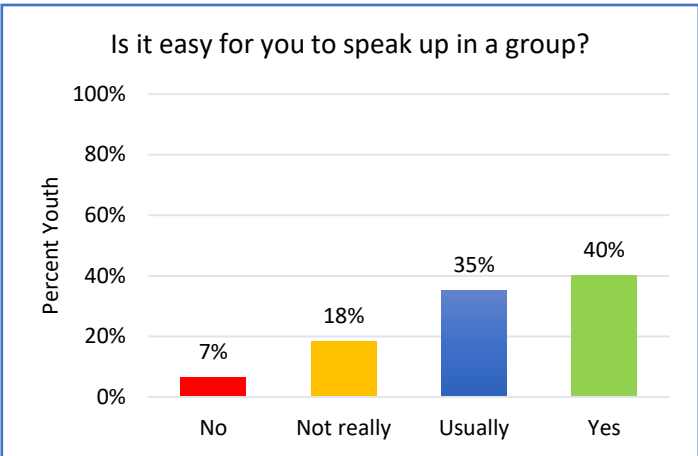
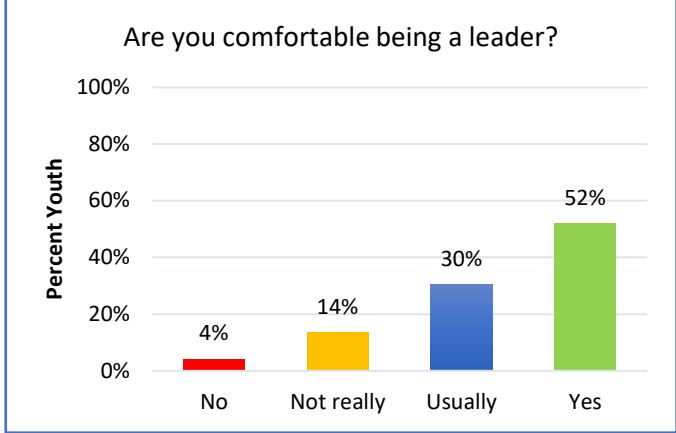
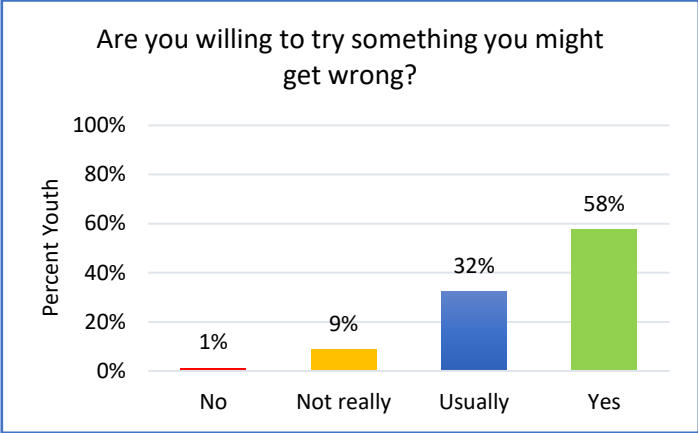
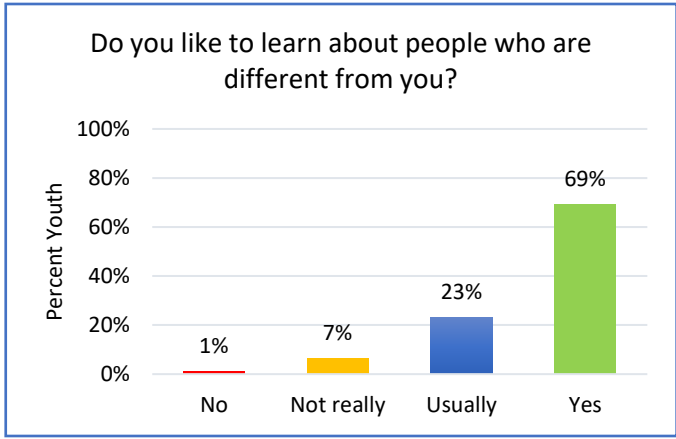
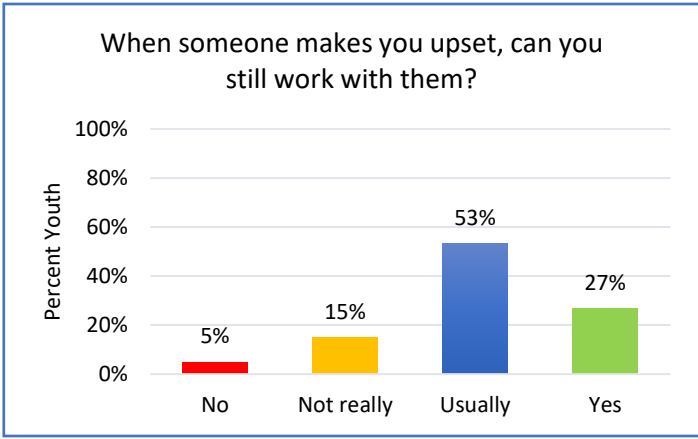
In total, 353 youth completed the Universal survey. Youth were between the ages of 10 and 19, with the average age being 13.4 years (standard deviation= 2.3 years). Almost 74.3% of respondents spent three or more years in 4-H. The sample was 70% female and 30% male, and 27.2% Hispanic or Latino and 72.8% are not Hispanic or Latino. The racial breakdown of the sample was: 69.7% White, 1.6% African American, 5.4% Asian, 2.2% Native American, 10.3% Multiple, and 10.8% Undetermined. Youth reported living on farms (21.8%), in rural areas (24.5%), towns (27.1%), suburbs (11.2%), and city areas (15.4%). Youth were asked a number of questions about what they may have learned during this program. Results are shown in the figures that follow. (Percentages may add up to 99% or 101% due to rounding.)

### Universal Skills









**Conclusion**

Youth-driven 4-H experiences help youth develop life skills, competencies, and resiliency to address life's challenges to actively contribute to society. 4-H experience provide intrapersonal and interpersonal skill enhancement opportunities associated with development of engaged citizenship.<sup>4</sup> The 4-H activities through clubs and camps contribute to creating an environment that foster responsible citizenship.<sup>5</sup> 4-H participants report higher level of PYD, active and engaged citizenship, and higher academic competence compared to their peers.<sup>3</sup> The structured learning, encouragement and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve future life successes.<sup>1</sup>

## References

- <sup>1</sup>National 4-H Council. (n.d.). *4-H Common Measures: reporting template, introductions and conclusions*. <https://cdn.4-h.org/wp-content/uploads/2019/08/Common-Measures-Template-Intros-and-Conclusions.pdf>
- <sup>2</sup>Radhakrishna, R. B., & Sinasky, M. (2005). 4-H experiences contributing to leadership and personal development of 4-H alumni. *Journal of Extension*, 43(6), 6RIB2.
- <sup>3</sup>National 4-H Council. (2013). *The Positive Development of Youth: Comprehensive findings from the 4-h study of Positive Youth Development*. <https://4-h.org/wp-content/uploads/2016/02/4-H-Study-of-Positive-Youth-Development-Fact-Sheet.pdf>
- <sup>4</sup>Kavanaugh, S. A., & Allen, B. S. (2021). Evaluating Common Measures 2.0 in 4-H: Intra- and interpersonal skills predict engaged citizenship. *Journal of Extension*, 58(5). <https://tigerprints.clemson.edu/joe/vol58/iss5/14>
- <sup>5</sup>Hairston, J. E. (2004). Identifying what 4-H'ers learn from community service learning projects. *Journal of Extension*, 42(1), 1RIB4.