### 4-H SOCIAL SCIENCE PROJECT

Social sciences are the studies of society and humans, with fields in anthropology, communication, education, history, geography, linguistics, political science, psychology, health, and sociology. In this project, youth may explore multiple social science fields or focus on one. Youth raise questions and gather, analyze, discuss, display, and communicate data. Youth will

- learn about social science fields, such as psychology, sociology, and anthropology
- discover the primary data and methods used in the social sciences: quantitative (numerical), qualitative (non-numerical), and mixed methods
- explore a variety of social science methods, including surveys, interviews, focus groups, participant observation, and secondary/existing data

### 4-H THRIVE

Help Youth:

#### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

#### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

#### Reach Their Goals

Help youth use the GPS system to achieve their goals.

- **Goal Selection**: Choose one meaningful, realistic, and demanding goal.
- **Pursue Strategies**: Create a step-by-step plan to make daily choices that support your goal.
- **Shift Gears**: Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### Starting Out Beginner

- Have discussions on each member’s family, culture, and community history.
- Explore what each social science field studies.
- Learn about the history of social sciences.
- Watch a video or listen to a guest speaker explain their social science research. Your own relationship with food, clothing, money, government, and community; present to others.

### Learning More Intermediate

- Explore how social science can be used to think about everyday events.
- Learn about identity, culture, and power and what they mean in the social sciences.
- Practice with social science methods; e.g., a survey, interview, or focus group. Collect, analyze, and interpret the data.
- Try different ways of presenting quantitative data (e.g., bar graphs, pie charts).

### Exploring Depth Advanced

- Design and implement a social science project.
- After collecting quantitative data, practice calculating descriptive statistics.
- After collecting qualitative data, practice finding patterns and themes.
- Throw a “data party” where people can discuss what the data mean to them.
- Discover careers in the social sciences.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Science, Technology, Engineering, and Mathematics
- Learn about how to use video recording for social science.
- Explore advanced statistical analysis of quantitative data.
- Compare and discuss differences between social sciences and natural sciences.

Healthy Living
- Conduct a social science study to look at people’s behaviors related to health and wellness.
- Explore social sciences fields that study health, nutrition, and well-being.
- Find published research on the benefits of mindfulness and meditation.

Civic Engagement
- Undertake a youth participatory action research project to contribute to your community.
- Discover how your local government uses social sciences research in decision-making.
- Conduct a needs assessment to document community issues and challenges.

Leadership
- Become a Junior or Teen Leader.
- Plan, prepare, and present a Science or Engineering Presentation at a 4-H presentation day.
- Conduct an evaluation survey of a 4-H event, analyze, and share results at a data party.

College and Career Readiness
- Learn about social science careers and go on a field trip.
- Visit a local community college social sciences department, like sociology, psychology, etc.
- Investigate what educational research has to say about your school’s teaching philosophy.

Connections & Events
- Presentation Days – Share what you’ve learned with others through a presentation.
- Field Days – 4-H members may participate in a variety of contests related to their project area.
- Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

Curriculum
- YA4-H! Youth Participatory Research and Action
  [oregon.4h.oregonstate.edu/projects/ya4-h/curriculum](http://oregon.4h.oregonstate.edu/projects/ya4-h/curriculum)
- YPAR Hub: Investigate
  [http://yparhub.berkeley.edu/investigate-curriculum/](http://yparhub.berkeley.edu/investigate-curriculum/)
- Youth Engaged in Leadership and Learning

4-H Record Books
- 4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.
- 4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

University of California Agriculture and Natural Resources

Author of 4-H Social Science Project Sheet Steven Worker
UC ANR 4-H Youth Development Program • [http://4h.ucanr.edu](http://4h.ucanr.edu)
FOR FUTURE INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at http://anrcatalog.ucanr.edu/ or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from:

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2019 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication: 8656

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a U.S. veteran.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: UCANR, Affirmative Action Compliance and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: titleixdiscrimination@ucanr.edu.

Website: http://ucanr.edu/sites/anstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

An electronic copy of this publication can be found at the ANR Communication Services catalog website, http://anrcatalog.ucanr.edu/.

This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community-Youth Development Kendra Lewis.

California 4-H Project Sheet Technical Editors
NICOLE MARSHALL-WHEELE, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.

California 4-H Project Sheet Series Authors
VERA M. BULLARD, 4-H Program Representative, UC Cooperative Extension, Amador and El Dorado Counties; JENNA COLBURN, 4-H Program Representative, California State 4-H Office; ANNE IACCOPOCCI, 4-H Healthy Living Academic Coordinator, California State 4-H Office; ALLISON KEANEY, CEO, Sonoma-Marin Fairgrounds; SHANNON KISCH, UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; NICOLE MARSHALL-WHEELE, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; FE MONCLOA, 4-H Youth Development Advisor, UC Cooperative Extension, Santa Clara County; KATHERINE E. SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; MAURA SPARREVOHNI, 4-H Youth Member, Sacramento County; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.