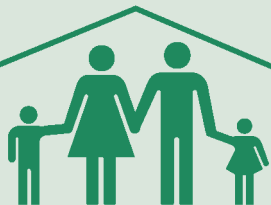


# 4-H and Youth Development



CAMERON

CENTRE

CLEARFIELD

CLINTON

ELK

JEFFERSON

MCKEAN

POTTER

- Cooperative Extension became a partner with *Communities That Care (CTC)* task forces in Centre, Cameron and McKean Counties and provided leadership for several events, including *Kids, Guns, and Violence*. The violence prevention program, aired via satellite, attracted 120 attendees. More than 1,100 people participated in *Safe Night USA* events, which featured youth and family activities, educational sessions, and entertainment.
  - Organizing activities are underway for a prevention board comprised of parents, youth, professionals, school officials, ministerium, and community leaders. The McKean County extension agent participated in *Risk and Resources* training with five local community partners and *Promising Approaches* training with four local partners.
  - Collaborative boards in Centre, McKean, and Cameron Counties are submitting *Communities That Care* proposals to carry out CTC program initiatives.
- 4-H service learning can be a rewarding and educational experience. Of the 130 4-H clubs in the North Central Region, 97 performed at least one community-service project in these categories: beautification and environmental protection, support of other organizations, helping the elderly and needy families, and civic projects. Youth who perform community service projects experience personal, social, and intellectual growth, and learn about citizenship and workplace preparation/career exploration while helping others.
- *Children, Youth and Families Are Resilient (CYFAR)* is one of the programs that helps youth to develop workforce skills to live more responsibly. Thirty-six youth from the Philipsburg program participated in six one-hour career development workshops where they designed their dream jobs. Assigned tasks led them to identify the skills they would like to use in a career. Job shadowing experiences and interviewing individuals in careers that used those skills provided the youth with a window on the world of work. Simulation games and role-playing helped to reinforce work values and job skills.
- *The 2000 Information Science and Technology (IST) Camp*, an intensive, two-week summer enrichment program provided 12 Potter and Tioga County high school students with a working understanding of Web site development. As a community service component, they developed a Web site for the Potter County Historical Society. The students were exposed to a range of information technology career and education opportunities. They learned life skills for working successfully in teams. Extension, Northern Potter School District, the Potter County Educational Council, and Adelphia Communications sponsored the program.
- Like students, teachers continue to learn new things. The 23 elementary and secondary teachers who attended the *Forest Resources Institute for Teachers (FRIT)* program learned about tree identification, forest management and measurement techniques, and forest industry awareness. They received Intermediate Unit and University graduate credit for attending the program at the Warren County Cooperative Extension facility.
- An essay contest on *Forest Stewardship* became a pathway for 32 eighth-grade youth from McKean, Elk, Forest, and Warren Counties to participate in a *Natural Resources Conference in Ludlow*. The students and their teachers learned about tree value, forest management, and wildlife management in riparian areas. Teams developed management plans for a typical forest ownership.
- Lessons about tree value, from a wood, wildlife, and water perspective, were delivered to 367 students in the Kane Area School District. The youngsters attended an environmental education program at the Kane Experimental Forest, an outdoor education program in Smethport, and an ecology camp in Cattaraugus County, New York. Based on student and teacher responses, this new activity successfully integrated many of the critical basic skills students learned during the school year.



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- 4-H/youth in the McKean County Family Center's after-school program learned about the importance of the forest and forest products in our everyday lives. Thirty youth attended the *Forest of Many Uses* program.

*Staff development is fundamental to effective residential camping experiences for youth. The Life Skills Accomplishment program prepared counselors at the Northwinds 4-H Camp and Camp Brule to help campers increase their life skills and knowledge in communication, decision-making, group dynamics, self-esteem, and responsibility for caring for other youth.*

**Northwinds 4-H Camp  
ADULTS/YOUTH IN PROGRAM**

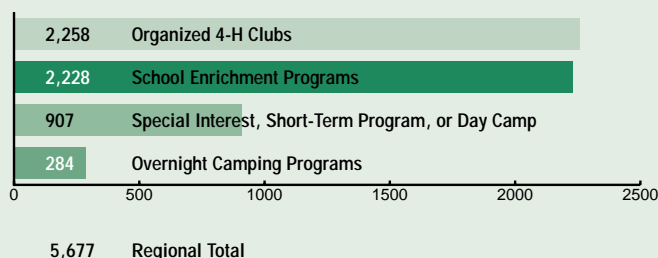
24 counselors  
8 adults  
95 campers

**Camp Brule  
ADULTS/YOUTH IN PROGRAM**

28 counselors  
32 adults  
234 campers

**4-H Youth Enrollments**

*Penn State Cooperative Extension youth development programs reached 5,677 young people throughout the region in the variety of activities listed below. Youth area programs were supervised and taught by 504 adult and 69 teen leaders.*



**Regional 2000 Life Skills Summary**  
*Counselor's reported gains in life skills*

**Communication skills**

Camp counselors learned how to communicate their ideas to others and how to relate to others through discussions and activities. Of the 26 counselors, 57% (13) indicated improvement improved in this area.

**Planning and Organization**

Fifteen of 19 counselors (79%) reported they improved their skills in learning how to make plans with others and carry out their responsibilities on time. They learned how to recognize and utilize personal strengths.

**Self-Worth/Self-Esteem**

Forty-eight percent (13 of 27) of the youth reported increased self-confidence about their own abilities to work effectively in groups. They realized others' differences and respect for one another.

**Decision Making and Problem Solving**

Youth learn how to identify options and make wise choices. By being a 4-H camp counselor, 59% (16 of 27) youth reported they improved their decision-making and problem-solving skills and were able to recognize long-term consequences.

**Time Management**

Managing time is crucial in today's society. As a camp counselor, youth learn how to plan and lead activities in an allotted timeframe. They must be able to accomplish many tasks in a short time and be able to keep up the fast-paced schedule. Sixty-four percent (16 of 25) youth reported they improved in this life skill.

**Stress Management**

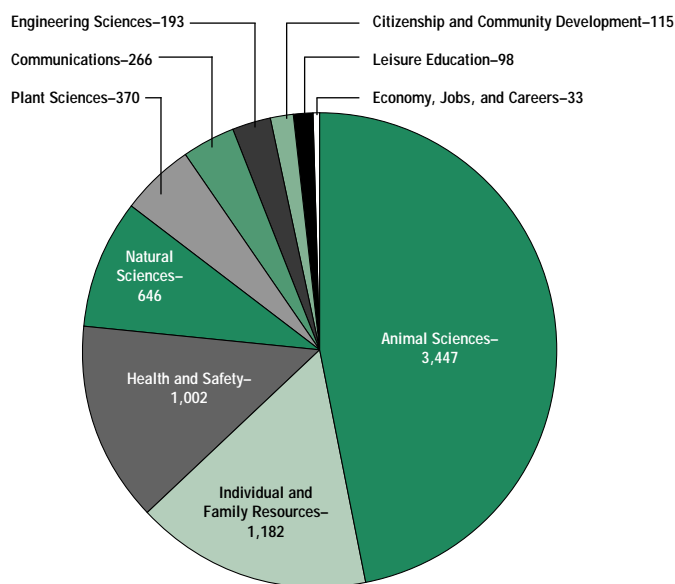
Seventy-seven percent (17 of 22) camp counselors reported increasing their abilities to deal with stress—personal stress dealing from camp situations or with camper stress.

**Teamwork**

At 4-H camp, counselors learn how to work together to conduct many of the 4-H camp activities. Sixty-five percent (15 of 23) of the counselors increased their enthusiasm to initiate and support group camp activities.

**4-H Projects**

Youth in 4-H development programs enrolled in 7,352 projects. Animal science projects like horse, dairy, and livestock remain the most popular. The next largest enrollment interest is in individual and family resources, which encompasses projects such as clothing and food science.



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