The 4-H Thriving Model
The 4-H Thriving Model
The 4-H Developmental Context

4-H programs done well help you thrive by...

- **Sparks**
  - Providing a place for youth to explore their interests and passions – their **sparks**!

- **Program Quality**
  - Offering programs that follow youth program quality principles with a focus on youth **belonging**

- **Youth-Adult Relationships**
  - Emphasizing **developmental relationships** with adults who are caring, challenge growth, and share power

- **Youth Engagement**
  - **Engaging youth** with sufficient program dosage, intensity and duration
Thriving Youth Have...

- An intrinsic desire to explore new things and enjoys challenges. This includes possession of a **growth mindset**, and **openness to trying new things**.

- A **sense of purpose** and on the way to a happy and successful future.

- An awareness of a **connection to something greater** than the one’s self, that provides meaning and purpose in life, and shapes everyday thoughts and actions.

- A **positive and optimistic** outlook, and are able to **manage emotions** appropriately.

- Demonstrate **pro-social values** of respect, responsibility, honesty and caring, and helping.

- Effective **goal setting and management** strategies, and perseveres and makes adjustment when goals are not attained.
Thriving Youth Reach Key Developmental Outcomes

Youth who thrive because of participating in 4-H...

- Have high academic motivation and success
- Have high personal standards
- Make healthful choices
- Take personal responsibility
- Are connected with others
- Contribute to others
Thriving Mediates Program Impact

A full mediation model has been established (Arnold & Gagnon, 2017)

![Diagram showing the 4-H Thriving Model](image)
Developmental Outcomes Lead to Long Term 4-H Program Outcomes

Youth who thrive because of participating in 4-H…

- **Head**
  - Academic or vocational success

- **Heart**
  - Contribution to others through civic engagement

- **Hands**
  - Employability and economic stability

- **Health**
  - Happiness and well being
References


For More Information on the 4-H Thriving Model Please Contact:

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