UConn 4-H Common Measures:
Year One Summary

In 2018, UConn 4-H began collecting annual statewide data about the impact of our programs on 4-H youth participants ages 7-19. During this pilot year our team learned a great deal and we anticipate learning more as we develop these efforts. Below is a synthesis of the 2018 findings. Together, we will work to collectively ensure that we are providing the best possible programs to youth engaged in UConn 4-H.

Career and College Readiness*

Key Findings:

96%
of respondents stated that 4-H has helped them identify things they are good at.

76%
reported that 4-H has helped them explore future career options.

What is UConn Extension doing as a result?
In the coming years, our 4-H team will continue to support programs that help youth identify their strengths and determine what career options are available to them. We will encourage youth participants to visit college campuses and reflect on their future career goals.

What can you do to help?
- **Bring your 4-H members to a College campus!** UConn Campuses host a number of statewide 4-H activities annually. Keep an eye out for these opportunities.
- **Provide feedback to youth** when they excel in a skill that may encourage them to explore a specific career opportunity.

Science and Engineering

Key findings:

82%
stated that at 4-H, they learned new things about science.

42%
indicated that at 4-H, they learned new things about engineering.

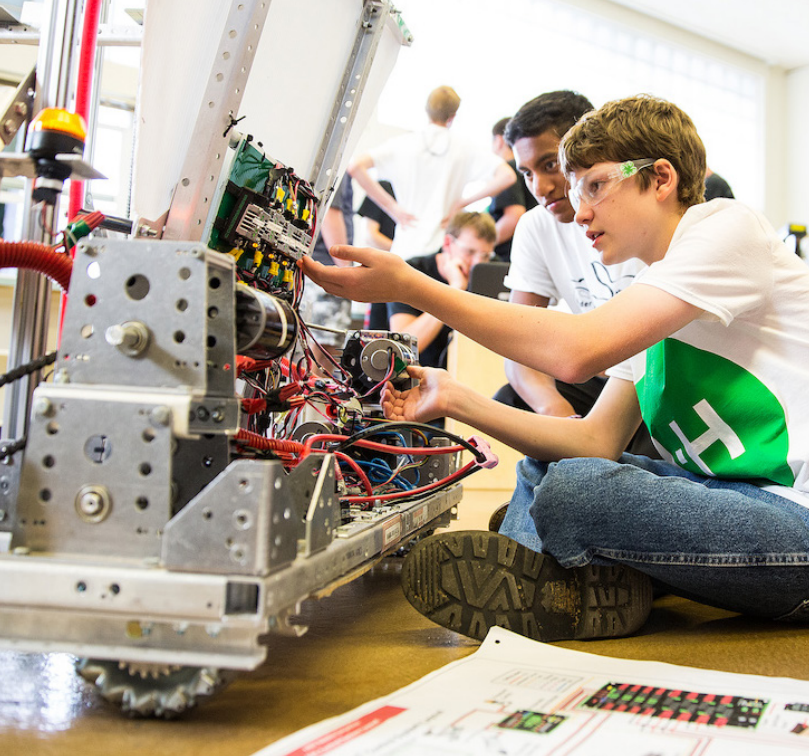**What is UConn Extension doing as a result?**
Youth may not realize that they are participating in programs related to science, technology, engineering, and math (STEM). Therefore, we plan to work with the UConn 4-H team and 4-H volunteers to better communicate the science and engineering focus of our 4-H programs.

What can you do to help?
- **Pose questions to youth** to help guide them in making the connections to science and engineering programming at club activities.
- **Make explicit connections** for youth on the components of science and engineering during club activities.

*this set of questions was only answered by 8th-12th graders

Healthy Living

Key Findings:

60%
of participants stated that at 4-H, they learned about healthy food choices.

51%
of participants stated that at 4-H they talked about ways to be active.

What is UConn Extension doing as a result?
UConn Extension is dedicated to developing programs that promote active and healthy lifestyles among our 4-H youth participants. We will continue to develop and offer programs that align positive exercise and food behaviors.

What can you do to help?
- **Be a model for your youth.** The best way to encourage healthy eating and active living is to engage in that behavior. It is through their observation of your behavior that they will learn how to be healthy.
- **Integrate a physical activity component into club activities and provide healthy food choices** as refreshments at club activities, events and programs.

Citizenship

Key findings:

68%
of participants stated that because of 4-H they met leaders in their community.

86%
reported that they had done a community service project.

What is UConn Extension doing as a result?
UConn Extension is committed to providing leadership and community service opportunities for youth. We will continue to support 4-H volunteers in the development of programming that supports youth leaders. Volunteer training for new leaders will continue to share the importance of community service and leadership.

What can you do to help?
- **Encourage your youth to take the lead.** Assist youth in inviting distinguished guests from the community to events.
- **Assist your 4-H youth in identifying community service projects** in the community that the club can engage in.

Stay tuned for our 2019 UConn 4-H youth survey coming out this Fall!

For more information or assistance with implementing new ideas, contact your local 4-H Extension Office or the State 4-H Office at **4-H@uconn.edu.**