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Feature Articles

The Camp Setting for Promoting Youth Physical Activity: Systematic Observations of Summer Day Camps [Article 120703FA001] Page 4

Zarrett, Nicole; Skiles, Brittany; Sorensen, Carl

The risk for youth obesity is higher during the summer than any other time of year. Summer day camps can be ideal settings for preventing obesity through reducing youth summer sedentary behaviors. However, little-to-no research has examined the role of camps for promoting youth physical activity (PA) and other healthy behaviors. This study begins to address the gap in research by conducting systematic observations of 4 summer day camps (2 highly- resourced and 2 low-resourced) to determine: 1) the degree to which camps engage youth in moderate-to-vigorous PA, and; 2) to what extent camps provide important physical and social-motivational features for promoting PA. Results indicate camps provide opportunities for youth to meet national recommendations of daily MVPA. However, there were differences in PA and motivational features by level of camp resources. This study helps inform practice and policy through identifying strengths and needs of camps for promoting PA.

The 4-H Youth Development Professionals Workload Relationship to Job Satisfaction [Article 120703FA002] Page 22

Stark, Carrie; Vetter, Rachelle; Bebeke, Deb; Lardy, Greg; Eighmy, Myron A.

A study to determine what job responsibilities Extension 4-H youth development professionals (*n*=241) chose to spend their work time doing and how the workload related to their job satisfaction and burnout is discussed in this paper. Workload was determined using the 4-H Professional, Research, Knowledge, and Competencies (4-H PRKC). Professionals identified their level of job satisfaction and burnout. Based on the previous research on workload, burnout, and job satisfaction, 4-H youth development professionals are prime candidates for experiencing low job satisfaction and increased burnout, which may lead to professionals leaving the organization early. 4-H youth development professionals reported being satisfied with their job and felt very little burnout. Even with the positive job satisfaction and low burnout, there are strategies shared for each of the 4-H PRKC domains to help 4-H professionals continue to have a high level of job satisfaction and low burnout. Many of the strategies that are shared in this paper are applicable to not only 4-H youth development professionals but to any professional who works in the field of youth development.

Ladders to Leadership: What Camp Counselor Positions Do for Youth [Article 120703FA003] Page 36

Tessman, Darcy; Duda, Stefanie L.; Pracht, Dale

The 4-H youth development organization understands and has recognized residential camping as one of the major modes of program delivery. Primary benefactors of the residential camping program are those youth who serve as camp counselors. Not only are they recipients of the educational program, but also supervise and teach younger campers (Garst & Johnson, 2005; McNeely, 2004). As a result of their experience, camp counselors learn about and develop

leadership and life skills (Thomas, 1996; Purcell, 1996). The residential camping experience allows youth to serve as volunteers through their role as camp counselors. In addition to the benefits earned from their volunteer role, residential camping provides youth camp counselors the opportunity to gain leadership skills (Arnold, 2003) as well as add to the camp structure, planning, and implementation (Hines & Riley, 2005).

State 4-H Leader’s Perceptions of Involvement of Youth with Special Needs in the 4-H Program [Article 120703FA004] Page 47
Stair, Kristin S.; Seevers, Brenda S.; Moore, Austen

Estimates indicate that 13% of school age children have a disability. With such a large number of children identified as individuals with special needs, it is important that organizations such as 4-H have strategies in place to work effectively with this population. This study sought to understand how Extension programs across the nation are working with children with special needs. Overall, 86% of respondents were unsure how many children with special needs were being served in their programs and only 44.7% of respondents indicated they provide training for agents and volunteers. While 68% of respondents indicated that there were programs in place, the scope and size of these opportunities varied greatly. Almost 95% of respondents indicated that modifications/accommodations were in place for children with special needs. The researchers suggest a more standardized response to identify and support children with special needs to ensure that effective programming can be developed.

Program Articles

An Intentional Approach to Achieving Learning Outcomes During a Youth Leadership Residential Program [Article 120703PA001] Page 59
Green, Jeremy; Davis, Jamie

The High Desert Leadership Retreat (HDLR) is an annual four-day youth conference which incorporates positive youth development practices to build life skills and increase youth leadership capacity. There are numerous examples in youth development literature of program models and associated outcomes. However, few studies have articulated which aspects of a conference contribute to the achievement of learning outcomes. By utilizing proven program evaluation methods, the achievement of learning outcomes was measured during both formal and informal conference sessions.

Bully Prevention: Creating Safe and Inclusive Environments for Youth [Article 120703PA002] Page 65
Allen, Kimberly; Roper, Robin; Lewis, Cara

Bullying is a major issue facing youth of all ages, backgrounds, and walks of life. In fact, 30% of youth report experiencing bullying on a monthly basis (Nansel, Overpeck, Pilla, Ruan, Simons-Murton & Scheidt, 2001). As a consequence, these youth are at much greater risk for a host of mental and physical problems (Ttofi & Farrington, 2008). Parents, teachers, educators and youth advocates all agree that this issue merits time and attention, yet many professionals are at a loss for understanding the issue or what resources might be most effective with their young audience. With the increased rates of bullying behaviors and growing research about effective prevention and intervention strategies, youth development professionals need guidance for creating and sustaining bully prevention efforts. The purpose of this article is to highlight the growing research on bully prevention and provide information for practitioners working to create safe and inclusive environments for youth.

Building Capacity for Latino/Hispanic Volunteer Engagement [Article 120703PA003] Page 77
Osegueda, Sonia G. Morales

Hispanics have become the largest ethnic minority group in the United States. Within that population there are vast diversities of culture that vary not only by country of origin, but by the regions and ethnicities within those countries. Designing programs to attract the participants and meet the needs of Latinos and their families is essential to 4-H's future outreach program success. King County Extension Youth Development 4-H program has developed a program that provides volunteerism training based on awareness of the community that youth and adult participants serve. Results suggest that volunteer training helps participants become more prepared. They develop the knowledge and skills needed for planning, implementing a program, and applying their individual talents as well as mentoring strengths. This article describes how newly skilled Latinos participating in volunteerism training demonstrated and practiced what they learned with responsibility and inspiration for children at an elementary school in SeaTac, Washington.

Research and Evaluation Strategies

Time Spent in Sports and Adolescent Problem Behaviors: A Longitudinal Analysis of Directions of Association [Article 120703RS001] Page 87
Sheppard, Adam C.; Mahoney, Joseph L.

This longitudinal study analyzed the direction of the association between sports participation and problem behavior. Participants were a nationally representative sample of 1,692 adolescents (ages 11-19). Results showed that, beyond baseline measures of problem behaviors, time in sports (Wave I) was negatively associated with internalizing behaviors (Wave II). However, there was not a significant relation between time in sports and externalizing behavior. In addition to analyzing the relation between previous time in sports and subsequent problem behaviors, previous problem behaviors were used to predict subsequent time spent in sport. Results showed that previous internalizing behavior (Wave I) was negatively associated with time in sports (Wave II), but only for females. Externalizing behavior was not related to subsequent time spent in sport.

Exploring the Impact of a Library Summer Reading Literacy Coach Program on Teen Personal Skills Development [Article 120703RS002] Page 102
Zhao, Lina; Blau, Gary

In the Summer of 2011 The Free Library of Philadelphia (FLP) hired 90 teenagers into its six-week Summer Reading Literacy Coach Program (SRLCP) as Teen Literacy Coaches (TLCs). Data was collected at Time 1, Time 2 and Time 3. The two study hypotheses were: (1) there will be a significant improvement in TLCs personal development skills from Time 1 to Time 3 and (2) demographic data and program specific skills measured at Time 2 will account for significant variance in each Time 3 personal development skill beyond the Time 1 personal development skills. We did not find support for H1 but did find support for H2. Specific to H2 we found that team-related and higher education interest each had a significant positive impact ($p < .05$) impact on explaining Time 3 self-awareness; and a marginally significant positive impact ($p < .10$) impact on explaining Time 3 self-management.

Resource Review

Hispanics and Health Care in the United States: Access, Information and Knowledge [Article 120703RR001] Page 114
Dawson, Patricia

The Hispanic population is the largest growing minority group in the United States. A helpful resource to assist in designing programs and interventions aimed at Hispanic communities was recently completed by the Pew Hispanic Center and Robert Wood Johnson Foundation. Over 4,000 Hispanic adults were included in the study which highlights how the diverse characteristics of the Hispanic population affect their health care needs and their comprehension of health care resources.