4-H Members Thrive!

Through Transcendent Awareness

Thriving youth understand that there is a reality bigger than themselves. For some youth this awareness is expressed through religion or spirituality, for others it is through nature or art, and for others it is through a commitment to a cause. Transcendent awareness results from interactions with others that support a deeper connection beyond the self. These interactions help youth develop clarity and commitment to values, beliefs, actions, and a way of living that benefits others. As youth develop transcendent awareness, they become committed to personal beliefs, morals, and values that guide their everyday thoughts and actions. These commitments provide the foundation for youth actions to moral living and contribution to others.

When working with 4-H youth:

- Take time to help youth see the wonder and awe in the world around them. Developing a sense of awe is an important step in self-transcendence.
- Encourage and provide opportunities for youth to volunteer their time serving others.
- Encourage generosity among youth. Doing so helps youth think and act in ways that go beyond the self.
- Encourage youth to think ethically about the decisions and actions they take, helping youth to consider the impact of their actions on others and the greater world.
- Provide opportunities for youth to be out in nature and disconnected from electronic devices.

Thriving youth are aware of a reality bigger than themselves from which meaning and purpose are derived. This transcendent awareness shapes everyday thoughts and actions.

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The development of transcendent awareness leads to a “clarity and commitment of beliefs and resulting behaviors that contribute to self and society.”

Pamela Ebstyne King, Ph.D.
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4-H is Positive Youth Development

4-H is based on a positive youth development (PYD) approach that recognizes all youth have interests, abilities, and strengths that can be enhanced by participation in 4-H programs. Research shows that participation in high quality 4-H programs increases thriving in youth, and thriving youth achieve important developmental outcomes, such as academic motivation and achievement.

References


