



Positive Youth Development and the Science of Learning and Development.

Defining PYD and why it Works its Magic with Youth
Video Companion Learning Guide

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January, 2022

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Defining PYD and why it Works its Magic with Youth

About this worksheet: This document is intended to be used when viewing the *Positive Youth Development and the Science of Learning and Development* video to help the viewer identify and capture the key learning points presented in the video. By filling in the information as the video is viewed, learners can record the key points in the presentation. The completed worksheet then contains a summary of the video that can be referenced at a later date.

Video Access: The video can be found at <https://helping-youth-thrive.extension.org/4-h-thriving-model-video-series/>

Video Description: Did you know there is science behind the magic of 4-H? Research in the fields of positive youth development and the science of learning and development (SoLD) provides the body of evidence that undergirds why what we do in 4-H positively impacts youth development. In this video Dr. Mary Arnold presents three definitions of positive youth development (PYD) and explains how PYD research is translated into practice. Also covered are the recent findings from research in the science of learning and development (SoLD) that has expanded our understanding of how youth grow and develop, and the implications of SoLD for ensuring equity and opportunity for all youth in 4-H

Video Learning Assessment:

The important concepts you will learn from watching this video are presented below. After watching the video learners should return to this checklist to determine if they have an understanding of each concept. By completing this checklist, learners will know where they might want to review parts of the video again for a more complete understanding.

Check the boxes next to the concepts that you learned in this video:

- The three-part definition of PYD
- Three important aspects of PYD theory
- How PYD is framed in community settings
- The difference between PYD models, outcomes and program attributes
- Methods for intentionally practicing PYD in 4-H programs
- The eight key findings from the science of learning and development
- How the “flower” diagram illustrates the 4-H Thriving Model
- The four components of the 4-H Thriving Model

What is PYD?

- A _____ of youth development.
- A _____ to youth development programs.
- The _____ of youth development programs.

My notes on what PYD is

PYD Theory

Strengths vs. Deficits

- “_____ is not fully prepared.”

Conceptualizing PYD

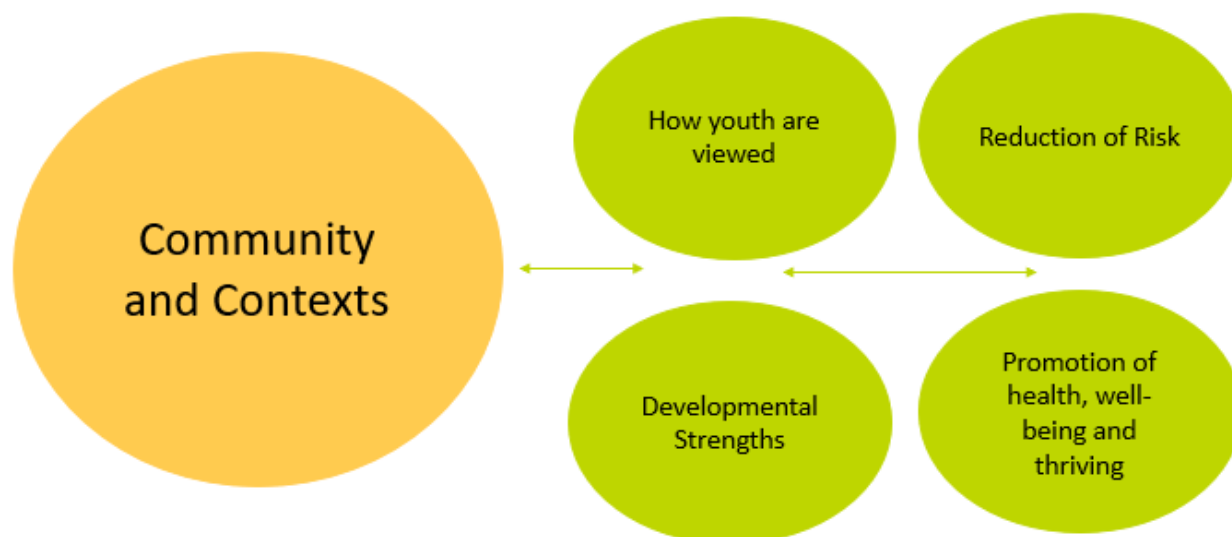
- Align the _____ of young people with _____

Relational Developmental Systems

- _____ is a result of mutual interactions between a young person and their contexts.

My notes on PYD Theory

Framing PYD Theory



My notes on framing PYD Theory

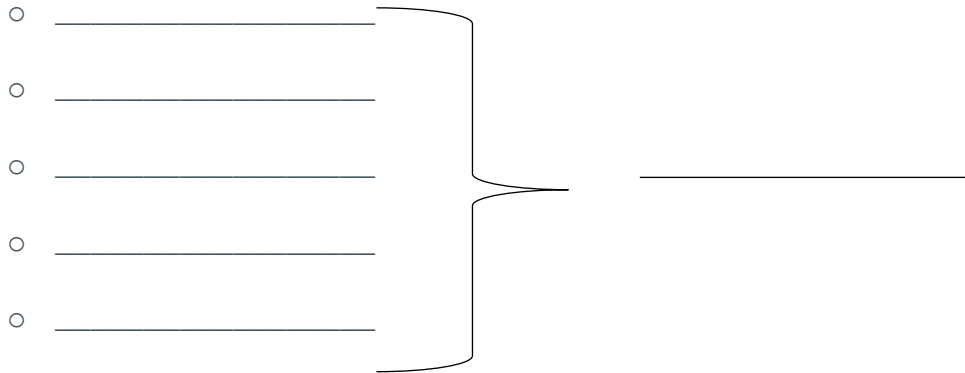
PYD Approaches

Program Models

- PYD theory is translated into practice through models that _____ the positive youth development outcomes for all youth.

Program Outcomes

- 5Cs Model



Attributes to Programs that Lead to PYD Outcomes

- The Big Three (Lerner & Lerner, 2013)
- Catalano, et. al. (2004)
- National Research Council (Eccles & Gootman, 2002)
- Developmental Relationships (Search Institute)

My notes on PYD Approaches

Intentional PYD Practice in 4-H

- Youth-_____partnerships
- Experiential _____
- Access, _____ and belonging
- Building life-_____
- The Essential_____
- Youth leadership and _____
- Community and _____engagement

My notes on PYD Practice

Science of Learning and Development (SoLD)

Key Findings that Change the Picture of How Youth Learn and Develop

- _____: Every child, no matter their background, has the potential to succeed in school and life.
- _____: The brain is highly malleable through adolescence and beyond. To be malleable is to be flexible or pliable-like play dough.
- _____: No two young people learn and develop in precisely the same ways.
- _____: Strong, impactful relationships with adults and peers are central to learning and development.
- _____: Environments, experiences, and cultures are the biggest and most important influencers on how young people learn and develop.
- _____: Integration accelerates learning. Youth learn best when affective, cognitive, social, physical, and emotional development are part of learning.
- _____: Human development is a continuum, but not linear. While jagged and not linear, it is progressive and continuous.
- _____: Connection learning to the “real world” helps youth make meaning of what they are learning.
- _____: How the SoLD findings change the field of youth development and implications of 4-H.

My notes on SoLD

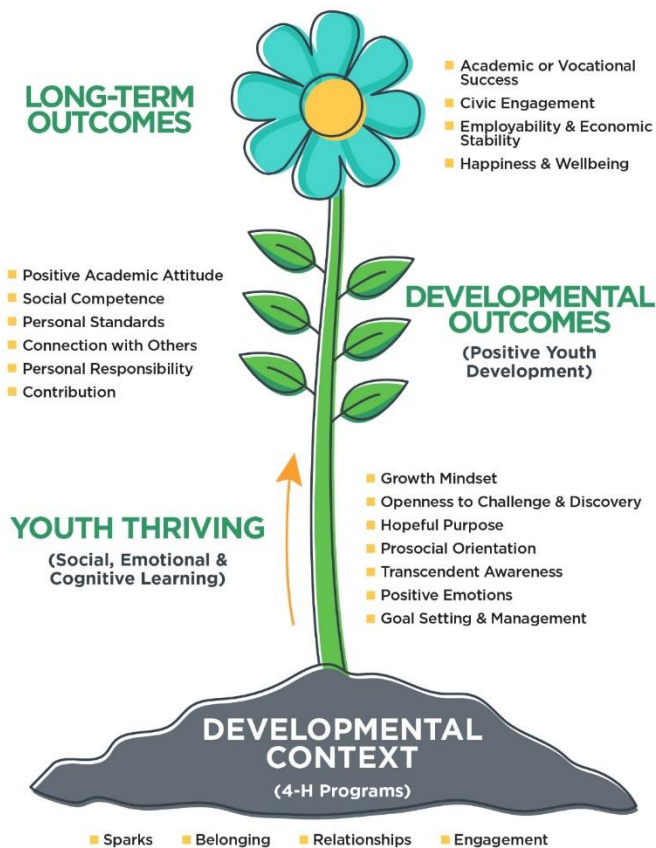
Intentional Practice Challenge:

- Think about PYD and SoLD--what does this mean as we move forward to promote PYD across the 4-H Program? Please capture your ideas below:

PYD and 4-H Youth Development

- A _____ of youth development
 - *Why the magic of 4-H works*
- A _____ to youth development programs
 - *How 4-H works its magic*
- The _____ practice of youth development programs
 - *How we practice the magic*

The 4-H Thriving Model (Arnold, 2018)



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January, 2022