

OHIO-WEST VIRGINIA STATE YMCA

Youth in Government Student Manual

Experiential Learning

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HI-Y . . . Year-Round Project Based Learning

HI-Y's learning model is based on four well-tested principles:

On-going process: Leadership preparation is a process, not an event. It must involve chances to apply what is learned in real community situations and draw upon an on-going network of support and guidance. Local school and community HI-Y's are civic leadership laboratories where youth with supportive adult advisors create, lead and govern their own HI-Y youth group; initiate their own approaches to engage peers in community building, civic responsibility, personal and group growth and service.

Learning by doing: Leadership requires action and is therefore best learned by doing. Experiential community-building activities allow participants to work in teams, develop plans of action, test and refine their approaches, build confidence, uncover the rewards and challenges in making differences for good and discover their potential as citizen leaders.

Time away: Preparing young people to be more effective citizens and leaders requires removing them from the distractions and influences of day-to-day life; giving opportunities to gain greater perspectives on themselves, the issues facing their peers and the society at large, and the many ways their talents are needed as responsible members of community.

Making a real difference: The true value of leadership training must be measured by the differences participants make in their homes, schools, communities and world.

Simply put, a ***HI-Y experience makes differences in the way we live as demonstrated by . . .***

How we behave
How we treat others
How we accept our responsibilities
How we appreciate our heritage

How we live in the world
How we create better futures for all
How we become lifelong good citizens
of our communities.

HI-Y: YMCA Youth Programs for Every School and Community

- Local HI-Y civic engagement groups
- High school Youth in Government Student Legislature and Supreme Court at the Capitol
- 8th Grade Youth & Government Seminars at the Capitol
- HI-Y Model United Nations
- YMCA Camp Horseshoe's teen Entrepreneurship and Leadership-Service Summits
- Adventure Camps for elementary students
- Governor's Youth Opportunity Camps for low income 7 - 12 year old boys and girls
- Special custom designed learning camps for schools and a place for schools to conduct their own programs
- Youth Action Council
- Leadership Conferences and more.

HI-Y Values

Caring commitment to the common good

Respect for the dignity of every person

Personal **integrity** and **honesty**

Trustworthiness and **mutual trust** as a foundation of community life

Making responsible choices, being responsible and **taking responsibility**

Active **citizenship** building better futures for all

HI-Y Teaches

Leadership

Building Civic Skills –
Creativity
Academic skills &
application to life
Citizenship
Social Skills
Team work
Organization
Entrepreneurship
Problem Solving
Group Governance
Public Speaking
Research
Writing
How to conduct meetings
large & small
Intergenerational
Philanthropy
International Affairs
Financial Management
How to be an Officer
Member Recruitment &
Development
Fund Raising
Career Awareness
Commitment to life-long
learning
Vision
History
Arts
Community Development

Character

Caring commitment to
the common good
Respect for the dignity of
every person
Personal integrity and
honesty
Trustworthiness and
mutual trust as a
foundation of community
life
Making responsible
choices, being responsible
and taking responsibility
HI-Y's 7 core values –
Respect, Responsibility,
Caring, Honesty,
Fairness, Trustworthiness
and Citizenship
*Being accepted for who
you truly are is better
than being accepted for
someone you pretend to
be.
HI-Y gives everyone the
chance to be who they
really are!*

Service

An asset based approach
where persons are best
served when they serve!
HI-Y changes lives,
people change their world
by identifying the kind of
community they want,
create and carry out
initiatives to achieve their
vision and reflect on their
work to strengthen future
action.
Promoting the ability to
think, some knowledge of
the past, some vision of
the future, some skill to
do useful service, some
urge to fit that service
into the well-being of the
community is what HI-Y
produces.

HI-Y . . . Youth Building Better Futures for All

A Learning Resource *for* Schools and Communities

HI-Y has been a partner with local schools, Departments of Education and communities for more than one hundred years.

HI-Y's learning model is learning by doing, project based and experiential. HI-Ys are incubators of leadership where students figure out what they can do to make their schools and communities better, plan and organize how to turn ideas into action, step out to make differences for good and then take time to review what's accomplished and what to do better the next time. *HI-Y is the best thing I've done in school. I've learned so much, gained confidence I never dreamed I could have, got involved and now I am ready for the future!*

HI-Y expands a student's view of the world beyond self and community to the broader world as students step out into the world at Youth in Government, HI-Y's Model United Nations, Camp Horseshoe and HI-Y Leadership Conferences.

HI-Y partnerships with the Department of Education include Learn and Serve, Youth Action Council, Summer Mini Service Grants, Entrepreneurship Education and the Summer Food Service Program.

Technical Assistance including on-site staff support to students and teachers

Youth Action Council Engages Teens in Volunteer Service!

Service-Learning Leadership Training at YMCA Camp Horseshoe expands a student's experience and vision beyond their own school and community, connects students to a larger network of youth working to build better futures for all and prepares students to conduct and govern their own youth groups.

Entrepreneurship Summit combines economic and civic entrepreneurship and service-learning. Partners include WV Department of Education (Susan Rice), Appalachian Regional Commission, WV Development, WV Chamber of Commerce, and the business community. Students say, *"This week will really change your life. You learn about leadership as well as how to own and operate a business. This is the best experience of your life!"* 100% of students at the 2010 Summit recommend it to others.

HI-Y Leadership-Service Summits

offer sessions for high school and middle school students. Six days of purposeful community building based on service-learning principles build a student's ability to participate in and govern youth organizations, introduces students to Youth in Government and Model United Nations, opens imagination to creative service, and how to work with others. Students from West Virginia and Ohio attend. Students say, *"This experience opened my eyes to where people come from and how to be more outgoing with new people. You'll come away with a different perspective – always for the better. This shows you what life is all about."*

Adventure Camp for 7 – 12 year olds gives Learn and Serve students a chance to have a bit of independence within a structured program. For many this is the first time away from parents and a teacher. Children get to make new friends, learn to live with others, be responsible, try out a lot of new experiences and build new skills.

Summer Mini Service Grants

WV high school students as part of their Horseshoe service-learning experience may apply for a summer mini service grant. Students are introduced to the basics of turning an idea into an achievable project, creating a budget, learning the basics of grant writing including evaluation and the determination of "in-kind" match. Highlights of Student summer Mini Service Grant projects include: Watering the Wishing Well Community Beautification in Williamson ▼ Renewing Rowlesburg's flood damaged park ▼ Restoring a Memorial Garden at the Wellsburg Library ▼ Summer in a Bag fun projects for hospitalized children in Morgantown ▼ Improving The Shack in Morgantown ▼ All Star Improving Children's Health in Barboursville ▼ SAFE House Program and Facility in Matheny ▼ Girl Scout Summer Day Camp to re-start local Scout program in Davin ▼ and Flower Power to Beautify Chief Logan State Park.

HI-Y Youth Action Council Volunteer Corps at YMCA Camp Horseshoe

HI-Y Youth Action Council helps low income 7 - 12 year old boys and girls attending the Governor's Youth Opportunity Camps turn their lives to achievement.

Youth Opportunity Camp is an amazing opportunity and an excellent experience for children. Horseshoe provides learning experiences that allow campers to become exceptional young men and women. Throughout the week I took part in many activities as a helper. *"I saw many children working together and treating each other as best friends."*

"Cain always had a smile on his face. He was open to others and was always looking to make new friends. He was not like this at the beginning of the week. The first couple days he kept to himself and wasn't looking forward to the rest of the week. Luckily, with the activities, other campers and staff he met, Cain was able to make the best out of the week.

I feel Cain benefited greatly from YOC. He met many new people, made new friends, and learning skills in the activities. Seeing this change in a camper's personality makes me believe that YOC at Horseshoe is a great success. I hope to see YOC continue for many years to benefit and help today's children develop."

Isaac Pancake, Keyser High School, Youth Action Council Volunteer

"I saw many children start out their YOC week as very shy. It seems YOC has a way of connecting children with other boys and girls, getting them involved and counselors who care. Heaven, Kayla and Dakota were so shy the first day. By the middle of the week they were having fun, playing with other children and ready to do whatever activity was next. I got to see YOC work in the lives of boys and girls. YOC allows – actually encourages and makes possible – a child to discover possibilities and turn their lives to learning and becoming. YOC offers listening ears, encouragement to meet others and to try and a quiet style of teaching that leads kids to want to learn."

Lakin McKinney, Wyoming East High School, Youth Action Council Volunteer

Civic Engagement

HI-Y Youth in Government Student Legislature and Supreme Court of Appeals at the Capitol and 8th Grade Youth & Government Seminars at the Capitol/Statehouse put teens center stage in building our state's civic foundations and future. Youth in Government's Youth Governor is a member of the State Board of Education and, with other officers, participate in the State's annual observation of Constitution Day at the Governor's Reception Room.

An International Perspective: HI-Y Model United Nations

opens new windows on the world to teenagers. *"Model UN helped me speak in front of others and better understand international issues. I now see the world differently. Now, I better analyze issues."*

HI-Y's Annual Fall Conference - Building Leaders for Tomorrow!

Three days of friends, fun, ideas and learning all leading to action back home describe this three-day teen November conference. Contact HI-Y staff to meet

with your group to let everyone know about the conference, answer questions and help everyone get involved.

100% of student participants recommend the conference to others. Student comments include - *"I really had a great time. I think that coming here really influenced me and gives me the courage to do better things for my community. You can really be yourself here and that's awesome. The conference helped me better myself as a leader and as a person."* *"The most amazing thing I learned is that my voice matters."* *"I had a blast meeting new people and just being myself. I learned so much."* *"I am always impressed by the kindness shown toward students at this conference."*

Sustainability

Williamson HI-Y in WV, chartered in 1922 is now succeeded by the new Mingo Central HS HI-Y in 2011, and McClain HI-Y in Ohio, chartered in 1928, are our longest serving HI-Ys. Our newest HI-Ys are Oberlin in Ohio and George Washington in WV. Piloting new approaches to HI-Y is a Work Force WV HI-Y for at-risk youth and a new Elementary Pilot being launched in Kanawha County.

- Ohio-West Virginia YMCA's beginnings reach back to 1867
- HI-Y created by three teenagers and their science teacher—1889
- Williamson HI-Y chartered - now West Virginia's oldest HI-Y—1922
- 1st WV HI-Y Fall Program Conference—1922
- West Virginia's first state-wide HI-Y Camp session—1930
- Camp Horseshoe opens as West Virginia's State YMCA Camp—1940
- Ohio Youth in Government created by teens and Attorney General C. William O'Neill— 1952
- WV Youth in Government created by teens and Gov. Underwood - 1958
- 26th Amendment ratified 1971 - US Senator Jennings Randolph credited Youth in Government as a reason he championed the 18 year old vote
- Governor's Youth Opportunity Camps at Horseshoe begin—1975
- Teen Entrepreneurship Summit—1978
- HI-Y Model United Nations—1981
- Youth Action Council - 1994
- Developing Cave Lake Center for Community Leadership begins - 2000
- 8th Grade Youth & Government Seminars join HI-Y -2010

HI-Y Created and Led by Teens

HI-Y stands for high school YMCA. The high school YMCA, HI-Y, grew out of a confrontation between three students and their teacher, D. F. Shirk, in 1889.

In 1889 the Chapman High School (Dickinson, Kansas) science teacher walked in on the students smoking cigars at a general store. Shirk took the cigars from the boys and challenged them to do something better with their lives. The boys said they were bored because there was nothing to do and challenged their teacher to help them. Shirk agreed and together they began meeting with other students to talk about their lives, purpose, future goals and how to improve their school and community. They then turned their talk into goals and volunteer initiatives to build better futures for all. After every initiative they took time to examine what they had done, its effectiveness and how to improve future actions.

Out of this came HI-Y's Plan, Do and Review service-learning model.

HI-Y students engage in a process of civic leadership development through service-learning. Teens assess the strengths and areas needing improved in their school and community, identify the kind of school and community they want to create, develop and carry out programs and service initiatives to achieve their vision, review (reflect) on their collective and individual accomplishments, evaluate their efforts and determine how to improve future actions. Using classroom lessons throughout this process enables teens to strengthen learning by actually doing.

High School YMCA (HI-Y) is Open to All

HI-Y welcomes the youth of every school and community. HI-Ys are most often school based reflecting HI-Y's founding principle of connecting classroom lessons to real life application by teenagers improving their schools and communities. HI-Ys may also be sponsored by communities, faith-based organizations, and others. Home school students are welcome to participate.

Today, more than 120 years later, youth initiating volunteer civic actions with adult advice and mentoring remain the central expression of HI-Y's founding values . . . youth are important to the world and are best served when they serve.

Simply put, HI-Ys . . .

- are student initiated, organized, governed and led
- allow students to extend classroom lessons into the life and work of their school and community as well as their state and beyond
- cause teens to lift their vision beyond self to others, to their community, nation, state and world
- are school and community partnerships
- link teens and their community as well as their state, nation and world
- empower teens for a lifetime of civic responsibility

- have the support of volunteer adults serving as advisors, mentors and supporters
- expand the base of volunteers, responsible citizens and civic literacy for every community
- bring persons of all ages and backgrounds together working for the common good.

HI-Y's Distinctive Service Learning-Difference

HI-Y moves service beyond Service-Learning projects to a way of life. HI-Y engages students in the governance and support of their HI-Y student organization, their projects and service initiatives. Students develop lifelong civic commitments and skills by actively engaging today in the life and work of their schools, communities, state and nation.

HI-Y extends traditional Service-Learning's class and school based approach to the community and beyond to a statewide outreach experience.

HI-Y's local experience is enhanced by participation away from home in state and region-wide civic leadership programs including Youth in Government, Model United Nations, the residential Entrepreneurship and Leadership-Service Summits at Horseshoe, Fall Building Leaders Conference and for 8th graders the Youth & Government Seminars.

Learning that takes place away from home, beyond the distractions of everyday life, in new settings with diverse youth from many communities, and grounded in residential community building experiences are HI-Y's distinctive difference that connects service-learning and civic engagement in the lives and actions of today's youth.

HI-Y Offers Civic Engagement + a Service Learning Continuum

Stage one: Offering volunteer opportunities	Stage two: Offering service-learning project opportunities	Stage three: Operating service-learning programs	Stage four: Being a service-learning civic engagement HI-Y
<p>Opportunities for volunteer activities are offered.</p> <p>These valuable volunteer opportunities do not fall under service-learning unless they are driven by learning objectives and accompanied by structured reflection.</p>	<p>Service-Learning projects are offered that include learning objectives, meaningful service and structured reflection.</p> <p>Examples of meaningful service – Members tutor children, serve as literacy volunteers, gather food for a food pantry, volunteer at homeless shelters, clean up the environment, etc.</p>	<p>A program or programs that have service-learning process as their central focus are offered. Service-Learning is infused into the heart of the program and into the heart of a participant’s experience.</p> <p>An example is incorporating service-learning into all volunteer activities.</p>	<p>A commitment to HI-Y’s service-learning model is made. That means becoming a recognized HI-Y; most, if not all programs, are service-learning or incorporate service-learning approaches; and the group extends its local program with participation away from home in Youth in Government, HI-Y Model United Nations, Horseshoe Entrepreneurship and Leadership-Service Summits and other HI-Y state and region wide programs. The local group takes up civic responsibility building better futures for all as a part of a larger youth initiative.</p>

How is HI-Y Funded?

HI-Y, like all YMCAs, is funded by participation fees and contributions from members, contributions from others, grants from private foundations, organizations and government.

Volunteer Advisors, Board and Committee members, parents, alumni, students and others are key to the program’s success.

Program Fees Set Below Actual Costs

HI-Y reaches out to help youth from every economic situation to benefit and to help schools include HI-Y as part of their curricular offerings. That means all HI-Y program fees are set below actual costs and HI-Y seeks special support for low income youth to benefit.

Another way to say this is HI-Y contributes to every student who participates, to every school involved, to every Service-Learning group participating and to a range of youth groups and organizations involved in HI-Y.

Benefits HI-Y Produces

Participants gain skills and ideals that shape the way they relate to the world.

Partner organizations benefit as better prepared young people become active members of the community.

Families and parents get support to raise their children into healthy, responsible, productive and contributing adults.

Schools get young people promoting a positive learning atmosphere and taking responsibility to create effective student learning and governance.

Employers get employees ready to work with the attitudes and integrity required for business to succeed.

Entrepreneurial thinking instilled in new generations will renew civic life and then economic opportunity throughout our states and nation.

Communities reap rewards as prepared and committed participants become more effective citizens working to renew our families, schools, institutions and communities.

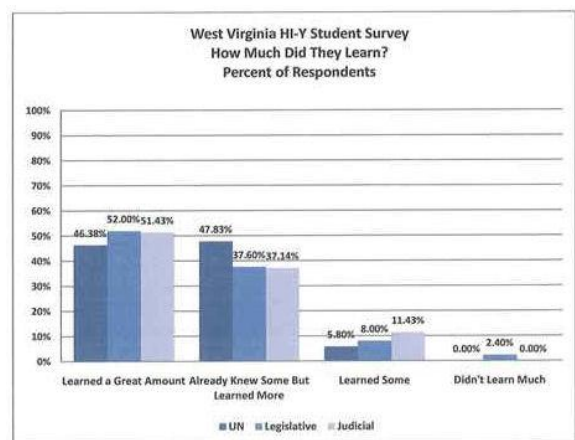
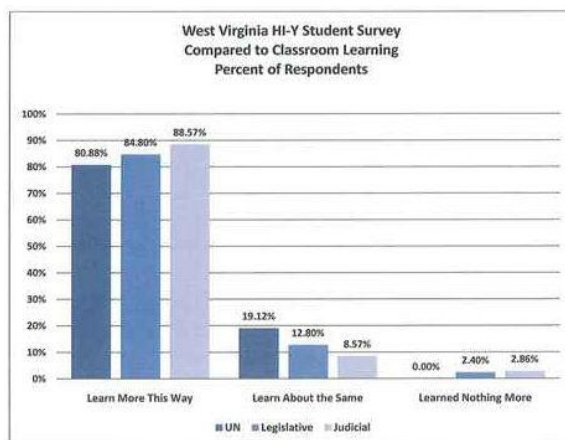
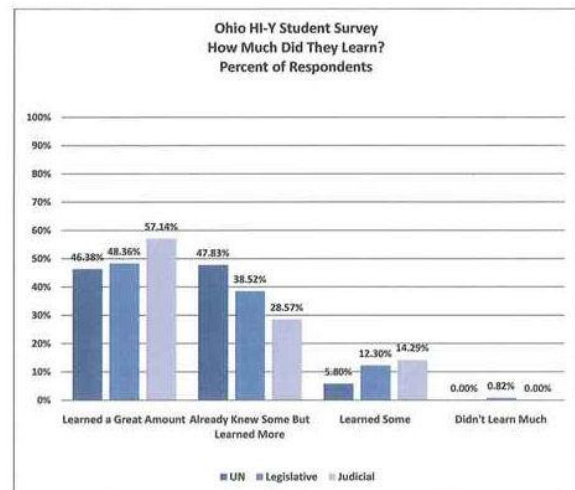
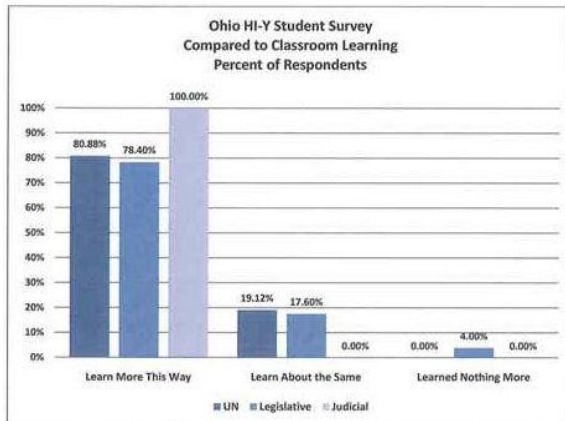
Our states and nation have results oriented programs that strengthen the base of civic leadership available to every community.

Results

"Horseshoe and HI-Y literally saved my life. I was lost and going nowhere good with my life. All that changed when Horseshoe caused me to wake up to all I could be and could do to help others. I joined HI-Y, went to Youth in Government and whole new worlds opened for me. Now I'm on track, appreciate what I have and want to help others have the same experiences I've had. So many young people need what you gave me . . . a new life, a new purpose and a new chance to count for something good!"

Research

The West Virginia Department of Education Office of Assessment and Research evaluates Youth in Government's Student Legislature and Student Supreme Court and HI-Y's Model United Nations.



West Virginia Department of Education's Office of Assessment and Research in evaluating 2011 HI-Y Model United Nations, Ohio and West Virginia Youth in Government Student Legislatures and Supreme Courts found responses to "How Much Did They Learn?" indicate 90% of students in UN, 90% in YG Legislature and 89% in YG Judicial learned a *great amount or learned more*.

Randy Brown, University of Nevada-Reno, cites sources that conclude, "Youth who participate in extracurricular activities are more likely to:

- Have better grades (Marsh, 1992)
- Have higher standardized test scores (Gerber, 1996)
- Have higher educational attainment (Hanks & Eckard, 1976)
- Attend school more regularly (Mahoney & Cairns, 1997)
- Have higher self-concepts (Marsh, 1992)

Youth who participate also have been found to be less likely to:

- Use substances (Cooley, Henriksen, Nelson & Thompson, 1995)
- Dropout of school (Mahoney & Cairns, 1997)
- Misbehave at school (Marsh, 1992)
- Commit delinquent acts (Landers & Landlers, 1978)

A 2010 article by Scott Turner in "Academic Leadership – The Online Journal" confirms previous 40 years of findings of the benefits of extracurricular activities and concludes:

"Our country has grown both physically and psychologically complacent, and believes that all is well and we are still on top of the world. This simply is not true and unless we challenge our youth, develop them morally, analytically, into problem solvers and solutionists our country may soon fail.

Anyone can memorize facts and figures but it takes development and simulation for one to be able to understand problems and analyze situations. The educator is the first line of defense and should also be the loudest voice rallying the parents and faculty to push the need of diverse extracurricular activities in each school system for the betterment of our future. Being a teacher takes a considerable amount of time, it is a lifestyle; a subculture if you will, not a job. There is more to learning than what a child receives within the four walls of the classroom."

Additional research from the Search Institute (2003) continues to confirm what we have learned from nearly a half century of educational research. Through programs like HI-Y, students whose educational experiences extend beyond the classroom hours and walls, who are involved with adult mentors, and experience high expectations/creative problem solving, will have increased assets. There is a direct relationship between these assets and GPA, physical and mental health, citizenship, and future success in life. Simply put . . . HI-Y works and there is research to prove it!