

Families would develop a feeling of self-reliance and an appreciation for the benefits gained from using knowledge to improve family well-being. Eventually they would establish immediate and long-term goals which are compatible, practical, and attainable.

*Extension program and learning experiences in home economics*

Extension work in home economics can focus on critical problems. Educational programs could be provided in—

Food selection and preparation to provide adequate diets at minimum cost; food storage to prevent spoilage and contamination; production and preservation of food where feasible;

Use of donated and purchased foods;

Housekeeping skills;

Money management and consumer education;

Sanitation, safety, and use of available health services;

Improvements in housing, storage, sleeping facilities, and kitchen arrangements;

Construction of home furnishings; improving appearance of home through use of ingenuity instead of money (might include reupholstering, repairing, refinishing);

Clothing selection, care, and repair; remodeling used clothing;

Family relationships—particularly in the area of child and youth development. (The quality of the home environment has a profound effect on the psychological and physical development of the children.);

Personal appearance (in our culture cleanliness and good grooming are important assets in school and in the world of business and industry.); and

Manners and poise—essential in adjusting in an upwardly mobile situation.

*Extension programs and learning experiences with youth*

Experiences with 4-H educational programs in a number of cities involving low-income youth and their families indicate that many of these program learning experiences are of interest and value to these boys and girls. Among these are: making and repairing clothing; woodworking; flower growing; home and appliance repairs; automotive care and safety; electronics; amateur radio operation; conservation; health and safety; home nursing; home improvement; teen leadership; and child development. Food preparation and learning better nutrition are basic programs for them. Science projects in plant and animal biology, chemistry and engineering have appeal. Money management; community beautification; home management; photography; vegetable growing; bicycle care, repair and safe riding; basics of rocketry; better grooming and clothes care; reading; personal development; citizenship; and public speaking help them to develop skills. Also, it has been shown that contacts between youth and professional people have stimulated youth in career planning.

Other programs can be based on specific situations, needs, and interests of youth in any neighborhood. The interest of youth in project work motivates them to participate in related, carefully designed learning experiences based upon educational objectives directed toward specific needs and problems.

Because youth are confused and frustrated by experiences which are too different from their present way of life or which seem unattainable, projects are planned to provide a progression of experiences. The first experiences are those within the neighborhood of the youth. As the children indicate readiness, the experiences move out into the larger community. Special learning experiences designed to help with specific problems of teenage youth are related to the problem of planning for and securing employment.

Opportunities to see places of employment are provided in the project. This approach makes the experience specific, realistic, meaningful. The focus is on the workers—the kinds of positions they hold and the skill levels, education, and training required for such positions. Employees who talk with the youth are carefully selected to demonstrate such things as opportunity to advance in positions and opportunity for members of minority groups to attain higher-skilled positions. The experience is planned to teach the process of studying employment opportunities in relationship to one's self.

Panels of workers at 4-H meetings tell about their work; their education and training, and how they secured it; what to expect from an employer; what the employer will expect.