

# GIRL SCOUT RESEARCH INSTITUTE

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## Out-of-School Time

The afterschool hours can be challenging for many schoolchildren. So what role do youth development and community-building organizations play with respect to children and teens in out-of-school time (OST) hours? And how do participating youth and families benefit from these organizations? Furthermore, how do OST programs assess and improve the quality and impact of their work?

For youth, OST programs offer significant benefits. Among the important outcomes are avoidance of risk behaviors, improved social and emotional skills, and better academic performance. And OST programs are fun.

Parents and guardians benefit from OST programs as well. These programs can help increase parents' involvement in their children's lives, increase awareness of community agencies, and help balance family and work life.

As Girl Scouts is part of the OST community, with program activities for girls both during and after school, the OST resources in this newsletter have been useful in shaping our thinking about program design and assessment. We hope you will be able to draw from them, too.

Please keep in touch and let us know what you think of the newsletter. It is a relatively new venture for us and your feedback is valuable. And please remember to forward it to your colleagues as well!

Sincerely,  
**Michael Conn, Ph.D.**  
Vice President, Research  
Girl Scout Research Institute  
Girl Scouts of the USA

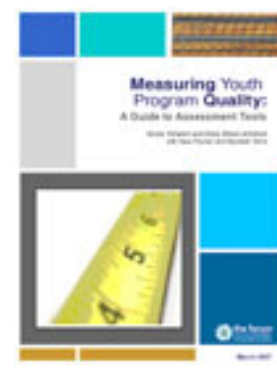
## COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING



What after-school program practices and characteristics benefit youth *beyond* academic outcomes? What training approaches are necessary for such programs to be effective? The Collaborative for Academic, Social, and Emotional Learning (CASEL) answers these questions with its focus on youths' social and emotional learning and development from pre-school through high school.

Check out CASEL's [The Impact of After-School Programs That Promote Personal and Social Skills \(2007\)](#).

## FORUM FOR YOUTH INVESTMENT



How can OST stakeholders assess and improve program quality and impact?

Find out in the Forum for Youth Investment's [Measuring Youth Program Quality: A Guide to Assessment Tools \(2007\)](#), which compares nine OST assessment tools and provides detailed guidance on what to consider in selecting a quality assessment tool.

## NORTHWEST REGIONAL EDUCATIONAL LAB



Why do youth participate in OST programs? How do they feel about them? What do parents and teachers see as challenges in these programs?

The Northwest Regional Educational Laboratory (NWREL) addresses these important questions in [Out-of-School Time Program Evaluation: Tools for Action](#). This resource provides surveys and focus group questions that OST programs and evaluators can use and adapt.

## NATIONAL INSTITUTE ON OUT-OF-SCHOOL TIME

What part do community-based organizations and school partnerships play in the success of OST programs? What program and partnership practices are effective and necessary to ensure success?

The National Institute on Out-of-School Time at Wellesley College brings into view the answers to these questions in their recent publications: [Making the Case: A Fact Sheet on Children and Youth in Out-of-School Time \(2007\)](#), [AfterSchool Issues \(2007\)](#), and [Discovering Community: Activities for Afterschool Programs \(2006\)](#).



## AFTERSCHOOL ALLIANCE



What do findings reveal about New York's After-School Corporation, Texas' 21st Century Community Learning Centers, and California's After School Education and Safety Program?

View these findings, plus those of 16 other national, state, and local afterschool programs, in the Afterschool Alliance's [A Summary of Formal Evaluations of Afterschool Programs' Impact on Behavior, Safety and Family Life \(2007\)](#).

## CHILD TRENDS

What are evidence-based practices (EBPs), and how do they apply to the OST field? How can OST programs successfully adopt and implement EBPs?



Find out from Child Trend's latest research briefs: [What Is Evidence-Based Practice? \(June 2007\)](#) and [A 10-Step Guide to Adopting and Sustaining EBP in Out-of-School Time Programs \(June 2007\)](#).



### DID YOU KNOW?

Currently, 6.5 million children are in afterschool programs, but the parents of another 15.3 million children say their children would participate in such programs if they were available. (*The Afterschool Alliance, 2007*)

Kids who participate in organized activities during afterschool hours are better off than those who do not, 85 percent of middle and high school students say. (*The Public Agenda, 2004*)

### ABOUT GSRI

The Girl Scout Research Institute, formed in 2000, is a vital extension of Girl Scouts of the USA.

The GSRI conducts original research, evaluation, and outcomes measurement studies, releases critical facts and findings, and provides resources essential for the advancement of the well-being and safety of girls living in today's world.

The GSRI also informs public policy and advocacy for Girl Scouting.

### ABOUT GIRL SCOUTING

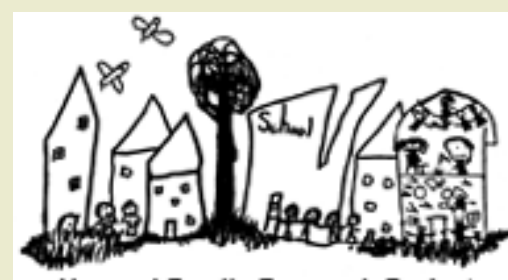
#### Girl Scouts of the USA Mission Statement

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

### FEATURED RESOURCE

#### OST and STEM

[Harvard Family Research Project OST Research and Evaluation: STEM](#)



Harvard Family Research Project (HFPR)'s comprehensive database has studies and profiles of out-of-school time science, technology, engineering, and mathematics programs to deepen your research.

### ADDITIONAL RESOURCES

- [ACF AfterSchool Investments Project Afterschool.gov](#)
- [Childcare and Early Education](#)
- [Journal of Youth Development](#)
- [National Afterschool Association](#)
- [Partnership for Afterschool Education](#)
- [Promising Practices in Afterschool](#)
- [Public/Private Ventures](#)
- [Resources on Afterschool](#)
- [Statewide Afterschool Network](#)
- [The After-School Corporation](#)

### GIRL SCOUT PROGRAM RESOURCES

- [Fair Play – Design and Discovery](#)
- [Girls Go Tech](#)
- [NASA](#)
- [STUDIO 2B destinations](#)
- [STUDIO 2B: The Science of Light](#)

### READER'S CHOICE

We are always interested in our readers' news and views on research practices in the youth development field. If you know of current research on girls' issues that is worth sharing, please write to us about it at [gsresearch@girlscouts.org](mailto:gsresearch@girlscouts.org)

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