



Research expands the research

In 1993, 4 Cs were proposed by Rick Little, that is, competence, confidence, connection, and character. Based on a review of research evidence, a fifth C, caring (or compassion) was added. The sixth C began to be added in 2005 in the research literature.

Core Principle	Description
Competence	Positive view of one’s actions in specific areas, including social competence (interpersonal skills), cognitive competence (cognitive abilities), academic competence (school grades, attendance, and test scores), and vocational competence (work habits and career choice explorations).
Confidence	An internal sense of positive self-efficacy and self-worth at an overall level rather than in specific areas; one’s global self-regard.
Connection	Positive bonds with people and institutions reflected in bi-directional exchanges between youth and peers, family, school, and community.
Character	Respect for societal and cultural rules, standards for correct behaviours, integrity, and a sense of right and wrong (morality).
Caring/ Compassion	A sense of sympathy and empathy for others.
Contribution	When the five Cs are present, youth contribute positively to self, family, community, and society. These contributions have a behavioural component (actions) and an ideological component (belief that contributions are a necessary part of one’s civic duty).

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Resources

- [Report of the findings from the first seven years of the 4-H study of Positive Youth Development \[pdf\]](#)
- [Youth Who Thrive \(full literature review\) \[PDF\]](#)