

**Table 3c. Effects of Academic Achievement Programs on Social and Emotional Well-Being\***

YOUTH OUTCOMES	ACADEMIC ACHIEVEMENT PROGRAMS WORK	ACADEMIC ACHIEVEMENT PROGRAMS DON'T WORK	MIXED REVIEWS	"BEST BETS"
<b>SOCIAL AND EMOTIONAL</b>				
NEGATIVE BEHAVIORAL INCIDENTS (1 experimental study)		<p>In comparison to control group:</p> <ul style="list-style-type: none"> <li>• Program participants showed no difference in the number of behavioral incidences between the program, comparison and control groups.<sup>BGC</sup></li> </ul>		
BEHAVIORS RELATED TO DELINQUENCY (2 experimental studies)			<p>In comparison to control group:</p> <ul style="list-style-type: none"> <li>• Program participants had fewer arrests.<sup>QOP</sup></li> <li>• Program participants were less likely to sell drugs.<sup>CAR</sup></li> <li>• Program participants reported fewer peers involved in delinquent activities.<sup>CAR</sup></li> <li>• Program participants showed no difference in gang membership.<sup>CAR</sup></li> <li>• Program participants showed no difference in contact with juvenile justice system agencies, based on police and court records.<sup>CAR</sup></li> </ul>	

\* Program symbols:

BGC  
CAR  
SD  
FND  
HST  
LAB

Boys and Girls Clubs of America  
Children at Risk  
Fifth Dimension  
Foundations  
Howard Street Tutoring  
LA's BEST

QOP  
SAS  
STEP  
TXPR  
USA  
UB

Quantum Opportunities Program  
Sponsor-A-Scholar  
Summer Training and Education Program  
Texas Parks and Recreation Department After-School Program  
University Student Athlete Tutoring  
Upward Bound

YOUTH OUTCOMES	ACADEMIC ACHIEVEMENT PROGRAMS WORK	ACADEMIC ACHIEVEMENT PROGRAMS DON'T WORK	MIXED REVIEWS	"BEST BETS"
<p>PARTICIPATION IN POSITIVE SOCIAL ACTIVITIES (1 experimental study)</p>	<p>In comparison to control group:</p> <ul style="list-style-type: none"> <li>• Program participants took part in more positive social activities (clubs, religious groups, sports, community programs, etc.).<sup>CAR</sup></li> </ul>			
<p>POSITIVE ATTITUDES TOWARD SCHOOL, FUTURE, HELPING THE ELDERLY (1 experimental study)</p>	<p>In comparison to control group:</p> <ul style="list-style-type: none"> <li>• Program participants had higher rates of positive attitudes toward the future.<sup>QOP</sup></li> <li>• Program participants had higher rates of volunteering.<sup>QOP</sup></li> </ul>			
<p>SELF-ESTEEM (1 quasi-experimental study)</p>				<p>Best bets for improving global self-esteem:</p> <ul style="list-style-type: none"> <li>• Strongly academic-focused after-school programs providing recreational activities, tutoring, homework assistance, sports, and cultural activities and trips.<sup>TXPR</sup></li> </ul>