

## **Rebecca N. Saito**

Senior Research Associate  
Center for Youth Development  
University of Minnesota Extension

### PROFESSIONAL EXPERTISE

Rebecca Saito is a researcher, evaluator, consultant, facilitator, speaker, and author, who has focused her passion and work over the past 25 years on deepening our understanding of, and impact on, the well-being of youth. Her work primarily centers around these approaches:

- Formal and Informal Mentoring
- Community-Based strategies to promote positive youth development
- Youth as Community Resources (Civic Engagement; Servant Leadership)
- Research and Program evaluation that helps build stronger youth development programs and practices

### AWARDS AND HONORS

Saito, along with her husband R. Delroy Calhoun, were the recipients of the 2004-2005 Howland Family Endowment for Youth Leadership Development Chair. Through their work in their own neighborhood as Endowed Chairs, they created the Youth Action Crew project—a “youth-driven” social marketing project that is designed to increase awareness of and engagement in youth programs and opportunities.

### SELECT PUBLICATIONS (AUTHOR AND CO-AUTHOR)

- Saito, R. (2007). “Beyond access and supply: Youth-led strategies to captivate young people’s interest in and demand for youth programs and opportunities.” In D. Blyth and J. Walker (ed.), *New Directions for Youth Development Theory, Practice, Research*. San Francisco: Jossey-Bass.
- Rhodes, J.R., R. Spencer, R. Saito, C. Sipe, and K. Fredriksen, *Online Mentoring: The Promise and Pitfalls of an Emerging Approach* (The Journal of Primary Prevention, 27:5, in press, Fall 2006)
- *Listening to Young People’s Perspectives on Out-of-School Time Opportunities*, Final Report (The Minnesota Commission on Out-of-School Time Use, July 2004; available at <http://mncost.org/ListeningToYoungPeople.pdf>)
- “*The Scientific Foundations of Youth Development*” in *Trends in Youth Development: Visions, Realities and Challenges* (Kluwer Academic Publishers, 2001)

- *What's Working? Tools for Evaluating Your Mentoring Program* (Search Institute, 2001)
- *The Possible Dream: What Families in Distressed Communities Need to Help Youth Thrive* (Search Institute, 2000)
- *Service-Learning: Applications from the Research, A Quantitative Study of the Impact of Service-Learning Programs* (Lawrence Erlbaum Associates, 1997)
- *Making the Case: Measuring the Impact of Youth Development Programs* (Search Institute, 1996)
- *Places to Grow: Youth Development Opportunities for Seven to 14 Year Olds in Minneapolis* (Search Institute, 1995)
- *The Twin Cities Vision for Mentoring* (Search Institute, 1994)
- *Understanding Mentoring Relationships* (Search Institute, 1992)
- "Milestones in Mentoring" (WQED-Pittsburgh Public Television, 1990)

#### SELECT PRESENTATIONS

- "What's Working? Tools for Evaluating Your Mentor Program" workshop at the 2003 Minnesota Mentoring Conference; Minneapolis, MN; January 23, 2003.
- "Harnessing the Energy of Informal Asset Builders" Keynote Speaker at the Michigan State University's 3<sup>rd</sup> Annual Assets Conference: *From Seeds to Roots: Growing a Strong Community Asset Culture*; East Lansing, MI; October 16, 2001
- "Mobilizing Communities for Positive Youth Development" speech at the Neighborhood USA 1999 Building Neighborhoods Block-by-Block Conference; Madison, WI; May 1999.

#### PROFESSIONAL HISTORY

- Researcher and Consultant for numerous local, state, and national youth organizations and foundations: *current*
- Research Scientist, Search Institute: *1991-2000*
- Research Assistant, Chapin Hall Center for Children, University of Chicago: *1988-89*
- Research and Teaching Specialist, Center for Youth Development and Research, University of Minnesota: *1984-1988*

#### EDUCATION

- M.A. in social science, University of Chicago (in progress)
- B.S. in psychosocial growth and development, University of Minnesota

#### PROFESSIONAL VOLUNTEER ACTIVITIES

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| Current | Board member, National Youth Leadership Council (a national leader in the youth service-learning and servant leader movement) |
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2003-2007	Board member, YO The Movement (a social change and civic engagement youth program) Board member, Old Arizona Collaborative (a performing and visual arts program for young women) Board member, Jabbok (a faith-based, nonprofit youth organization)
1993-1998	Board member and Executive Committee member, Youth Trust
1998	Board member, Whittier Alliance Neighborhood Association; Chair, Youth and Family Committee
1997	Chair, Whittier Steering Committee, Governor's After-School Initiative
1997	Board member, District 202 (a nonprofit youth organization)