

SERVE HERE AMERICA

Learning Module Week 5: The Value of Social Capital and Social Networks

Please discuss the benefits of social capital and social networks. Please discuss the difference between bridging and bonding approaches to networking as well as the relevance of race and class in a discussion of social capital. Please also address how social capital is both beneficial to each participant as an individual as well as to the collective community interests.

Preparation:

Suggested Reading from the Springer Text:

- “The Value of Social Capital: What are its Outcomes” by Sarah M. Chilenski and Nicole Summers
- “Case Studies of Social Capital at Work” by Janet F. Gillespie and Lauren M. Mutignani
- “Building Social Capital from the Inside Out: Leveraging Intrapower (Personal Capital)” by Norris M. Haynes

Additional Suggested Resources:

- Farquhar, S. A., Michael, Y. L., & Wiggins, N. (2005). Building on leadership and social capital to create change in 2 urban communities. *American Journal of Public Health, 95*(4) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1449226/>
- John F. Helliwell, Haifang Huang, Shun Wang (2014). Social Capital and Well-Being in Times of Crisis. *Journal of Happiness Studies*, Volume 15, Issue 1, pp 145-162 (text not available online)

Learning Objectives:

- List 3 ways in which social capital can benefit your community.
- List 3 ways in which social networks can benefit you in your career development.
- List 3 ways in which social networks can facilitate helping you to help your community.

Note: See PowerPoint slides

I encourage the instructor to send the slides out ahead of time because the fellows can use the slides as a guide for their reading.

I also encourage a guest speaker tonight who can speak on his or her civic engagement.

Slide 1: The Value of Social Capital and Social Networks

Talk about work-related matters before diving into the planned material for the evening. Have each fellow speak and provide an update.

Slide 2: Schedule

- 1) Check in regarding employment experiences - Are you seeing potential areas for improvement?
- 2) Discussion based on slides
- 3) Exercises
- 4) Interview Questions for CEO (Fellows will prepare to interview the CEO of their workplaces).

- 5) Announcements (Encourage the fellows to announce work-related events or other social gatherings to foster community).

Slide 3: Does social capital cause health, educational, economic, or other outcomes?

- Yes!

Slide 4: Building Social Capital

- [Joseph Cabrera](#)

Slide 5: Social Capital and Outcomes

- Self-Rated Health
- [Physical Health](#)
- Mortality
- Mental Health
- [Subjective Well-Being](#)
- Socioeconomic Status
- Less Violence
- Less Delinquency
- [The Intern](#)

Slide 6: Exercise 1

- Bring in a story about a health, education, economic, or behavioral outcome that is currently in the news. What are the causes that are being attributed to this outcome? What micro or macro-level factors are not being considered in this article? If you were the journalist or reporter assigned to this story [and given what we have discussed thus far in the Learning Module], what else would you want to know?

Slide 7: Social Capital: Solution to Social Problems?

- “Many public health practitioners have identified greater community involvement and increased social capital as ways to reduce inequities related to income, race, gender, ethnicity, and geographic location” (Farquar et al. 2005).

Slide 8: Learning Objectives

- List 3 ways in which social capital can benefit your community.
- List 3 ways in which social networks can benefit you in your career development.
- List 3 ways in which social networks can facilitate helping you to help your community.

Slide 9: Exercise 2

- If you were trying to start a new career, what type of network would you want to have?
- Draw a network, with you in the center, that includes the types of people and the types of linkages you’d want to have to maximize your ability to find a new job and/or launch a new career?
- What types of supports would you need, and what types of support could you provide that would help you move your new career ahead?
- Then think about all the people you know, even if you barely know them. Could any of the people you know serve in any of these roles in your network? Do you have “loose ties” that you may not have thought about as a source of support for your new career? How would you connect with them? Brainstorm possible ways you could engage them as part of your network.

Slide 10: Looking Ahead

- Interview the CEO or one of the chief officers of your agency. We will develop a list of possible interview questions ahead of time. The key point of the interview will be to learn how social capital may have helped that individual attain his or her leadership role. I recommend having a deep understanding of the mission of your place of employment before carrying out your interview.

Slide 11: Possible Interview Questions

- 1) Do you have someone that you consider to be your current mentor or past mentor?
- 2) Are you a member of any organizations in the community? Do you volunteer?
- 3) Can you talk about your previous work experience/educational background that led you to your present role?
- 4) Do you have advice on how to expand one's social capital?
- 5) What do you think is your greatest tool that has helped you implement social change?
- 6) What are your core values? Has anyone or any experience ever challenged your core values?
- 7) Looking back on your career, what are you most proud of? What still drives you? What haven't you accomplished that you want to accomplish?