



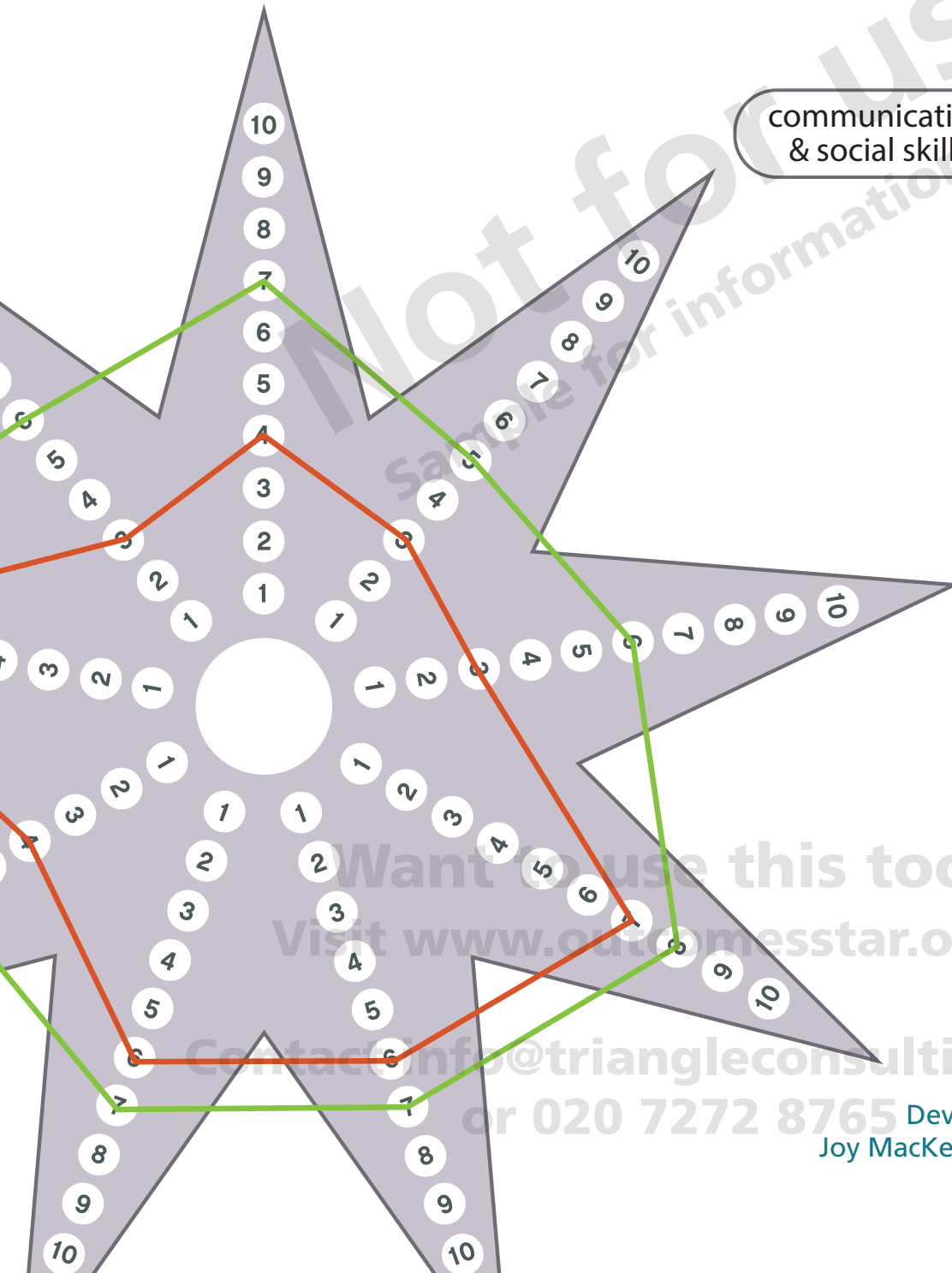
Student Star™

The Outcomes Star for students with additional needs

practical skills

communication
& social skills

learning skills



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Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk

or 020 7272 8765

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Please contact info@triangleconsulting.co.uk to enquire about buying a licence and training.

Licences are also available for those wishing to translate the document into other languages.

The Outcomes Star™

This Star is part of a family of Outcomes Star tools. Each tool includes a Star Chart, User Guide or Quiz and guidance on implementation and some have visual and other resources. For other versions of the Outcomes Star, good practice and further information see www.outcomesstar.org.uk.

Acknowledgements

Many people have contributed to the development of the Outcomes Star over its long evolution and we would like to thank all the clients, workers, managers, funders, academics and commissioners who have generously given their time and expertise.

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- All the staff and service users at Brookdale who took part in the development of the Spectrum Star, on which this variant is based - in particular Peter T Ford and Susan Hahn as co-authors and Mark Goldsborough for his role in making the development possible.

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Introduction to the Student Star™

Our aim is to give you the skills you need and to enable you to manage your learning difficulty, disability or other needs, so that you can move on to work or further learning and do what you want to do with your life. The Student Star helps us focus on what needs to change for you to do that.

The Star looks at nine areas:

1. Practical skills
2. Communication and social skills
3. Learning skills
4. Physical health
5. Living skills
6. Friends and relationships
7. Well-being
8. Social responsibility
9. Work readiness.

How does it work?

You will complete the Student Star Chart and Action Plan with your support worker and choose a scale point for yourself for each of the areas above. You will use the scales in this User Guide to help you.

These scales describe the Journey of Change for that area of your life. You will look at the scales one at a time with your keyworker. On each, you will agree together the scale point that best describes where you are now in that area of your life. Then you will use a pen to mark that point on the Star Chart.

When you and your keyworker have completed and marked all nine scales, you can draw a line to join all the points. This will create a shape. You can look at that shape together to see where you may need support to progress up one or more of the scales.

You will complete more Star Charts in the future and, as you make progress, the shape on your Star becomes bigger and more rounded.

The Journey of Change

Making progress takes commitment, an understanding of your condition, self-management and support from others. It can be helpful to see this progress as a journey involving a series of steps – we call it the Journey of Change. Not everyone starts at the beginning and not everyone gets to the end but everyone can make progress. The Journey of Change is described on pages 4 and 5.

It's not just down to you

The Student Star focuses primarily on how you and your college can help you to manage well and to do what you want with your life. However, it is important to recognise that many things can make this more difficult for people who have a learning difficulty, disability or other needs. These include work opportunities, benefits, acceptance and access to the support and resources you need. Using the Star may help you clarify areas where there are external factors holding you back and where support can help.

The Journey of Change

The red stage – it's not working

At the beginning of the journey, point 1 on the scale, **it's not working**. You are not safe on your own and you either don't have the support you need or you don't accept support. At this stage your life is likely to be chaotic. You may often feel overwhelmed, frightened or confused. You may become aggressive sometimes and need supervision. Perhaps people don't know how best to support you or you don't trust them. Because of this, meeting your basic needs involves conflict or distress.

At 2 you occasionally get some support or allow someone to help you.

The orange stage – accepting support

The next stage of the journey, point 3 on the scale, begins when you start **accepting support** to be able to do better at college and improve your life. The people supporting you understand what you need to some extent. They can organise things or advise you. You go along with what they say at least some of the time. However, lots of things are still difficult for you or your needs are not always met, which may lead to outbursts or crises. You might need a lot of supervision in college.

At 4, the people supporting you may understand your needs a bit more and/or you go along with what they say more of the time – but not always.

The yellow stage – stable

At the next stage of the journey, point 5 on the scale, your life becomes more **stable** and you are mostly able to participate in a structured college or other setting.

At 6, you are able to participate in college or structured work settings but your life, choices and autonomy are limited. You might feel content this way. Or you might want to work and learn more independently, or to do more of the things that interest you, but can't because you are not able to manage the effects of your learning difficulty, disability or other additional needs sufficiently.

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The green stage – learning for yourself

At the next stage, point 7 on the scale, you start **learning for yourself** so that you can work more independently and do more of the things you are interested in. At this stage you stop relying so much on others to support you to work and learn. You learn new skills and strategies so that you can manage yourself better. You try more things that interest you. This can often be challenging and it helps to continue to have specialist support at this stage.

At 8, you are learning to manage things for yourself in a wider range of situations.

The blue stage – choice and self-reliance

At the final stage of your journey, you have the understanding, awareness and skills you need to give you **choice and self-reliance**. At point 9 you still need occasional specialist support to check things are OK.

At 10, you are safe, able to work independently in a non-specialist environment, make choices and lead a full and satisfying life. Your family or friends provide any reminders or other support you need.

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1 Practical skills

- *Using your hands*
- *Physical co-ordination*
- *Awareness*
- *Safety*

Choice and self-reliance

10 I use my practical skills to carry out manual tasks and work on my own

9 I carry out practical tasks or manual work on my own with occasional help

Learning for yourself

8 I can mostly use my practical skills on my own but I need support

7 I'm starting to work independently within a supported setting

Stable

6 I have practical skills that I use consistently and safely in my area of work but I don't work independently

5 I can carry out some practical tasks in my area of work with support but things could be better

Accepting support

4 I mostly go along with help to learn some practical skills

3 I sometimes go along with help to use my hands and control my body so I can begin to learn some practical skills

It's not working

2 I'm unable to control my body or co-ordinate my movements. I occasionally accept support but it hasn't made much difference yet

1 I'm unable to control my body or co-ordinate movements well enough to learn practical skills. I don't have support or don't accept it

1 Practical skills (detail)

This scale is about the practical skills you need to carry out a manual job or other physical activity. This means being able to control your movements and use your hands and body to do the things you want to do. It includes hand-eye co-ordination, balance and spatial awareness. It includes knowing what materials and methods to use.

9 - 10 Choice and self-reliance

- You are able to use your practical skills independently and well enough in a range of settings, enabling you to work and to pursue your interests
- You have the co-ordination and dexterity you need for your chosen area of work
- You can select the right tools, materials and methods to use for different tasks. You may be able to design or suggest project ideas
- Choose 9 if you occasionally need extra support or supervision. At 10 you are able to work on your own

7 - 8 Learning for yourself

- You are starting to work more independently. You are able to see a project through from beginning to end with less support
- You are learning for yourself how to apply your skills and knowledge to new practical tasks, perhaps using different tools or methods. You may be learning more advanced skills
- Choose 7 if you are just starting to work on your own. Choose 8 if you have been working on your own for some time but you need to do this in a structured setting or with extra supervision

5 - 6 Stable

- You are able to carry out some practical tasks with support
- You can use your practical skills reasonably well in a range of ways, but you need direction and support. You are not able to work independently
- Choose 5 if there are still some issues with safety or if things could be better within the structured setting where you are learning your skills. Choose 6 if things are as good as they can be within the structured setting. At 6 there may also be signs that you are ready to start working on your own more

3 - 4 Accepting support

- You are learning practical skills within a structured environment, using a limited set of materials or methods
- You need clear and precise instructions to carry out tasks and may be unsafe without supervision. This may be because you find it hard to control your body or co-ordinate your movements
- Choose 3 if you sometimes engage in learning practical skills. Choose 4 if you mostly engage

1 - 2 It's not working

- You are not able to control your movements and/or concentrate for long enough to be safe using tools and materials
- You may get distressed or aggressive if people try to help you to control your movements or to try out new practical skills
- Either you don't have the support you need or you reject support – this may be because it's not right for you
- Choose 1 if you can't stay in a practical workspace safely and have no support or if you reject all support. Choose 2 if you can occasionally watch other people doing practical work but you do not use any tools yourself

2 Communication and social skills

- *Expressing yourself*
- *Understanding other people*
- *Social skills*

Choice and self-reliance

- 10** I have the communication and social skills I need to learn, work and get on well enough with other people
- 9** I have the communication and social skills I need but occasionally need professional support in this area

Learning for yourself

- 8** I'm learning how to manage independently in a wider range of social situations
- 7** I'm starting to learn for myself how to communicate and manage in a range of social situations

Stable

- 6** My communication and social skills are fine within the limited range of familiar situations in which I know what to say and do
- 5** My communication and social skills are mostly fine within a limited range of familiar situations but not always

Accepting support

- 4** I mostly go along with support to communicate and manage in a limited range of social situations
- 3** I'm beginning to go along with support to communicate better and to manage in a few social situations

It's not working

- 2** My lack of communication and social skills is a major barrier, and I occasionally accept help with this
- 1** My lack of communication and social skills is a major barrier. I don't have or don't accept help with this

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2 Communication and social skills (detail)

This scale is about how you communicate and get on with other people. It is about being able to interact with people safely and appropriately and manage well enough in a range of social situations.

9 - 10 Choice and self-reliance

- You communicate, manage in social situations and follow normal social interactions well enough to be able to learn, work and pursue your interests
- Your communication is a two-way flow with other people and you can mostly adapt your conversation to different situations
- Sometimes you might find it difficult to communicate well, work in a team or be with new people but you can usually manage these situations or avoid them where possible
- Choose 9 if you need occasional professional support. At 10 you have the communication and social skills you need to live independently

7 - 8 Learning for yourself

- You are learning for yourself how to express yourself and understand other people
- You can manage in a wider range of social situations and are learning how to get along with people, maybe including working as part of a team
- You need skilled support and reminders to continue learning
- Choose 7 if this learning is still new. Choose 8 if you have already learnt a lot and are further developing your communication and social skills for yourself

5 - 6 Stable

- Your communication and social skills are fine within a limited range of familiar situations but you usually experience difficulties in situations you are not used to
- You can manage in a few different social situations with support but not by yourself
- As a result, your life is stable but you are not able to learn or work without continued support or to participate outside a supported situation
- Choose 5 if there are still areas to be developed within your current supported situation. Choose 6 if things are as good as they can be within your current supported situation. At 6 you may be ready to start becoming more independent in this area

3 - 4 Accepting support

- You can communicate and behave in ways that other people find appropriate or acceptable within a limited range of supported settings
- You have support with your communication and social skills. This may include how to listen and respond, how close to stand to other people, how loud to talk and how to manage within different kinds of relationships
- Choose 3 if you sometimes go along with help with communication or social prompts but usually don't. Choose 4 if you accept support more consistently

1 - 2 It's not working

- You are not communicating with the people around you or often behave or communicate in ways people find inappropriate or unacceptable
- Perhaps you don't understand normal social interactions or are unable to work out how to be with different family members, professionals, peers or strangers
- This is a major barrier to learning, working and getting on with people and you are not being offered any support with this. If you are, you refuse it
- Choose 1 if you don't communicate with anyone. Choose 2 if there is one person who you communicate with or take advice from

3 Learning skills

- *Learning from experience*
- *Thinking for yourself*
- *Making plans*
- *Wanting to learn*

Choice and self-reliance

- 10** I think for myself, make plans, think things through, find things out and learn on my own – and I enjoy it
- 9** I mostly learn for myself but I need occasional support

Learning for yourself

- 8** I'm mostly able to learn well for myself and I can think things through and make plans with support
- 7** I'm just starting to learn from my experiences. I have support with thinking things through and with making plans

Stable

- 6** I have the skills and focus I need to learn within a supported environment
- 5** I'm able to learn quite well within a supported environment but things could be better

Accepting support

- 4** I have continued support to help me learn
- 3** I'm beginning to go along with support to help me concentrate or learn

It's not working

- 2** I'm not able to learn but I occasionally accept support with this
- 1** I react to things without thinking and I'm not able to learn. I don't have support with this or I don't accept support

3 Learning skills (detail)

This scale is about being able to think things through and to learn from experience. To do this you need to be able to find things out, to concentrate and to plan what you are going to do. This scale is also about your motivation and enthusiasm to learn.

9 - 10 Choice and self-reliance

- You are able to think things through for yourself, make plans and learn from what has happened in the past
- You can concentrate well enough and are keen to learn
- Your reading, writing and maths are good enough that you can find and understand new information by yourself
- At 9, you need occasional support with learning. At 10 you are able to think and learn for yourself

7 - 8 Learning for yourself

- You are starting to make plans, think things through and learn for yourself, and make your mind up about the things you've learnt
- You need continued professional support with one or more of the following:
 - Thinking skills
 - How to learn more independently, including learning from experience
 - Concentration and motivation to learn
- Choose 7 if you are just starting to learn for yourself. Choose 8 if you have been doing this for some time but still need support with it

5 - 6 Stable

- You have the skills you need to learn the things that others suggest for you, but you cannot plan your own learning
- Your concentration is good enough to enable you to participate in college with support
- Choose 5 if there is still room to develop your learning skills within a supported environment. Choose 6 if things are as good as they can be within a supported environment. At 6 you may be starting to learn from your experiences and be ready to learn more for yourself

3 - 4 Accepting support

- You do not have the necessary thinking skills to make plans and to think about and learn from your experiences but you are accepting some support with this
- If you need help with concentration or in other ways, you are attending classes or receiving other help
- You may not enjoy learning yet but you do participate
- Choose 3 if you sometimes go along with support or attend classes. Choose 4 if you do this more consistently

1 - 2 It's not working

- Life is what happens to you; you are not able to make plans, think things through or learn from your experiences. You usually react to things without thinking about them
- You do not have the support you need or are not interested in learning
- You may not be able to concentrate well enough to learn
- Choose 1 if you have no support or reject all help. Choose 2 if you occasionally allow one or two people to support you to learn but only for a short time

4 Physical health

- *Doctors*
- *Medication and treatment*
- *Healthy lifestyle*

Choice and self-reliance

- 10 I take responsibility for my health and lifestyle. I don't need support from a service
- 9 I take responsibility for my health and lifestyle with occasional reminders from a service

Learning for yourself

- 8 I've learnt some ways to look after my health for myself and I'm learning how to do this more
- 7 I'm just starting to look after my health for myself but it's early days

Stable

- 6 My basic health needs are met. I follow the doctor's advice but don't manage my health by myself
- 5 Nearly all my basic health needs are met and I do what doctors tell me to do most of the time

Accepting support

- 4 I receive treatment or other help when I'm ill but it can occasionally result in distress or conflict
- 3 I receive treatment or other help when I'm ill but sometimes resist or reject this help

It's not working

- 2 My basic health needs aren't met but I occasionally permit someone to help me
- 1 My basic health needs aren't met. I might reject help or the help I get is unsuitable, or both

4 Physical health (detail)

This scale is about how well you look after your health. It covers healthy living such as eating healthy food, taking exercise and sleeping well. It also covers seeing the doctor when you need to and taking any medication or other treatment that is necessary. If you have a disability or chronic illness, this scale is about taking steps to manage things in the best way possible.

9 - 10 Choice and self-reliance

- You take responsibility for your health and lifestyle yourself
- You make and attend appointments with the doctor, dentist and other health professionals by yourself or with your family or carers
- If you have health problems, you are aware of them and they are well managed. You take your medication and follow doctors' advice most of the time
- You mostly eat healthy meals, take exercise and sleep well enough
- Choose 9 if you need occasional reminders from a service. Choose 10 if you look after your health well without professional help

7 - 8 Learning for yourself

- You are learning ways to manage your health and lifestyle better
- You go to the doctor when you are ill or need treatment and you take the medicine or other treatments the doctor prescribes
- You are learning from experience that you feel better when you take care of your health so you sometimes choose healthier food, exercise and sleep routines
- Changing routines and habits and learning to do things by yourself is difficult so it helps to have skilled support and encouragement
- Choose 7 if you are just starting to take responsibility for your own health. Choose 8 if you have already learned a lot but still need support

5 - 6 Stable

- Your basic health needs are met. Any conditions you have are stable and treated effectively
- You mostly follow health advice and treatment but you don't take the initiative to make or attend doctors' appointments
- You may go along with some suggestions for healthy eating or exercise if people are supporting you, but you don't make healthy choices for yourself
- Choose 5 if some minor health needs are not met or you don't have enough opportunities for healthy living. Choose 6 if all your basic health needs are met

3 - 4 Accepting support

- You receive treatment for any obvious illness
- You sometimes follow treatment and take your medication but sometimes refuse these things, which may lead to conflict
- Choose 3 if you sometimes follow treatment but there is sometimes conflict or difficulty in this area. Choose 4 if you mostly accept support and follow treatment for health problems

1 - 2 It's not working

- Your basic health needs are not met. You may have health issues that you are not aware of or no one else knows about and this is a risk to your well-being
- Either support is not offered or you refuse support – this may be because it is not suitable for you. There may be a lot of conflict or distress related to doctors, examinations or health issues
- Your lifestyle is unhealthy and you may be seriously overweight or underweight or not sleeping well
- Choose 1 if you always resist support with your health or don't have support. Choose 2 if you occasionally allow someone to examine or treat you

5 Living skills

- *Cooking*
- *Cleaning*
- *Laundry*
- *Shopping*
- *Money*
- *Travel*
- *Washing and dressing*

Choice and self-reliance

10 I have and use the skills I need to live independently

9 I have and use the skills I need to live independently with occasional reminders or other support

Learning for yourself

8 I have and use some of the skills I need to live independently and I'm learning more

7 I'm just starting to learn and use some of the skills I need to live independently

Stable

6 My basic needs are met without problems but I don't take the initiative to look after myself

5 My basic needs are mostly met without problems but things could be better

Accepting support

4 My basic needs are mostly met but there's sometimes conflict or other problems

3 I mostly don't look after myself. Some people are finding ways to support me with this

It's not working

2 I don't look after myself but occasionally someone provides the support I need

1 I don't look after myself and don't have the support I need

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5 Living skills (detail)

This scale is about the practical skills you need to look after yourself. It covers cooking, cleaning, laundry, shopping, managing money, travelling, keeping yourself clean and dressing appropriately for the day ahead, including being ready for work or learning. If you have a disability, it also includes dealing with any aids and adaptations you need to do those tasks for yourself.

9 - 10 Choice and self-reliance

- You are able to look after yourself well enough
- This includes managing meals, keeping your accommodation clean and tidy enough, managing money and your own self-care and travelling independently
- If you have a disability, you have the aids and adaptations you need and are able to use them to look after yourself
- At 9 you need occasional reminders from a service. At 10 you do not need a service to help with this area and any reminders or support you need are provided by family or friends

7 - 8 Learning for yourself

- You are taking the initiative and learning for yourself how to look after yourself so that you can either live more independently or care for yourself better if you are already independent
- Depending on the skills you have already, at this stage you may be learning to cook, shop, manage your money, clean, do laundry, travel around independently or other skills
- Learning for yourself can be difficult and you need skilled support to manage well
- Choose 7 if you are just starting to learn for yourself. Choose 8 if you already have many of the skills you need to look after yourself and are learning more

5 - 6 Stable

- Within a supported setting there are no significant issues related to looking after yourself but you are not taking the initiative to become more independent
- People around you understand how you like things to be done and so any support you need with self-care and living skills works well nearly all the time
- If you have a disability you have the aids and adaptations you need and support to use them well
- Choose 5 if there are still a few issues. Choose 6 if things are stable with support. At 6 there may also be signs that you are ready to do more for yourself in this area

3 - 4 Accepting support

- You don't look after yourself very well but you have support and go along with suggestions or instructions
- People supporting you are learning what works for you and what you can do for yourself
- Choose 3 if you accept support sometimes from some people, but there is still distress or conflict in this area. Choose 4 if you mostly go along with support and suggestions without conflict or distress

1 - 2 It's not working

- You don't look after yourself well and this may lead to issues that get in the way of you engaging with work or learning. Where you live may be very chaotic
- You may get distressed or aggressive if people tidy up or get you to wash or dress appropriately and there may be a lot of conflict in this area
- People who support you don't fully understand your needs or how to support you and you may have skills in this area that they don't know about
- Choose 1 if you do not trust anyone to support you. Choose 2 if a few people can occasionally persuade you to accept some support