

Youth Star™ Quiz

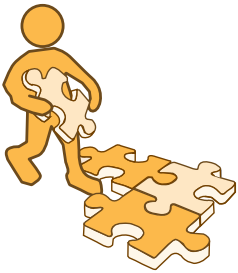
The Outcomes Star for youth work

1 Not interested 2 Considering 3 Having a go 4 Working on it 5 Enjoying and achieving

In each of the six questions, circle the description that best fits for you now.

1 Making a difference

Getting involved, helping others, community activities



- 5 I really like taking part in things that help others and make a difference. I do as much as I can
- 4 I often get involved and help out but sometimes lose motivation
- 3 I do take part but lose interest easily
- 2 I wouldn't mind helping out a bit but I don't know what to do
- 1 I'm not interested. It has nothing to do with me

2 Hopes and dreams

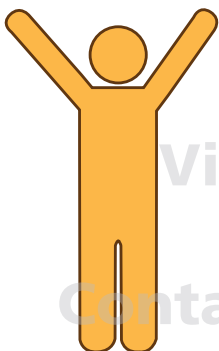
Hopeful, determined, making things happen



- 5 I feel positive about the future and determined to do well. I can make things happen
- 4 I often feel positive and want to do well but sometimes it's hard to believe I can have a good future
- 3 Sometimes I feel hopeful and believe good things will happen but then it all disappears
- 2 I want to do more with my life but I don't know how
- 1 There is no point in trying – there is nothing out there for someone like me

3 Well-being

Being myself, making choices, feeling good about myself



- 5 I know what I'm good at and I feel good about myself. I'm not afraid to be an individual
- 4 Mostly I believe in myself and I know when I'm doing OK
- 3 I try to be me, but it's hard not to follow the crowd. Sometimes I feel OK but I often don't
- 2 I want to feel better about myself but I don't know where to start
- 1 I don't do much for myself. I often go along with things that are not right for me