

Youth Star™ Scales

The Outcomes Star for youth work

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

- 1 Stuck 2 Considering 3 Having a go 4 Working on it 5 Enjoying and achieving

1 Interests and activities

Getting involved in activities you enjoy, developing skills, being part of something positive



- 5 I'm taking part in activities that I enjoy and that build my skills
- 4 I'm involved in activities that interest me and build my skills but there are some problems
- 3 I'm trying to be more involved in positive activities and to build my skills but it's difficult
- 2 I would like to be involved in something positive but am not sure how
- 1 I'm not engaged in positive activities that interest me

2 Hopes and dreams

Feeling hopeful, having goals, making things happen, staying motivated



- 5 I feel positive about my life and am motivated to do well
- 4 I often feel positive about my life and want to do well but there are a few problems
- 3 I'm trying to see my strengths and to develop aspirations or goals, but it's difficult
- 2 I want to have more hopes or aspirations for my future but I don't know how
- 1 I don't see positive opportunities or feel hopeful about my life or future

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3 Health and well-being

How you feel emotionally, dealing with stress, having a healthy lifestyle



- 5 I mostly feel positive, can deal with ups and downs and look after my health
- 4 I often feel positive and often take care of myself but there are some problems
- 3 I'm trying to do things to feel better or take care of myself better, but it's difficult
- 2 I want to feel better or take care of myself better but I don't know how
- 1 I mostly feel pretty bad emotionally and/or don't look after my health well

4 Education and work

School, other education, training and apprenticeships, work, structure



- 5 I'm getting on well with school, training or work
- 4 I'm finding ways to get on better with school, training or work but there are a few problems
- 3 I'm trying to get on better with school, training or work, but it's difficult
- 2 I want to get on better with school, training or work but don't know how
- 1 I don't get on with school, training or work

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