

EVALUATION TOOL 22:	STRENGTHS AND GOALS		
OVERVIEW:	This is another idea for a worksheet or creative activity that you can use with young people to assess their strengths and what they want to achieve, and to set goals for the future. This information is often presented in a collage called a 'dream board'. The worksheet is much less fun, and more just a guide of what questions to ask young people.		
WHAT YOU WILL NEED:	<ul style="list-style-type: none"> • A copy of the grid • Pens for each young person 	PREPARATION:	None
PROCESS:	<ol style="list-style-type: none"> 1. Explain that you want to find out more about the young people to help you work together over the course of the programme 2. Explain the four sections of the form. 3. Explore some example answers with the young people. 4. Ask them to write or draw items in the boxes at the start of the programme. 5. Use the answers as a coaching tool. 6. Repeat the exercise at the end of the programme. 7. Compare the two sheets with the young person and explore whether the programme has helped them to realise that they have more strengths than they first realised, and if they now enjoy more things. 8. Ask the young people what might have made that difference to them. 		
ANALYSIS:	Compare the individuals' sheets from the start to the ones at the end and note down the changes that have happened. Collate these changes to work out the impact overall for the group.		
PHOTO:	See the sheet below.		
STRENGTHS:	A simple and quick way of ascertaining the young people's strengths	WEAKNESSES:	Very open ended and so the answers may not be what you expect