





# TOOL: Measuring progress toward competency goals <sup>1</sup>

There are a lot of ways to measure adolescents' progress toward competency goals:


- ▶ Observation of adolescents in their circles and within the community;
- ▶ Interviews/focus groups with adolescents, facilitators and community members;
- ▶ Participatory exercises and activities with adolescents; and
- ▶ Written questionnaires or surveys.

Use the sample tool below as a guide to developing your own tools for measuring adolescents' progress toward competency goals.

Sample Tool: Monitoring competency goals					
Competency Goals	Negative change 	No change 	Some change 	Big change 	Notes:
Communication and expression	Listen to other people's perspectives, concerns and needs				
	Express their ideas, perspectives or opinions				
	Communicate calmly and effectively in challenging situations				

<sup>1</sup> This tool is based on content in the Peacebuilding Competency Outcome Framework, UNICEF, 2015, unpublished.

## Sample Tool: Monitoring competency goals

Competency Goals	Negative change	No change	Some change	Big change	Notes:
					

### Adolescents can:

Coping with stress and managing emotions

Recognise and express different emotions safely and constructively

Use healthy strategies for reducing stress and managing negative emotions

Respond constructively to other peoples' emotions and stress

### Adolescents can:

Cooperation and teamwork

Listen to the ideas and opinions of others and find solutions cooperatively

Work in inclusive ways and compromise when working on a group or team task

Form healthy, respectful and cooperative relationships with others