Tool: Measuring progress toward competency goals[1]

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.

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 This tool is based on content in the Peacebuilding Competency Outcome Framework, UNICEF, 2015, unpublished.

Tool: Measuring progress toward competency goals

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

Adolescents can:

Communication and expression		Negative change	No change	Some change	Big change	Notes
	Listen to other people's perspectives, concerns and needs					
	Express their ideas, perspectives or opinions					
	Communicate calmly and effectively in challenging situations					

Adolescents can:

Coping with stress and managing emotions		Negative change	No change	Some change	Big change	Notes
	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					

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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
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					