



# Validating Indicators for assessing Life Skills Performance





# Objectives

## Participants:

1. Understand the methodology of selecting relevant indicators for assessing Life Skills of Students in VET
2. Understand the method of collecting and processing information and the results of Life Skills Assessment
3. Validate the indicators for measuring Life Skills Performance of students in VET and the visualisation of its results.





# Methodology

1. Formulating and selection indicators (4BLS – AAQC)
2. Prioritising
  - All project partners – Individual exercise – N=16)
  - 5 point scale: 1 = No priority; 2 = Low priority; 3 = Some priority; 4 = High Priority 5 = Highest Priority
3. Statistical analysis (AAQC)
  - Total- Standard Deviation (Cohesion)- Mean (Statistical Average)
4. Ranking
5. Final selection
  - 5 indicators per Life Skill
  - Positive formulated behaviour vs. Negative formulated behaviour ?
  - Criteria:
    1. highest rank
    2. Lowest Standard Deviation (=High agreement of the ranking)
6. Validation of indicators (All Project partners)



# Problem solving

1	When I have a problem, I first figure out exactly what the problem is.	73	0,73	4,56
2	I enjoy exploring different perspectives of a problem, a challenge or a process	67	0,75	4,19
3	I come into action, immediately after identifying the problem	61	0,83	3,81
4	I am a good mediator	59	0,87	3,69
5	Friends usually ask me for help if they need to solve a problem	59	0,87	3,69
6	When faced with an obstacle, I prefer to let go rather than try to overcome it	53	1,45	3,31
7	When faced with an obstacle, I get quickly discouraged and I usually feel completely lost	51	1,64	3,19
8	I feel completely lost	38	1,26	2,38
9	I feel alone, abandoned	37	1,40	2,31



# Critical thinking

		Tot	SD	Mean
1	I develop my ideas by gathering information	72	0,52	4,50
2	I explore (consider) various possible options for results before I take any action.	70	0,62	4,38
3	I want to know the source where the information comes from	70	0,62	4,38
4	When I think about a topic, I compare more ideas	68	0,58	4,25
5	I check the author when I read a piece of news that seems inconsistent	67	0,83	4,19
6	I easily believe what people tell me	52	1,13	3,25
7	I show difficulties in expressing my thoughts on a problem.	49	1,12	3,06
8	When I disagree with others, I stop listening to their ideas	47	1,18	2,94
9	I speak about rumours	42	1,20	2,63
10	I do not believe in teachers because they get their information from television	33	1,18	2,06



# Effective Communication

		Tot	SD	Mean
1	I show to others that I am listening actively	71	0,73	4,44
2	I use the tone my voice to emphasise what I try to say.	70	0,50	4,38
3	I use words that are appropriate	70	0,72	4,38
4	I know when to listen and when to talk	68	0,58	4,25
5	I am often misunderstood	44	1,39	2,75
6	I do not ask questions	44	1,61	2,75
7	I am not listening what another person is saying, because I think about what I want to tell myself.	42	1,50	2,63
8	I do not talk at all	42	1,45	2,63
9	I use words that are not appropriate	37	1,62	2,31



# Decision making

		Tot	SD	Mean
1	I think that for an important decision I have to evaluate the consequences for the future	73	0,81	4,56
2	I take enough time to think before making a choice.	67	0,83	4,19
3	I do not take a decision based on what others tell me what to do.	56	1,03	3,50
4	I think that intuition is enough to make the right decision	53	1,01	3,31
5	I make decision quickly without thinking much about them	52	1,44	3,25
6	If I have to make an important choice, emotions take over me	52	1,39	3,25
7	I regret choices I made impulsively	49	1,24	3,06
8	I am asked to help another student who faces problems (peer education)	47	1,51	3,13
9	I have difficulties to commit myself to choices	51	1,38	3,19
10	I decide to finish my school work and not to join a party	45	1,11	2,81



# Creative Thinking

		Tot	SD	Mean
1	I know how to transform old things by giving them a new form	70	0,72	4,38
2	I like to do artistic works where I can use my fantasy	69	0,60	4,31
3	I use to brainstorm before identifying the best solution	68	0,68	4,25
4	I am excited to learn from new experiences	68	0,86	4,25
5	I am willing to carry out new type of tasks	61	0,80	4,07
6	I am anxious to try out a new different solution	55	1,21	3,44
7	I prefer to have a quick and fixed solution when problems occur.	50	0,89	3,13
8	I hate doing things without clear instructions (or without a precise model)	47	0,93	2,94
9	When problems occur, I am more observing the situation than proposing a solution.	45	1,17	2,81
10	I am bored	35	1,23	2,33
11	If I am with my friends, we don't know what do together.	32	0,99	2,13



# Interpersonal relationship

		Tot	SD	Mean
1	I am able to stimulate others	67	0,66	4,19
2	I dare to ask help from others	65	0,93	4,06
3	I prefer to work in a group	64	0,82	4,00
4	I share concern, ideas and opinions with my peer	63	1,00	3,94
5	I think to know that I have a stable relationship with others	61	0,83	3,81
6	I don't get into arguments and conflicts	59	1,08	3,69
7	I show that I can rely on others	56	0,96	3,73
8	I can count on my friends	55	1,09	3,44
9	I share concern, ideas and opinions with my peers	63	1,00	3,94
10	I have difficulties in building up a trustful relationship with other students.	51	1,76	3,19



# Self-Awareness building Skills

		Tot	SD	Mean
1	I take care of my wellbeing	73	0,63	4,56
2	I am able to keep a positive attitude towards myself (in positive/negative circumstances)	71	0,51	4,44
3	I feel that I can clearly express what I need.	69	0,87	4,31
4	I know my strengths.	68	0,58	4,25
5	I know my weaknesses.	68	0,68	4,25
6	I am satisfied with myself.	66	0,72	4,13
7	I feel I am a valuable person	64	0,63	4,00
8	In team activities, I take my responsibilities.	60	0,93	3,75
9	I have a clear view on what I am not good at.	60	1,06	3,75
10	All in all, I'm inclined to feel I am a failure	35	1,22	2,19



# Empathy

		Tot	SD	Mean
1	I easily feel emotions of others	70	0,89	4,38
2	I can see how other people feel.	67	0,83	4,19
3	I do not judge others	63	0,93	3,94
4	I prefer to help others	63	0,93	3,94
5	I become excited when others are excited.	60	0,93	3,75
6	Misfortunes of others disturb me	0	0,00	0,00
7	I prefer to help others	63	0,93	3,94
8	I avoid persons who have big problems	47	1,06	2,94
9	I am annoyed by those who show their emotions too much	41	1,36	2,56
10	If I see someone crying, I make fun of them	37	1,58	2,31



# Coping with Stress

		Tot	SD	Mean
1	When I feel a lot of stress in my life, I find ways to express and release my emotions (writing, playing music, painting, etc).	70	0,89	4,38
2	I am able to reduce my stress	65	1,00	4,06
3	I mostly have control of any situation	63	0,93	3,94
4	I get angry on things I have not control of	62	1,09	3,88
5	When the stress come up, I seek out emotional support from others.	61	1,05	3,81
6	In new situations, I feel tension in my body	58	1,36	3,63
7	When I'm under pressure, I have difficulty focusing on different things.	56	1,15	3,50
8	I often see problems which cannot be solved	55	1,26	3,44
9	When I feel strained, I hole up in my house and avoid friends and family as much as possible.	55	1,31	3,44
10	To get my mind off my real problems, I throw myself into reckless behaviour (i.e. drugs, alcohol, impulsive spending, gambling etc).	51	1,60	3,19



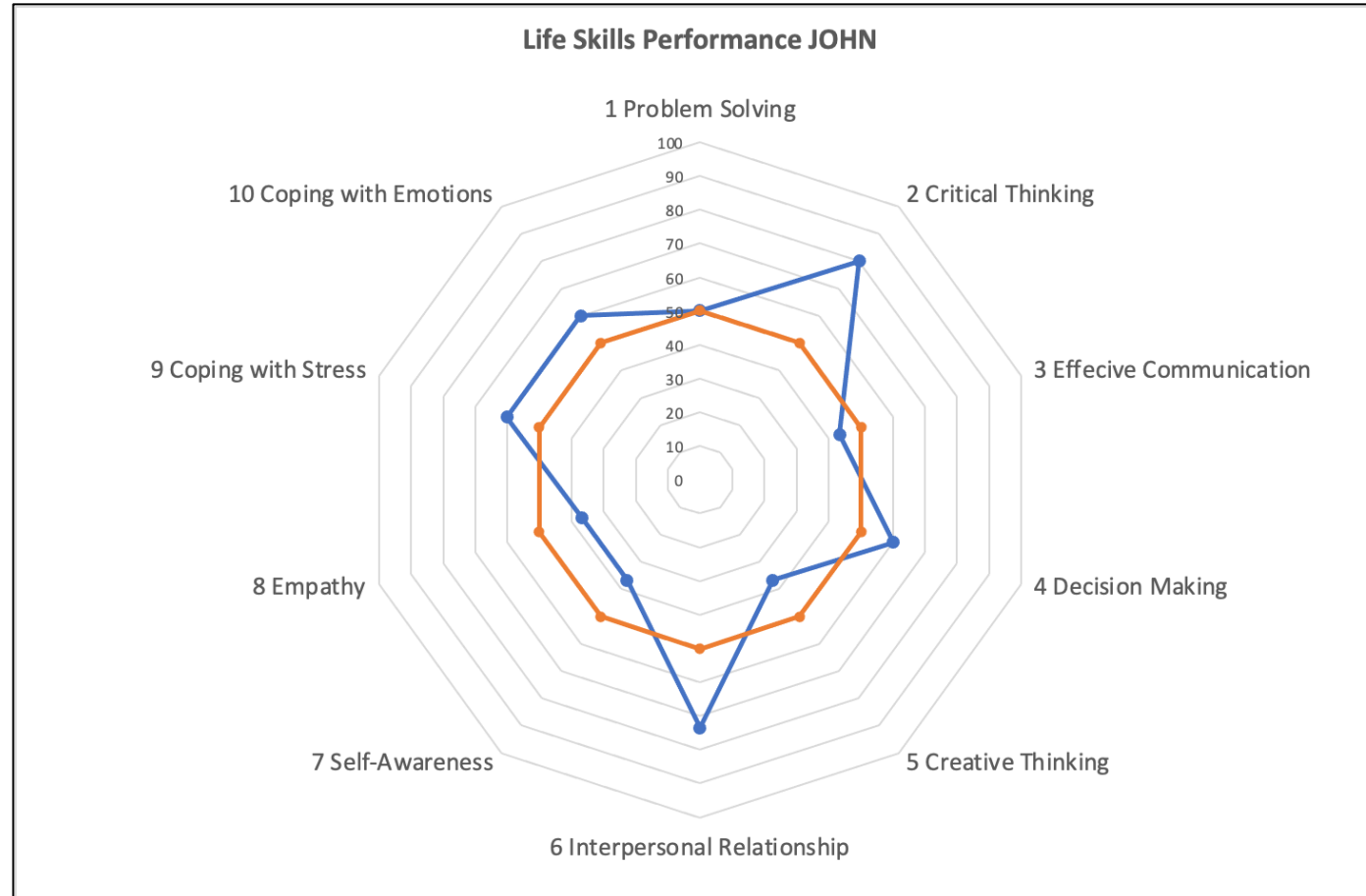
# Coping with Emotions

		Tot	SD	Mean
1	I pay attention to how I feel	71	0,73	4,44
2	I care about what I am feeling	68	0,77	4,25
3	It's easy for me to adapt my behaviour in different life context (family, friends, etc.)	66	0,62	4,13
4	When I'm upset, I acknowledge my emotions	60	1,18	3,75
5	I express my appreciation when others have done something right	57	0,68	3,80
6	When I'm upset, I have difficulty controlling my behaviours.	53	1,30	3,31
7	I am often confused about what I feel	51	1,38	3,19
9	I tend to dismiss my emotions	51	1,72	3,19
10	I have difficulty making sense out of my feelings	50	1,50	3,13
11	When I'm upset, I believe there is nothing I can do to make myself feel better.	47	1,65	2,94





# Feedback JOHN

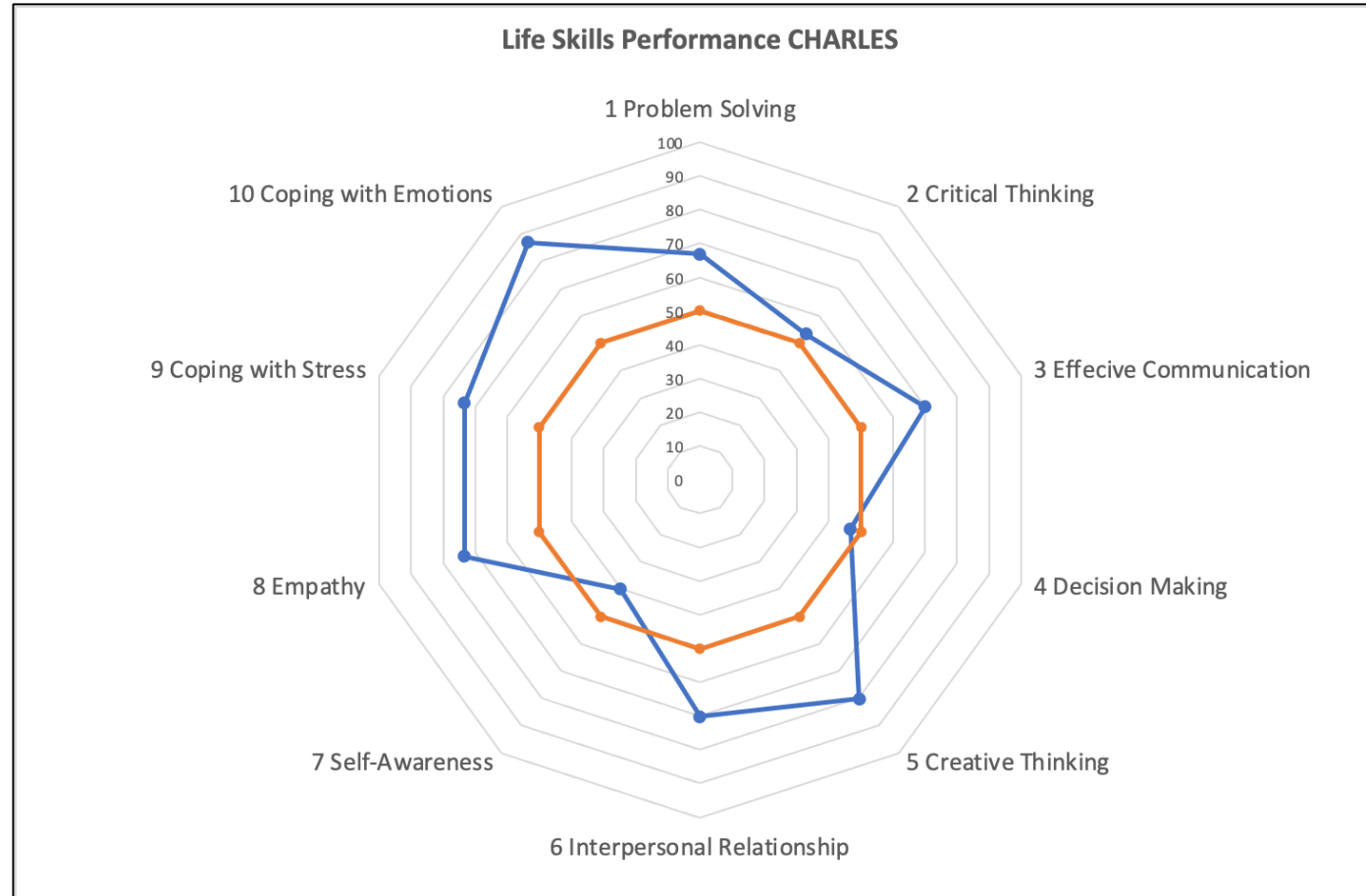


Norm: 50

Average score: Sometimes



# Feedback CHARLES

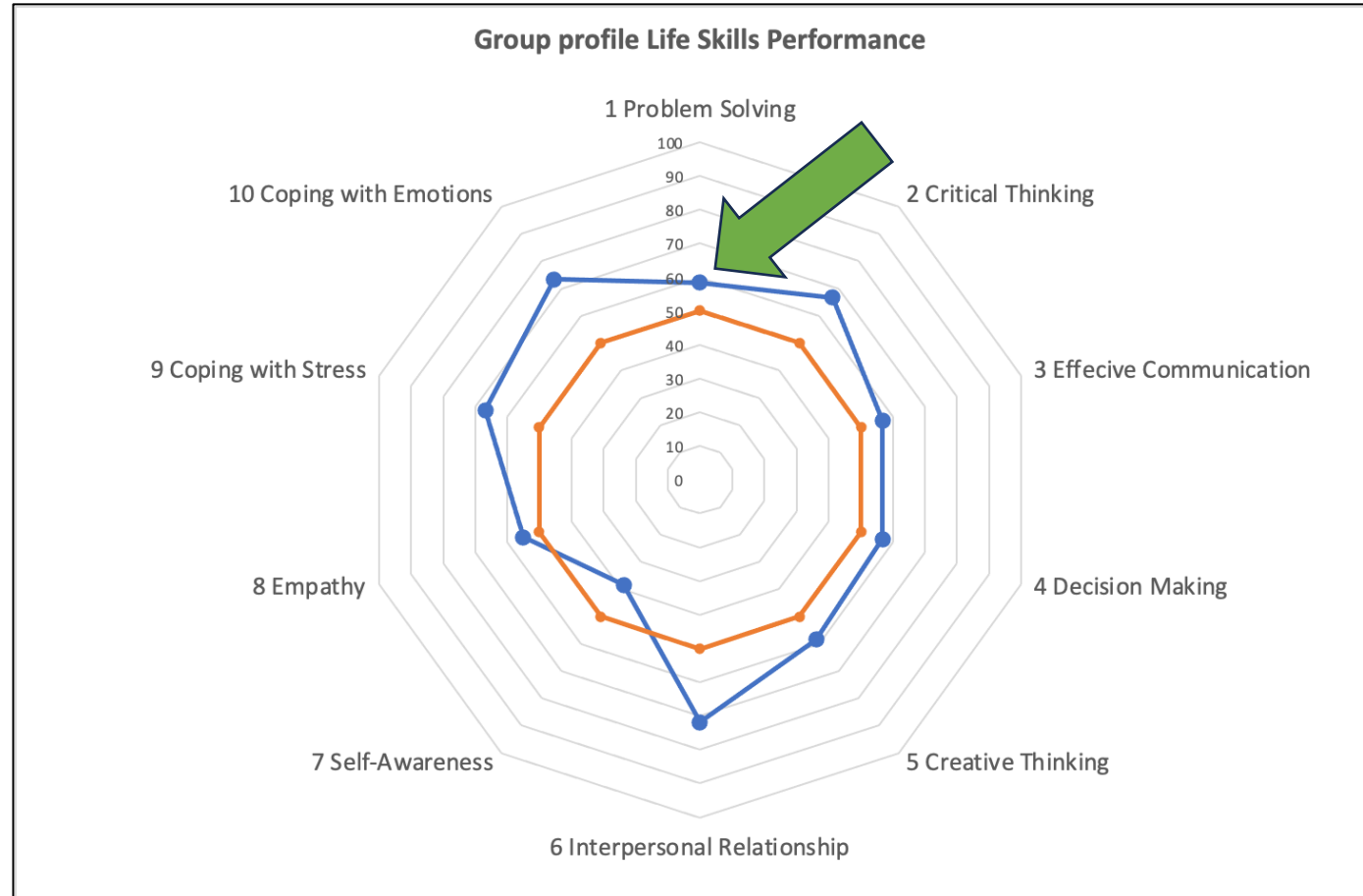


Norm: 50

Average score: Sometimes



# Life Skills Performance Profile 1



Norm: 50

Average score: Sometimes



# Feedback Performance Problem Solving

Performance

## 1 PROBLEM SOLVING

### What does it mean?

Problem-solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. Problem-solving is the process of identifying and resolving conflicts or problems. It involves breaking a problem down into its component parts, thinking about possible solutions, and then choosing the best one. Problem-solving is an important skill for everyone because it helps us identify and solve problems in our lives, work, and communities.

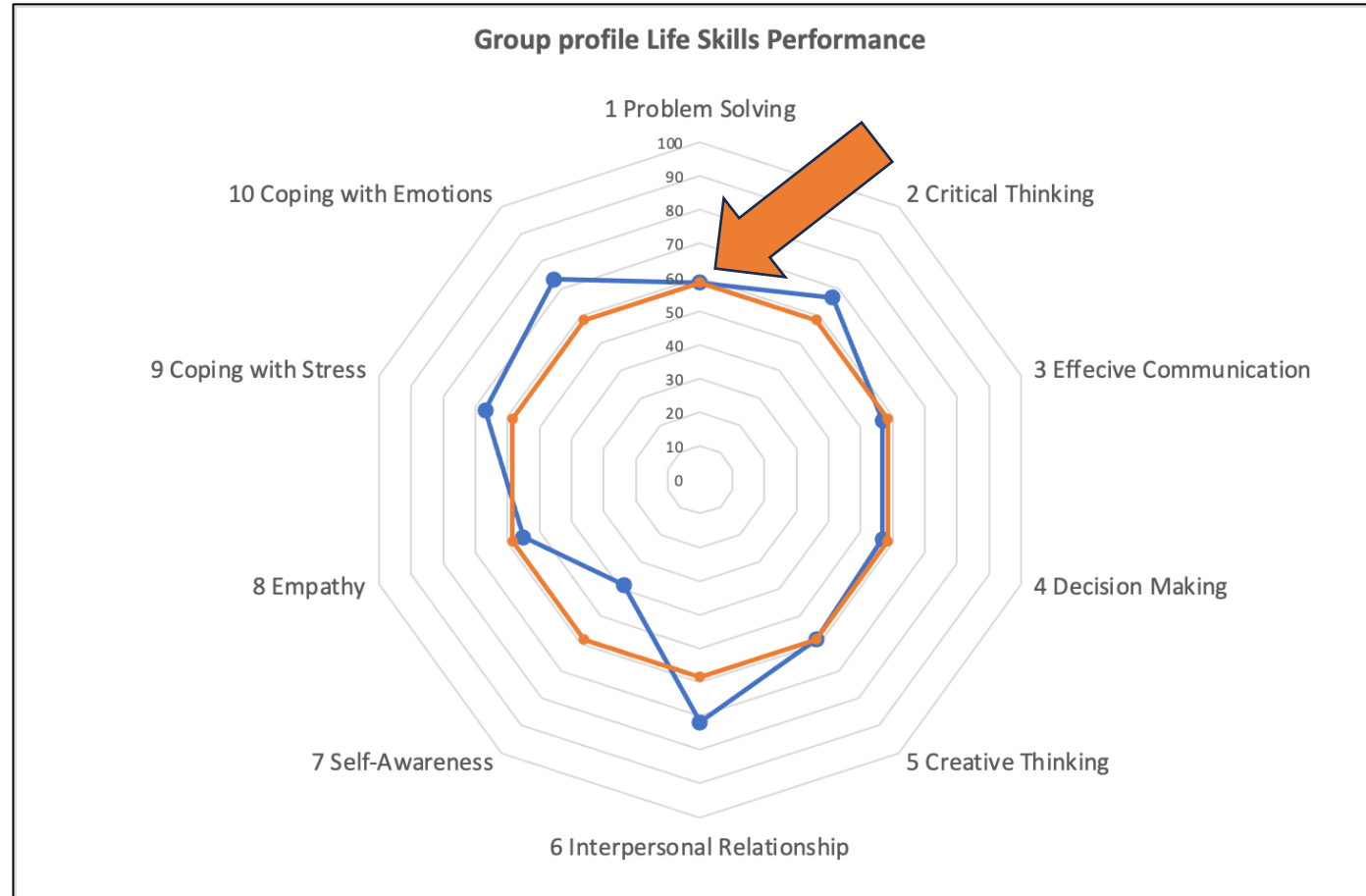
### Feedback on current performance

According to the analysis of your answers, you have the skills and competences to make solve problems in your life in relation to your health and you are aware of the effect and impact of the solutions and decisions you make.





# Life Skills Performance Profile 2



Norm: 58

Average score: Between Sometimes & Frequently



# Feedback Performance Problem Solving

## 1 PROBLEM SOLVING

### What does it mean?

Problem-solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. Problem-solving is the process of identifying and resolving conflicts or problems. It involves breaking a problem down into its component parts, thinking about possible solutions, and then choosing the best one. Problem-solving is an important skill for everyone because it helps us identify and solve problems in our lives, work, and communities.

### Feedback on current performance

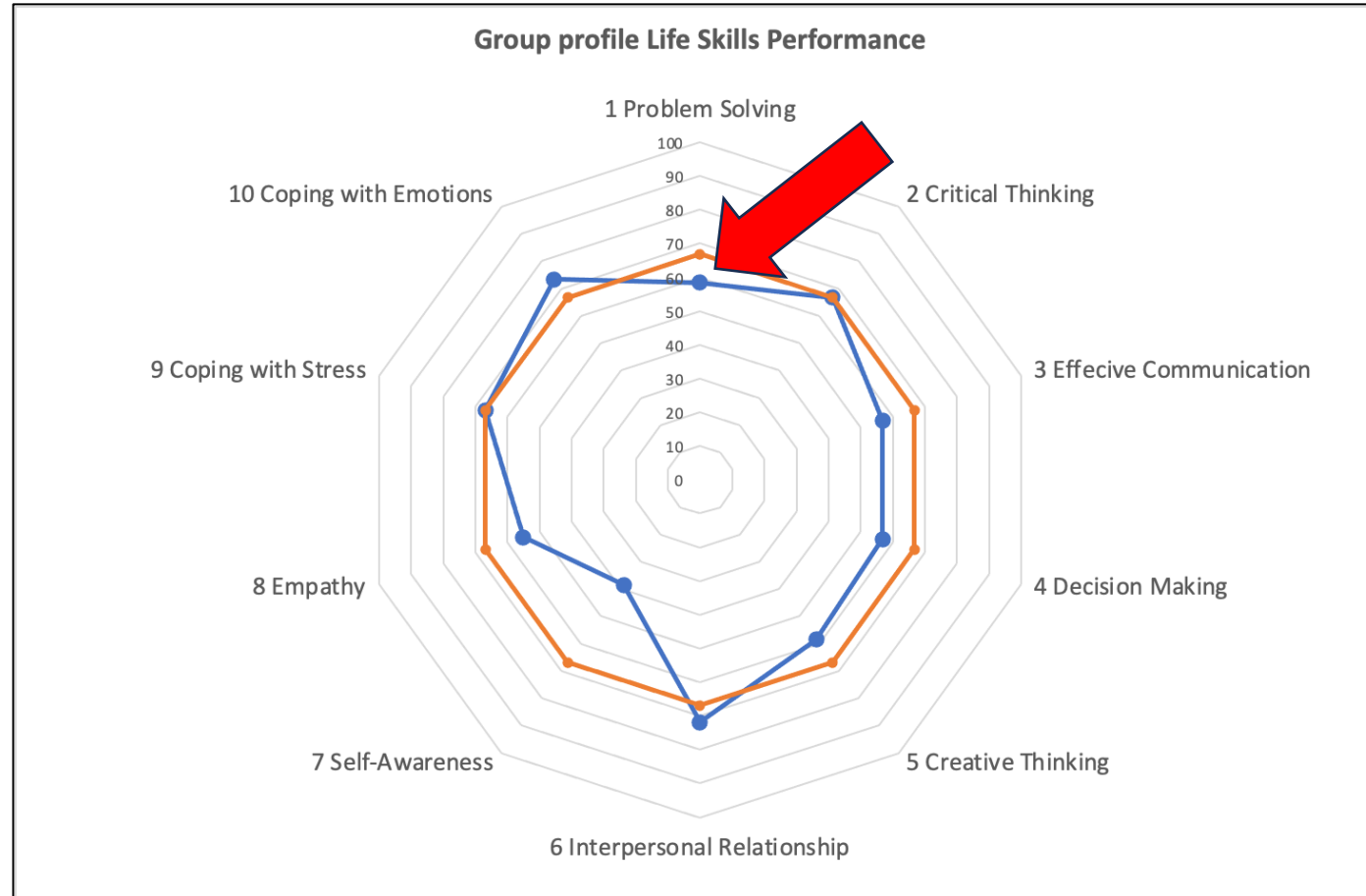
In work and in life, problems can crop up. Even if you don't know how to fix the problem at first, there are methods and techniques to identify about how the problem happened in the first place. This gives you insights in the cause of the problem. There are also methods and techniques to explore and to find some good solutions. The analysis of the results of your answers shows that you face significant challenges in identifying and solving problems in your life. Therefore it is recommended to work on these issues by being aware of your current competences and techniques to identify and to resolve problems in work, life and in relationship with other people.

Performance





# Life Skills Performance Profile 3



Norm: 67

Average score: Frequently



# Feedback Performance Problem Solving

Performance

## 1 PROBLEM SOLVING

### What does it mean?

Problem-solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. Problem-solving is the process of identifying and resolving conflicts or problems. It involves breaking a problem down into its component parts, thinking about possible solutions, and then choosing the best one. Problem-solving is an important skill for everyone because it helps us identify and solve problems in our lives, work, and communities.

### Feedback on current performance

In work and in life, problems can crop up. Even if you don't know how to fix the problem at first, there are methods and techniques to identify about how the problem happened in the first place. This gives you insights in the cause of the problem. There are also methods and techniques to explore and to find some good solutions. The analysis of the results of your answers shows that you face significant challenges in identifying and solving problems in your life. Therefore it is recommended to work on these issues by being aware of your current competences and techniques to identify and to resolve problems in work, life and in relationship with other people.

