

Essential Skills in Youth Development

The following checklist is designed to help you and your volunteers assess current confidence in helping young people develop these essential skills of youth development.

Youth Development Competencies

Use this self-assessment tool to determine your perceived skill level for each of these vital youth development tasks. Rate yourself with a 0 (low) to 5 (high) on your confidence in each task.

	No Skill			Exceptional Skill		
1. Listening to Young People	0	1	2	3	4	5
2. Talking to Young People	0	1	2	3	4	5
3. Helping Young People Make Decisions	0	1	2	3	4	5
4. Helping Young People Deal with Conflict	0	1	2	3	4	5
5. Helping Young People Enjoy Learning	0	1	2	3	4	5
6. Helping Young People Deal With Their Feelings	0	1	2	3	4	5
7. Helping Young People Interact With Peers	0	1	2	3	4	5
8. Helping Young People Understand and Value Themselves	0	1	2	3	4	5
9. Helping Young People Deal With Others' Anger	0	1	2	3	4	5
10. Helping Young People Envision a Positive Future for Themselves	0	1	2	3	4	5
11. Helping Young People Think Critically	0	1	2	3	4	5
12. Helping Young People Express Praise	0	1	2	3	4	5
13. Helping Young People Stay on Task	0	1	2	3	4	5

Circle the scores that fall below 3.

After rating yourself, ask a young person who knows you well to rate your skills as he or she sees them. Circle the scores which fall below 3. Use the circles as priorities for practice.

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Volunteerism for the Next Generation

