

YOUNG PEOPLE WHO ARE MORE FOCUSED AND PROACTIVE

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If it wasn't because of Scotland [Outward Bound Loch Eil], I wouldn't be organised; I wouldn't be prepared for my GCSEs, I wouldn't have my notes ready. That would have never happened. I'd just be doing it all at the last minute. ”

Nadia, speaking in May 2016, three–five years after her course

Qualities such as self-discipline, planning and goal-setting are necessary for the completion of any task, and it is particularly important that young people are able to develop these so that they can take greater responsibility for their learning. Young people who demonstrate greater levels of self-discipline have been shown to have greater success in their education¹¹.

Throughout their Outward Bound course, young people are given responsibility for planning tasks, setting goals and organising themselves – a new experience for many. These skills are developed through activities such as map reading, preparing for an expedition – what to take, how much food is needed, packing their own bags, deciding who carries what, preparing meals, looking after equipment – making their own beds and clearing dishes away.

PARTICIPANTS APPROACH TASKS THAT REQUIRE PLANNING AND TEAM COHESION, AND REFLECT ON THEIR PERFORMANCE

PARTICIPANTS BECOME BETTER AT PLANNING AND SETTING GOALS; AND DEVELOP PERSONAL RESPONSIBILITY

PARTICIPANTS ARE BETTER EQUIPPED TO PLAN THE STEPS THEY NEED TO ACHIEVE THEIR GOALS AND FOLLOW THROUGH WITH THEM

The Outward Bound Trust's Theory of Change

