

ABILITY TO STAY CALM AND IN CONTROL WHEN THINGS GO WRONG

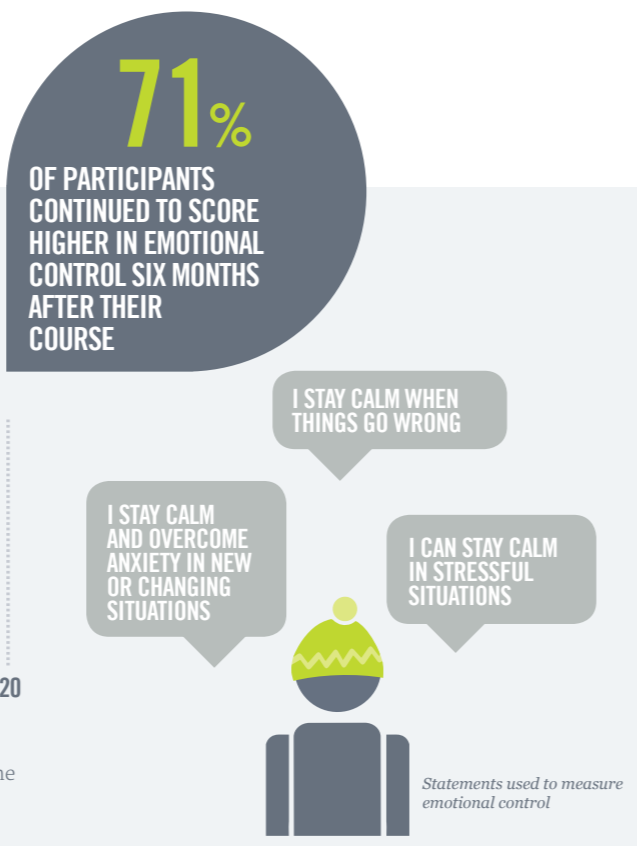
One dimension of perseverance is the ability to stay calm and in control when things don't go to plan.

Our evaluations show that by participating in one of our courses, young people get better at managing their emotions when they're facing stressful situations or adapting to change. 60% of participants on our 5-day Education courses and 71% of participants on our 19-day Skills for Life Award course recorded an increase in their emotional control score from their baseline score at the end of their course.

When we surveyed the young people who had completed the Skills for Life Award again six and twelve months afterwards, we found that the improvements recorded in their emotional control had been sustained.

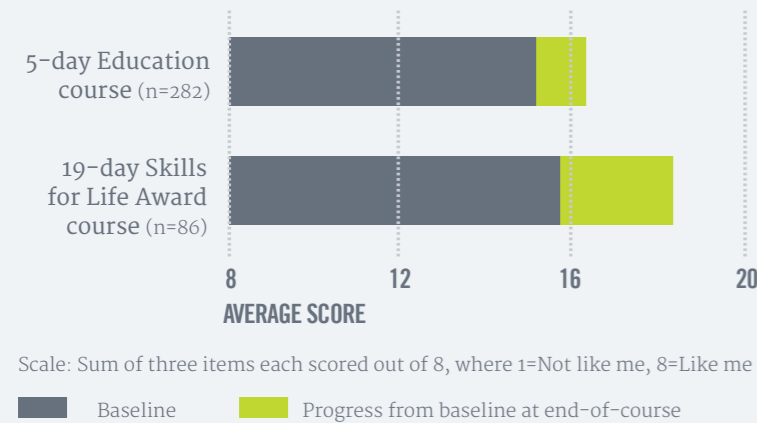
“ I have seen a difference in a young boy who would often get into trouble for low level disruption in lessons and is often on report. He has certainly been much improved and there haven't been so many incidents of 'removes' (where they have to go and work in another class due to their disruption). ”

Rachel Kanes, Teaching Assistant, Broadoak School (Manchester). Feedback provided in February 2016, four-six weeks on from the course.



IMPROVEMENTS RECORDED IN PARTICIPANTS' EMOTIONAL CONTROL

Life Effectiveness Questionnaire: emotional control measure



Full results can be found in Additional Research, page 61, Figures 1-3; and page 65, Figure 16.

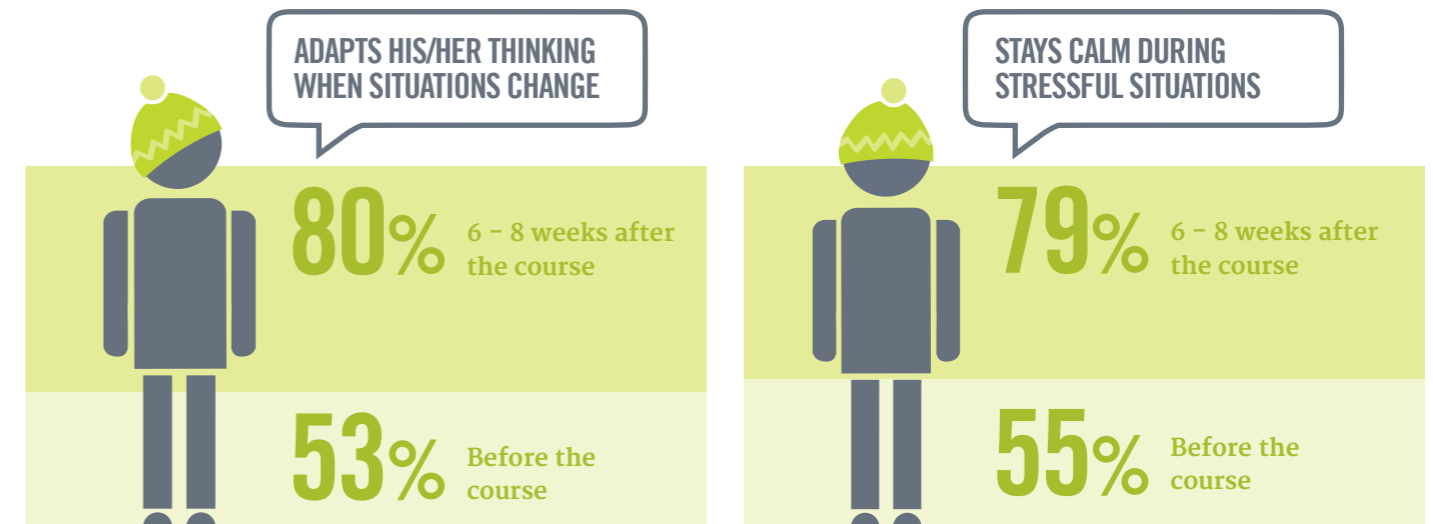
FROM A PARENT'S PERSPECTIVE



Our evaluations involving the parents of participants provide further evidence that young people develop their ability to cope with challenges and change after taking part in the Skills for Life Award. Parents and guardians have recorded improvements in how well individuals adapt when situations change, how calm they are in stressful situations and how likely they are to look for solutions to problems.

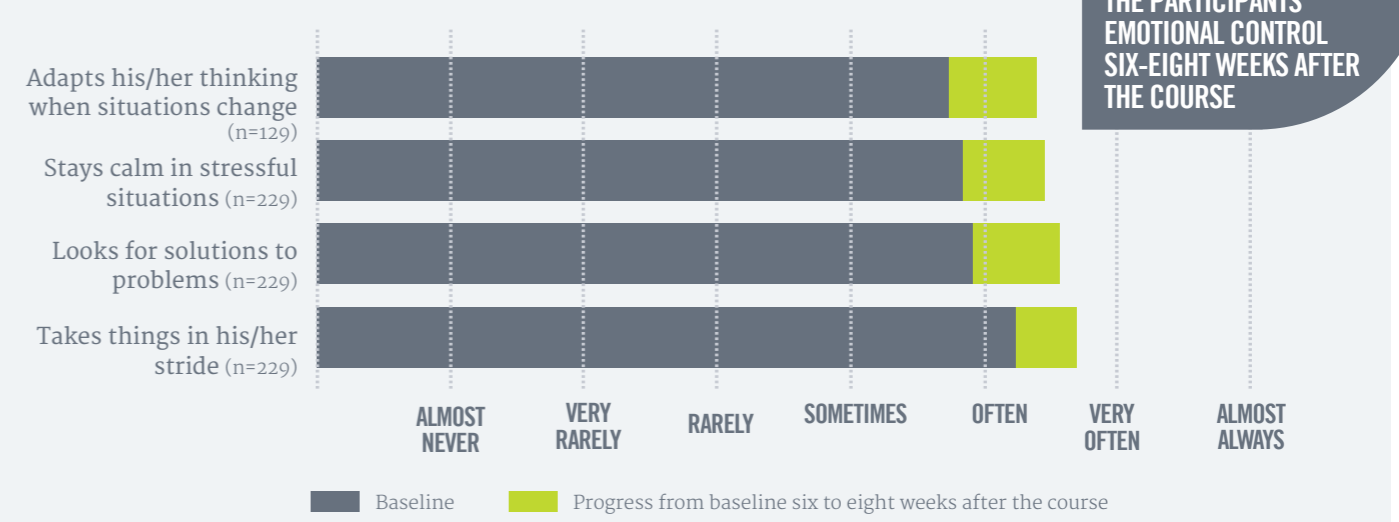
“ Luke came back from the course very upbeat and positive, and was also better able to cope with the wait for the exam results coming in as he was still on a conditional offer. In the last two years, he would become more and more stressed and his behaviour / temper would become poor. Even though he didn't get the results he wanted, he has coped well and returned to an even temper and is looking forward to college. I would like to thank you for the course as it's made living with him this summer much easier. ”

Parent of Luke, age 18, who completed his Skills for Life Award in 2015.



Percentages shown are for parents who reported that the participant displays the behaviour 'often' or 'very often'.

IMPROVEMENTS IN EMOTIONAL CONTROL RECORDED BY PARENTS OF SKILLS FOR LIFE AWARD PARTICIPANTS



68% OF PARENTS RECORDED AN IMPROVEMENT IN THE PARTICIPANTS' EMOTIONAL CONTROL SIX-EIGHT WEEKS AFTER THE COURSE

Full results can be found in Additional Research, page 64, Figure 15.