Use this as a tool to help you plan for the improvement of the way your school prepares students for their transition to university and young adulthood. By connecting your goals with meaningful, malleable, and measurable skills you will be more effective in evaluating the success of your schools transition support.

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| Definition of Young Adult Success |

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| School and Community Values/Beliefs |

|  |  |
| --- | --- |
| Goals | Associated Skills |
|  |  |

Examples of meaningful, malleable, and measurable skills.

Adaptability

Cognitive flexibility

Communication

Complex problem solving

Conflict resolution

Creativity

Critical thinking

Delayed gratification

Emotion recognition

Forethought

Frustration tolerance

Identity integration

Impulse control

Perspective taking

Planful competence

Positive identity development

Positive outlook

Reflection

Relationship skills

Resilience

Resourcefulness

Self-advocacy

Self-discipline

Sense of purpose

Social problem solving

Well Being