

THE READINESS ABILITIES



I CAN THINK & CREATE
 in ways that help me to navigate and experience life.



I CAN FEEL & EXPRESS EMOTION
 appropriately and as a way to connect with others.



I CAN GET & STAY HEALTHY
 physically, emotionally, mentally and spiritually.



I CAN APPLY LEARNING
 in the real world and to meet life demands.



I CAN USE INSIGHTS TO GROW & DEVELOP
 in each stage of life.



I CAN WORK & STAY FOCUSED
 in each area of life.



I CAN RELATE TO OTHERS & THE WORLD
 by forming, managing and sustaining my relationships.



I CAN ENGAGE WITH PEOPLE & PLACES
 by being present and engaging in meaningful, real and honest ways.



I CAN PERSIST THROUGH STRUGGLES & MAINTAIN HOPE
 no matter my challenges.



I CAN SOLVE PROBLEMS & MAKE DECISIONS
 about the intellectual, social, moral and emotional issues and problems that I face.

THE READINESS PRACTICES

WHAT ARE READINESS PRACTICES?

Research and experience tell us that there are a set of practices that adults can put in place that increase the chance that young people successfully develop the Readiness Abilities. These practices, like the Abilities, can occur in any place where youth spend time. The Practices are consistent with what many researchers and practitioners call positive youth development, an approach that is widely used in out-of-school programs and can work in any youth setting.



ENVIRONMENTS

- THAT ARE**
- community-oriented
 - relational
 - resourced
 - safe and structured
 - socially and culturally responsive
 - strengths-based
 - youth-centered



PEOPLE

- WHO**
- coach and care
 - equip and empower
 - skillfully plan and execute
 - train and assess



EXPERIENCES

- THAT**
- are stage and age appropriate
 - build skills and mastery
 - challenge and engage
 - connect to real life
 - encourage agency and choice
 - promote group work



SPACE AND TIME

- TO**
- observe and explore
 - practice and demonstrate
 - apply and connect
 - reflect and refine