**TOOL: Measuring progress toward competency goals[[1]](#footnote-0)**

There are a lot of ways to measure adolescents’ progress toward competency goals:

* Observation of adolescents in their circles and within the community;
* Interviews/focus groups with adolescents, facilitators and community members;
* Participatory exercises and activities with adolescents; and
* Written questionnaires or surveys.

Use the sample tool below as a guide to developing your own tools for measuring adolescents’ progress toward competency goals.

| **Sample Tool: Monitoring competency goals** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Competency Goals** | | Negative change Macintosh HD:Users:tleafsalad:Pictures:iPhoto Library.photolibrary:Previews:2015:11:06:20151106-165856:NahmXhtOQrihdvA08R+reQ:smiley_face_pain_chart - Version 6.JPG | No change Macintosh HD:Users:tleafsalad:Pictures:iPhoto Library.photolibrary:Previews:2015:11:06:20151106-165856:sL0e3uMpQz25uvVStQSVSQ:smiley_face_pain_chart - Version 4.JPG | Some change Macintosh HD:Users:tleafsalad:Pictures:iPhoto Library.photolibrary:Previews:2015:11:06:20151106-165856:6QL9agPSQMKwoPt+Z4fMZw:smiley_face_pain_chart - Version 3.JPG | Big change  Macintosh HD:Users:tleafsalad:Pictures:iPhoto Library.photolibrary:Previews:2015:11:06:20151106-165856:LN%IiDI%TNSj5JQdFAPcSw:smiley_face_pain_chart - Version 2.JPG | **Notes:** | |
| ***Adolescents can:*** | | | | | | | |
| **Communication and expression** | Listen to other people’s perspectives, concerns and needs |  |  |  |  |  | |
| Express their ideas, perspectives or opinions |  |  |  |  |  | |
| Communicate calmly and effectively in challenging situations |  |  |  |  |  | |
| ***Adolescents can:*** | | | | | | | |
| **Coping with stress and managing emotions** | Recognise and express different emotions safely and constructively |  |  |  |  | |  |
| Use healthy strategies for reducing stress and managing negative emotions |  |  |  |  | |  |
| Respond constructively to other peoples’ emotions and stress |  |  |  |  | |  |
| ***Adolescents can:*** | | | | | | | |
| **Cooperation and teamwork** | Listen to the ideas and opinions of others and find solutions cooperatively |  |  |  |  | |  |
| Work in inclusive ways and compromise when working on a group or team task |  |  |  |  | |  |
| Form healthy, respectful and cooperative relationships with others |  |  |  |  | |  |

1. This tool is based on content in the *Peacebuilding Competency Outcome Framework,* UNICEF, 2015, unpublished. [↑](#footnote-ref-0)