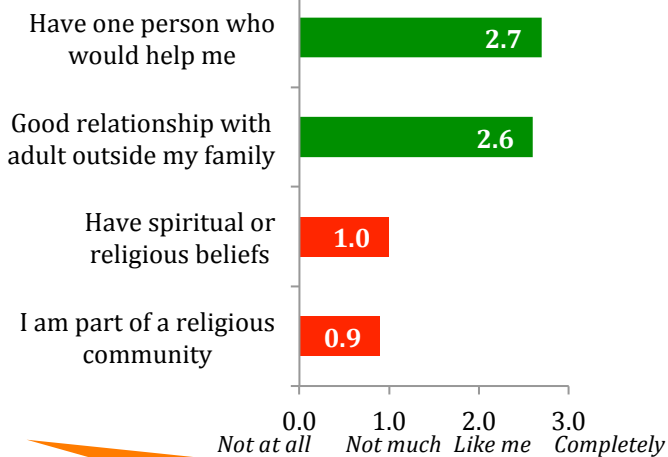


# What do young adults have to say about their strengths and things they do well?

The *Young Adult Strengths Questionnaire* is a 42-item survey that follows the *Circle of Courage* model: *Belonging, Generosity, Independence, and Mastery*. 102 young adults at the start of YIT services rated how well each item described them on a scale from 0 (*Not at all like me*) to 3 (*Completely like me*). Below are the highest and lowest rated items in each domain as well as select quotes from young adults.

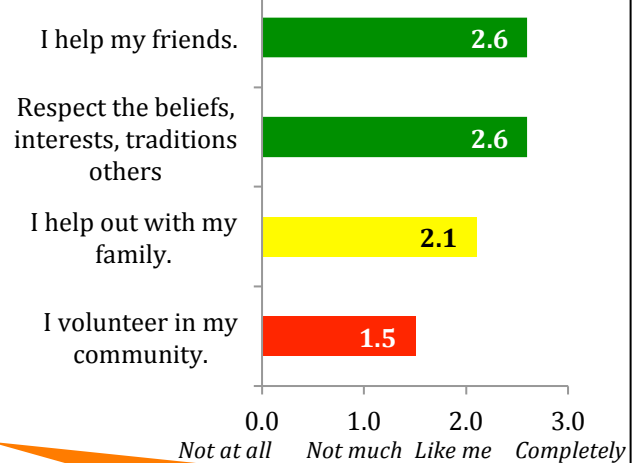


## **Belonging: Positive bonds and relationships with family, friends, communities, and institutions**



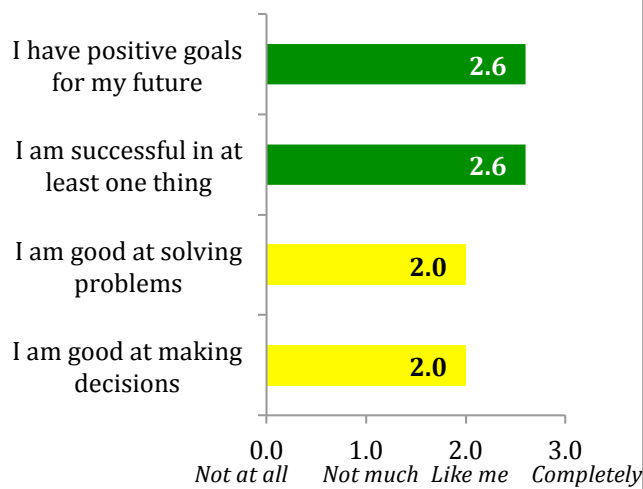
*I'm 100% loyal to the people I care for [...] I'm there no matter what.*

## **Generosity: A sense of compassion and empathy as well as taking concrete actions to help others**



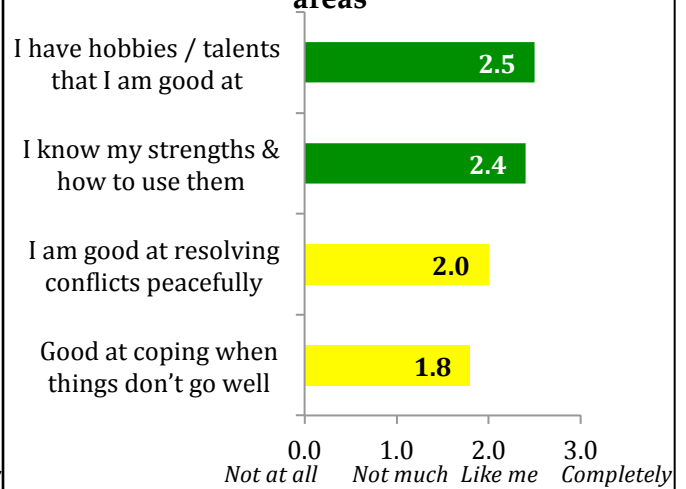
*If people in my culture don't know something or are having trouble I help them*

## **Independence: Belief in ability to get things done on your own, confidence**



*I keep going with what I need to do, I never give up.*

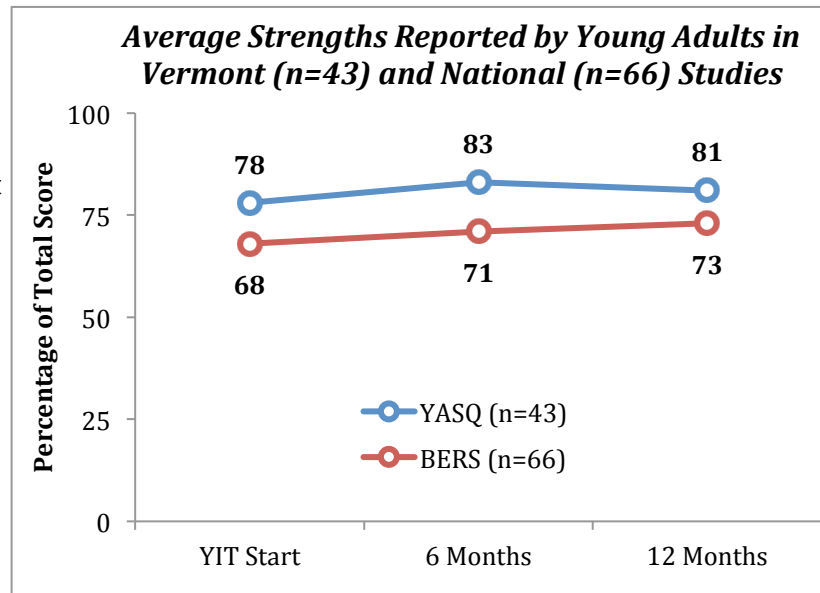
## **Mastery: Positive view of one's competencies and skills in specific areas**



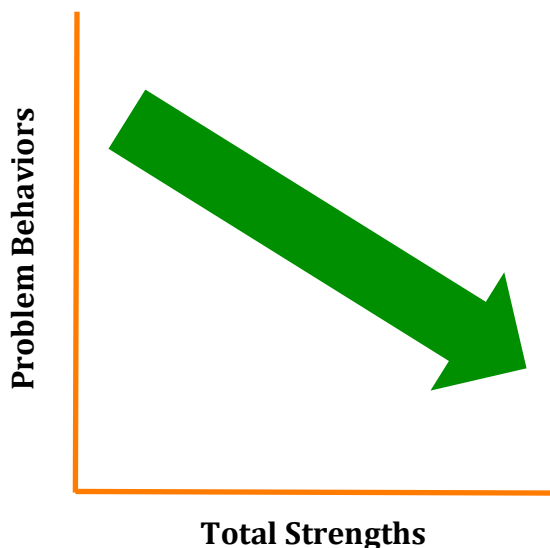
*I can draw really well & write really well and people are impressed. It's the effort that I'm proud of.*

## Are young adults strengths improving over time?

The YIT Evaluation includes two measures of strengths: (1) the *Young Adult Strengths Questionnaire (YASQ)* part of the Vermont Study and (2) the *Behavioral and Emotional Rating Scale (BERS-2)* part of the National Study. We looked at how many strengths young adults reported for each then put them on a scale from 0 (*no strengths*) to 100 (*all strengths*). We then compared these scores at the start of YIT services, 6 months, and 12 months later. These average total scores do increase slightly over time, but the increase is not statistically significant.



## How are strengths connected to difficulties?



Looking at strengths is important because they are believed to help young adults by promoting well-being and protecting against negative outcomes. We examined the relationship between the total strengths 100 young adults reported on the YASQ and problem behaviors that they reported on the *Youth Self Report* form. We found a significant negative relationship, meaning as young adults reported more strengths they reported fewer problem behaviors (correlation =  $-.40, p < .01$ ).

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 Version 1, 5/8/2013

