

IYF Life Skills Survey Tool (LISST)

Background

Young people fulfill their potential as global citizens once they unlock their self-agency and can access better economic opportunities and push for systems-level change within their communities and the world around them. In order to help youth unlock their agency and access more and better economic opportunities, they must develop a set of life skills. These skills are necessary to navigating the relationships and day-to-day decisions that determine success in a family as they are on the job, at school, and within a community. According to IYF's Life Skills Framework, there are four domains where youth must cultivate life skills: the identity or mindset domain, the interpersonal or relationship domain, the higher order thinking or intellectual domain, and the community mindset or ethical domain. Within these domains, we have identified 14 life skills that are critical to unlocking youth agency and consequently increasing their economic opportunities. These skills that comprise IYF's Life Skills Framework were informed by relevant international and US-based existing life skills resources and frameworks such as those produced by CASEL, UNICEF, USAID, Character Lab and Partnerships for Learning 21st Century Skills.

Notes on usage

The survey items are designed to measure youth life skills and are rated on a scale of 1-5 (Almost Never, Once in a while, Sometimes, Often, Almost all the time). Scores are generated by averaging responses in each domain, not by each skill. It can be administered either as a retrospective or pre-post assessment. The survey has been validated with a group of youth from the United States. For more information on reliability and validity, please reach out to contacts below. This is an open source tool; if you are interested in using this tool please cite IYF and the LISST tool. If possible, please also share results with Elizabeth Kim (e.kim@iyfglobal.org) or Linda Fogarty (l.fogarty@iyfglobal.org).

DOMAIN	SKILLS	DEFINITION	LEARNING STANDARDS	SURVEY ITEMS/MEASURES
POSITIVE MINDSET The skills that help young people build a strong sense of identity, self-awareness, and adaptability.	SELF-AWARENESS	The ability to accurately recognize one's thoughts, needs and emotions and how they influence behavior.	PM 1.1 Identify a wide range of emotions and their impact on behavior.	I recognize how my feelings affect my performance. I recognize when I'm feeling stressed.
			PM 1.2 Understand their strengths and weaknesses and those they want to develop.	I know when I need to ask for help. I know how to get better at things that are hard for me
	SELF-MANAGEMENT	The ability to manage emotions, thoughts, and behaviors in order to take action's that align with personal goals	PM 2.1 Able to separate action from emotions.	I complete tasks even when I don't like them. I stay calm even when I feel stressed.
			PM 2.2 Monitor and reflect on progress toward achieving a personal goal.	I set goals for myself. I think through the steps it will take to reach my goal.
INTERPERSONAL SKILLS Skills to help young people get along with others in order to achieve shared goals and maintain healthy relationships.	COMMUNICATION	The ability to convey information through good verbal and non verbal methods, ask critical questions, and listen actively.	IS 1.1 Use a variety of verbal and nonverbal active listening strategies to aid communication.	I recognize myself as a valuable person. I know what my strengths are. I can solve whatever problems come my way.
			IS 1.2 Able to express opinions and ideas during interpersonal interactions.	I can solve whatever problems come my way. I express my opinions, even if others disagree with me. I react positively to suggestions from others on how I might improve myself. I bounce back quickly after hard times I can overcome setbacks to take on an important challenge
	TEAMWORK	The ability to work within a diverse group for a common goal and purpose by assuming shared responsibility for collaborative work and valuing the individual contributions made by each team	IS 2.1 Clarify information by asking questions or contributing comments.	I listen actively to understand and learn. I can express my own ideas clearly. I understand the rules and expectations in interacting with others.
			IS 2.2 Demonstrate how to work effectively with those who are different from oneself.	I ask questions to deepen my understanding. I can work effectively with others in a team to accomplish a task.
CONFLICT MANAGEMENT	The ability to understand the needs and wants of others involved in a conflict and find a solution that best meets the needs of the	IS 2.3 Fulfill designated responsibilities when part of a team or group.	I do my share when working in a team.	
		IS 3.1 Affirm the contributions of each team member to achieve shared goals.	I value the input and contributions of others. When resolving a conflict, I try to understand the needs of everyone involved. I can make compromises in order to resolve a conflict with others. I respect others' opinions during a disagreement.	
HIGHER ORDER THINKING SKILLS These skills help young people move beyond basic observation towards evaluative & critical thinking.	CRITICAL THINKING	The ability to analyze facts, examine an issue from all sides, weigh evidence fairly, and challenge assumptions to inform a judgment.	HT 1.1 Consider multiple aspects of a problem or issue, including new perspectives or those that challenge previously held norms or beliefs.	When making up my mind about something, I collect a lot of information. I question assumptions or the way things are done. I know how to differentiate between fact and assumption. I consider diverse sources when analyzing information.
			HT 1.2 Formulate opinions based on evidence and information.	I am able to identify problems that keep me from my goals. When I am faced with a challenging problem, I try to think of multiple solutions.
	PROBLEM SOLVING	The ability to partake in a methodical process of making choices by identifying a problem, gathering information, and assessing alternative resolutions.	HT 2.1 Articulate a problem statement.	I am comfortable asking for advice when making an important decision.
			HT 2.2 Generate alternative solutions to problems.	I think about how the decisions I make will affect me in the long run. When faced with a decision, I understand that some choices are better than others.
CREATIVITY AND INNOVATION	The ability to think beyond traditional ideas and ways of doing things to come up with new, meaningful approaches.	HT 2.3 Evaluate the consequences of proposed solutions, including short-term and long-term impact.		
		HT 2.4 Support a decision with evidence and strong arguments.		
COMMUNITY MINDSET Building upon the principles of diversity and inclusion, these skills help young people be active in and responsible for their communities.	RESPONSIBILITY	The ability to take ownership over one's behaviors, acts according to one's values, and contribute with the interests of the larger community in mind.	HT 3.1 Synthesize concepts from a variety of contexts or disciplines to generate multiple ideas and approaches.	I create new ideas to take on everyday challenges. I am comfortable taking risks when trying to solve a problem. I apply new ideas in a practical way to improve the way things are done.
			HT 3.2 Demonstrate willingness to try new and untested approaches.	I accept responsibility for my actions when I make a mistake or get in trouble. I do what I believe is right, even if my friends make fun of me.
	EMPATHY	The ability to understand, share the feelings of others and act to help others.	CM 1.1 Take responsibility for their actions and accepts consequences of their behavior.	I contribute to make my community and society better. I can easily put myself in someone else's place and understand how they feel. I go out of my way to help others.
			CM 1.2 Identify and perform roles that make positive contributions to the community	
	CULTURAL AWARENESS	The ability to understand and respect values, attitudes, beliefs that differ across cultures, and to view and respond to the world with an open mind.	CM 2.1 Consider the perspectives and feelings of others.	I am willing to be an ally to individuals who are different from myself. I know how to show respect to people with different beliefs, opinions, cultures, and identities.
			CM 2.2 Take initiative to help others around them.	
RESPONSIBLE DIGITAL PARTICIPATION	The ability to use technology and media in an appropriate, responsible, positive and empowered way to be able to learn, create, and participate in the global community.	CM 3.1 Demonstrate knowledge of how social and cultural norms impact behavior.	It is important to me to respect the values and beliefs of people who are of a different race or culture than I am. I engage in positive behavior when using technology, including social interactions online. When I use technology, I engage in safe behavior, including in social interactions online.	
		CM 3.2 Identify how cultural diversity can contribute to greater understanding and cooperation.		



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POSITIVE MINDSET DOMAIN

SKILL	DEFINITION	SURVEY ITEM
Self-confidence	The ability to have a realistic awareness of and positive view of one's ability to achieve goals without	I recognize myself as a valuable person. I express my opinions, even if others disagree with me. I know what my strengths are.
		I can solve whatever problems come my way.
Self-management	The ability to manage emotions, thoughts, and behaviors in order to take actions that align with	I complete tasks even when I don't like them. I think through the steps it will take to reach my goal. I stay calm even when I feel stressed.
		I set goals for myself.
Self-awareness	The ability to recognize one's thoughts, needs, and emotions, and how they influence	I know how to get better at things that are hard for me I recognize how my feelings affect my performance. I recognize when I'm feeling stressed.
		I know when I need to ask for help.
Resilience	The ability to withstand and adapt to challenges and changes with tenacity and	I can overcome setbacks to take on an important challenge I bounce back quickly after hard times I react positively to suggestions from others on how I might improve myself.



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INTERPERSONAL SKILLS DOMAIN

SKILL	DEFINTION	SURVEY ITEM
Communication	The ability to convey information through verbal and non verbal methods, ask critical questions, and listen actively.	I can express my own ideas clearly. I ask questions to deepen my understanding. I listen actively to understand and learn. I understand the rules and expectations in interacting with others.
Teamwork	The ability to work within a diverse group for a common goal and purpose by assuming shared responsibility for	I can work effectively with others in a team to accomplish a task. I value the input and contributions of others. I do my share when working in a team.
Conflict Management	The ability to understand the needs and wants of others involved in a conflict and find a solution that best meets the	When resolving a conflict, I try to understand the needs of everyone involved. I can make compromises in order to resolve a conflict with others. I respect others' opinions during a disagreement.



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HIGHER ORDER THINKING SKILLS DOMAIN

SKILL	DEFINITION	SURVEY ITEM
CRITICAL THINKING	The ability to analyze facts, examine an issue from all sides, weigh evidence fairly, and challenge assumptions to inform a	When making up my mind about something, I collect a lot of information.
		I consider diverse sources when analyzing information.
		I question assumptions or the way things are done.
PROBLEM SOLVING	The ability to partake in a methodical process of making choices by identifying a problem, gathering information, and assessing alternative resolutions.	I know how to differentiate between fact and assumption.
		I am able to identify problems that keep me from my goals.
		I think about how the decisions I make will affect me in the long run.
		When faced with a decision, I understand that some choices are better than others.
CREATIVITY AND INNOVATION	The ability to think beyond traditional ideas and ways of doing things to come up with new,	I am comfortable asking for advice when making an important decision.
		When I am faced with a challenging problem, I try to think of multiple solutions.
		I apply new ideas in a practical way to improve the way things are done.
		I am comfortable taking risks when trying to solve a problem.
		I create new ideas to take on everyday challenges.



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COMMUNITY MINDSET DOMAIN

SKILL	DEFINITION	SURVEY ITEM
RESPONSIBILITY	The ability to take ownership over one's behaviors, acts according to one's values, and	I accept responsibility for my actions when I make a mistake or get in trouble. I do what I believe is right, even if my friends make fun of me. I contribute to make my community and society better.
EMPATHY	The ability to understand, share the feelings of others and act to help others.	When I see someone being taken advantage of, I want to help them. I go out of my way to help others. I can easily put myself in someone else's place and understand how they feel.
CULTURAL AWARENESS	The ability to understand and respect values, attitudes, beliefs that differ across cultures, and to view and respond to the world with an open mind.	I am willing to be an ally to individuals who are different from myself. I know how to show respect to people with different beliefs, opinions, cultures, and identities. It is important to me to respect the values and beliefs of people who are of a different race or culture than I am.
RESPONSIBLE DIGITAL PARTICIPATION	The ability to use technology and media in an appropriate, responsible, positive and	I engage in positive behavior when using technology, including social interactions online. When I use technology, I engage in safe behavior, including in social interactions online. I use technology to broaden mutual understanding and learning with others.



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