Outcomes Wheel

Purpose

- This activity is designed to enable young people to identify changes over time in relation to indicators of personal and social development.
- It provides a record of how young people feel they have moved over time. Visually representing their progress can have a motivating effect on the young people who complete the wheels. Workers can draw from the products (the wheels) evidence of young people’s progress which they can use in relation to recording outcomes and to illustrate to a wider audience the progress young people have made.

Preparation

- Decide whether you wish to undertake this activity at the beginning and again at the end of a programme; or whether you will ask young people to complete two wheels at the ‘end’ – one for ‘now’ and one thinking back to how they were ‘before’.

Resources

- Copies of wheels and guidance sheets, colouring pens.

Conducting the activity

- Explain to young people that the wheel shows indicators of personal and social development – things they may do as part of the youth work they are involved in. The guidance sheet gives more detail of each indicator and may help young people complete their wheel; talk it through together if appropriate.
- Ask participants to mark their position on a scale 1-10 where 1 is low and 10 is high. Emphasise that it is not a test and that participants will be likely to have different places on the scale and so neither is it a competition.
- Encourage young people to colour in the ‘wedge’ from 1 to wherever they decide they are to maximise the visual effect.

Capturing and using the evidence

- Young people may want to keep their wheels as they show the movement they have made – in either direction – in accessible and visual form. They form ‘neat’ records of development over time and young people undertaking accredited awards may find them useful evidence of their progress.
- Workers may like to request a photocopy for their records. They are useful evidence to use when planning work with individuals and groups and keeping a copy means you can have it available when you do this.
- The evidence on the wheels may indicate that a recorded outcome could be made for particular individuals. Ask them to tell you more detail about the changes in their scores. What they say is useful evidence of the movement they have made.
- It is important to note that no emphasis should be placed on the numerical scores. They do not indicate the amount of movement in any ‘true’ sense as there are no fixed intervals between the...
numbers. The evidence may thus only be used in conversation with individuals and cannot be added up to claim to others the amount of movement individuals have made – or the amount of value the youth work programme in which they have participated has added.

- It is possible to identify indicators where there is greatest movement for individuals and plot these across the group. This is illustrated on page 71. The outcomes are listed down the side and individuals’ ‘before’ and ‘after’ scores are recorded. Taking each individual in turn work down their scores and identify the outcomes where they have made greatest movement (eg the three highest scores for each individual). Three stars denote the outcome where an individual has moved the greatest amount, two stars next greatest and one star the third greatest movement. This sort of evidence can be used in reports to demonstrate to others the progress a number of individuals have made.

Young people from Young Sexual Health Action Group (YSHAG) in Leeds told us what they thought of the results of their Outcomes Wheels:

‘I was impressed with the way it looked when I coloured it in. I saw how I’d expanded in all these aspects.’

‘I did mine the wrong way round and it just pulled everything together. I could see all these areas come in together. It was great and was a really strong way of showing what I’ve done.’

A worker in an open access setting in Lancashire describes how she used it and what she found

‘In a programme planning session where we planned things the group want to do in the next 12 weeks I said, “now I want to look at you. (They seemed pleased by this.) I’d like you to fill this in to show where you think you are in relation to a number of things you can get out of youth work ...” They did it fine and talked about it together. The thing is they came up with lots of high scores. It made me think I don’t want to knock their confidence and disagree with them, so I think at the end of the next block I’ll get them to do it again thinking back to how they were now (ie before the programme) This should show the changes perhaps more realistically. They can’t know what they haven’t experienced, can they?’
Outcomes Wheel

Name: Kish

Project: Hospital Youth Work Team

Date: 7/1/05

Before Involvement

1) Knowing what I’m good at
2) Looking after myself
3) Understanding my feelings
4) Sensitive to feelings of others
5) Developing interests
6) Having a say
7) Learning from mistakes
8) Value people who are different from me
9) Feel part of my local community
10) Compromise & negotiation
11) Finding information
12) Looking after self
Outcomes Wheel

Name: Kish

Project: Hospital Youth Work Team

Date: 7/1/05

After Involvement

1) Knowing what I'm good at
2) Looking after myself
3) Understanding my feelings
4) Sensitive to feelings of others
5) Developing interests
6) Having a say
7) Learning from mistakes
8) Value people who are different from me
9) Feel part of my local community
10) Compromise & negotiation
11) Find information
12) Looking after self

Outcomes Wheel

Name: ............................................................................................................................................................................
Project: ............................................................................................................................................................................
Date:  ............................................................................................................................................................................

Kish Hospital Youth Work Team
7/1/05

After Involvement

tools and processes for recognising and recording the impact of youth work 65
Outcomes wheel – help notes for young people

If you are not quite sure what each heading on the Outcomes Wheel covers, here are some prompts that can help you think about each part.

**Examples – but choose your own**

- What things do you know you are good at because they have worked well in the past?
- What things would you like to do better because they have gone wrong in the past?
- How good are you at looking after your health and fitness?
- How well do you manage stress?
- How effective are you in managing risky behaviour? Can you keep yourself safe?
- What understanding do you have of your feelings and how they affect your thoughts and behaviour?
- Do you sometimes get angry with others because you are feeling unhappy, down or stressed? Can you control your emotions?
- How sensitive are you to the feelings of other people?
- Can you change your behaviour if someone says you have upset them?
- How do you cope if things don’t always go well and can you bounce back from disappointments?
- If someone upsets you, do you find it easy to move on from this?
- Would you say you developed any new interests from the youth work you have been involved in?
- Do you take part in any creative activities (music, art, writing, dance)? Have you taken part in any outdoor or sporting activities you do not usually do? Have you been involved in other things you do not usually do?
- Do you have a say in what goes on in your club/project?
- Have you become involved in any members’ group, in finding out what other young people would like, or in telling other people about young people’s views?
- Do you learn from mistakes you make or do you seem to make the same ones again and again?
- Do you think about how you could do things differently next time?
- Do you feel comfortable with people from all sorts of backgrounds?
- How can you learn from people who aren’t the same as you rather than disliking them?
- How good are you at ‘give and take’? Do you recognise that you can’t always have your own way all the time?
- How do you compromise, negotiate and change your behaviour to get what you want?
- Do you think of your community positively? Consider how you feel about people in your community – do you feel good about them?
- Are you involved in any aspect of community activity? Are you perhaps a volunteer in any community project or in your club/project? Do you help?
- Can you ask for information that you need?
- How good are you at getting information/help that you need?
- Do you know what services are available to you and how to find them?
Recording document:

Outcomes Wheel

Name: ............................................................................................................................................................................

Project: ............................................................................................................................................................................

Date: ............................................................................................................................................................................

Before Involvement

1) Knowing what I'm good at
2) Looking after myself
3) Understanding my feelings
4) Sensitive to feelings of others
5) Dealing with setbacks
6) Developing interests
7) Having a say
8) Learning from mistakes
9) Value people who are different from me
10) Compromise & negotiation
11) Feel part of my local community
12) Finding information

Recording document:

Outcomes Wheel

Name: ............................................................................................................................................................................

Project: ............................................................................................................................................................................

Date: ............................................................................................................................................................................

Before Involvement

1) Knowing what I'm good at
2) Looking after myself
3) Understanding my feelings
4) Sensitive to feelings of others
5) Dealing with setbacks
6) Developing interests
7) Having a say
8) Learning from mistakes
9) Value people who are different from me
10) Compromise & negotiation
11) Feel part of my local community
12) Finding information
Recording document:

Outcomes Wheel

Name: ............................................................................................................................................................................

Project: ............................................................................................................................................................................

Date: ............................................................................................................................................................................

After Involvement

1) Knowing what I’m good at
2) Looking after myself
3) Understanding my feelings
4) Sensitive to feelings of others
5) Dealing with setbacks
6) Developing interests
7) Having a say
8) Learning from mistakes
9) Value people who are different from me
10) Compromise & negotiation
11) Feel part of my local community
12) Finding information

Outcomes Wheel