

TRANSITIONS

Sustaining Social Change

*there is no beginning without an end
what is over? what isn't?
what can I let go?*

Youth Experience of Transitions (YET)

Youth Initials:	Gender: Male / Female
Date of Birth (Month/Day/Year): ____ / ____ / 19____	
Program Name:	
Transition-Enhanced Program? Yes / No	

Please circle the answer that best describes how much you agree or disagree with each of these statements.

		Strongly agree	Agree	Not sure	Disagree	Strongly disagree
1	I am confident that I can change my life for the better.	1	2	3	4	5
2	It is good to stay connected with old friends even if I don't think it's good for me.	1	2	3	4	5
3	It is not good for me to change my ideas about my <i>job plans</i> .	1	2	3	4	5
4	I feel there are periods in my life when I had to end an old way of behaving and begin a new way of behavior.	1	2	3	4	5
5	It is not good for me to change my ideas about my <i>future education plans</i> .	1	2	3	4	5
6	It is o.k. to feel uncomfortable when learning a new way to deal with an old problem.	1	2	3	4	5
7	It stresses me out when I feel confused about what to do in the future.	1	2	3	4	5
8	I have learned a lot about myself by reflecting about my life.	1	2	3	4	5
9	Once a person comes up with a plan for their future they should stick with it no matter what.	1	2	3	4	5
10	I feel confident that someone will help me with problems in my life.	1	2	3	4	5

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chaos can*

		Strongly agree	Agree	Not sure	Disagree	Strongly disagree
11	I should break away from <i>friends</i> that I think are a bad influence.	1	2	3	4	5
12	I think it is a waste of time to sit around and think about the past.	1	2	3	4	5
13	It is ok to feel confused at times and to change your mind about future plans.	1	2	3	4	5

Finally, please circle the answer that best describes how you feel.

14 In my life, the most important thing is . . .

How I reach my goals

Actually reaching my goals

Both equally