



Effective practices to increase competence in youth

- Offer opportunities for skill-building and mastery of different types of competence over time
- Integrate communication, listening, and cooperation skill-building
- Provide opportunities to interact with youth with diverse perspectives and backgrounds
- Integrate emotional skill-building so that youth can understand, identify and regulate emotions, and use positive emotions to foster well-being
- Encourage youth to problem solve
- Offer opportunities to reflect on and acknowledge individual and group achievements to improve young people's perceived competence
- Ensure appropriate challenge
- Offer opportunities to explore options and make plans for the future
- Provide opportunities for new experiences
- Ensure breadth and depth of programs

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Resources

[Youth Who Thrive \(full literature review\) \[PDF\]](#)

