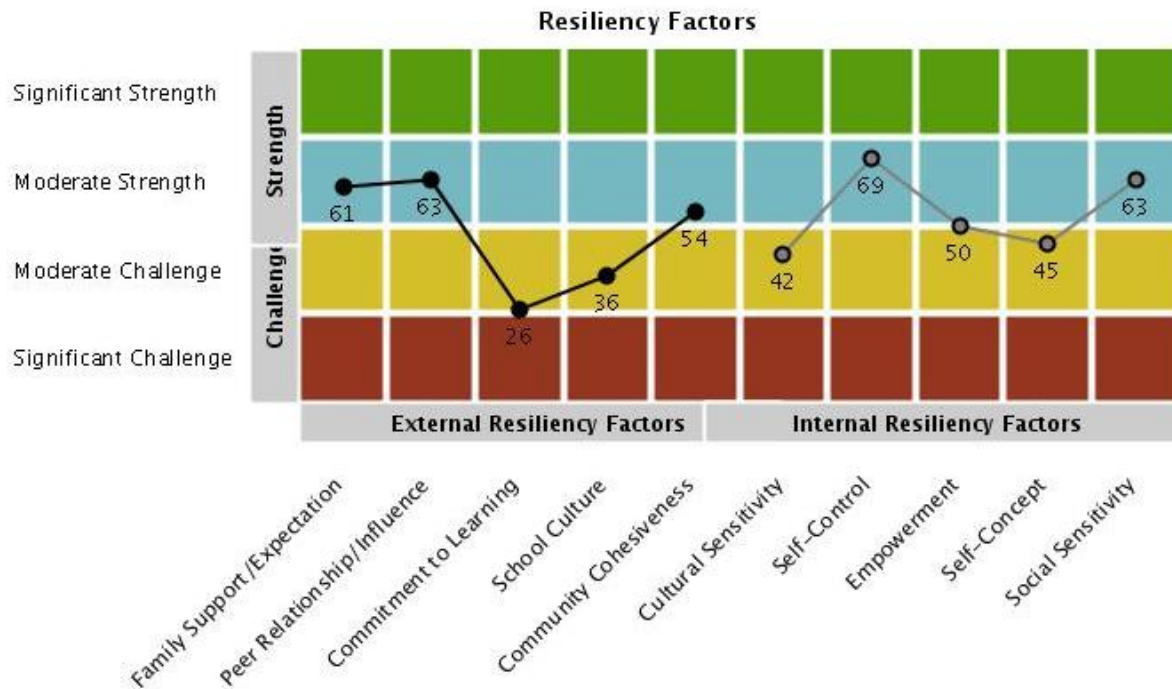


Understanding Your Scoring Profile

Once you complete your Resiliency Survey you will be provided with your Scoring Profile. The Scoring Profile is a bar graph that shows your results for each of your Developmental Strengths on the left hand side, and Resiliency Factors (highlighted in grey). Each result is illustrated as a Strength or Challenge according to the colour bars.

Example:



Legend	
Green	Significant Strength
Blue	Moderate Strength
Gold	Moderate Challenge
Burgundy	Significant Challenge

Your Strengths or Challenges:

Green = Significant Strength - you understand this Developmental Strength and confidently use it. In the example above the youth's strongest factor is cultural sensitivity with school culture a very close second.

Blue = Moderate Strength - you understand this Developmental Strength and are beginning to use it. In the example above the youth's most moderate strength lies with in peer relationships and self-control.

Gold = Moderate Challenge - you understand this Developmental Strength and struggle with using it. The example above indicates the most moderate challenge is family support.

Burgundy = Significant Challenge - your limited understanding of this Developmental Strength might be keeping you from using it constructively. In the example above there are no significant challenges identified.

Interpretive Profile

You can see your External and Internal results by taking a look at your Interpretive Profile.

After viewing your Scoring Profile, click on the option: ***View Your Interpretive Profile.***

This line chart contains icons which represent **your** External and Internal results.

You will also see the colour bars representing your Strengths or Challenges in the Resiliency Factors: *Green, Blue, Gold, and Burgundy.*

As you examine your Interpretive Profile –

1. Which results do you find more interesting: External or Internal? Why?

The goal of the Resiliency Survey is to help you uncover strengths that you may not have been aware you have and that could help you respond to difficult situations.

In this section, you'll start with your selection of personal Strengths and/or Challenges from your Interpretive Profile.

Example:

	Score	Definition	
<u>Family Support/Expectation</u>	17	Resiliency development in the form of parental support comes from the caring family, family communications, adult family members as role models as well as high expectations and support with school.	
<u>Caring Family</u>	42	A Caring Family contributes to resiliency development when a nurturing home environment includes loving, caring and respectful relationships.	Moderate Challenge – Your Resiliency Profile indicates that while you may have an understanding of what loving, caring, respectful family/caregiver relationships might look like, you may have limited interaction with them.

What about your Externals and Internals?

Consider how your Externals or Internals help you to respond to: the loss of a friendship, serious illness, death of a loved one, negative peer pressure or stress at school. Which do you think might have a greater impact on your resiliency: Externals or Internals?

How does a person decide which Strength/Challenge to explore?

A good suggestion is to select a combination of Internal and External. Keep in mind, there is no such thing as a bad choice for Mapping Your Resiliency, but it is important to choose something you are interested in exploring.

How many Strengths/Challenges should a person explore?

Choose up to three in total. To find resources to help you work on your challenges/strengths click on the strengths/challenges that you choose to explore.

How long will the exploration take?

Every person has their own unique timeline. Short-term goals can take from one to six months. Long-term goals can take from six months to a year.

Is Mapping Your Resiliency a solo journey?

While every person is in charge of their own resiliency journey, there is immense benefit in checking-in with a mentor or your *Advancing Futures* bursary program coordinator on a regular basis. Make sure you set up a check-in schedule that works.

We look forward to hearing about your success throughout your year!