

## **Using *Ready, Set, Fly!* with the ACLSA and Life Skills Guidebook**

For those parents or caregivers interested in assessing what life skills youth already have and areas where they may need to grow, we recommend using the free, Internet-based Ansell-Casey Life Skills Assessment (ACLSA) ([www.caseylifeskills.org](http://www.caseylifeskills.org)). Once the ACLSA is completed by either a youth or caregiver, an individual report summarizing the assessment results is immediately sent to the person's e-mail address.

Using the ACLSA summary, the parent and youth can determine in what areas the youth needs to expand his/her skills. Next they can consult the Life Skills Guidebook via the Internet, in order to look at the competencies (skills) recommended for youth to learn in a particular skill area. For example, if the ACLSA reveals that a youth lacks skill in the area of money management, the Guidebook section on money management will offer a variety of money management competencies that the youth may learn in order to increase mastery of this important area. Parents or caregivers are encouraged to help youth set goals to learn these skills on a gradual basis.

After reviewing the ACLSA results and consulting the Guidebook regarding life skill competencies, parents may need some ideas about activities to use in helping youth develop life skills. Each life skill competency within the Guidebook contains suggested activities for teaching that skill. *Ready, Set, Fly!* is one of the resources for activities used in the Guidebook. These activities can be easily modified to fit a particular family's lifestyle or approach to teaching life skills. Once the youth has begun learning new life skills, the ACLSA can be taken again. This will show the youth's progress in different areas.

### **For Foster Parents and Child Welfare Professionals**

Foster parents, caseworkers, and other professionals working with youth in out of home care may use *Ready, Set, Fly!* by following the procedures described in the section above. In addition to using the ACLSA report, Life Skills Guidebook, and *Ready, Set, Fly!* to

help youth learn skills, individual or group learning sessions may also be created. This is done by consulting the Life Skills Guidebook which contains suggested activities (including references to *Ready, Set, Fly!* activities) for teaching each life skill competency to youth. Caseworkers, youth or caregivers can simply select competencies and activities from the online Guidebook and create a customized Life Skills Learning Session template. This template can be printed out or copied into your favorite word program. With minor editing, a plan for life skills instruction is created for use with individuals or groups and can be saved for future reference.

Once the youth has started working on the plan, the ACLSA can be given again. This will show the youth's progress in different areas. For group settings, all members of a Life Skills group could take the ACLSA before and after the group; changes in scores will show how effective the group has been.