



for youth information

YOUTH SELF-EVALUATION TOOL

Name: _____

Date: _____

Read each statement and mark how true it is for you after the activity.

1 = Not yet 2 = A little 3 = Mostly 4 = Yes, confidently

Self-evaluation statement	1	2	3	4
I understand that the future is not fixed and that different futures are possible.	☐	☐	☐	☐
I can identify at least one trend or change that may affect young people in the future.	☐	☐	☐	☐
I can explain why a trend may have different effects on people, communities or the environment.	☐	☐	☐	☐
I listened to other people's ideas and respected different opinions.	☐	☐	☐	☐
I contributed my own ideas during group work or discussion.	☐	☐	☐	☐



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Self-evaluation statement	1	2	3	4
I helped imagine possible future scenarios, not only one “right” future.	☐	☐	☐	☐
I used creativity, storytelling, drawing, mapping or discussion to express my ideas.	☐	☐	☐	☐
I can connect future challenges with actions we can take today.	☐	☐	☐	☐
I understand how young people can participate in shaping their community.	☐	☐	☐	☐
I feel more confident sharing my opinion about the future.	☐	☐	☐	☐
I can name one skill I used today (e.g. teamwork, critical thinking, communication or problem-solving).	☐	☐	☐	☐
I can name one thing I want to learn more about foresight.	☐	☐	☐	☐



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My reflection

One thing I learned today:

One idea that surprised me:

One action I can take in my school, organisation or community:

One thing I still need support with:

My personal next step

In the next two weeks, I will:



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