

FYP Core Values & Skills Framework

Mapping Research-Based Skills to FYP's Mission

1. AGENCY

"People first. The power to create change lies within us."

Core Skills:

1. **Agency & Self-Efficacy**

- Decision-making
- Initiative taking
- Resource mobilization
- Change-making confidence

2. **Boundary-Setting & Self-Advocacy**

- Clear limit identification
- Assertive communication
- Need recognition
- Digital boundaries

3. **Resilience & Adaptive Coping**

- Stress management
- Problem-solving
- Flexibility
- Growth mindset

2. AUTHENTICITY

"Being our true selves is revolutionary."

Core Skills:

1. **Self-Awareness & Emotional Intelligence**

- Emotional recognition
- Personal triggers understanding
- Strengths awareness
- Body-mind connection

2. **Authentic Self-Expression**

- Value identification
- Cultural pride
- Identity integration
- Creative expression

3. **Purpose & Meaning-Making**

- Value clarification
- Goal setting
- Life narrative development
- Contribution orientation

3. COMPASSION

"All people are fundamentally kind."

Core Skills:

1. **Self-Compassion & Inner Kindness**

- Self-acceptance
- Failure tolerance
- Inner dialogue
- Shame resilience

2. **Relationship Building & Social Connection**

- Active listening

- Empathy
- Conflict transformation
- Community building

4. OPENNESS

"Knowledge is free. Transparency builds trust."

Core Skills:

1. **Critical Thinking & Media Literacy**

- Information evaluation
- Digital discernment
- Analytical reasoning
- Knowledge sharing

2. **Cultural Navigation & Code-Switching**

- Cross-cultural communication
- Knowledge translation
- Resource accessibility
- Open collaboration

3. **Digital Well-being**

- Tech-life balance
- Critical consumption
- Digital citizenship
- Online safety

5. FUN/JOY

"Joy is resistance. Humor connects us."

Core Skills:

1. **Creative Expression**

- Playful exploration

- Artistic engagement
- Humor cultivation
- Celebration practices

2. **Community Joy-Building**

- Group celebration
- Shared play
- Collective creativity
- Fun leadership

3. **Sustainable Happiness**

- Joy practices
- Pleasure literacy
- Balance cultivation
- Party planning

Implementation Framework

Development Stages

1. **Foundation** (Basic Skills)

- Self-awareness
- Basic boundaries
- Simple joy practices

2. **Growth** (Intermediate Skills)

- Cultural navigation
- Digital well-being
- Community building

3. **Leadership** (Advanced Skills)

- Systems thinking
- Movement building
- Joy cultivation

Progression by FYP Involvement Level

General Members:

- Basic self-awareness
- Simple boundaries
- Personal joy practices

Active Contributors:

- Cultural competence
- Digital well-being
- Community building

Core Team/Associates:

- Movement leadership
- Systems thinking
- Joy cultivation

Measurement & Support

Individual Level:

- Self-assessment tools
- Growth tracking
- Personal development plans

Community Level:

- Peer support systems
- Cultural resources
- Celebration practices

Movement Level:

- Impact metrics
- Community feedback
- Joy indicators

Revision #2

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