

# 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

Created 20 November 2024 02:22:27 by Marx

Updated 20 November 2024 02:26:18 by Marx