

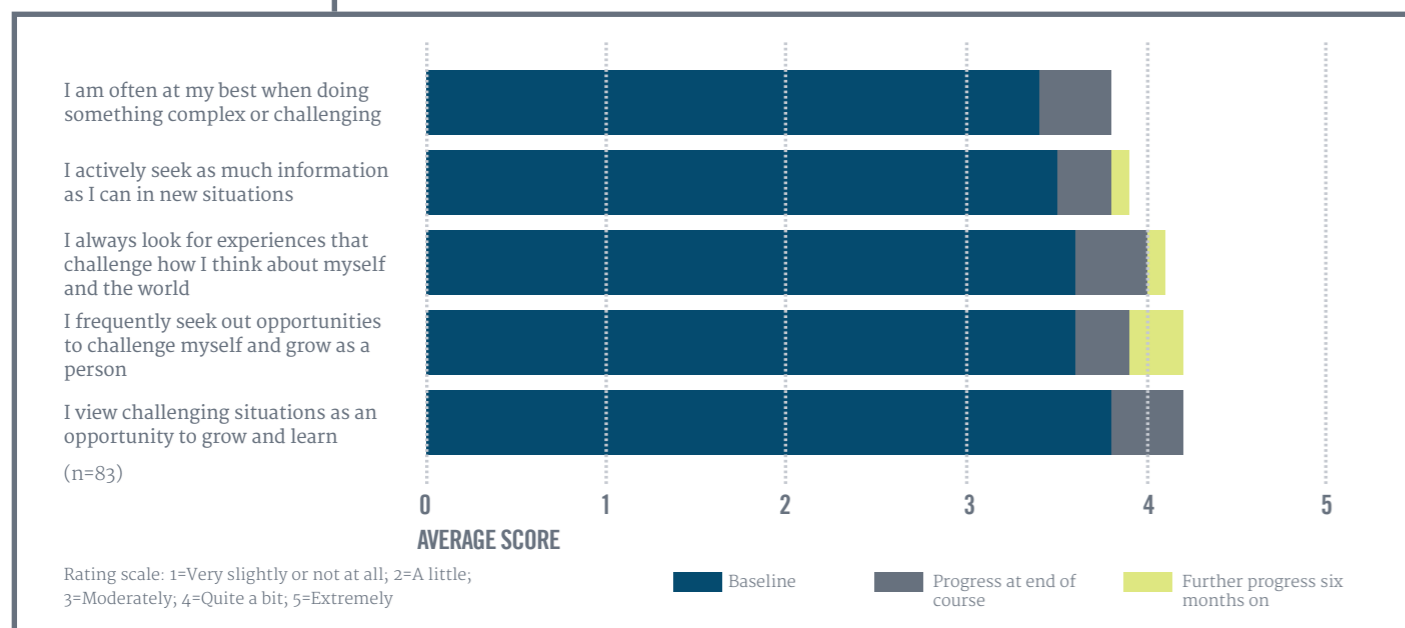
# MOTIVATION TO SEEK OUT NEW KNOWLEDGE AND EXPERIENCES

The willingness to stretch oneself and seek out new opportunities to develop is an important part of self-management and a quality highly sought after by employers.

We used the Curiosity and Exploration Inventory<sup>22\*</sup> to measure changes in young people's motivation to seek out knowledge and new experiences as a result of taking part in the Skills for Life Award. 65% increased their curiosity score by the end of the course, and 75% recorded a higher score six months after the course compared to their baseline at the beginning of the course.



## RECORDED IMPROVEMENTS IN YOUNG PEOPLE'S MOTIVATION TO STRETCH AND DEVELOP THEMSELVES



“*Before, ‘achievement’ to me meant being able to complete a Sudoku puzzle in 10 minutes [...] That sense of achievement isn’t real, as there’s no challenge. However, after days of hard work and frustration from hiking, mountain climbing, canoeing and living outdoors, I’ll never forget the last day of the final expedition. The joy and pride I felt was something I’d never felt before and it changed my approach to life greatly. Being out of my comfort zone is where real satisfaction comes from. Now, nothing bothers me because I know all I need is the correct mindset and all the energy I have to get through it.*”

Angela, age 17, six months on from her Skills for Life Award course



\* The Curiosity and Exploration Inventory is a questionnaire designed to measure an individual's desire to seek out new knowledge and experiences that stretch them.