

# The Unified Youth Transition Theory™

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$$\text{YTP} = \text{Q33TF}$$

Youth Transition Potential = Quality of 33 Transition Factors

The **Unified Youth Transition Model** unites the bewildering array of ideas concerning the process of youth transition into one easily understandable concept. Five statements and a chart create the basis of the theory.

- \* **Those seeking or having the most transition foundations have the greatest potential of making a successful change.**  
There are 32 transition foundations. These help you in your change to independence and adulthood. They provide the physical, mental, and emotional basis of change. The chart lists all the transition foundations.
- \* **Those not seeking transition foundations find change more difficult.**
- \* **Those having “paid-for” foundations in all areas of their lives rarely change.**  
“Paid-for-Foundations” refers to a situation where someone (or a system) is paying for the support.
- \* **Most transition foundations deteriorate in direct proportion to the amount of time elapsed since the change was needed.**
- \* **The greater the change that independence and adulthood will cause you, the greater the need for diverse transition foundations.**

**There are three types of transition foundations:**

- \* **Paid-for transition foundations.**  
These cost money. They stop working when the payment stops. Examples: government support programs, institutions, transition agencies and counselling services.
- \* **Unpaid or “natural” transition foundations.**  
These are people who provide assistance. They do *not* require payment, and their support can last a lifetime. Examples are: mentors, family, friends, peers, employers, support groups, non-profit societies and people you seek out for support.
- \* **Personal Attributes**  
These are traits such as personality, education, self-esteem, appearance, age, health, attitude, transition vision, aptitude and ability to relocate.

## Characteristics of Transition Foundations

**Ability to Relocate** is the willingness and ability to move to a location best suited to your transition needs.

*Shade in 100% if you are ready, willing and able to relocate as needed.*

**Address** is the place where it is convenient for you to access the services you need, and where others can easily access you. An address is one of the basic supports. Most people take it for granted. However, an address may be a barrier for many reasons.

*Shade in 100% if your address does not raise a concern.*

**Age** generally determines what phase of transition you should be in and which transition foundations you should be developing.

*Shade in 100% if you are where you should be in the transition process. Remember, it's never too early or too late to be increasing the quality of your transition foundations.*

**Appearance** is the looks of a person when compared to the look of other people you consider successfully independent.

*Shade in 100% if your appearance matches your image of a successfully independent individual.*

**Aptitude** is a natural ability or talent.

*Shade in 100% if you are or will be using your talents and natural abilities when working towards independence.*

**Assessments** are the evaluation of a person's transition foundations.

*Shade in 100% if assessments have been done and are useful.*

**Associations** related to youth transitions are organizations of youths focusing on transitioning.

*Shade in 100% if you belong to associations critical for transitioning to independence.*

**Attitude** to transition is the mental and emotional feelings about the transition.

*Shade in 100% if attitude is optimistic and positive about adulthood.*

**Education** is the acquisition of knowledge required to make the transition.

*Shade in 100% if education is sufficient.*

**Employers** are organizations and people hiring people.

*Shade in 100% if your employer is supportive of the transition.*

**Family** is any group of people willing to support you, does not necessarily refer to relatives.

*Shade in 100% if you have taken into consideration all your “Family” members and have their support.*

**Friends** are people you are attached to by respect or affection.

*Shade in 100% if you have enough friends.*

**Government Programs** are provincially and federally funded programs that can assist with the transition.

*Shade in 100% if you know about all the programs available and are accessing the ones that benefit you.*

**Health** is the ability to do the functions that are part of transitioning.

*Shade in 100% if your health is not an issue in relation to independence.*

**Institutions** are those places that provide youth transition facilities.

*Shade in 100% if you are aware of those facilities.*

**Mentors** are trusted counsellors or guides.

*Shade in 50% if you have a transition mentor. Shade in the other 50% if you are mentoring someone in any capacity.*

**Non-Profit Societies** are organizations that are not conducted for the purpose of making a profit.

*Shade in 100% if using the services of non-profit societies and also volunteering.*

**Peers** are people you consider to be your equal.

*Shade in 100% if peers encourage you toward your desired change.*

**Personality** is your spectrum of characteristics.

*Shade in 100% if your personality matches your transition plans or activities.*

**Recreation/Entertainment** is activities, paid and un-paid for, that assist transition.

*Shade in 100% if entertainment activities are in line with transition vision.*

**Research Skills** are necessary to seek out the facts for implementing your transition plan.

*Shade in 100% if you have the necessary research skills and you are using them.*

**Seeking Transition Foundations** is the attempt to obtain the benefits from the transition foundations. Most importantly, it is asking other people for their support in making the transition.

*Shade in 100% if seeking all transition foundations.*

**Self Esteem** is valuing and regarding yourself as successful in independence/adulthood.

*Shade in 100% if you highly regard your transition to independence.*

**Support Groups** are any organized groups of people willing to take sides with, tolerate, and uphold members of the group.

*Shade in 100% if you belong to a group that supports you.*

**Transition Agencies** are established organizations whose main focus is to help youth make a successful transition to independence/adulthood.

*Shade in 100% if you are using the services of a transition agency.*

**Transition Counsellors** are individuals who help youth develop firm transition foundations.

*Shade in 100% if you are receiving counselling.*

**Transition Experiences** are past experiences of transitions.

*Shade in 100% if you have gained all the experiences necessary to become successfully independent.*

**Transition Plan** is a devised course of action for living well in adulthood.

*Shade in 100% if this is written down and is realistic.*

**Transition Vision** is your vision for change.

*Shade in 100% if you are satisfied with your vision.*

**Telephone** is the primary method of contacting you.

*Shade in 100% if your telephone contact is easy and reliable.*

**Transportation** is the means of getting around.

*Shade in 100% if there exists a reliable means of getting around.*

**Unions** are organizations of employees.

*Shade in 100% if you belong to a union that will provide transition supports.*