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Research matters

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ASTO 2019 Conference
Overview

• OYT North: Social Impact Study – lessons learned so far
• Using the ASTO Theory of Change – activity
• Practitioners as Researchers – an opportunity
Social Impact Study

Lessons learned so far:

• Planning
• Funding
• Maintaining relationships with crews
  – under 18s and adults-at-risk
  – Schools and youth organisations
• Research design
  – Methodology
  – Participants
  – Ethics
• Reporting
ASTO Theory of Change

Aim: to consider how you might apply this to your own practice:

In your groups
- Choose one What they learn outcome
- Discuss:
  - List what you might observe
  - How do you know ‘they’ are learning?

Be prepared to discuss with the audience

(For ASTO Theory of Change see Noble et al., 2017)
HOW YOUNG PEOPLE ARE POSITIVELY AFFECTED BY SAIL TRAINING

**Sail training ‘boosters’**

- **'Intense / accelerated' experience** – continuous, residential, can’t walk away, intensifies outcomes
- **'Peak' experience** – strong memories creating more lasting impact
- **'Real' experience** – actions have real consequences and learning is less abstract
- **'Risky' experience** – participants feel trusted with responsibilities; + feel vulnerable, creating greater sense of equality
- **'Different' experience** – new environment, no baggage
- **'Isolated' experience** – lack of distraction means participants are more present

**Activities**

- Doing things you don’t want to do, eg domestic chores
- Overcoming personal challenges to achieve goals
- Being trusted by staff + given responsibility with real consequences
- Doing things you don’t think you can do / doing things outside your comfort zone eg climbing aloft, overcoming seasickness
- Following a routine
- Working as a team + supporting peers to achieve goals
- Meeting and living in close proximity with new people
- Problem solving put into practice
- Learning and practicing new things
- Learning about the environment

**What they learn**

- Pride / sense of achievement
- Self-confidence / self-belief / self-esteem
- Self-reliance / independence
- Resilience
- Self-control / personal discipline
- Organisational skills + time management
- Value of teamwork + cooperation
- Respect for + understanding of others
- Expanded horizons
- Knowledge of different social groups + ability to bridge social differences
- Tangible skills (domestic, sailing, others)
- Critical thinking skills
- Knowledge of / respect for the environment

**How it helps**

- Improved happiness / wellbeing
- Higher aspirations
- “Can do” attitude
- Better engaged in communities / responsible citizens
- Better relationships
- More engaged in learning

**Long-term impacts**

- Improved educational attainment
- Improved employability
- Improved long-term life chances
Steps of change process – sail training (start/finish dates)

Value of teamwork and cooperation
- Young people & adults work as a team
- Crew work together to sail the vessel
- Crew share living space, eat meals together, sleep in same room
- Young people see value of teamwork & cooperation, particularly in challenging conditions
- Equality of social interaction
- Need for tolerance, patience & resilience
- Peer support + adult-young person support
- Strong sense of community is recognised

Increase in social skills & social awareness (e.g. listening, interacting with unfamiliar people)
- Learning skills & knowledge on board (e.g. sailing & cooking)
- Young people find new resources, confidence & skills in themselves
- Sensitivity is developed
- Social differences in people are accepted

Transfer to everyday life at home & school
- Take responsibility
- Improve the way they learn

“Can do” attitude
- More engaged in learning
- Better relationships

Model after Tiplady, 2018
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Model after Tiplady, 2018
What is it about the activity/ies?

Discuss:

1. Is it the activity itself?
2. Is it the social interaction it creates?
3. What is going to achieve the most ‘learning’?
Practitioners as Researchers

Aim: To explore the experience of practitioners in becoming practitioner-researchers
How: recruit, train and support YOU in conducting action research in your own setting
When:
- Recruitment now open
- Training workshop: March/ April 2019 (Newcastle)
  - Project/ ethical approval
- Action Research: April – September 2019
- Analysis workshop: November 2019 (Newcastle)
- Presentation of findings: December 2019
Exploring the *boundary crossing* experiences of Sail Training Practitioners as they become Practitioner-Researchers.
Any questions?

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References