

Prince, Heather and Fletcher, Eric (2020) ASTO (Association of Sail Training Organisations) Theory of Change. In: Association of Sail Training Organisations (ASTO) National Conference, 24 January 2020, Solent University, Southampton, UK. (Unpublished)

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ASTO Theory of Change

Prof Heather Prince & Dr Eric Fletcher
ASTO Conference January 2020





Aim

- Introduction to the ASTO Theory of Change (ToC)
- Which activities in the ToC are the most important? (Diamond Ranking activity)
- How does the ToC influence what you do?

ASTO Theory of Change

A framework to think about what you do:

- Activities
 - Personal development
 - Skills
 - Social development
- What they learn
- What does 'learning' look like?

(Noble et al., 2017)

Sail training 'boosters'



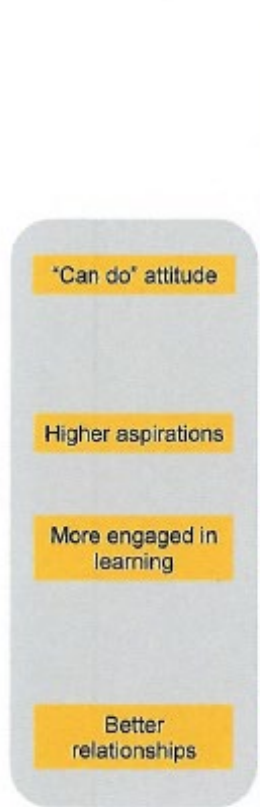
Activities



What they learn



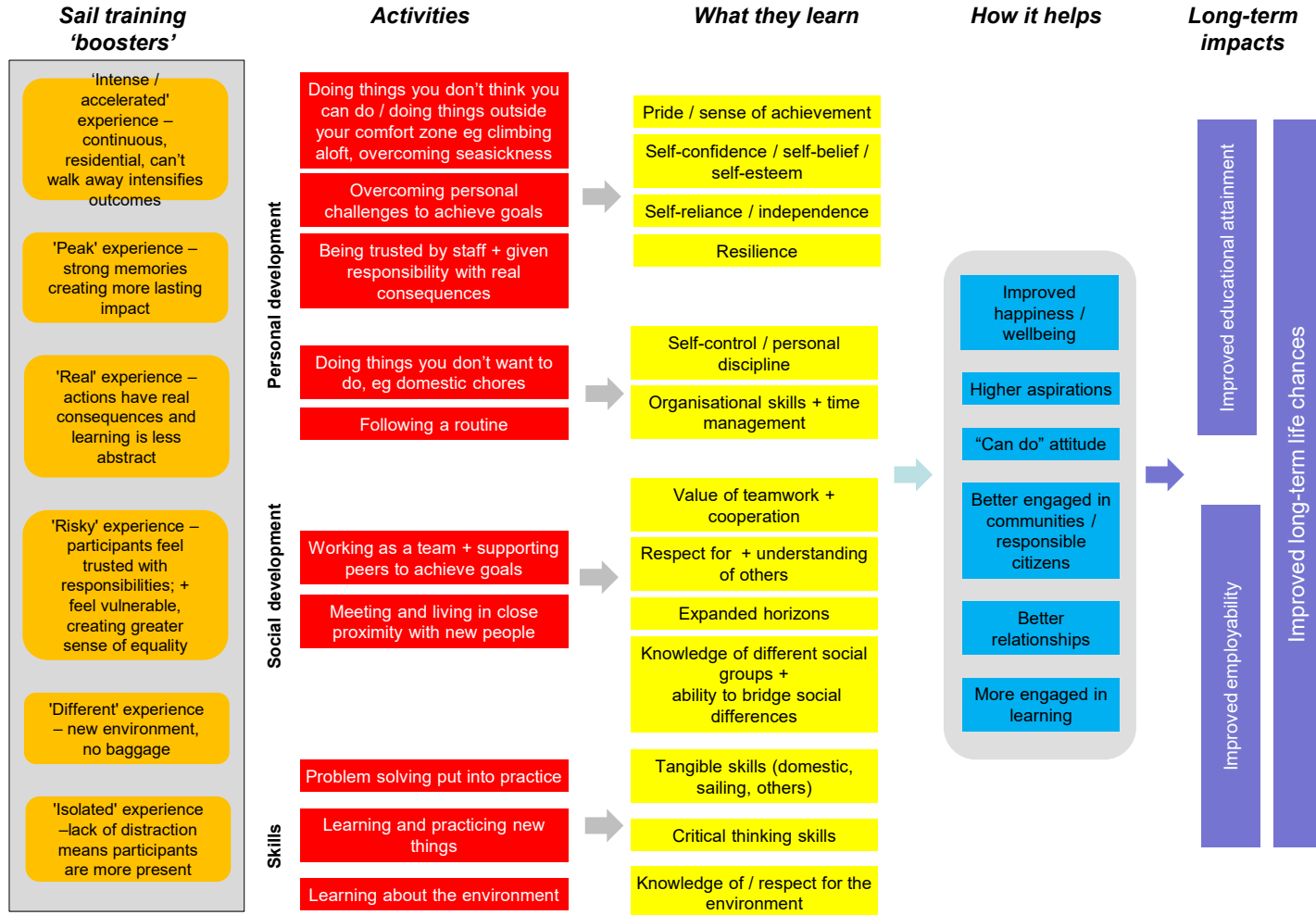
How it helps



Long term outcomes



HOW YOUNG PEOPLE ARE POSITIVELY AFFECTED BY SAIL TRAINING





ToC activities

Diamond Ranking:

Consider the ten activities (taken from the ToC) and think about the 'What they learn'. Then rank the activities in order of their significance to the sail training experience.

You have 15 minutes



ToC activities and staff practice

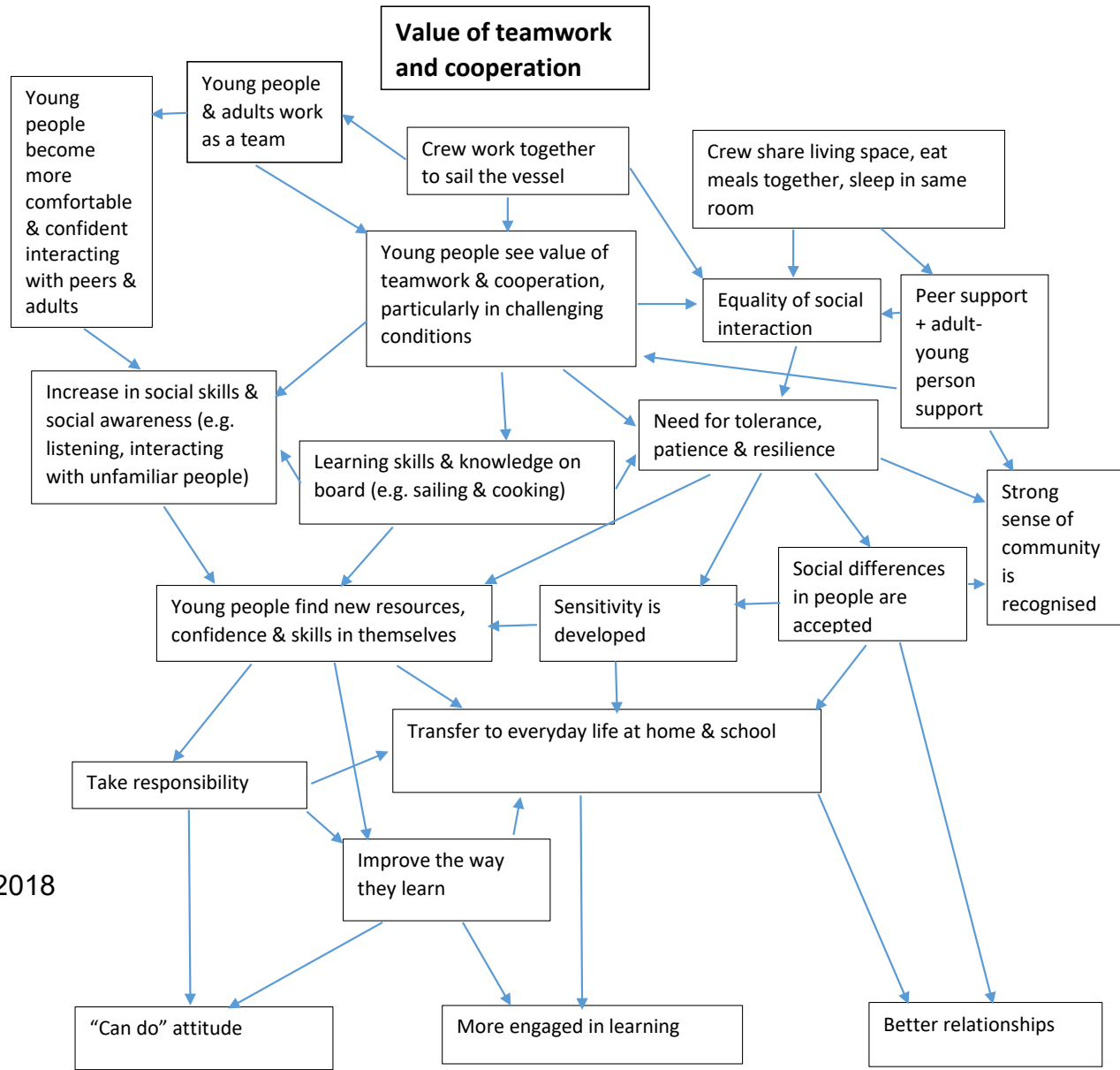
Using the template provided, consider the activities and then what you currently do and how this might be improved.

Record your thoughts (5 minutes)

Now discuss with your group (10 minutes)

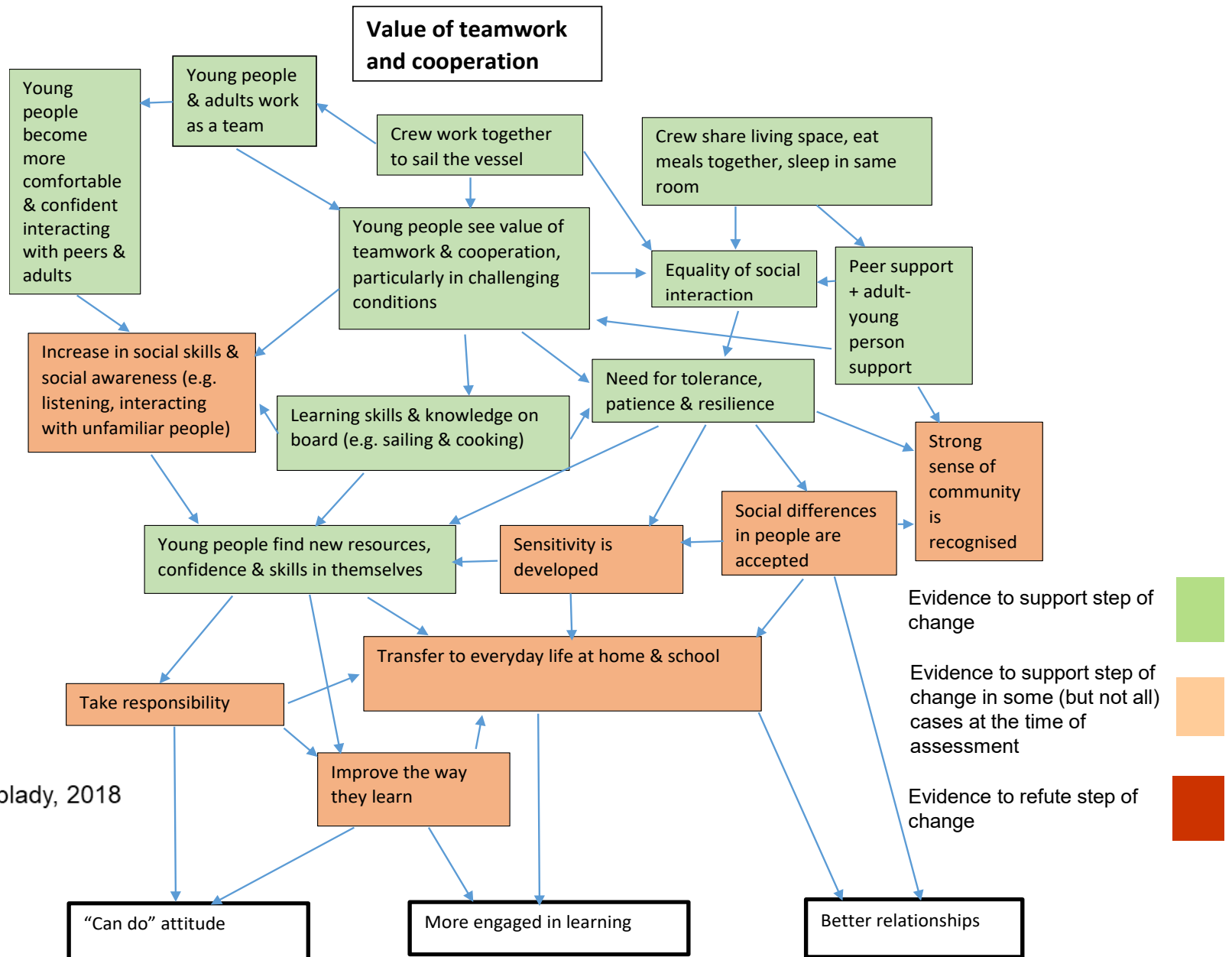
Be prepared to share your thinking in a debrief

Example: Steps of change process – sail training



Prince, 2019;
Model after Tiplady, 2018

Example: Steps of change process – sail training



Prince, 2019;
Model after Tiplady, 2018

Any questions?

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References

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Tiplady, L. (2018) *Impacting on young people's emotional wellbeing through Forest School: The Breeze Project, pilot year*. Research Centre for Learning and Teaching, Newcastle University. Available at https://www.researchgate.net/publication/328248673_Impacting_on_young_people's_emotional_wellbeing_through_Forest_School_The_Breeze_Project_pilot_year