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# WP3

## Handbook on the Development of Transition to Autonomy Programmes

### Module 2



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## Contents

Strategies to Help Young Adults in Alternative Care Settings Develop Social and Human Capital

## Strategies to Help Young Adults in Alternative Care Settings Develop Social and Human Capital

### Learning Outcomes:

Knowledge	Skills	Attitudes
Understanding the concept of social and human capital and its importance for young adults in alternative care settings	Define the terms "social capital" and "human capital" and explain their significance for young adults in alternative care settings	Awareness of the term's social capital and human capital
Analyse the role of caregivers, community organizations, and other resources in supporting young adults' development of social and human capital	Identify the skills and knowledge that are necessary for caregivers, community organizations, and other resources to effectively support young adults' development of social and human capital	Internalise the feasibility of different strategies based on the resources and support available to young adults in alternative care settings
Understand the importance of networking and seeking support from other professionals and organizations in the process of helping young adults develop social and human capital	Evaluating the effectiveness of different strategies for helping young adults in alternative care settings develop social and human capital	Assess the strengths and weaknesses of different strategies for helping young adults in alternative care settings develop social and human capital

### Overview of the Module

Developing social and human capital is crucial for young adults in alternative care settings as they transition to independent living. These forms of capital are essential for building strong interpersonal relationships, accessing opportunities, and achieving personal and professional success. This module explores various strategies to enhance the social and human capital of young adults in alternative care, providing them with the tools and support they need to thrive.

Imagine a young adult named Sarah, who has spent most of her life in alternative care. As she approaches adulthood, she faces the daunting challenge of building a future without the traditional family support systems many of her peers take for granted. This is where social and human capital come into play. Social capital refers to the networks, relationships, and connections that provide emotional support, information, and access to opportunities. Human capital involves the skills, knowledge, and personal attributes that enable individuals to achieve their goals.

In this module, you will learn how to foster these essential forms of capital through targeted interventions and supportive practices. We will delve into practical strategies for creating robust support networks, enhancing communication skills, and promoting

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educational and vocational achievements. By understanding and applying these strategies, you can play a pivotal role in transforming the lives of young adults like Sarah, empowering them to build meaningful connections and achieve their full potential.

The importance of social and human capital cannot be overstated. Strong social networks provide a safety net during times of need, while a well-developed human capital base ensures that young adults have the capabilities and confidence to navigate life's challenges. Throughout this module, you will be introduced to various approaches and best practices that have proven successful in real-world settings. These insights will equip you with the knowledge and skills to effectively support young adults in alternative care as they embark on their journey towards independence.

Engage with this module to uncover the transformative power of social and human capital. Discover how you can help young adults forge lasting relationships, develop essential life skills, and build a foundation for a successful and fulfilling future. By the end of this module, you will be well-equipped to make a significant impact in the lives of the young adults you support, guiding them towards a brighter, more connected, and empowered future.

### Key Words

Social capital, Human capital development, Support networks, Interpersonal skills.

### Theory

#### Social and Human Capital

Social and human capital are critical resources for young adults, especially those in alternative care settings. Social capital refers to the networks, relationships, and connections that provide individuals with emotional support, information, and access to opportunities. It includes the bonds formed with family, friends, mentors, and community members. Human capital, on the other hand, encompasses the skills, knowledge, and personal attributes that enable individuals to achieve their goals and succeed in life. This includes formal education, vocational training, personal development, and life skills.

Understanding these forms of capital is essential because they significantly impact a young adult's ability to build a stable and fulfilling livelihood. For young adults in alternative care settings, who often face numerous challenges and barriers, having strong social networks and robust skillsets can make a profound difference in their personal and professional lives. This subunit delves into the definitions and importance of social and human capital, setting the stage for exploring how these can be developed and utilized effectively.

The presence of strong social and human capital can be transformative. Social capital provides the support network necessary for emotional stability and practical assistance. For instance, having a mentor can offer guidance in making life decisions, while connections within the community can lead to job opportunities and support services. Human capital, enhanced through education and training, equips young adults with the competencies needed to navigate the complexities of adulthood, including finding and



maintaining employment, managing finances, and pursuing personal goals. This subunit will provide examples and case studies demonstrating the positive impacts of well-developed social and human capital on young adults' livelihoods and overall success.

### **Building Social Capital**

Developing social capital involves creating and nurturing relationships that provide support and resources. This begins with identifying potential sources of support, such as peers, mentors, community members, and caregivers. Strategies for building these networks include participating in community activities, joining clubs or organizations, and engaging in volunteer work. This subunit will offer practical advice on how young adults can proactively build and maintain these relationships. It will also highlight the role of caregivers and community organizations in facilitating these connections, emphasizing the importance of a supportive and engaged community in the development of social capital.

Effective communication is a cornerstone of strong social relationships. This subunit will focus on practical exercises and activities designed to improve communication skills, such as active listening, empathy, and assertiveness. It will also address common communication challenges faced by young adults in alternative care settings and provide strategies to overcome these barriers. By enhancing their communication skills, young adults can more effectively build and sustain their support networks, fostering stronger social capital.

### **Building Human Capital**

Education and vocational training are pivotal in developing human capital. This subunit will explore the various educational opportunities available to young adults in alternative care settings, from formal schooling to vocational training programs. It will highlight the importance of pursuing these opportunities and provide information on resources and programs designed to support educational and vocational achievements. The subunit will also discuss how these achievements contribute to building a foundation for long-term personal and professional success.

Beyond formal education, personal development is a key component of human capital. This includes self-awareness, goal-setting, and the development of life skills. This subunit will guide young adults through the process of identifying their personal strengths and areas for growth, setting realistic and achievable goals, and developing action plans to reach these goals. Practical exercises and reflective activities will be provided to help young adults understand their potential and take proactive steps toward personal and professional development.

### **Role of Caregivers and Community Organizations**

Caregivers and community organizations play a crucial role in the development of both social and human capital for young adults in alternative care settings. This subunit will outline best practices for these support systems, including how to create environments that foster growth and independence. It will present case studies and examples of successful interventions, offering practical insights into how caregivers and organizations can effectively support young adults in their development journey.



Networking and seeking support from other professionals and organizations are vital components of building social and human capital. This subunit will discuss the importance of connecting young adults with external resources, such as professional networks, job placement services, and educational programs. It will provide strategies for identifying and accessing these resources, ensuring that young adults have the support they need to succeed. The subunit will also highlight the benefits of professional mentoring and coaching, and how these relationships can provide valuable guidance and support.

Case Study 1

Case Study Title	<b>Empowering Sarah: Building Social and Human Capital for a Bright Future</b>	
Cover Image		
Duration of Activity (in minutes)	90	<p><b>Learning Outcome</b></p> <p><i>What is the learning outcome that will be achieved through this case study?</i></p> <p>Participants will understand how to implement strategies for developing social and human capital in young adults from alternative care settings. They will learn practical approaches to foster strong support networks, enhance communication skills, and promote educational and vocational achievements.</p>
Aim of Activity	<p><i>Describe here the value of reading through this case study for community educators, social workers, and professionals that work with young adults – this section should motivate them to complete the case study!</i></p> <p>This case study provides a practical example of how community educators, social workers, and professionals can support young adults in alternative care settings. By following Sarah's journey, participants will gain insights into effective strategies for building social and human capital, which are crucial for fostering independence and economic stability. This case study motivates professionals to apply these strategies in their own practice, ultimately transforming the lives of the young adults they support.</p>	
Case Study	<p><i>Use this section to present the narrative of the case study.</i></p> <p>Narrative of the Case Study</p> <p>Sarah, an 18-year-old who has spent most of her life in alternative care, is nearing the age when she must transition to independent living. Without the traditional family support system that many of her peers have, Sarah feels overwhelmed and uncertain about her future. Recognizing the importance of social and human capital, her social worker, Ms. Roberts, designs a comprehensive plan to support Sarah's development in these areas.</p>	

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	<p><b>Creating Robust Support Networks</b></p> <p>Ms. Roberts begins by helping Sarah identify potential sources of support within her community. They attend local youth group meetings, where Sarah meets peers with similar experiences. Ms. Roberts also introduces Sarah to a mentorship program that pairs her with Ms. Johnson, a successful professional who aged out of the care system years ago. Ms. Johnson provides guidance, emotional support, and helps Sarah navigate the challenges of adulthood.</p> <p><b>Enhancing Communication Skills</b></p> <p>To improve Sarah's communication skills, Ms. Roberts enrolls her in a workshop focused on active listening, empathy, and assertiveness. Through role-playing exercises and group discussions, Sarah learns how to express herself more effectively and build stronger relationships. She practices these new skills during her interactions with peers and mentors, gaining confidence and improving her ability to connect with others.</p> <p><b>Educational and Vocational Achievements</b></p> <p>Recognizing the importance of education and vocational training, Ms. Roberts assists Sarah in applying for a scholarship program for care leavers. Sarah enrolls in a local community college, pursuing a course in graphic design, a field she is passionate about. Additionally, Ms. Roberts helps Sarah secure an internship at a local design firm, providing her with practical experience and professional connections.</p> <p><b>Personal Development</b></p> <p>Ms. Roberts also focuses on Sarah's personal development by helping her identify her strengths and set achievable goals. Together, they create a personal development plan that includes short-term and long-term objectives, such as improving time management skills and building a portfolio of her design work. Regular check-ins with Ms. Roberts ensure that Sarah stays on track and feels supported throughout her journey.</p> <p>Through these targeted interventions, Sarah begins to build a robust network of support and develops the skills and confidence needed to achieve her goals. She graduates from college, secures a full-time position at the design firm, and continues to maintain strong relationships with her mentor and peers.</p>
<p><b>Key Take-Aways</b></p>	<p><i>Here, you should outline the key lessons which community educators, social workers, and professionals that work with young adults should take from this case study example.</i></p> <ol style="list-style-type: none"> <li>1. <b>The Power of Mentorship:</b> Connecting young adults with mentors who have successfully navigated similar challenges can provide invaluable guidance and support.</li> <li>2. <b>Importance of Communication Skills:</b> Effective communication is crucial for building and maintaining strong support networks.</li> <li>3. <b>Educational and Vocational Support:</b> Access to education and vocational training is essential for developing human capital and achieving long-</li> </ol>





	<p>term success.</p> <ol style="list-style-type: none"> <li>4. Personal Development Plans: Setting achievable goals and regularly reviewing progress helps young adults stay focused and motivated.</li> <li>5. Community Engagement: Involvement in community activities can expand support networks and provide additional resources and opportunities.</li> </ol>
<b>Reflection</b>	<p><i>Here, you should outline the key lessons which community educators, social workers, and professionals that work with young adult can consider, so that they can apply their learning from this case study to their own contexts:</i></p> <ul style="list-style-type: none"> <li>● <i>Question 1 - How can you implement mentorship programs in your organization to support young adults in alternative care?</i></li> <li>● <i>Question 2 - What strategies can you use to enhance communication skills among the young adults you work with?</i></li> <li>● <i>Question 3 - How can you ensure that young adults have access to educational and vocational opportunities in your community?</i></li> <li>● <i>Question 4 - What steps can you take to help young adults create and achieve personal development goals?</i></li> <li>● <i>Question 5 - How can you foster greater community engagement to expand support networks for young adults in alternative care?</i></li> </ul> <p><i>By reflecting on these questions, community educators, social workers, and professionals can apply the lessons from Sarah's case study to their own contexts, ultimately helping more young adults in alternative care settings build the social and human capital needed for a successful and independent future.</i></p>

### Learning Activity 1

<b>Activity Title</b>	<b>Empowering Sarah: Building a Support Network</b>	
<b>Duration of Activity (in minutes)</b>	<b>30</b>	<b>Learning Outcome</b>
<b>Aim of Activity</b>		
	<p><i>What is the learning outcome that will be achieved through this activity?</i></p> <p>Participants will learn how to identify potential sources of support and develop strategies to build and strengthen support networks for young adults in alternative care settings.</p> <p><i>Describe here the value of reading through this case study for community educators, social workers, and professionals that work with young adults – this section should motivate them to use this activity as part of their learning journey and should outline the benefits of this activity in their specific contexts.</i></p> <p>This activity highlights the importance of robust support networks for young adults transitioning out of alternative care. By understanding how to facilitate the creation and nurturing of these networks, community educators, social workers, and professionals can significantly enhance the emotional and practical support</p>	



	available to these young adults, helping them navigate the challenges of independent living.
<b>Materials Required for Activity</b>	<p><i>List here all the materials and equipment that learners will need to have to complete this activity.</i></p> <ul style="list-style-type: none"> <li>• Whiteboard and markers</li> <li>• Sticky notes</li> <li>• Pens and paper</li> <li>• Handout: "Strategies for Building Support Networks"</li> </ul>
<b>Step-by-Step Instructions</b>	<p><i>Provide advice for community educators, social workers, and professionals that work with young adults on how they should complete this activity.</i></p> <p>Step 1: Begin with a brief discussion on the importance of support networks. Ask participants to share their thoughts on how having a strong support network can impact the life of a young adult in alternative care.</p> <p>Step 2: Distribute the "Strategies for Building Support Networks" handout. Review the strategies with the group, highlighting key points and examples from Sarah's case study.</p> <p>Step 3: On the whiteboard, draw a circle representing Sarah. Around the circle, write down the different types of support she has (peers, mentors, community members).</p> <p>Step 4: Give participants sticky notes and ask them to write down additional potential sources of support that Sarah could benefit from. Have them place these sticky notes around Sarah's circle on the whiteboard.</p> <p>Step 5: Discuss the new sources of support identified by the group. Talk about how these could be implemented in Sarah's life and how similar strategies could be applied to the young adults they work with.</p> <p>Step 6: Conclude the activity with a reflection question: "How can you help the young adults you work with identify and build their own support networks?" Encourage participants to share their ideas and strategies.</p>

### Learning Activity 2

<b>Activity Title</b>	<b>Empowering Sarah: Enhancing Communication Skills</b>	
	<b>30</b>	<i>What is the learning outcome that will be achieved through this activity?</i>

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<b>Duration of Activity (in minutes)</b>	<b>Learning Outcome</b>	Participants will learn practical techniques to enhance communication skills among young adults in alternative care settings, fostering better relationships and stronger social capital.
<b>Aim of Activity</b>	<p><i>Describe here the value of reading through this case study for community educators, social workers, and professionals that work with young adults – this section should motivate them to use this activity as part of their learning journey and should outline the benefits of this activity in their specific contexts.</i></p> <p>This activity emphasizes the role of effective communication in building and maintaining strong relationships. By improving communication skills, community educators, social workers, and professionals can help young adults express themselves more effectively and connect more deeply with their support networks.</p>	
<b>Materials Required for Activity</b>	<p><i>List here all the materials and equipment that learners will need to have to complete this activity.</i></p> <ul style="list-style-type: none"> <li>• Role-play scenarios handout</li> <li>• Whiteboard and markers</li> <li>• Pens and paper</li> </ul>	
<b>Step-by-Step Instructions</b>	<p><i>Provide advice for community educators, social workers, and professionals that work with young adults on how they should complete this activity.</i></p> <p>Step 1: Introduce the activity by discussing the importance of communication skills in building social capital. Share examples from Sarah's case study where improved communication helped her build stronger relationships.</p> <p>Step 2: Distribute the role-play scenarios handout. Explain that participants will practice communication techniques through role-playing exercises.</p> <p>Step 3: Divide participants into pairs. Assign each pair a scenario from the handout. Give them a few minutes to prepare and decide on their roles.</p> <p>Step 4: Have each pair act out their scenario in front of the group. After each role-play, facilitate a discussion on what communication techniques were used and how they could be improved.</p> <p>Step 5: On the whiteboard, list key communication techniques discussed (e.g., active listening, empathy, assertiveness). Ask participants to provide examples of how these techniques can be applied in their work with young adults.</p> <p>Step 6:</p>	



	Wrap up the activity with a reflection question: "What communication techniques do you find most effective in your work, and how can you help young adults develop these skills?" Encourage participants to share their experiences and insights.
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### Learning Activity 3

<b>Activity Title</b>	<b>Empowering Sarah: Developing Human Capital through Education and Vocational Training</b>	
<b>Duration of Activity (in minutes)</b>	<b>30</b>	<b>Learning Outcome</b>
<b>Aim of Activity</b>	<p><i>What is the learning outcome that will be achieved through this activity?</i></p> <p>Participants will gain an understanding of how to support young adults in accessing educational and vocational opportunities, thereby enhancing their human capital.</p>	
<b>Materials Required for Activity</b>	<p><i>Describe here the value of reading through this case study for community educators, social workers, and professionals that work with young adults – this section should motivate them to use this activity as part of their learning journey and should outline the benefits of this activity in their specific contexts.</i></p> <p>This activity underscores the importance of education and vocational training in developing human capital. By learning how to guide young adults towards these opportunities, community educators, social workers, and professionals can help them build a foundation for long-term success and independence.</p>	
<b>Step-by-Step Instructions</b>	<p><i>List here all the materials and equipment that learners will need to have to complete this activity.</i></p> <ul style="list-style-type: none"> <li>• List of local educational and vocational resources</li> <li>• Internet access for research</li> <li>• Pens and paper</li> </ul> <p><i>Provide advice for community educators, social workers, and professionals that work with young adults on how they should complete this activity.</i></p> <p>Step 1: Begin by discussing the role of education and vocational training in developing human capital. Reference Sarah's journey in pursuing a graphic design course and securing an internship.</p> <p>Step 2: Provide participants with a list of local educational and vocational resources. Discuss the types of opportunities available, such as scholarships, training programs, and internships.</p> <p>Step 3:</p>	



	<p>Divide participants into small groups. Assign each group a task to research additional educational and vocational opportunities available in their community. Provide internet access for this research.</p> <p>Step 4: Have each group present their findings to the larger group. Discuss how these opportunities can be accessed and the potential benefits for young adults in alternative care settings.</p> <p>Step 5: On the whiteboard, create a resource map that includes all the educational and vocational opportunities identified. Discuss how to create personalized development plans for young adults based on these resources.</p> <p>Step 6: Conclude the activity with a reflection question: "How can you support the young adults you work with in accessing educational and vocational opportunities?" Encourage participants to share practical strategies and success stories.</p> <p>By engaging in these activities, community educators, social workers, and professionals will be better equipped to support young adults in alternative care settings, helping them develop the social and human capital needed for a successful and independent future.</p>
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### Additional Resource 1

<b>Title of Resource</b>	<b>Empowering Sarah: Building Social and Human Capital for a Bright Future</b>
<b>Introduction to the Resource</b>	<p><i>Provide a brief introduction to the resource by stating what the resource is – a video, blog post, article, etc., and give a brief synopsis of its content.</i></p> <p>This resource is a webinar titled "Building Social and Human Capital: Strategies for Success," hosted by the National Foster Care Coalition. The webinar features experts in social work, education, and vocational training who discuss practical strategies for helping young adults in alternative care settings develop essential social and human capital. The content includes real-world examples, success stories, and interactive Q&amp;A sessions with participants.</p>
<b>“What will I get from using this resource?”</b>	<p><i>Describe here the value of using this resource for the community educators, social workers, and professionals that work with young adults – what will they learn through this resource, and what added value will it bring to their specific contexts.</i></p> <p>By using this resource, community educators, social workers, and professionals working with young adults will gain:</p> <ul style="list-style-type: none"> <li>• In-depth Knowledge: Detailed insights into the theory and practice of building social and human capital.</li> </ul>

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	<ul style="list-style-type: none"><li>• Practical Strategies: Concrete examples of successful interventions and programs that can be implemented in various care settings.</li><li>• Expert Advice: Guidance from experienced professionals in the field who share their expertise and answer questions.</li><li>• Engagement Opportunities: An interactive platform where participants can ask questions and engage with the content in real-time, fostering a deeper understanding of the material.</li><li>• Additional Resources: Access to supplementary materials, including handouts, worksheets, and further reading lists provided during the webinar.</li></ul> <p>Using this resource will equip professionals with a comprehensive understanding of how to effectively support young adults in alternative care settings, enhancing their ability to foster independence and economic stability through the development of social and human capital.</p>
Link to Resource	<i>Include here a link to the website where the learner can access the online resource.</i>

Case Study 2

Case Study Title	Building Bridges: Alex’s Journey to Developing Social and Human Capital	
Cover Image		
Duration of Activity (in minutes)	90	<p><b>Learning Outcome</b></p> <p><i>What is the learning outcome that will be achieved through this case study?</i></p> <p>By completing this case study, learners will understand how to implement strategies that help young adults in alternative care settings develop their social and human capital. They will gain practical insights into fostering interpersonal relationships and enhancing skill development for successful independent living.</p>
Aim of Activity	<p><i>Describe here the value of reading through this case study for community educators, social workers, and professionals that work with young adults – this section should motivate them to complete the case study!</i></p> <p>This case study is designed to provide community educators, social workers, and professionals with a comprehensive example of how to support young adults in developing crucial social and human capital. Through Alex’s story, readers will be motivated to apply these strategies in their own work, recognizing the significant impact they can have on the lives of young adults transitioning out of alternative care. This case study highlights the importance of a holistic approach, encouraging professionals to integrate these strategies into their practice to foster more connected, skilled, and confident young adults.</p>	
Case Study	<p><i>Use this section to present the narrative of the case study.</i></p> <p>Alex, a 19-year-old who has spent most of his life in alternative care, faces the challenge of transitioning to independent adulthood. Alex has always been bright and eager to learn, but his experiences in the care system have left him feeling isolated and lacking in self-confidence. Recognizing these challenges, his social</p>	



	<p>worker, Maria, developed a comprehensive plan to help Alex build his social and human capital.</p> <p><b>Social Capital Development:</b> Maria started by identifying key areas where Alex needed support. She connected Alex with a local mentorship program where he was paired with a mentor who shared his interest in technology. This relationship provided Alex with not only career guidance but also a trusted adult to turn to for advice. Additionally, Maria encouraged Alex to join a community sports team. Through regular practice and games, Alex started to build friendships and a sense of belonging, which were critical for his emotional well-being.</p> <p><b>Human Capital Development:</b> Simultaneously, Maria worked on enhancing Alex's human capital. She enrolled him in a computer programming course at a local vocational training center, which aligned with his passion for technology. To complement his technical skills, Maria arranged for Alex to attend workshops on soft skills, such as communication, teamwork, and problem-solving. These workshops were vital in helping Alex become more confident and articulate, preparing him for future job opportunities.</p> <p>Throughout this process, Maria maintained regular check-ins with Alex to monitor his progress and adjust the support plan as needed. Over time, Alex began to thrive. He developed a strong network of supportive peers and mentors, and his new skills opened doors to internships and job opportunities. Alex's journey demonstrates the transformative power of targeted support in building social and human capital.</p>
<p><b>Key Take-Aways</b></p>	<p><i>Here, you should outline the key lessons which community educators, social workers, and professionals that work with young adults should take from this case study example.</i></p> <ol style="list-style-type: none"> <li><i>1. Holistic Support is Crucial: Addressing both social and human capital is essential for the comprehensive development of young adults in alternative care.</i></li> <li><i>2. Mentorship and Community Involvement: Connecting young adults with mentors and community activities can significantly enhance their social networks and sense of belonging.</i></li> <li><i>3. Skill Development: Providing access to vocational training and soft skills workshops equips young adults with the tools they need for professional and personal success.</i></li> <li><i>4. Ongoing Monitoring and Support: Regular check-ins and the ability to adapt support plans are critical to meet the evolving needs of young adults.</i></li> </ol>
<p><b>Reflection</b></p>	<p><i>Here, you should outline the key lessons which community educators, social workers, and professionals that work with young adult can consider, so that they can apply their learning from this case study to their own contexts:</i></p> <ul style="list-style-type: none"> <li><i>• Question 1 - How can you integrate mentorship programs into your support plans for young adults in alternative care?</i></li> <li><i>• Question 2 - What strategies can you implement to balance the development of both social and human capital in the young adults you work with?</i></li> </ul>



*By reflecting on these questions, community educators, social workers, and professionals can better tailor their approaches to effectively support young adults in alternative care settings, fostering their growth into well-rounded and independent individuals.*

#### Learning Activity 4

<b>Activity Title</b>	<b>Building Bridges: Alex's Journey to Developing Social and Human Capital</b>	
<b>Duration of Activity (in minutes)</b>	<b>90</b>	<p><b>Learning Outcome</b></p> <p><i>What is the learning outcome that will be achieved through this activity?</i></p> <p>Participants will learn to design and implement comprehensive support plans that enhance the social and human capital of young adults in alternative care settings. They will develop skills in identifying key needs, connecting individuals with resources, and continuously monitoring and adapting support strategies.</p>
<b>Aim of Activity</b>	<p><i>Describe here the value of reading through this case study for community educators, social workers, and professionals that work with young adults – this section should motivate them to use this activity as part of their learning journey and should outline the benefits of this activity in their specific contexts.</i></p> <p>This activity aims to equip community educators, social workers, and professionals with practical skills and insights needed to foster the social and human capital development of young adults in alternative care. By engaging with Alex's case study and designing their own support plans, participants will be motivated to apply these strategies in their work, ultimately leading to better outcomes for the young adults they support. This activity underscores the importance of a holistic approach and demonstrates the tangible benefits of such strategies in real-world contexts.</p>	
<b>Materials Required for Activity</b>	<p><i>List here all the materials and equipment that learners will need to have to complete this activity.</i></p> <ul style="list-style-type: none"> <li>- Printed or digital copies of Alex's case study</li> <li>- Flip chart or whiteboard</li> <li>- Markers or dry-erase pens</li> <li>- Notebooks or paper for note-taking</li> <li>- Pens or pencils</li> <li>- Templates for creating comprehensive support plans (optional)</li> <li>- Access to relevant resources (books, articles, internet access for research)</li> </ul>	
<b>Step-by-Step Instructions</b>	<p><i>Provide advice for community educators, social workers, and professionals that work with young adults on how they should complete this activity.</i></p> <p>Step 1: Introduction (10 minutes)</p> <p>1. Begin by providing an overview of the activity and its objectives.</p>	

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	<p>2. Distribute copies of Alex’s case study to all participants. 3. Briefly review the key points of the case study to ensure everyone is familiar with Alex’s journey and the support he received.</p> <p>Step 2: Group Discussion (20 minutes)</p> <ol style="list-style-type: none"> <li>1. Divide participants into small groups.</li> <li>2. Ask each group to discuss the different types of capital (social and human) addressed in Alex’s case.</li> <li>3. Encourage them to identify specific strategies used to develop these capitals and discuss their effectiveness.</li> <li>4. Have each group share their insights with the larger group.</li> </ol> <p>Step 3: Developing a Comprehensive Support Plan (40 minutes)</p> <ol style="list-style-type: none"> <li>1. Provide each group with a template for creating a comprehensive support plan or ask them to create their own.</li> <li>2. Instruct each group to choose a hypothetical young adult in alternative care and develop a support plan tailored to their needs.</li> <li>3. The plan should include specific strategies for enhancing social and human capital, such as mentorship programs, community involvement, vocational training, and soft skills development.</li> <li>4. Encourage groups to consider potential challenges and solutions in their plans.</li> </ol> <p>Step 4: Presentation and Feedback (15 minutes)</p> <ol style="list-style-type: none"> <li>1. Have each group present their support plan to the larger group.</li> <li>2. Encourage constructive feedback and discussion on the different strategies proposed.</li> <li>3. Highlight innovative ideas and practical approaches that can be applied in real-world settings.</li> </ol> <p>Step 5: Reflection and Conclusion (5 minutes)</p> <ol style="list-style-type: none"> <li>1. Ask participants to reflect on what they learned from the activity.</li> <li>2. Encourage them to think about how they can apply these insights to their work with young adults in alternative care settings.</li> <li>3. Conclude the activity by summarizing the key takeaways and emphasizing the importance of a holistic approach to social and human capital development.</li> </ol> <p>By following these steps, community educators, social workers, and professionals will be equipped with the knowledge and tools to design effective support plans, fostering the social and human capital of young adults in alternative care settings.</p>
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### Additional Resource 2

<b>Title of Resource</b>	<b>Building Bridges: Alex’s Journey to Developing Social and Human Capital</b>
<b>Introduction to the Resource</b>	<i>Provide a brief introduction to the resource by stating what the resource is – a video, blog post, article, etc., and give a brief synopsis of its content.</i>

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	<p>This resource is an article published in the Journal of Youth Development. It provides a comprehensive examination of best practices and effective strategies for enhancing the social and human capital of young adults in alternative care settings. The article includes detailed case studies, research findings, and practical recommendations tailored for community educators, social workers, and professionals working with this population.</p>
<p><b>“What will I get from using this resource?”</b></p>	<p><i>Describe here the value of using this resource for the community educators, social workers, and professionals that work with young adults – what will they learn through this resource, and what added value will it bring to their specific contexts.</i></p> <p>Using this resource, community educators, social workers, and professionals will gain:</p> <ol style="list-style-type: none"> <li>1. In-Depth Understanding: A thorough understanding of the concepts of social and human capital and their importance in the context of young adults in alternative care.</li> <li>2. Evidence-Based Strategies: Access to evidence-based strategies and best practices that have been proven effective in real-world settings.</li> <li>3. Case Studies: Detailed case studies that provide practical examples of how these strategies can be implemented successfully.</li> <li>4. Practical Recommendations: Practical recommendations that can be directly applied to improve support systems and outcomes for young adults.</li> <li>5. Resource Integration: Insights on how to integrate these strategies into existing programs and tailor them to meet individual needs.</li> </ol> <p>This article will enhance your ability to support young adults in developing essential skills and building strong networks, ultimately leading to better outcomes in their transition to independent living.</p>
<p><b>Link to Resource</b></p>	<p><i>Include here a link to the website where the learner can access the online resource.</i></p>

### In Summary

Module 2 delves into the essential role that social and human capital play in the successful transition of young adults from alternative care settings to independent living. Understanding these concepts is crucial: social capital refers to the networks and relationships that offer emotional support and access to opportunities, while human capital encompasses the skills, knowledge, and personal attributes that are vital for personal and professional success.

The module begins by introducing the definitions and significance of social and human capital. It emphasizes how robust social networks and comprehensive skill development can profoundly impact young adults in alternative care, setting a strong foundation for their future.

Developing social capital is a key focus, with strategies such as mentorship programs, community involvement, and peer support groups highlighted. Mentorship programs

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are particularly beneficial, pairing young adults with mentors who provide guidance, support, and valuable connections. Encouraging community involvement helps these individuals build a sense of belonging and expand their social networks, while peer support groups offer a platform for sharing experiences and mutual support.

On the human capital front, the module outlines the importance of vocational training, soft skills workshops, and continuous learning. Vocational training provides access to educational programs that teach practical and professional skills. Soft skills workshops enhance communication, teamwork, and problem-solving abilities, which are crucial for personal and professional interactions. Additionally, fostering a mindset of continuous learning through various workshops, courses, and personal development activities encourages lifelong growth.

To illustrate these strategies in action, the module presents the case study of Alex, a young adult in alternative care. Through mentorship, community involvement, and vocational training, Alex builds his social and human capital, leading to significant personal and professional growth. His journey exemplifies the transformative power of targeted support and the positive outcomes that can be achieved.

The module concludes with key takeaways, emphasizing the importance of a holistic approach that addresses both social and human capital. It offers practical strategies for developing tailored support plans and highlights the crucial role of mentorship and community involvement. Reflection questions prompt community educators, social workers, and professionals to think about integrating mentorship programs into their support plans and balancing strategies to develop both social and human capital effectively.

In summary, Module 2 provides a comprehensive guide for enhancing the outcomes for young adults in alternative care settings. By focusing on the development of social and human capital, professionals can foster the growth of well-rounded, confident, and independent individuals, equipped to navigate their future successfully.



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