



Every measure
IMPROVED
after completing
the curriculum.



Self-Efficacy is a protective factor that helps prevent recidivism in youth.^{1,2}

Life Skills Reimagined is proven to increase self-efficacy in transition age youth in foster care and juvenile justice. ($p < .01$ for all)

¹Vincent, G. M., Skeem, J. L., & Weber, J. (2024). Youth Reoffending: Prevalence and Predictive Risk Factors in Two States. UMass Chan Medical School, Law & Psychiatry Program.

²Weber, J., Skeem, J. L., Jian, L., Pendleton, J., Carew, K., & Vincent, G. M. (2025). Protective Factors and Strength-Based Services: Impacts on Long-Term Youth Reoffending. UMass Chan Medical School, Law & Psychiatry Program.



CONFIDENCE TO LIVE INDEPENDENTLY

% MOSTLY CONFIDENT, CONFIDENT, OR EXTREMELY CONFIDENT

I am confident in my ability to live independently.



FOSTER CARE
(n = 1,975)

BEFORE
25% → **57%**
+30
POINTS



JUVENILE JUSTICE FACILITY
(n = 97)

BEFORE
43% → **82%**
+39
POINTS

SELF-EFFICACY

% AGREE OR STRONGLY AGREE

		BEFORE	AFTER	CHANGE
SE1	I will be able to achieve most of the goals that I have set for myself.	FOSTER CARE (n = 1,975) 62%	95%	+33 POINTS
	JUVENILE JUSTICE (n = 97) 56%	78%	+23 POINTS	
SE2	When facing difficult tasks, I am certain that I will accomplish them.	FOSTER CARE (n = 1,975) 59%	94%	+34 POINTS
	JUVENILE JUSTICE (n = 97) 49%	72%	+24 POINTS	
SE3	In general, I think that I can obtain outcomes that are important to me.	FOSTER CARE (n = 1,975) 66%	95%	+29 POINTS
	JUVENILE JUSTICE (n = 97) 59%	79%	+21 POINTS	
SE4	I believe I can succeed at most any endeavor to which I set my mind.	FOSTER CARE (n = 1,975) 63%	94%	+31 POINTS
	JUVENILE JUSTICE (n = 97) 62%	80%	+19 POINTS	
SE5	I will be able to successfully overcome many challenges.	FOSTER CARE (n = 1,975) 65%	95%	+30 POINTS
	JUVENILE JUSTICE (n = 97) 58%	81%	+24 POINTS	
SE6	I am confident that I can perform effectively on many different tasks.	FOSTER CARE (n = 1,975) 66%	94%	+29 POINTS
	JUVENILE JUSTICE (n = 97) 59%	79%	+21 POINTS	
SE7	Compared to other people, I can do most tasks very well.	FOSTER CARE (n = 1,975) 63%	90%	+26 POINTS
	JUVENILE JUSTICE (n = 97) 55%	70%	+16 POINTS	
SE8	Even when things are tough, I can perform quite well.	FOSTER CARE (n = 1,975) 62%	91%	+29 POINTS
	JUVENILE JUSTICE (n = 97) 60%	73%	+13 POINTS	



**OVERALL
SELF-EFFICACY
AVERAGE**

FOSTER CARE (n = 1,975)

BEFORE
63% → **94%**

+30
POINTS

JUVENILE JUSTICE (n = 97)

BEFORE
57% → **77%**

+20
POINTS



Life Skills Reimagined helps youth build the **confidence**, self-efficacy, and life skills they need to create **positive futures** and thrive in adulthood.

SCHEDULE A
DEMO NOW!

