

Prince, Heather ORCID: <https://orcid.org/0000-0002-6199-4892> 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 (Unpublished)

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/5347/>

Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
 - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.



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

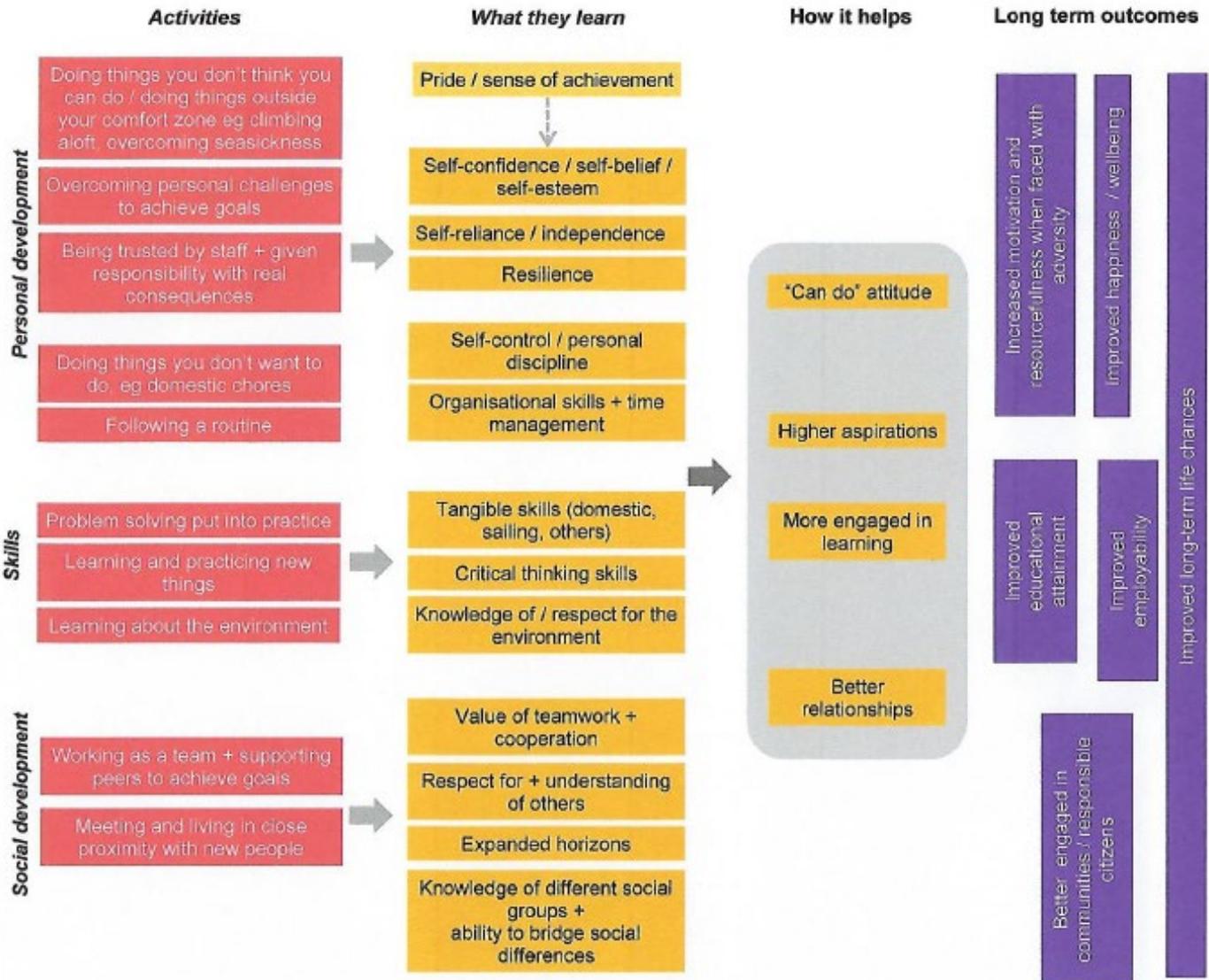
A framework to think about what you do:

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

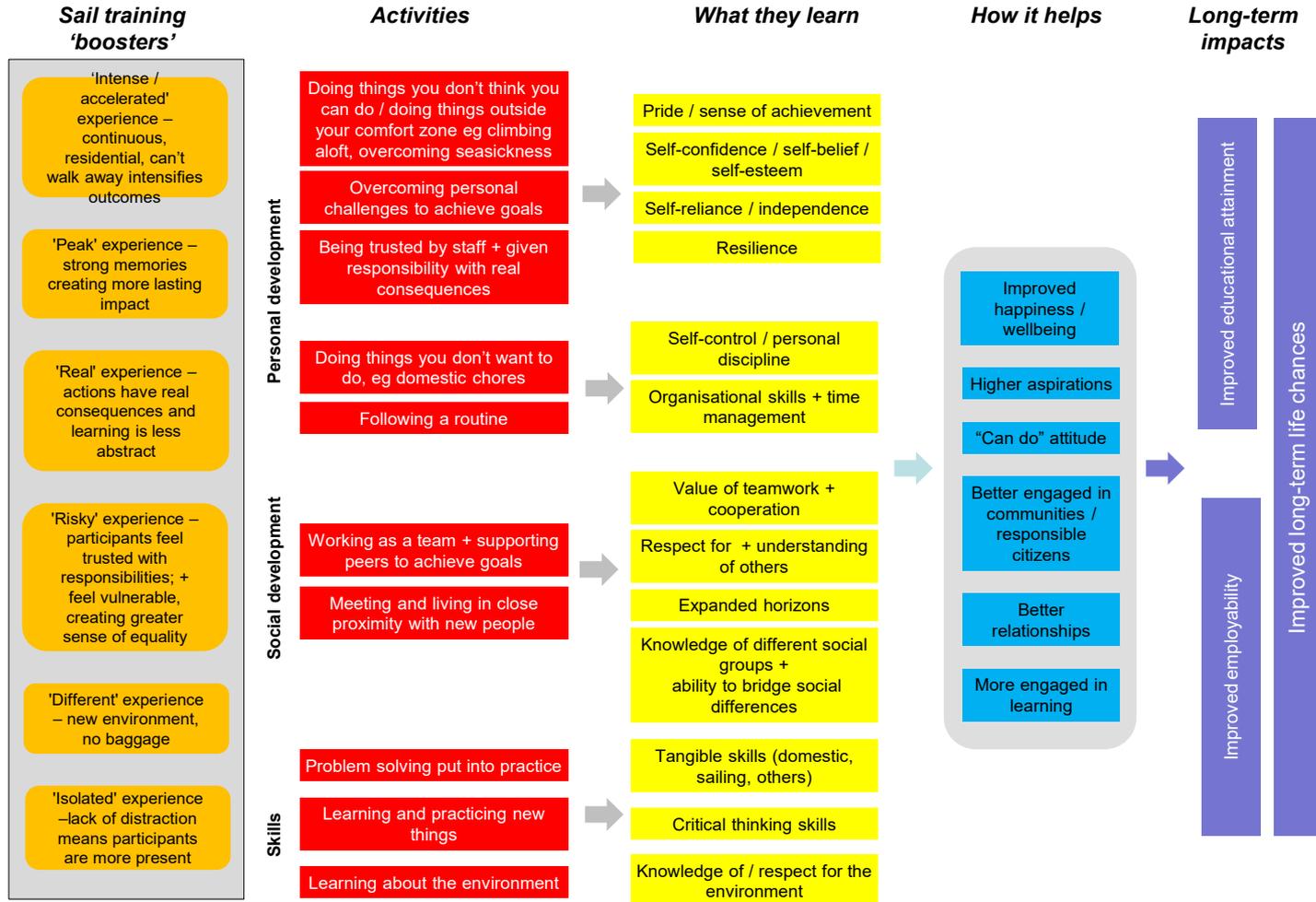
(Noble et al., 2017)

Sail training 'boosters'

- 'Intense / accelerated' experience – continuous, residential, can't walk away intensifies
- '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 – participants are more present and able to address normal habits



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

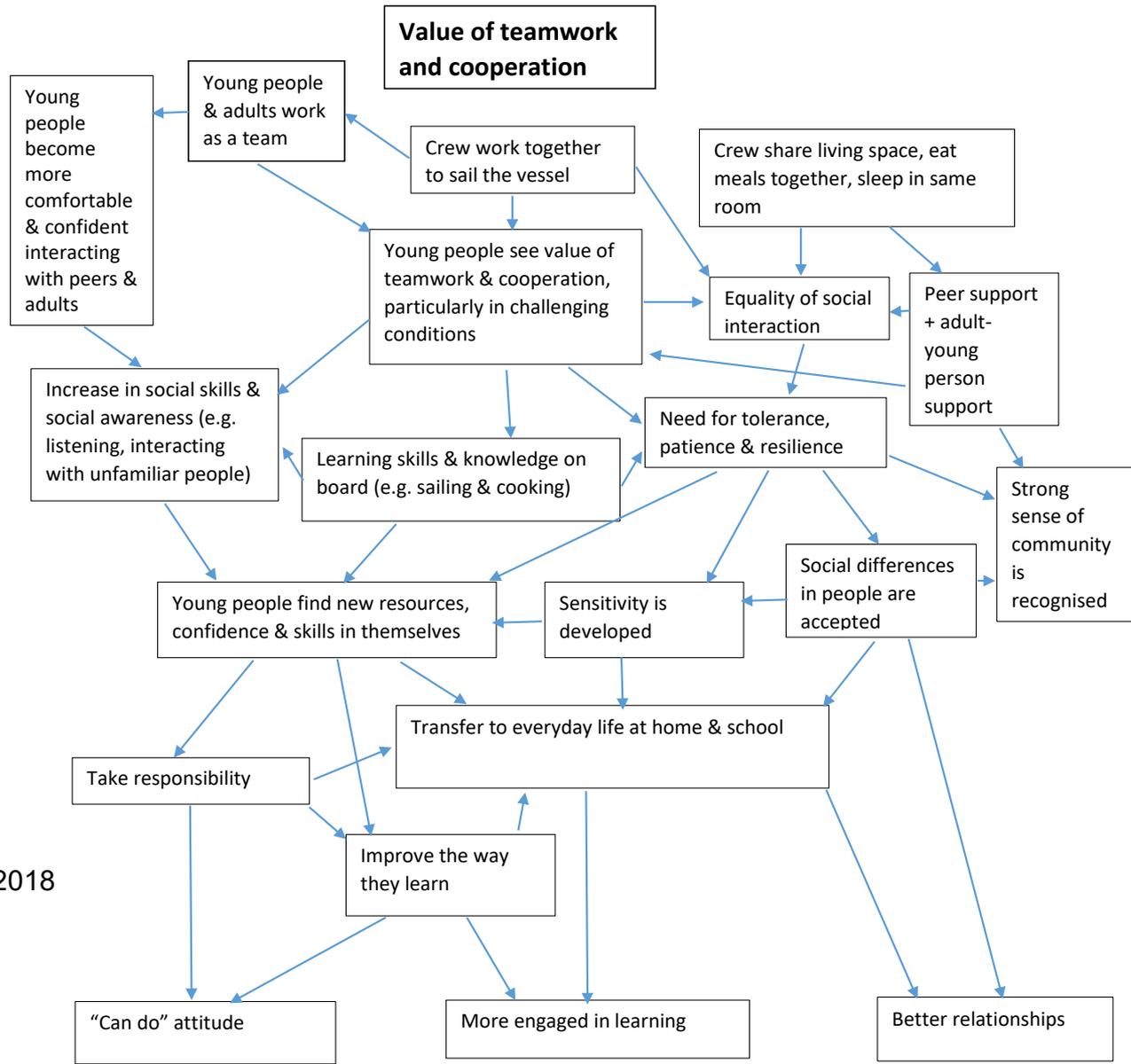
Using the template provided, consider the activities and then what you currently do and how this might be improved.

Record your thoughts (5 minutes)

Now discuss with your group (10 minutes)

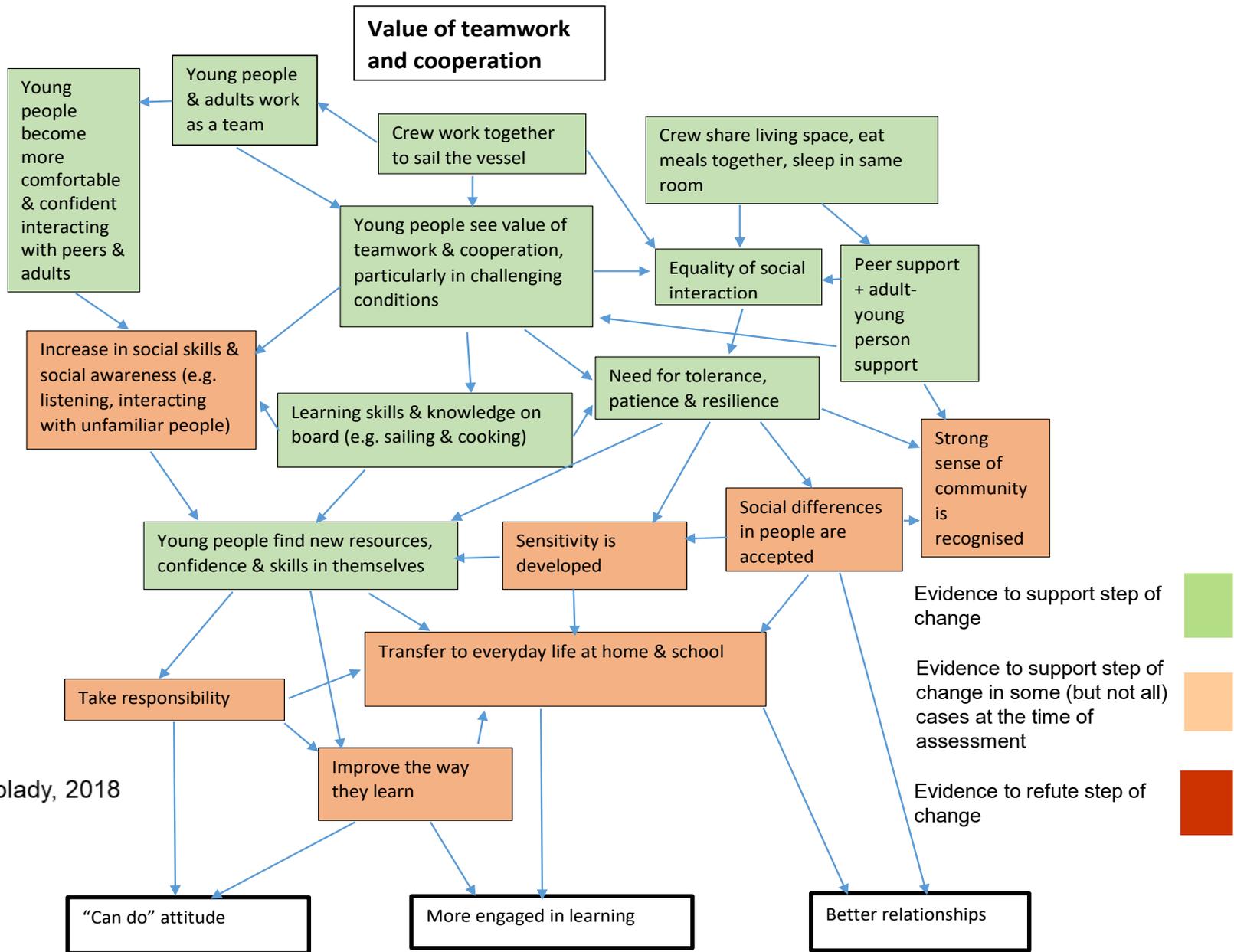
Be prepared to share your thinking in a debrief

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?

Contact details:

Prof Heather Prince

Dr Eric Fletcher

heather.prince@cumbria.ac.uk

eric.fletcher@newcastle.ac.uk

References

Noble, J., Kenley, A. & Patel, S. (2017) *ASTO theory of change, evidence review & measurement framework*. Association of Sail Training Organisations (ASTO) and New Philanthropy Capital (NPC). Available at <https://uksailtraining.org.uk/images/stories/Sailtrainingworksevidence/public-ASTO-Theory-of-Change-measurement-framework.pdf>

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