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Foster Youth Perspectives: Self-Reported Strengths and Resilience

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The research team, including foster youth consultants, created a 35-item measure to assess youth's strengths, emotional self-efficacy, and resilience are presented accurately and fully in research. The research team aimed to understand the strengths of foster youth as they describe how they overcome challenges. Despite entry into the foster care system during elementary school, an average of over six years in and out of care, and frequent placement changes, when foster youth are asked to list their strengths, they show that they see themselves as possessing many strengths and skills to deal with life. Furthermore, foster youth describe themselves as possessing many strengths and report over a half of the participants perceive themselves as possessing many strengths and skills to deal with life's challenges.

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