“Getting Ahead in a Just Getting by World” identifies eleven resources essential to living a self-directed and self-sustaining life.[[1]](#footnote-1) The resources are listed and defined below with the types of agencies/external support graduates may need to build their resources.

Financial

*(Having enough income to purchase goods and services and to save or invest money. Having an educated understanding of how money works – being financial literate)*

*Types of skills/agencies - financial literacy, budgeting, money-management courses, 1st time home buyer assistance programs, credit counseling, etc.*

Emotional

*(Able to choose and control emotional responses, particularly to negative situations without engaging in self-destructive behavior. This is the “state of mind” that determines the way we think, feel, and behave at any given moment. This is a resource that shows itself through stamina and choice. This is about interpersonal skills like teamwork, teaching others, leadership, negotiation, and working with people from many backgrounds.) –*

*Types of skills/agencies - agencies and online programs offering classes and/or counseling assistance in anger management, interpersonal skills, domestic violence, Child Advocacy, Parenting, Elder Day Care, Veterans Programs, etc.*

Mental

*(Having the mental ability and acquired skills (reading, writing, computing) to deal with daily life. This includes how much education and training individuals have in order to compete in the workplace for well-paying job or run their own business.)*

*Types of skills/agencies – community college (look for federal, state, local aid), literacy centers, libraries, early childhood intervention programs (for their children), veterans’ programs, etc.*

Language

*(Having the vocabulary, language ability, and negotiation skills to succeed in the work and/or school environments)*

*Types of skills/agencies – community college, on-line courses, etc.*

Social Capital

*(Having friends, family, and backup resources available to access in times of need. Sometimes this resources is called “support systems.”)*

*Types of skills/agencies – 12-step programs, faith groups, community groups, etc.*

Physical

*(Having physical health and mobility)*

*Types of skills/agencies – local gyms or community recreational departments, hospital support groups, etc.*

Spiritual

*(Believing in divine purpose and guidance and/or having a rich cultural connection that offers support and guidance.)*

*Types of skills/agencies – churches, faith-based organizations, etc.*

Integrity & Trust

*(Trust is linked to two issues: predictability and safety. Can I know with some certainty that this person will do what he/she says? Can I predict with some accuracy that it will occur nearly every time? The second part of the question is safety: Will I be safe with this person?)*

*Types of skills/agencies – life skills programs, on-line resources, healthcare agencies, etc.*

Motivation & Persistence

*(Having the energy or drive to prepare for, plan, and complete projects, jobs, and personal change)*

*Types of skills/agencies – healthcare agencies, addiction counseling, etc.*

Relationships/Role Models

*(Having frequent access to adults who are appropriate, who are nurturing, and who don’t engage in self-destructive behavior.)*

*Types of skills/agencies – churches, parenting and/or mom and/or dad groups, Parent Teacher Association groups, etc.*

Knowledge of Hidden Rules

*(Knowing the unspoken cues and habits of poverty, middle class, and wealth)*

*Types of skills/agencies – Bridge’s material*

1. Adapted from ‘Getting Ahead in a Just Getting by World’ by Philip E. DeVol, third edition. [↑](#footnote-ref-1)