

180° Program

Enhancing Lives *One Degree* at a Time

Small Changes Can Yield BIG Results

All individuals have the ability to lead highly productive and fulfilling lives. The 180° Program is the vehicle that leads participants to success *one degree at a time*.



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What is the Mission of the 180° Program?

180's mission is to passionately help youth enhance their lives by accepting personal accountability and to continuously strive toward the goal of achieving their full potential, **one degree at a time**. We utilize comprehensive, research based and measureable approaches of intense instructional, participatory and interactive character and life skills education that is based upon 180's Core Values. We will always deliver those services in the most professional, innovative and highly effective manner.

All individuals have the ability to lead highly productive and fulfilling lives. This fundamental belief lies at the core of our company. Each person has the potential to live a life that is driven by purpose, personal accountability and the confidence that he or she possesses the skills and talents to be successful. We believe that success is not a linear, uniform process; it is an individual, complex journey that leads people down diverse paths. Success for each of us mirrors that journey: it too is complex and diverse. However, we believe that there are five key competencies to frame all successful journeys. These five competencies encapsulate the core of this program (*listed at right*).

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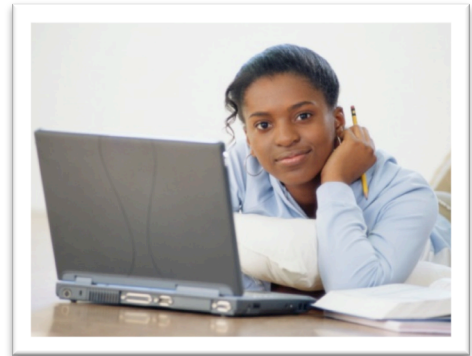
Enhancing Lives *One Degree* at a Time



Why the 180° Program?

Research has shown that character education and social/emotional learning leads to improved attendance, reduced disciplinary incidents, and increased test scores and academic achievement. Further, students with social/emotional learning enjoy school more, foster better social relationships, and increase their attachment to school and motivation to learn. They are less likely to drop out (particularly at the critical 9th grade level), and are more likely to stay out of the criminal justice system. These students are no longer using the extrinsic motivators of grades, reward, or even punishment; their own developed internal compass of values and life skills guides them.

What sets our program apart from so many others is its comprehensive nature. Youth who complete the 180° Program learn to be critically self-aware and actively socially conscious. They reflect on core values, and then use those core values to evaluate qualities of character, such as empathy, respect, responsibility, and integrity. Once they have spent time wrestling with these concepts, they begin to learn concrete life skills like setting and achieving goals, identifying and dealing with pressure, being courageous, regulating their emotions, resolving conflict, and thinking critically. They chart their



What our program can do for youth and students

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- Increased test scores
- Improved academic achievement

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Catalano, R. F., Berglund, M. L., Ryan, J. A. M., Lonczak, H. S., & Hawkins, J. D. (2002). Positive youth development in the United States: Research findings on evaluations of Positive Youth Development Programs. Prevention and Treatment, 5, Article 15.



“180° Program’s primary mission is to guide youth in developing their own internal compass.”

We Help Youth Navigate

In today’s fast paced, multi-tasking culture, kids are inundated with thousands of media images that send conflicting messages to them on a daily basis. They are exposed to athletes taking steroids to get ahead, company CEOs stealing millions of corporate dollars; they hear of abuse by people in positions of moral and legal authority; they navigate through a maze of personal internet social spaces—some which hide the same dangers they face in the real world.

How can we help young people steer smartly and safely through these dangers? The truth is that social ills have existed long before now, and will continue to exist in perpetuity. What is needed is a fixed compass—an internal monitor—with which children can evaluate, discern, and ultimately decide. 180° Program’s primary goal is to guide youth in developing their own internal compass.

The Most Comprehensive Program Available!



“If kids are smart but don’t have social skills, where will their smarts get them? We have to reach not only the minds of the kids but their hearts.”

*Maurice Elias
Professor of Psychology
Rutgers University*

growth in self-awareness and learn how to implement and apply their internal compasses in many authentic, real-world situations both in and out of school. Students are then challenged to think beyond their own circumstances. They examine concepts of social awareness through the lens of critical 21st century skills: teamwork, technical fluency, collaboration, perspective analysis, negotiations, compromise, adaptability, creative and critical thinking, and leadership.

The 180° Program also understands that today’s youth are digital natives; we help them learn how to use their available technology as tools to create better lives for themselves and for others, and ***we teach them how to sustain their growth and development long after they complete the program.*** Through guided discussion, debate, hypothetical situations, interaction, activities and application, ***participants will truly understand what they believe and value, and learn to apply those personal beliefs to how they think, behave, and act.*** Our program does not look to take participants to a predetermined destination; rather, it is structured to address the critical social, emotional, and behavioral components that provide a solid foundation of skills or “life tools” for students. Because of that, the 180° Program can be implemented not only in schools, but anywhere kids are: community-based programs, juvenile correctional facilities, homeschool settings, and after-school programs. ***This program helps youth develop critical skills needed to succeed and flourish in the 21st century global economy. At the same time, it challenges them to become critically self-aware and passionately socially conscious.***

Consider how often schools themselves value winning, ranking, scores, and achievement. While these goals by themselves are not bad, the means by which some students resort to attaining them are. The 2002 Report Card on Ethics of American Youth, a biennial national survey conducted by the Josephson Institute,

revealed that student cheating, lying and stealing have risen dramatically over the last decade (Josephson Institute, 2002). With such a reward-driven culture of immediate gratification, is this really surprising? Now more than ever before, ***students need time, structure, and real opportunity to develop the internal compass that will intrinsically motivate them to make good choices, empathizes, reflect, and evaluate, one degree at a time.***

Our program facilitators are trained to be guides, who establish a true collaborative culture. They don’t have answers; they have thoughtful, structured questions and activities. They combine the critical 21st century skills of teamwork, technology, critical thinking, innovative problem solving, and personal reflection in all discussions and activities. ***Students in this program critically analyze themselves, chart their own journey of social and emotional growth and development, and practice skills learned through classroom, school, virtual, and greater community projects.***



Enhancing Lives One Degree at a Time

ENHANCING LIVES ONE DEGREE AT A TIME



The Degrees Of Change

The 180° Program is broken down into five competencies that allow participants the structure and time to develop their skills in the five key program components.



1st Degree : Self-Awareness

- Personal Values, Character Qualities, Empathy, Integrity, Responsibility, Respect, Setting Your Personal Compass, Evaluating Values, Recognizing Emotions, Evaluation & Reflection

2nd Degree: Self-Development & Management

- Setting & Achieving Goals, Identifying & Dealing with Pressure, Being Courageous, Regulating Emotions, Resolving Conflict, Developing Fortitude & Determination, Thinking Critically

3rd Degree: Positive Decision Making

- Making Positive Choices, Ethics, Safety, Tolerance, Consideration of Others, Evaluation of Circumstances Appropriately to Understand Consequences of Actions

4th Degree: Relationship Skills

- Healthy Relationships, Effective Communication, Cooperation, Resisting Negative Social Pressure, Addressing Conflict Appropriately, Helping Others, Seeking Help

5th Degree: Social Responsibility & Awareness

- Understanding Your Environment, Collaboration, Teamwork, Technical Fluency, Perspective Analysis & Evaluation, Creative & Critical Thinking, Negotiations & Compromise, Adaptability & Leadership, Citizenship, Community Responsibility, Applying Your Compass in Various Situations (home, school, technology, community, work)

Program Components

Core Values

Operating philosophies and principles that guide conduct

Character Education

Skills to help social, emotional, and behavioral development

Life Skills

Skills that allow people to act upon their core values and ethical beliefs

21st Century Skills

Skills that prepare youth for the digital, global age of innovation

Community Outreach

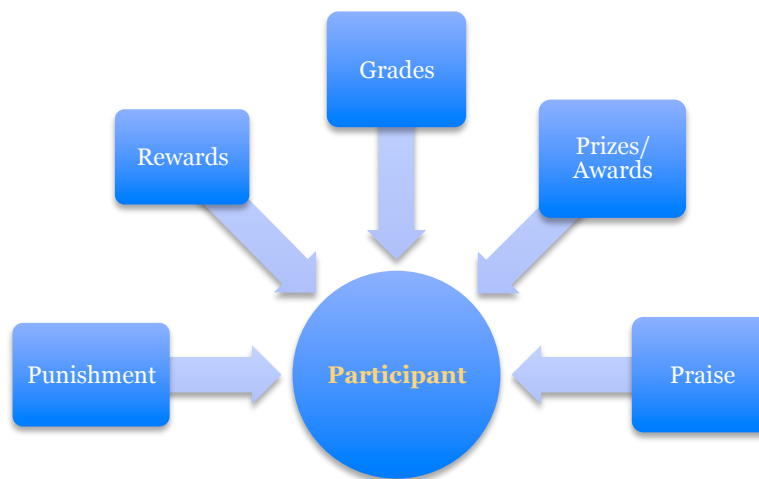
Authentic application of skills in the local and global communities

We Help Build Internal Motivation

Our program does not rely on external motivators—positive or negative—to build participants' motivation. Instead, we target the intrinsic motivations within youth such as pride and self-satisfaction, in order to achieve long-term, sustainable results.

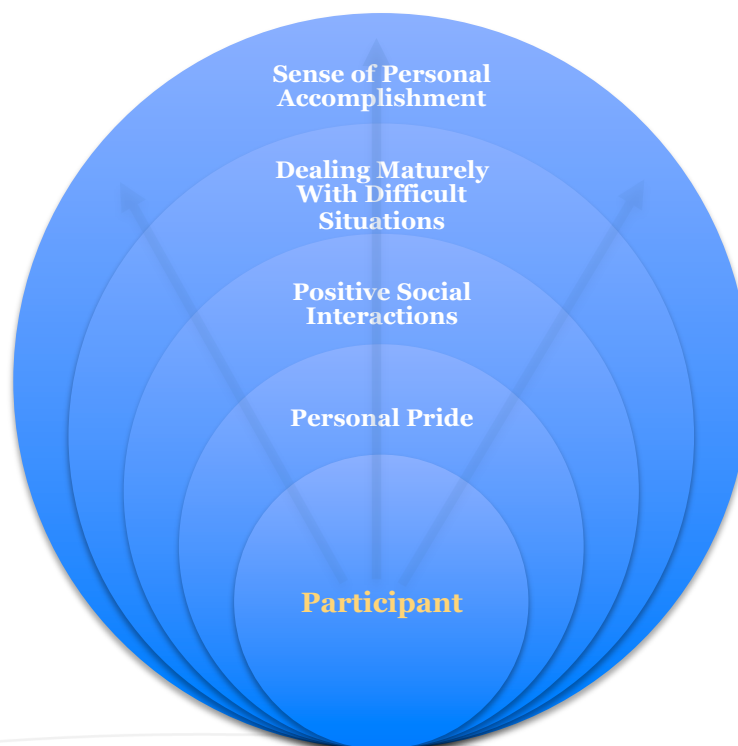
Traditional Programs:

Extrinsic Motivators



The 180° Program:

Intrinsic Motivators



Last But Not Least . . .

Here are a few final facts about the 180° Program:

- The manual is a highly interactive tool—not a traditional textbook—that guides participants on their personal journey to success. It complements any curriculum, and reinforces critical academic skills and concepts
- The Program consists of a minimum of 3 hours per week for the length of the semester, and may be extended for the entire school year (recommended)
- Facilitators will be nominated by school administration and/or community leaders, and will complete a training program that teaches them critical facilitation skills
- Formal pre and post assessment on various indicators will be conducted to measure success
- The Program will be available in both English and Spanish



“Character is what you do when nobody is looking.”

Henry Huffman, Assistant Superintendent of Schools, Mt. Lebanon, Pennsylvania

For more information, please contact Dean Renfrow, Corporate President, at 503.585.5189 or email sales@180-degrees.com

180° Program

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