

Introduction

Before We Begin



Set Your Course



Welcome to the 180 Degrees *Set Your Course* Program. Today you are beginning a journey of self-discovery that will change your life!

The *Set Your Course* Program combines the proven social-emotional learning curriculum of the 180° Program with enhanced life skill coursework for young adults. The *Set Your Course* curriculum is beneficial to *any* adult learner wishing to enhance their lives and become more effective and successful in life.

Whether you are working to complete your high school equivalency or deciding what career choice is best for you, the information, exercises, and group activities found in the *Set Your Course* curriculum will provide you with fresh insights, structure, and personal accountability to set your life course and achieve your goals.

Set Your Course is a 21st century life skill program that will prepare you for success in postsecondary education, career, and life. The curriculum is research based and founded upon social-emotional learning principles combined with 21st century skills.

The 21st century skills found in the *Set Your Course* Program will provide you with a learning experience that will allow you to successfully compete in 21st century careers: skills like creative problem-solving, leadership, innovation, collaboration, the ability to communicate in writing and orally, and the ability to work as part of a team.

Integrating 21st century skills, the curriculum targets personal development in five key areas:

1. Developing Character Education
2. Identifying Healthy & Productive Values
3. Practicing 21st Century Skills
4. Demonstrating Positive Life Skills
5. Engaging in Community & Civic Outreach

21st Century Skills ~ One Degree at a Time



Self Awareness

- **Introspection.** Understanding self: Reflecting on values, behaviors & attitudes; Framing perspective and evaluation skills.
- **Learning and innovation skills** including: creativity, innovation, critical thinking, problem solving, communication and collaboration.

Self-Development

- **Personal choices and decisions.** Learning to effectively evaluate and make positive life decisions; How to evaluate personal decisions, behaviors, and choices; Applying values to choices and behaviors; Use of decision-making tools.
- **Financial, economic, business and entrepreneurial literacy.** Knowing how to make appropriate personal economic and finance choices; understanding the role of the economy in society; using entrepreneurial skills to enhance productivity and career options.
- **Information literacy.** Accessing information efficiently (time) and effectively (sources); evaluating information critically and competently; using information accurately and creatively for the issue or problem at hand; managing the flow of information from a wide variety of sources; applying a fundamental understanding of the ethical/legal issues surrounding the access and use of information.
- **Technology literacy.** Using technology as a tool to research, organize, evaluate and communicate information; using digital technologies (computers, PDAs, media players, GPS, etc.), communication/networking tools and social networks appropriately to access, manage, integrate, evaluate and create information to successfully function in a knowledge economy; applying a fundamental understanding of the ethical/legal issues surrounding the access and use of information technologies.
- **Educational Advancement.** Understanding resources available to determine and match personal skills, knowledge, and abilities with education and career choices. Accessing and understanding financial options and choices in funding postsecondary education choices. Establishing personal goals and action plans to achieve and complete postsecondary education.

Social-Awareness & Responsibility



Set Your Course

The compass in hand is a powerful symbol of this course. We believe in the power of small, steady change in each of us.

We believe in the power of words to create our world and images to inspire positive action.

We believe in restoring and building hope, capability, and self-worth as catalysts of change.

We believe in a set of core values that guide our curriculum and our way of engaging the world.

In this course, you will make small incremental changes in your life - - one degree at a time, and you will observe significant change overall.

All it takes is a willingness to engage yourself in a journey of self-awareness, self-development, and discovery of social awareness & responsibility.

- **Civic literacy.** Participating effectively in civic life through knowing how to stay informed and understanding governmental processes; exercising the rights and obligations of citizenship at local, state, national and global levels; understanding the local and global implications of civic decisions.
- **Leadership.** Understanding personal leadership qualities and traits. The use of non-violence strategies to stimulate and create social change. Linking personal leadership with civic and community engagement.






Program Core Values

| | |
|-------------------|-------------------------------|
| Integrity | Fairness |
| Trustworthiness | Caring |
| Citizenship | Respect |
| Purposeful Action | Accountability/Responsibility |

Symbols and Activities

Each chapter of the *Set Your Course* program is designed to be highly interactive (in other words, you're not part of a "sit-n-get" program!) Your facilitator will take you through various activities and discussions. The only rule for you is to get involved! Don't sit back and wait to learn; active learning only happens when you're actively involved. To help you know what involvement you will have, take a look at the explanation of symbols below:

| Symbol | What it Means |
|--|---|
|  | <p>The light bulb is a bright idea. Throughout the program, you will see ideas of what else you can do highlighted with a yellow light bulb. There is also a webpage devoted to your "Highlights"—great ideas you've come up with while you go through the program. The page before chapter one is the place for you to record your bright ideas as you get them.</p> |
| <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p><i>"A moment's insight is sometimes worth a life's experience."</i></p> <p>Oliver Wendell Holmes, Sr.</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> | <p>Twenty stars contain quotes that complement material you're learning. Throughout the program, your facilitator may stop and have you apply the quotes to your learning. Feel free to add more quotes on the <i>Set Your Course</i> wiki website: www.180degrees.wetpaint.com.</p> |
|  | <p>This symbol tells you that it's time to "Think, Pair, Share." So when you see this symbol, you will write a response to some issue or question by yourself. Then you will partner up with someone and discuss what you wrote. Finally, you and your partner will synthesize your material and present it (share it) with the entire group.</p> |
|  | <p>The "partner" symbol indicates that you and a partner will work on an issue or concept together.</p> |
| <p>Let's Chat...</p> | <p>When you see "Let's Chat...", the entire group is invited to share thoughts, reactions, and ideas.</p> |

How Will Our Group Operate?

What ground rules would make it comfortable for you to speak up during discussions? What behaviors would make it uncomfortable for you to speak up during discussions? Rather than give you a list of what **WE** think are essential rules for discussion, let's find out what **YOU** think.



Write down rules (guidelines) you think would make discussing issues and topics comfortable for you.

Brainstorm a list of guidelines below:

Respond Here



After you create your list, pair up with someone and share your lists. When you do this, agree on your **COLLECTIVE TOP THREE** guidelines, and present them to the class.

TOP THREE:

1.

2.

3.

Once all guidelines have been posted, decide as a group what the **FINAL** group discussion guidelines will be for the duration of the *Set Your Course* program. Have someone write the guidelines on a poster and hang them up in the room. Refer to this list throughout the program.



Well, we're ready to begin! Let's GO!