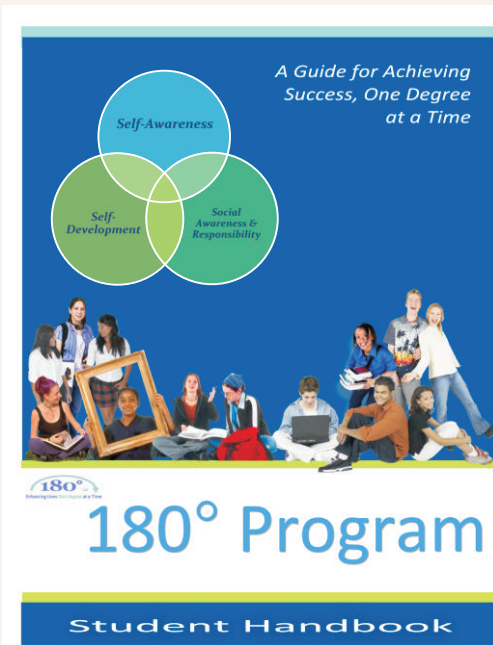


Small, Steady Changes: Huge Results



A Life Skills Curriculum
Providing a Social-Emotional
Learning Environment for
High School Students,
Helping them Direct their
Future.

A Research Based Experiential Learning Curriculum

- Designed for the school or after-school setting
- Program adapted for high school use
- Includes a student handbook with weekly lessons, activities and learning tools
- Program delivered throughout the entire academic year
- Program augments core academic subjects
- Outcome based curriculum measures academic and personal development:
 - academic achievement - attitude - motivation - goal achievement - organizational skills - self control -
 - decision making - communication skills - team work - leadership skills - citizenship -

Self-Awareness:

- Self Reflection
- Core Values
- Critical Thinking
- Choices and Decisions

Self-Development:

- Time Management
- Setting Goals
- Emotional Intelligence
- Dealing with Stress
- Communication
- Conflict Management
- Collaboration

Social-Awareness & Responsibility:

- Leadership
- Citizenship
- Community Service

DEGREES OF CHANGE