

6-Month Schedule Breakdown



1st Month is getting to know the participants and introducing them to the program. We want them to know it's all about them and they are in control of the outcome. Remind them even though they are ordered by the courts to be there they have two choices, 1) trust us to help them be the best they can be or continue on the road to destruction. Emphasize that throughout life they will always have choices (an action) and with every choice there is a consequence (a reaction) good or bad it's on them.....

Building self-awareness

Self-awareness involves having a clear perception and understanding of one's own character, feelings, motives, and desires and how others perceive you

- Who are you and who do you want to be in 10-years
- Goal Setting
 - (Education goals included)
 - Short term
 - Long term
- Weaknesses
- Strengths
- Changes you want to make
- Introduction to Community Service requirements
- Putting it all together

2nd Month continuing with building self-awareness but adding in life skills, since they will be getting lunch incorporate that into an activity. 3-lessons a) creating a menu (meal) b) what is needed c) grocery shopping d) preparing the meal. For every topic there should be an activity

Life Skills

Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life.

Essential

- Communication and interpersonal skills. ...
- Decision-making and problem-solving. ...

- Creative thinking and critical thinking. ...
- Self-awareness and empathy, which are two key parts of emotional intelligence. ...
- Assertiveness and equanimity, or self-control.
- Beyond the Classroom
- Leadership Skills
- Community Service
- Attitudes/Respect
- Anger Management
- Money management

3rd Month Work Readiness, each topic below can be worked into the leadership training which is presented through the team community service project that was discussed in life skills. The community service projects have many of the topics listed in the work readiness section the benefits of volunteering can have a holistic effect on students' lives—professionally, educationally, and personally; but the benefit of creating a project to help others develops skills such as but not limited to: communication, organizational skills, time management, teamwork, while helping to continue building self-esteem, resilience and decision making.

Work Readiness (Basic)

Workplace readiness skills are transferable abilities that you can use in many career fields. Having these skills can help you improve your competitive advantage over other candidates

- Filing out an application
- Signatures
- Attitudes in the workplace
- Work Safety
- Money management (pay checks)
- Teamwork vs Working alone
- Time Management
- Job Search Techniques
- Job Interviews
- Dressing for Success
- Education & Training
- Career Exploration
- Career Day

4th Career Exploration, what type of job are they looking for, taking assessments, researching, having speakers come in, and even taking field trips.

Career Exploration

career exploration can be defined as the process of learning about career paths, job functions, industries, fields, and roles that can help clarify your professional interests, goals, and aspirations.

- Assessments
- Career Research
- Job sampling
- Job Shadowing
- Speakers
- Career Day

5th Month Career Training, what is needed to secure that job, or career what type of education, trade school or on the job training

Career Training

- How to reach your goal
- Education Required
- Training Schools
- On-the job training

6th Month Work Placement, helping find that job, making sure they have something to wear on an interview and actually going on interviews

Work Placement

- Are you legal to work?
- Interview Clothing
- Job Coaching if needed