

Overview:

There are three parts to this document.

1. A General schedule (Q1 2024)
2. Deep dive breaking down program structure
3. Individual lesson plan

It's working Progress Deep dive:

This program is intended for youth ages 12-18.

The program in its current stage will be held once a week for about 4 hours. Each hour will be a different focus and together they form a complete program.

The shared healthy meal and accompanying icebreaker or brain-teaser exercise foster a sense of community and camaraderie among participants, breaking the ice and promoting social interaction. This social connection is vital for the emotional well-being of adolescents. Furthermore, the flexible structure of the program's latter part, where participants can freely discuss topics and receive assistance with schoolwork, encourages active learning and problem-solving while providing valuable academic support.

Setup / Homework help

The group starts off with a healthy meal together, accompanied by an icebreaker or brain-teasing exercise that lasts between 15 to 25 minutes. During the remainder of

the allotted time, participants have the opportunity to engage in open discussions and receive assistance with their schoolwork.

Warmup / Get loose

In the 2nd segment, participants are guided through activities to prepare their minds and bodies to absorb new information. This segment kicks off with a brief, no more than 15-minute, light workout.

This approach to our program offers several significant benefits for participants. Firstly, the initial light workout serves as an effective way to energize both the body and mind, ensuring that participants are in an optimal state for learning and engagement. Physical activity has been shown to boost cognitive function and enhance concentration, making it an ideal starting point.

Overall, this holistic approach not only enhances physical and mental well-being but also creates an inclusive and supportive learning environment for our young participants.

Critical Conversations

The third segment of our program will adopt a lecture-style learning approach, addressing critical gaps often overlooked in traditional education, including financial literacy, communication skills, community development, and the roles of individuals as men and women within their communities. For a more detailed

breakdown of the topics covered in this segment, please refer to the course outline.

Importantly, the chosen topic for the week will also serve as the overarching theme, subtly integrated into all segments to reinforce the lesson and accommodate diverse learning styles. Additionally, whenever possible, we will invite experienced community members with relevant lived experiences to facilitate discussions and provide valuable insights related to the topic. This multi-dimensional approach aims to offer participants a well-rounded education while promoting community engagement and shared wisdom.

Skills learned

This comprehensive approach to the third segment of our program holds immense value for our participants. Financial literacy equips young individuals with the skills they need to make informed decisions about money, while communication skills are essential for building successful relationships and careers. Community development fosters a sense of civic responsibility, and discussions about gender roles promote understanding and respect within diverse communities.

These subjects are essential life skills that empower our youth to navigate the challenges of adulthood with confidence. By integrating these subjects into our program and bringing in community experts, we provide practical knowledge and foster a sense of social responsibility.

These workshops will offer a diverse range of experiences and will adapt to the interests of our

participants as well as taking into consideration input from our guest speakers. Examples of workshop topics include upcycling clothing, basketball, boxing, and yoga.

By offering a variety of workshops based on their interests and input, we tap into their intrinsic motivation and curiosity, making the learning experience more engaging and enjoyable. Furthermore, these workshops encourage creativity, problem-solving, and teamwork, fostering holistic personal development. They offer a safe space for experimentation, self-discovery, and skill mastery, which are invaluable for youth as they explore their passions and interests, building essential life skills that will serve them well into adulthood.

Guided Self Exploration

The final segment of our program, known as "guided self-exploration," is a pivotal component that empowers participants to chart their own path to personal growth and future success. In this phase, our team will provide valuable assistance to participants in identifying their individual areas of interest. We will equip them with the necessary resources and connections to further develop their talents and explore their passions.

Each week, a prompt will guide their exploration, with each prompt building upon the previous ones. By the program's conclusion, every student will have a comprehensive blueprint to pursue their aspirations beyond our program's duration. Crucially, while each student will have an assigned mentor for support and guidance, this segment emphasizes the student's autonomy

and leadership in their own journey. Encouraging self determination and the ability to take charge of their future.

This approach aims to instill in our participants a sense of agency and responsibility, preparing them not only with valuable skills but also with the confidence to actively shape their own destinies. It's a powerful way to help them become self-reliant, goal-oriented individuals ready to tackle the challenges of the future.

By fostering self-discovery and facilitating access to resources, this segment empowers participants to unlock their full potential. It not only equips them with the practical tools they need to pursue their interests but also nurtures crucial life skills such as goal-setting, problem-solving, and resilience. Furthermore, this approach aligns with the evolving landscape of education and career development, emphasizing the importance of adaptability and self-directed learning in today's world.

Schedule

3:00 - 3:30

-Arrival and homework help

3:30-4:00

-Snack time,

-Daily check in,

-Icebreaker/ engagement activity

4:00-4:30 Warmup

4:30:-5:30 Critical Conversation

5:50-6:30 : Guided Self Exploration

Month 1

Jan 3 - Kickoff Event (fundraiser)

Jan 6 - Admin Day / TEAM / Partner meeting

Jan 8th - First full program day (importance of self)

Jan 10th - Birth of an Idea

Jan 13th - Admin Day

Jan 15th - Haves and Have nots

Jan 17th - First Field Trip

Jan 20th - Admin Day

Jan 22nd - Dicipline planning and patience (Boxing)

Jan 24th - the motion of emotion

Jan 27th - Admin Day

Jan 29th - Execution and Energy flow

Jan 31st - Family Day

Month 2

Feb 3rd - Admin day / partner meeting

Wed 5th - Business exercise / student shop

Fri 7th - Community Event

Mon 10th - Admin day

Wed 12th - Financial management

Fri 14th - Wellness Day

Mon 17th - admin day

Wed 19th - taking Ls

Fri 21th - Celebration and appreciation

Mon 24th - admin day

wed 26th - Communication and social skills

Fri 28th - Party day

Month 3

Mon 3rd - admin day

wed 5th -Talkin tech

Fri 7th - Community Game day

Mon 10th - admin day

wed 12 - Self defense / verbal self defense

Fri 14th - Crisis management / safety drill

Mon 17th - admin day

Wed 19th - All for one vs one for all

Fri 21st - Partnership day

Mon 24th - admin day

wed 26th - community tree

Fri 28th - Affecting change

mon 31st - admin day