



Youth Foundations is a personal empowerment curriculum designed to give middle and high school age scholars the tools to achieve their academic and life goals.

This 30-hour course focuses on two sets of competencies, 1. Personal (Self-awareness and Self management) and 2. Social (Other-awareness and Relationship management.)

SELF MANAGEMENT

- Self Control
- Trustworthiness
- Conscientiousness
- Adaptability
- Innovation

SELF AWARE

- Emotional Awareness
- Accurate Self-Assessment
- Self Confidence

OTHER AWARE

- Understanding Others
- Developing Others
- Service Orientation
- Leveraging Diversity
- Organizational Awareness

RELATIONSHIP MANAGEMENT

- Influence
- Communication
- Conflict Management
- Leadership
- Change Catalyst
- Building Bonds
- Collaboration & Cooperation
- Team Capabilities

Scholars engage in reflective discussion and activities that cultivate healthy states of mind, self-regulation and effective communication skills. Each session focuses on scholars recognizing and using their core value to affect the outcomes they desire in life.

Increased social and emotional skills have been found to create higher achievement, increase on-task behaviors and reduce discipline problems and children with highly developed social skills have been found to perform better academically.

Youth Foundations supports the development of these critical skills in a structured and supportive setting that emphasizes respect, accountability and self-motivation.

CLASS DETAILS

Classes are facilitated by NAZ staff who have received certification in either Personal Empowerment and/or Emotional Intelligence. Scholars participate in small groups (not to exceed 15 scholars) implemented in one of four ways:

BREAK-OUT SESSION

- Scholars break-out of an existing parent Foundations class when enough age appropriate Scholars are in attendance.

NAZ ANCHOR HIGH SCHOOLS

- Coaches who are in the high school setting would do the class with their rosters or within their settings.

OUT-OF-SCHOOL TIME (OST) PROGRAMS

- Coaches who are co-located at schools with OST programs facilitate groups within that context.

NON-SCHOOL OST PROGRAMS (AT LARGE)

- Offered through 21st Century and PCYC

The long-term goal is that Youth Foundations will become a core modality of NAZ partners who embed this strategy into their programs as a way to accelerate achievement, increase “on-task” behaviors, reduce discipline problems and enhance academic performance.