

## 3-Day Program for Students



### **Purpose:**

The **ACE (Achievement and Commitment to Excellence)** Program is a comprehensive student success and character building program designed to empower middle and high school students to achieve excellence in personal, social and academic pursuits. It utilizes EduCare's years of experience and expertise in Social & Emotional Learning (SEL) to provide a foundation for safe and positive learning and growth. ACE focuses on the following SEL elements:

**Character Development:** Confidence building, positive decision-making & constructive choices.

**Personal Management:** Personal responsibility & accountability.

**Emotional Intelligence:** Managing anger, fear, rejection & peer pressure.

**Interpersonal Skills:** Communication, conflict resolution, problem solving & team building.

The **ACE 3-Day Program** is designed to assist youth in creating more successful and constructive lives. Through their involvement, students:

- Experience greater self-worth and self motivation
- Identify and enhance their unique talents
- Learn to manage emotional distress and improve attitudes & behaviors
- Learn teambuilding and conflict resolution skills
- Develop greater empathy and understanding for others
- Develop skills for decision making and problem-solving as it relates both to school and personal life
- Improve school attendance & leadership skills

### **Format:**

- Interactive three consecutive-day workshop for approximately 100 students
- Within each workshop, the larger group is divided into "resource groups" (*of 7-10 students and one adult*) for structured teambuilding and experiential activities. There are also whole group activities.

### **Teachers' & Adults' Roles and Responsibilities:**

- General Supervision - help prepare room & workshop sessions, supervise & assist with break, lunch, arriving & departing, and bus coverage, if applicable
- Resource Group Leaders - active, positive role modeling & coaching
- Active participation & involvement

Since 1990, EduCare's programs have been offered to more than 94,000 students in schools, school districts, and youth serving agencies worldwide. Our youth development programs, professional development trainings and parent workshops have been widely cited as outstanding models for innovative and self-sustaining change.