



# CHRISTMAS SHOPPING

HOW TO CHOOSE AND USE VALUABLE RESOURCES IN  
YOUR PROGRAMS

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**YOUTH GUIDANCE AND W.O.W.**  
<https://www.youtube.com/watch?v=QG-AADA2CjI>

**WORKING ON  
WOMANHOOD**

**YOUTH GUIDANCE**



# 5 CORE VALUES



- **Self awareness**

I have power; I know who I am; I accept who I am; I inspire others to become who they want to be

- **Emotional Intelligence**

I am resilient; I recognize and use all of my emotions; I respond in healthy ways to other's emotions

- **Healthy Relationships**


I respect myself and others; I maintain healthy boundaries in my relationships; I communicate my needs and wants; I advocate for myself

- **Visionary Goal Setting**

I have goals; I am motivated; I overcome barriers; I work on my goals everyday


- **Leadership Skills**

I am a leader; I set goals; I am accountable; I seek mentors to show me the way; I take a role in improving my community





# MOTIVATING YOUR STUDENTS



## **Getting them to buy-in without knowing they're buying in**

Come along-side the student and build a partnership with them

## **Meet them where they are**

Don't try to rush them or be too eager to dive right in

## **Strength-based approach**


Highlight their strong points individually, let them know they are valued and important

## **Connect with them on extracurricular activities/anything non-therapy related**

Acknowledge their referral reason but also find something they enjoy doing and wouldn't mind talking about

## **Check-ins and Check-outs**

Follow-up with them throughout the week, let them see you outside of the typical setting





# COUNSELING TECHNIQUES



## CBT (Cognitive Behavioral Therapy)

“My thoughts lead to feeling, which leads to my behavior “  
(a strong emphasis in our program and I have my student repeat after me every week when we meet)

## Psychoeducation


Make everything a teaching moment for students and take the time to explain it all. Give definitions and real-time examples.

## Homework Assignment (Challenge Task)

Give them something (attainable) to work on until the next time you meet and check in with them about it at the next meeting

## Journaling /Artistic Expression

Allow them time to reflect and express their thoughts without having to talk about it



# COMMUNITY RESOURCES

(THEY'RE LIKE LITTLE GIFTS TO US ALL)

<https://www.youtube.com/watch?v=iTcdWTo07kTk>





# WHERE DO THE RESOURCES COME FROM



- School alumni associations
  - Community meetings
  - PAC and LSC meetings
  - Teachers and Staff members
  - School Guidance Counselors
  - Facebook
  - Professional Development and Trainings
  - Church or through personal acquaintances
  - Political affiliations & local aldermen
  - Email lists
  - Personal Outreach
- 



# HOW TO INCORPORATE YOUR RESOURCES



## **Invite agency or individual to your center/activity to meet the students**

This gives them the chance to witness the work first hand and decide how they can help

## **Arrange a visit or volunteer opportunity for your students to work with them**

It sends the message of unity among both groups and allows for future invites and collaboration

## **Include them on your agenda for the next team meeting**

Permit a space for collaboration and idea sharing, you may be working towards the same goal

## **Provide handouts and a resource table/board for parents and teachers, or create your own email list to reach your targeted population**

Share what you have with those who need it most

## **Follow-up with contacts and connections**

We're all busy, but one more email won't kill us. Be Supportive! It's impossible to expect help but never available to give help








# HOW DOES THIS BENEFIT OUR STUDENTS



- Students are exposed to new ideas, opportunities, and cultural expansion
  - Character building and change
  - Charity and service learning hours
  - Leadership skills and confidence
  - Family's needs are identified and met
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# QUESTIONS & ANSWERS



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