



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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