



Youth and Academic Development Track

“ABC’s to Success” : You have worked hard to get where you are! Now, how do we remain proactive and progress to the next level. Understanding the importance of decision making when it comes to your future does not have to be overwhelming. You have the choice to choose your future. Join this track to build upon skills of resiliency and explore your options as you take steps towards your goals. This training track is encouraged for ages 16-20 but all are welcomed to participate. Join us as we prosper and succeed.

**Keys to Academic Success
It’s About Time (Management)
Building Resilience and Coping
Developing Future Aspirations
My Mind on My Money...**



Keys To Academic Success

Workshop Description:

If you're considering going to college and may not know where to start, let us help you explore and prepare for all things possible. Preparing for academic success with this workshop and we will help you find local resources to support your current academic success, research and identify your needs and wants for college, how to identify your career interests, and how to gain financial support to afford your college options.



Workshop Objectives:

1. Explore local resources to assist in maintaining current academic success.
2. Identify key components for post-secondary options
3. Describe steps to identify future career interests
4. Demonstrate strategies on gaining financial assistance for college



It's About Time (Management)

Workshop Description:

There are 24 hours in a day, how do you juggle it all in order to make the most out of your time?

Join us for our time management and organization workshop to learn more about the relationship between your time management and how to organize your priorities, how to develop strategies to create useful time management skills that will support your success in school and your career, and practice using these skills to fulfill your daily and life goals.



Workshop Objectives:

1. Examine the relationship between time management and organization and the role it plays in success
2. Identify strategies to develop a cohesive system between both time management and organization to encourage success in school and career
3. Practice daily tools to work towards personal and professional goals



Building Resilience and Coping

Workshop Description:

Life can be difficult sometimes and the way that we react to life's stressors can have a positive or negative affect on our wellbeing. Being equipped with effective coping skills can boost our resiliency and reduce stress. Join us for our Building Resilience and Coping workshop to understand the relationship between our mental health and ability to use coping skills, identify what coping strategies are best for you, and create a plan that will support you in reducing stress and promote positive daily activities.



Workshop Objectives:

1. Explore the benefits of the inter-relationship between mental health and effective coping skills.
2. Identify coping strategies to support mental health and wellness.
3. Formulate plan to combat unexpected mental stress and build resiliency.



Developing Future Aspirations

Workshop Description:

Do you have a dream or future aspiration you wish to accomplish? Take a step back and ask yourself this question, "What steps am I taking to get there?". Sometimes we are unsure of how to start the process to develop and reach our personal or professional goals. In this Developing Future Aspirations workshop learn how to describe different types of goals within various areas of life, examine your current interests to discover potentials aspirations, and plan out how make your dreams a reality.



Workshop Objectives:

1. Differentiate types of goals in various areas of life not limited to school and career but relationships or finances etc.
2. Examine current interest and hobbies to determine potential aspirations.
3. Evaluate steps necessary to reach said goal.



My Mind on My Money...

Workshop Description:

Our finances play a large role in our lives and can actually impact our overall health. It is important to understand and to promote positive financial health in order to maintain overall wellness for ourselves and our futures. In Financial Literacy 101, you will gain an understanding of financial wellness and the role it plays in our overall health, learn the appropriate language and tools necessary for short and long term financial goals, and identify strategies to promote financial success for you and your future.



Workshop Objectives:

1. Understand the importance of financial wellness and the role it plays in our whole health.
2. Learn financial language necessary for short and long term financial goals.
3. Utilize financial language to develop skills necessary for financial success.

