



PROMISING FUTURE

CURRICULUM OVERVIEW

SESSION 1: DREAM

Live Out Your Goals

- Encourage participants to think about their futures and their goals.
- Introduce and define personal resilience using the diamond development process as a metaphor.
- Learn and practice goal-setting through steps laid out in the session's model.
- Apply the goal-setting model to improve one's quality of life.

SESSION 2: LIFELONG COPING

Dealing with the Stress of Life

- Look at unhealthy behavior patterns for coping when faced with anxiety or stressors.
- Learn about the relationship between their attitudes and behaviors. Connection is drawn between unhealthy attitudes and behaviors.
- Learn about healthy coping skills in four categories: cognitive-behavioral skills, support-seeking skills, relaxation techniques and physical coping skills. Participants practice strategies from each.

SESSION 3: TREASURE HUNTING

Discover Your Strengths

- Study perseverance through stories of famous people who have overcome the odds against them. Participants examine the thinking and behaviors of these role models.
- Learn about brain development, particularly the ongoing development of the prefrontal cortex.
- Learn about Howard Gardner's Multiple Intelligences (M.I.) model and begin to explore their own competencies.
- Learn about the Five Factor Personality Model (Big Five) and begin to explore their own personality traits.
- Participants use M.I. and Big Five models to examine their goals and quality of life.
- Apply learned areas of strength and weakness from the M.I. and Big Five to their own life.

SESSION 4: SUCCESS TALK

Practicing Effective Communication

- Learn the cycle of communication.
- Learn tips for effective communication.
- Apply knowledge of the communication cycle and the tips for effective communication to relationships, career, academics and the use of social media.

SESSION 5: NO WAR ZONE

Cooperative Responses to Conflict

- Learn to distinguish between a "win-win" and "win-lose" approach to resolving conflict.
- Learn and practice a conflict resolution model.
- Learn and practice self-management and strategies for interacting with others during conflict.
- Look at their current strategies for dealing with conflict.
- Learn ways to protect themselves and others when conflict becomes a crisis.

SESSION 6: VALUES MATTER

Cultivating Healthy Character

- Look at how our personal values guide our view of success.
- Reflect on their own values and how their values shape their character.
- Focus on Diligence, Gratitude, Dignity, Empathy, Charity, and Forgiveness, and discuss ways to practice these traits in their relationships.

SESSION 7: RESILIENT FOR LIFE

Creating a Network of Support

- Identify support networks that affect quality of life outcomes.
- Assess the quality of their external networks and evaluate the impact these networks have on their lives. Participants also evaluate the amount of influence they have within the various networks in their lives.
- Engage in research and reflection to bring more sources of support into their lives.
- Apply the goal-setting model to form a plan of action to influence networks of support that need strengthening.

SESSION 8: HEALTHY FOUNDATIONS

Building True Intimacy

- Evaluate healthy and unhealthy interactions in a romantic relationship.
- Learn the definition of coercion and consent and discuss how to choose to protect the dignity of ourselves and others.
- Participants examine the impact of sexual intimacy on relationships, and the potential risks of non-marital sexual activity on their whole person.
- Participants learn to identify intimacy as an attribute in relationships developed in stages.
- Participants learn a model with stages of intimacy and compare it with their own expectations for how a relationship develops.

SESSION 9: INSPIRING BRILLIANCE

Understanding the Impact of Mentors

- Reflect on the type of guidance they have received in life and how it has impacted them.
- Assess the area of life where they need mentoring.
- Discover the skills and qualities of an effective mentor.
- Identify someone in their life to seek out as a mentor.
- Participants are given realistic ways to improve their ability to be an intentional, positive role model for someone they want to positively influence.

SESSION 10: ATTRACTING SUCCESS

Reaching Your Potential

- Asses their current thoughts, feelings, and attitudes and clarify their vision for the future.
- Develop specific goals and strategies to act on to improve their overall quality of life.
- Use the goal-setting model to create a plan for whole-person oriented goals (physical, mental, emotional, social, career goals and money management, and faith and cultural tradition).