



Delta Alpha Boulé, Northern IL Boule Scholars Club

Middle School Program Overview Modules 1 – 4

Module One: Life Skills

The “Toolbox”

The Toolbox is a metaphor for a set of methods or techniques to help mentees achieve objectives, adapt to certain situations, or overcome obstacles.

Social Skills

- 3Rs – Respect for self, Respect for others, Respect for your environment
- Why physical appearance matters
- How to meet and greet people
- The power of confidence.

Values Clarification

- Relationship between values, attitude, and behavior
 - Experiential Learning exercise (what’s important to you)
 - The importance of being around positive, successful people
- Prioritization
 - Experiential Learning exercise (Blue Chip Game)
 - Mentees list routine task and prioritize them
- Resource assessment & management
 - Most abundant resource
 - Utilization of resources
 - Time management

Goal Setting – AIM SMART

- AIM
 - The goal setting process
 - Setting realistic, achievable goals
 - Measuring progress towards goals attainment
- SMART - The action steps in the achievement of your plan
 - The framework for achievement of goals.
 - Maintaining focus on your goals
 - Being adaptable and adjusting your plan
- GAP analysis – Bridging the gap between where you are and where you want to be
 - Power of habits – establishing good habits
- STAR strategy of accepting challenge and overcoming obstacles (Stop, Think, Anticipate, Respond)

Delta Alpha Boulé, Northern IL Boule Scholars Club

Module Two: Academic Achievement

The common denominators of success

- In the Classroom
 - Actively engage in the learning process – class participation.
 - Know your class material.
 - Stay current with class material.
 - Do extra homework or work a little ahead of the current lessons.
- Control your study environment.
 - Embrace the “3Cs”
 - You are Capable,
 - You have choice: decision- making,
 - You have control: Practice personal discipline.
 - Utilize the SQ3R study technique.
- Principles of time management.
 - Utilize all available study tools and guides.
 - Daily Planner/calendar, electronic or written.
 - Class syllabus, project completion schedule.
 - Plan your work: work your plan.

Module Three: Leadership

Discover your own leadership style.

- Always do “the right thing.”
 - Exemplify good character- the 3Rs: Respectful, Responsible, Ready to Learn
 - Lead by example
- School – model good behavior and citizenship
- Community - model good behavior and citizenship
- Be the best person you can be. Develop your brand.

Module Four: Service

Help make your community what you want it to be.

- Build relationships within the community (Love thy neighbor as thyself).
- Engage in civic activity and give back to the community as a volunteer.
- Appreciate multi-culturalism and diversity.