

OVERVIEW

SPARC is an eight week social and emotional student small group program that focuses on five key areas. The program encourages students to dream big, set goals, work in teams and equips them with basic fundamental skills to navigate life's various challenges.

S

SOCIAL SKILLS

Developing a student's ability to foster healthy relationships through appropriate communication, words, body language and manage social interactions effectively.

P

PURPOSE

Establishing a purpose, having a purpose or attaching a purpose to something can motivate an individual to fulfill that purpose in their life. A purpose to learning, a purpose to being kind.

A

AWARENESS

Developing the awareness of self. Awareness of one's emotions and different triggers. Also the awareness of others, understanding how others are feeling and engaging appropriately.

R

RESILIENCE

Equipping students with strategies to bounce back when challenges knock them down. To look at challenges as an opportunity to grow and learn.

C

CONFIDENCE

Embracing who you are. Celebrating all the amazing things that make you, you. Avoiding comparison and wanting what others have, identifying your gifts and strengths and using them to boost confidence.

SESSION FOCUS SUMMARY

WK ONE

Overview of SPARC establish rules, conduct and student survey.

WK TWO

GOAL SETTING

The importance of having a goal or a dream. Practically breaking it down into smaller achievable goals. Practical steps to apply this into everyday life.

WK THREE

SELF ESTEEM

The importance of feeling good about yourself. Equipping students to value self and strategies to build self esteem/confidence.

WK FOUR

RELATIONSHIPS

How to build and foster healthy positive relationships. Identifying key people in their lives that are going to make a positive impact on them and also push them in the right direction.

WK FIVE

SOCIAL SKILLS

Giving students the necessary skills to appropriately interact with others in a culturally diverse environment.

RESPECT

Gaining students understanding of what 'Respect' is. Self respect, respecting others and others respecting you.

WK SIX

PROBLEM AND CONFLICT

Understanding that challenges are part of life, learning to recognize challenges and respond appropriately.

WK SEVEN

OPPORTUNITY

How to turn challenges into opportunities, failure into success.

WK EIGHT

MOMENTUM

Taking the information from this program and using it as momentum to achieve goals.