

January 7, 2013

Welcome/Congratulations/Core Values

Introductions Staff: 45 minutes

- Introductions- staff introduce themselves
- Tell role in the program
- Tell a little something about themselves
- Congratulates applicants
- Say something they can look forward to

Introductions applicants

- Introduce themselves and answer the question
What are you looking forward to?

Program Overview: 30 Minutes

Provide brief overview of the goals and activities of YouthBuild program.
Remind applicants what they are aiming for

Break: 15 Minutes

45 Minutes Orientation Overview:

Explain any rules or guidelines
Adopt rules (*any they would like to add*)
100% attendance
Allow 2 tardies

Expectation Exercise: 60 Minutes

Participants broken out in 7 groups. (Do count off up to 7)
Make 2 list
First list: What they expect of staff from the coming week
Second List: What they expect from each other
Each group come up with their list.
Decide who will scribe
Decide who will report back

Lists are presented, compared, contrasted. Final list of expectations of staff and participants will be drawn up and posted so all can consult during the week.

Lunch: Provided by us (*today only*)

Construction Project: 60 Minutes

Overview of on-site project
Basic instruction on blue print reading
Discussion about what the participants will be doing on the site

ServSafe Program: 60 Minutes

How Food Becomes Unsafe

Populations at High Risk for Foodborne Illnesses

CASAS Pre Testing Reading: 40 Minutes

January 8, 2013

Welcome/Roll Call/Core Values

Warm-Up Exercise: 30 Minutes

Question of the Day – What is your favorite movie of all time?

Roadblock Exercise: 45 Minutes

Divide participants into groups of five

Take newsprint paper provided with road on it

Road symbolize the path from entrance into program to graduating.

Each person given rectangular piece of paper and they must write out a “road block” or potential problem that will prevent them from completing the program and graduating. (one roadblock per piece of paper)

Each person take turns putting their roadblock up on the large road illustration and explaining the roadblock to their group.

When all roadblocks are up and explained.....participants brainstorm about solutions that will help them break through the roadblocks.

Materials needed: newsprint paper and colored cars made

Break: 15 Minutes

Math Class: 30 Minutes Your Friend the Inch - Measuring

Drug Free Workplace: 45 Minutes

All staff join discussion regarding drug free workplace

Explain drug testing policy

Big question is: Would you want to work on a construction site with or next to someone who is high?

Lunch: 12:00 pm until 12:40 pm

Construction Safety: 60 minutes

Vocation Ed-power tools

Allied Health Program Overview

Role Play Internship

Break: 15 Minutes

Film: 45 Minutes

(In pursuit of Happiness)

Discussion every 15 minutes. Two parts of movie

January 9, 2013

Welcome/Roll Call/Core Values

Warm-Up Exercise: 30 Minutes

Question of the Day – How did you feel when you got your invitation to attend Mental Toughness?

Groups will be split up: **90 Minutes**

Group A will stay on site (YAT)

Pre-Testing CASAS Math will be given to all who stay at YAT Center.

Exercise with Marcel

Group B Will go with Frank for construction site visit

EVERYONE: 10:45 UNTIL NOON

Group Discussions – break out in small groups

What have they learned so far?

Lunch: 12:00 pm until 12:40 pm

Roll Call

Group B will stay on site (YAT)

Pre-Testing CASAS Math will be given to all who stay at YAT Center.

Exercise with Marcel

Group A Will go with Frank for construction site visit

January 10, 2013

Welcome/Roll Call/Core Values

Warm-Up Exercise: 30 Minutes

Question of the Day – Why do you want to be in YouthBuild?

EVERYONE OFF SITE

Scavenger Hunt

Construction Site Visit

Roll Call at 1 pm

Everyone Group Discussions (Computer Room)

Wrap Up

January 11, 2013

Welcome/Roll Call/Core Values

Warm-Up Exercise: 30 Minutes

Question of the Day – come up with??

O-net Interest Profile

Construction-Building Project: Outside/inside

Allied Health/ServSafe: Workshops & Activities

Lunch: 12:00 pm until 12:40 pm

Roll Call

Certificates of Completions

Next steps

Letter of Congrats!

Capital City YouthBuild Mental Toughness Week
January 7 – January 11, 2013
8:30 am – 2:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Congratulations 45 Mins. Introductions Program Overview 30 Mins. Break 15 Mins. Orientation Overview 45 Mins. Expectations Exercise 1 Hour	Welcome, Roll Call, Warm-Up, Exercise 30 Mins. Road Block Exercise 45 Mins. Break 15 Mins. Math class–measuring 30 Mins. Drug Free Workplace 45 Mins.	Welcome, Roll Call <u>Split Up Groups</u> Group A–*On Site (YAT) 9:00 am – 11:00 am Pre-Testing CASAS-Math Group B – construction site 9:00 am – 11:00 am Break 15 Mins. <u>EVERYONE</u> 11:00 am – 12:00 pm Group discussions <i>(Computer Room)</i>	Welcome, Roll Call O-net Interest Profile Building Project Outside/Inside Construction Allied Health ServSafe Workshops & Activities	 <u>Off Site</u> Scavenger Hunt Construction Site Visit
L U N C H 12:00 pm – 12:40 pm				
Roll Call <u>Overview of</u> Construction Project 1 Hour ServSafe Program Break 15 Mins. Pre-Testing CASAS-Reading Wrap-Up	Roll Call Construction safety 1 Hour Vocation Ed-power tools Allied Health Program Overview Break 15 Mins. Film (<i>In pursuit of Happiness</i>) 45 Mins. <i>(Discussion every 15 mins.)</i> <i>(Two parts of the movie)</i> Wrap-Up	Roll Call Group A – construction site 1:00 pm – 2:30 pm Group B – *On Site (YAT) 1:00 pm – 2:30 pm Pre-Testing CASAS-Math Wrap-Up	Roll Call Construction Building Project Outside/Inside Allied Health ServSafe Workshops & Activities Wrap-Up	Roll Call Group Discussions Wrap Up

*On Site: writing exercise, label exercise

Groups split out in 2: Group A and Group B for Wednesday