

Developing Capable Students®

The 7 Life Principles for Student Empowerment

A One Day Workshop for Schools and School Districts

~ Our Changing World

- Understanding how rapid change is impacting children, families and schools.
- Identifying the attitudes and skills that young people will need in the 21st century.
- Using the 7 Life Principles to develop capable, healthy and responsible students.

~ The Power of Perceptions

- The relationship between perceptions, beliefs, attitudes, motivation and behaviour.
- Learning the five key strategies to work effectively with perceptions.
- Using encouragement to develop healthy perceptions.

~ Perceptions of Personal Capabilities

- Understanding how to develop students' self-confidence and personal competency.
- Avoiding the 'Barriers' and using the 'Builders' to develop personal capabilities.
- Recognizing personal capabilities.

~ Perceptions of Personal Significance

- Understanding the conditions that meet 'Greatest Human Need'.
- Modeling and teaching - understanding, acceptance and affirmation.
- Creating conditions where students feel significant and genuinely needed.

~ Perceptions of Personal Power

- Developing an understanding of the terms internal and external 'locus of control'.
- Moving from an external to an internal locus of control.
- Avoiding creating an external locus of control.

~Developing the Skill of Self-Discipline

- Understanding the relationship between thoughts, feelings and actions.
- Developing self-assessment of thoughts and feelings.
- Learning self-control and practicing self-discipline.

~Developing the Interpersonal Skills of Communication

- Identifying the key communication skills.
- Developing effective communication skills.
- Solving problems and resolving conflicts.

~ Developing Personal and Social Responsibility

- Providing unqualified love, acceptance and respect.
- Using positive discipline and avoiding punishment.
- Using natural and logical consequences and giving clear feedback about behaviour.

- Developing Decision Making Skills Based Upon Values and Principles

- Identifying personal values and principles.
- Helping young people learn about values and principles.
- Understanding the basic stages of cognitive and moral development.