

Power2Achieve™ Seeds of Success

Providing Mentors & Methods to Support Student Success

DRAKE ATHLETIC DEPARTMENT

Description:

Power2Achieve™ Seeds of Success is a program designed to use college student-athletes to “plant the seeds of success” in the hearts and minds of students in grades 6-8. *Seeds of Success* trains student-athlete to become mentors, helping them to share their experiences around important and relevant character skills such as goal setting, overcoming obstacles, working hard, learning from your mistakes, and living a life of character and integrity.

P2A Seeds of Success mentors share their stories to introduce research-based tools and strategies that can be integrated into classroom and whole school approaches for developing competencies for safety and engagement, competencies for positive behavior, competencies for creating a safe and supportive learning environment, and competencies for deeper learning and academic enhancement.

P2A Seeds of Success targets the character competencies needed for success in school, extracurricular activities, and life. Student-athlete mentors share their experiences, their successes and struggles in a way that helps middle school students understand the importance of character habits in their pursuit of their social, emotional, academic and athletic goals.

P2A Seeds of Success has several features that allow the receiving school to flexibly shape the delivery to best meet their needs and in particular the needs of the students being served. These delivery and support options include:

1. Student Assemblies:

- a. Can be anywhere from 15-60 minutes in length depending on available time.
- b. Can be delivered in a whole-school format for all students at once, or delivered classroom-by-classroom, or grade-by-grade.
- c. Can be delivered with support from building principal or staff members, or independent of support.

2. Follow-up Support for Students:

- a. The number and duration of follow-up support sessions can be selected based on need.
- b. Follow-up can be provided by either or both Drake Student-Athletes and/or Character Counts in Iowa (CCII) staff.

3. Follow-Up Support For Teachers:

- a. Follow-up can be provided by Character Counts in Iowa (CCII) staff for teachers wishing to more deeply embed the tools and strategies into learning support and classroom teaching.

The research-based strategies—the *Seeds of Success*—are planted in the initial presentation; for them to fully develop their growth must be nurtured over time through repeated and varied opportunities to practice using the tools in and through all phases of the educational experience.

Duration:

15-60 minutes

Content:

Four *Power2Achieve™ Seeds of Success* will be developed for delivery by Drake student-athlete mentors, with the first available for delivery in Spring, 2012:

1. Effort plus attitude leads to improvement: strategies for getting good at anything.
2. Learning to grow and let go: strategies for learning and improving from mistakes.
3. Putting your integrity into action: strategies for ethical decision making.
4. Getting from here to there: strategies for goal achievement.

The format for *Power2Achieve™ Seeds of Success* is as follows:

1. SA's introduce the character skill and strategy of focus along with the Power2Achieve research-based tool.
2. SA's then share their own experiences in developing this skill or strategy, including their success and challenges, and how this skill is used to help them avoid problems and achieve their goals as a Drake SA.
3. SA's engage students in dialogue and activities around the targeted character competency.
4. SA's close by setting group and individual goals for improvement.

Content Drill Down:

- 1. *Effort plus attitude leads to improvement: strategies for getting good at anything.***
 - a. **Tool:** Attitude Effort Improvement Rubric
 - b. **Other-Study:** Kyle Maynard
 - c. **Activity:** (1) Brainstorm Drivers and Preventers of attitude and effort
 - d. **Closure:**
 - e. **Extensions:**
- 2. *Learning to grow and let go: strategies for learning and improving from mistakes.***
 - a. **Tool:** Grow and Let Go Strategies

- b. **Other-Study:**
 - c. **Activity:**
 - d. **Closure:**
 - e. **Extensions:**
- 3. Putting your integrity into action: strategies for ethical decision making.**
- a. **Tool:** Integrity in Action Checklist
 - b. **Other-Study:** Bagger Vance
 - c. **Activity:** (1) Complete the checklist together for Bagger Vance decision. (2) Brainstorm with students examples where they (and/or student athletes are challenged to put integrity in action)
 - d. **Closure:**
 - e. **Extensions:**
- 4. Getting from here to there: strategies for goal achievement.**
- a. **Tool:** Goal Achievement Process + Goal Map + Checklist
 - b. **Other-Study:**
 - c. **Activity:** Create a goal map with help from students to fill in for SA's goal map. Then work as whole group on goal from students (improving grades, making it to college, etc.)
 - d. **Closure:**
 - e. **Extensions:**

Training For Student-Athlete Mentors:

1. Introduction to Tools and Topics and format
2. Development of Other-Study (SA's story)
3. Delivery planning and practice

Support Materials:

1. Teaching Aids (*Power2Achieve™* tool posters) for school and classroom use
2. Bookmark or other novelty with *Power2Achieve™* tool for each student
3. Student handout of tool, with activity, closure and extension on back
4. *Seeds of Success Teacher Support Guide*
 - a. Support guide featuring video introduction to Tool, supporting research, learning extensions, and assessment tools to support ongoing educational integration and skill development.